

Today's Take-Aways

Regional Updates

- Province-wide there has been a substantial increase in the number of COVID-positive cases, and the number of those requiring acute care, with the majority in the Toronto area. Ottawa has also seen a jump in the number of acute care cases but it is still a manageable number. While these increases are impacting other health care services such as elective surgeries in some regions, the Champlain region has not yet been impacted in the same way.

Fifteen to 20 hospitals in Ontario are currently in over-capacity and according to new projections, given the current rate of spread, all ICU beds in the province could be full by February 24th if nothing changes.

Senior Leadership Team

- We are very pleased to welcome Scott Coombes, our new Vice-President of Finance and Corporate Services (Chief Financial Officer) who took on this new role as of Monday and will be working with John Wren for the remainder of the month before John takes his leave for retirement. Scott comes to PRH with almost 20 years of experience in the business and financial world and holds Chartered Accountant and Certified Financial Analyst designations. We hope that you will all make him feel welcome.

Outbreak Status

- The two health care workers who had tested positive for COVID-19 have been given clearance dates to return to work as per direction of Occ. Health and the Renfrew County and District Health Unit.

- The majority of results from a second round of testing for those impacted by the outbreak have come back and are COVID-negative.

- We are waiting for confirmation from the Health Unit that we can declare the outbreak over.

Occupational Health and Safety

- Staff and physicians are reminded that everyone must wear a mask when entering the hospital.



Today's Take-Aways...Continued From Front

Occupational Health and Safety

- In order to make staff and physician screening, auditing and reporting more efficient a small working group will be looking at moving all staff/physician screening to an electronic-based system.
- We are pulling together a small working group to work with the Health Unit and re-examine processes and COVID safety measures which have been put in place for individuals such as vendors, contractors etc. who are coming into our buildings.

Human Resources

- Staff who reside in Quebec and work at PRH and require travel documentation during Quebec's four-week lockdown with curfew are asked to bring this request to their Managers.

Supply Status

- There continues to be a widespread supply issue with disposable gloves and our regional supply is diminishing. We are in the process of reviewing appropriate glove use, and exploring glove conservation methods where possible.

COVID Vaccine

- The province has indicated that all long-term care homes in red and grey zones will receive the vaccination by January 21st. Since Renfrew County is in a green zone, rollout to our area will likely be later. Very little information has been received about the next phase of rollout.
- If you know of any retired health care professionals who might be interested in assisting with the vaccination rollout to the general population, please provide these names to your managers as we may be looking for their assistance for that period.

EORLA (Eastern Ontario Regional Laboratory Association)

- EORLA has reported that all COVID swabs are now being tested for the new variant of COVID-19 that has come from the United Kingdom.



Renfrew County and District Health Unit

“Optimal Health for All in Renfrew County and District”

The Renfrew County and District Health Unit (RCDHU) wants to remind residents that every time a case of COVID-19 is reported, we are talking about someone who has family, friends, a job, a hobby, or otherwise contributes in some way to make Renfrew County and District a better place for all. The RCDHU works closely with each person who has either been diagnosed with or has been deemed a close contact of someone who has tested positive for COVID-19 to get a better understanding of their specific situation and how to best limit the spread of the virus.

Anyone who is or has been affected by COVID-19 deserves support and compassion from the community. RCDHU encourages people to respect other's privacy and to share positive and hopeful stories about those affected by the virus, rather than negativity or gossip.

This has been a very trying year and it's important to remember that we are not out of the woods yet. The best way to help those who are on the front lines fighting the virus, including but not limited to first responders, health care workers, and other essential workers, is to practice the important public health measures that are already in place and most important of all, be kind to each other. Our community needs to work together in order to limit the impact of COVID-19.

COVID-19

FREQUENTLY ASKED QUESTIONS

After sharing news of the recent outbreak at PRH, we have received a number of questions from staff and physicians on a variety of COVID-related topics. We have opted to address as many of these as possible in this forum so that others who may have the same questions receive the same information.

As with anything COVID-related, please note that information can change very quickly so we ask that you stay in the communication loop by reading all memos, and weekly editions of The Pulse for the latest updates.

Q: Given the provincial lockdown and recent outbreak, are there any planned changes to the Visitor Policy?

At this point the Visitor Policy remains unchanged – one visitor per patient per day. Our policy is aligned with other hospitals in Renfrew County and at this point we have not collectively been given any provincial direction or direction from our own public health unit to make changes.

Q: How should we handle visitors who are not following the guidelines that are in place?

Visitors are expected to follow all guidelines (wear a mask at all times / wash your hands / no eating or drinking) while visiting. If there are any issues with non-compliance, staff are asked to alert their manager or Clinical Resource.

Q: Why are there no screening questions regarding specific travel areas or interprovincial travel?

At present there is no guidance from the province or public health to do so. Our screening questions are aligned with those in the Champlain region. In addition, regardless of where someone may have been prior to arriving at the hospital, there are many layers of mitigation for health care institutions including entrance screening, hand hygiene, universal masking and patient facing eye protection for staff.

Q: What is the plan for COVID Vaccination at PRH and when will our hospital and Renfrew County receive the vaccine?

First, contrary to what some may have heard, there has not been widespread vaccination of all staff at The Ottawa Hospital.

Ontario has identified key populations to receive the vaccine first, including long-term care and retirement home residents and the staff who provide care to these groups. Ontario will also be prioritizing the rollout of the vaccine in regions with the highest rates of COVID-19 infection, including those in Red-Control and Lockdown zones. The immunization program will focus on health care workers and the most vulnerable populations in those regions. Additionally, all adults in First Nations, Metis and Inuit populations where infection can have disproportionate consequences, including those living in remote or isolated areas, will be among the first to be offered the COVID-19 vaccine.

Our hospital has put together a COVID Vaccine Distribution Working Group which is meeting regularly and making plans for distribution based on provincial guidelines. In addition the group is making preparations for PRH to assist with vaccination rollout in long-term care home settings as required.

To date, we have been given no confirmation of when the COVID -19 vaccine will arrive for distribution in Renfrew County. We have just found out today that Renfrew County will receive the Moderna vaccine. As soon as any updates are known, we will share them with you through the regular communication channels so stay tuned!

COVID-19 FREQUENTLY ASKED QUESTIONS

Q: What is the direction for use of eye protection in non-clinical areas?

There have been a number of questions raised since eye protection has been implemented in the battle against COVID. Currently, eye protection is mandatory in all Clinical areas where the potential for interactions with patients who are not wearing a mask is the greatest risk.

Outside of clinical areas, if two metres of physical distance is maintained and/or all parties are wearing a medical grade mask, eye protection is not currently required.

Q: What's the difference between self-isolate, work-isolate and self-monitor?

Term	Definitions
♦ Self Monitor	<ul style="list-style-type: none"> ♦ Monitor for symptoms for 14 days after exposure <ul style="list-style-type: none"> ○ Fever >37.8°C ○ New cough ○ Shortness of breath ○ Sore throat ○ Runny nose ○ Nasal congestion ○ Difficult swallowing ○ Loss of taste/smell ○ Headache ○ Chills ○ Conjunctivitis (pink eye) ○ Unexplained fatigue/malaise ○ Exacerbation of chronic conditions ○ Digestive symptoms (nausea, vomiting, diarrhea, abdominal pain) ♦ Avoid public spaces or areas where you can't maintain 2 meters ♦ Wear a mask ♦ If symptoms develop, self isolate immediately and contact OHS
♦ Self Isolate	<ul style="list-style-type: none"> ♦ Stay at home. Only leave for essential services such as testing or emergency medical care ♦ Do not use public transportation, taxis or rideshares ♦ Avoid contact with others. Keep 2 meters apart and wear a mask ♦ Wash/sanitize hands frequently. Don't share towels
♦ Work Self Isolate	<ul style="list-style-type: none"> ♦ Travel to and from work in a private vehicle. Wear a mask if in public transit ♦ Self monitor symptoms or as directed by OHS ♦ Adhere to universal masking recommendations while at PRH ♦ Maintain physical distancing unless providing direct care ♦ Perform meticulous hand hygiene ♦ Do not eat meals or take breaks in shared spaces ♦ Self isolate outside of work

CONSTRUCTION CORNER

Tower A:

- The terrazzo floor repair was completed in the pill packaging (Pac Med) room A508.

- Work slowed over Christmas Holidays in the 1A North Wing. The electricians need to get caught up so that the wall repair work can continue.

- The defective vinyl flooring was replaced under warranty in the Staff Elevator.

- The 5th floor Rotunda was also painted over the holidays.





All staff are welcome to join us for our next Mindfulness session

Friday, January 8th

In The PRH Chapel (3rd Floor, Tower A)

At 12 noon (20 minutes in length)

Facilitated by Kate Mooney

Due to COVID safety measures, there will be limited space in the chapel, however the session will also be broadcast on Zoom.

Zoom coordinates can be found on The Loop or in your PRH email "inbox".



GRATITUDE

Celebrating **Heather Armstrong, David Bromley and Donna Jones** for their recent efforts to improve our HLS laundry process. *Lisa Bradley*

Celebrating **Plant Services** for their help over the holidays when our garbage compactor broke down. *Dave Bromley, Kirsten Johnson and Lisa Bradley*



PRH Staff Association Treat Day

Featuring Macarons From 7th Heaven Sweets

Thursday, January 21st,

11 - 12:30 pm and 3 - 4 pm

(The Lunch Box, Tower A, 2nd Floor)

Staff Association members will receive a package containing two freshly-baked macarons - one Salted Caramel and one Chocolate Ganache.



7th Heaven Sweets' kitchen has passed inspection by the Renfrew County and District Health Unit, and is fully insured and registered.

COVID-19 MEASURES / Treat Day Etiquette

1. Pre-orders are strongly advised, especially for groups. Individuals can pre-order too.
2. Pre-order lists must be emailed to carolyn.levesque@prh.email by Friday, January 15th.
3. Pre-orders can be picked up by group representatives during the distribution times on January 21st.
4. If you don't pre-order, you CAN still pick up your treat on distribution day WHILE SUPPLIES LAST.
5. Please note that groups who pre-order are responsible for ensuring staff on their lists get their treats.
6. To ensure we have enough treats for those who want them, please refrain from taking a portion if you don't want one. *Thank you*





CATCH THE ACE



Get your tickets online for Week 26 of Catch the Ace at www.prhcatchtheace.ca
The estimated jackpot is \$87,000



Want to become a Community Ambassador or a Sponsor for the Pembroke Regional Hospital Foundation Connect to Care Radiothon?

Visit www.prhfoundation.com/radiothon to find out more!



WHAT'S ON the MENU

For The Week Of January 11-15

- January 11: Beef Stew & Bun
- January 12: BBQ Chicken Drumsticks with Rice Pilaf & Carrots
- January 13: Sweet & Sour Meatballs with Scalloped Potatoes & Green Beans
- January 14: Chili & Whole Wheat Bun
- January 15: Dip & Dust Fish with Wedges

Foundation News

Guardian Angels

May Seto (AMH)

Al Baker (Environmental Services)



Pembroke Regional Hospital Foundation



Fondation de l'Hôpital Régional de Pembroke



Week #25 Winner

Congratulations

Sheldon

Lanthier

Weekly Pot \$5,087

Winning ticket #Y-2540129
Card #33 - 5 of Diamonds

Catch the Ace Drive Thru Sponsors JANUARY



THANK YOU!

Week 26 Draw is now LIVE!

Jackpot is estimated to be over \$95,000 next week!

PRHcatchtheace.ca

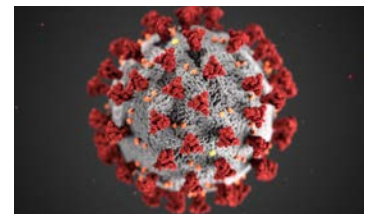
Current Facts and Figures

• Renfrew County:

- 26 active cases, 1 death
- 47,759 tests completed (as of Jan. 4)

• Ottawa:

- 869 active cases,
- 393 deaths



• Ontario:

- 30,831 active cases, 4,767 deaths