



Today's Take-Aways

COVID-19 – Regional Updates

- As you are likely aware, a large number of provincial announcements were made yesterday addressing upcoming changes to COVID-19 mandates and safety measures including masking. While things are opening up and changing at a community level, hospitals are still considered “highest risk settings” and will therefore maintain many of the measures at least for the time being.

Many of the regional groups are meeting in order to develop a reopening road map that will determine the steps required to keep everyone safe.

For hospitals in particular, the province has not said that we no longer need the measures in place. Instead we are being asked to embed the necessary measures around universal masking and PPE use, vaccination etc. into our own policies and procedures. The Ontario Hospital Association has offered to assist hospitals through this process. Clearly there is lots of work to be done, and a lot more information to come as we go forward.

- A lot of work is also being done at the regional level to review how yesterday's provincial announcements will impact hospital visitor policies in the coming weeks and months. Some changes being explored are removal of the vaccination requirement. However, timing of that will not be aligning with changes in the community. We are anticipating creation of some regional communications to assist the public in understanding why hospital policies will remain in place for now.

Emergency Preparedness

- Last week, a Code Red necessitated use of the new Command Centre location for the first time. An assessment of the new space revealed that some improvements are needed and modifications will be made to try and address some of the issues that arose including the fact that the space is quite small.

In addition, with many new staff in the organization, some additional training is being planned for switchboard staff on use of the Code Phone and overhead paging and clinical staff on the protocols and procedures for elevator override during a code.

Human Resources

- Provincial Nurse Retention Program – recently, the provincial government announced a financial incentive for eligible full time nurses as part of a new nursing retention program. This incentive will consist of \$5,000 payable in two installments to those who plan on maintaining their employment. We have not yet received the details of how and when these funds will be distributed so there are more details to come.

Occupational Health and Safety

- Did you know that since the start of the pandemic, Occ Health has conducted over 4,300 COVID-19 tests for staff and their family members. From March, 2020 until November 2021, those tests resulted in 15 positive cases (comprised of staff and family members).

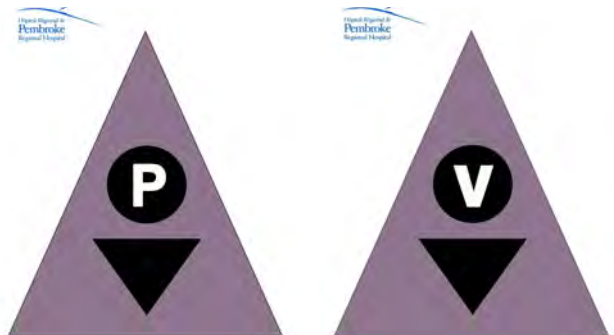
Today's Take-Aways Continued

Since December of 2021 until the end of last month, our testing has yielded 210 positive results, 142 of which were staff. A clear indication of the ongoing prevalence of the virus in our community.

- The news is full of stories saying things are opening up and we need to learn how to live with COVID. Though this is true for a number of settings, such as the community or schools, it's not for the hospital. Because a hospital is considered a high risk setting, we need to follow different guidelines and those have not been fully released yet. While waiting for that to happen, we will be status quo until we can determine what changes are needed. Stay tuned!

- Violence flagging is a key part of our Violence Prevention program but it needs to be used properly to be effective. Flagging is not meant to label a patient, but is to be used as a tool to warn staff and pass on key information so staff can safely approach a patient. When you see a flag, you may need to investigate a little further to find out what that information is. Check Transviewer, check the chart, ask co-workers or inquire at huddles. Remember this is a tool for you to use so that you can make informed

decisions on how to approach the patient and keep yourself safe. If you come across something new, make sure you update the violence care plan so that your coworkers are informed going forward. And remember to fill out an OHS Incident report if there was an incident of violence.

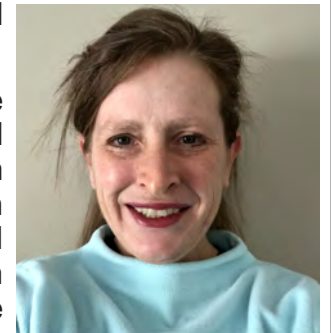


Departmental Updates

Decision Support

- We are pleased to introduce you to the newest member of our team, Rachel Ozer, Senior Decision Support Analyst.

Rachel is trained as a scientist and received a PhD in chemistry from The Scripps Research Institute in California. She came to the Ontario hospital sector after taking up improvement, investigation, and process control in biopharmaceutical manufacturing. While completing a Master's of Health Administration at the University of Ottawa, she engaged in research and employment projects with Almonte General Hospital, the Centretown Community Health Center, the Arnprior Hospital and the Royal Ottawa Centre for Mental Health. Most recently, she was at The Ottawa Hospital for seven years and completed large improvement projects with the Champlain Regional Stroke Network, the Cancer Centre clinics and the Mental Health Service Line. Motivated by a strong desire to deliver value to the community we serve, as well as a thriving workplace for healthcare providers, Rachel is an advocate for working smart, being safe and learning from our challenges! Rachel holds a Lean Six Sigma Black Belt certification and is excited about exploring more of the Ottawa Valley with her dog Lucky.



PRH Auxiliary – The Sunshine Gift Shop

- With all of the troubling events that are happening, we have decided to hold a "March (Price) Break" sale at the Pembroke Regional Hospital Sunshine Gift Shop in order to spread a little cheer for the month of March. All store merchandise will be on sale at 20% off for both new spring items and sale items. Boots have already been priced at 50% off so add another 20% off of that. Some great Easter merchandise has also arrived. Store hours are Monday to Friday from 10 a.m. to 4 p.m. and Saturday and Sunday from 1 p.m. to 4 p.m. Thank you for your continued support.



Long Service Milestones In 2021 - A Few More To Recognize

Further to our February 24th list of staff who achieved long service milestones in 2021, we have a few more staff who were regrettably missed.

10 Years of Service: Brenda Barker, Brenda Wieland

15 Years of Service: Gaetane Bucholtz, Gabrielle Burnham, Diane Moriarity

20 Years of Service: Linda Cousineau

40 Years of Service: Maureen Gleason, Connie Young

AND LEANNE MCCORMICK WHO ACHIEVED 45 YEARS OF SERVICE!!!!

Our Staff Who Retired In 2021

Congratulations to the following staff who retired in 2021. Each is receiving a certificate recognizing their years of service and a monetary gift from the Pembroke Regional Hospital.

The number in brackets represents their years of service.

Brenda Barker (10), Susan Bow (35), Kathy Bromley (14), Gaetane Bucholtz (15), Clare Buechman (34), Gabrielle Burnham (15), Lynn Chester (21), Linda Cousineau (20), Bella De Wit (16), Lori Donnelly (28), Gary Drew (9), Kelly Furgoch (38), Catherine Gervais (22), Maureen Gleason (40), Janice Gust (21), Philip Harrington (8), Constance J. Hawthorne (23), Judy Kargus (24), Francois Lemaire (9), Karen Markus (34), Cindy McCaughan (36), Robert McMeekin (38), Elizabeth Michaud (33), Diane Moriarity (15), Angela Nieman (34), Lillian Sonier (8), Alma Turcotte (47), Bernadette Turcott (17), Karen Vaillancourt (43), Brenda Wieland (10), John Wren (38), Trudi Wren (34), Constance Ann Young (40)

2021 Perfect Attendance Recognition

Congratulations to the following full and part-time staff who achieved perfect attendance in 2021. All recipients receive a certificate recognizing the achievement. Part-time staff also receive a \$10 PRH gift card while full time staff receive a voucher for a day off with pay.

Part-Time: Michele Smith, Megan Melcher, Lori Ann Borne, Mary Ann Kenyon, Xiao-Qun Gong, Helen McLeod, Kaitlyn Vaillancourt, Debbie Laventure, Annalyn Bloskie, Christine Ferguson, Donna Moriarity, Taryn De Bruyn, Shannon Reckzin, Shellie Desgroseilliers, Kathleen Schroeder, Victoria Fritz, Jennifer Meere, Stephanie Eckford, Hailee Liedtke, Nyomi Immel, Anna Johannesson, Mya Macpherson, Mark Popke, Dale Murphy, Annie Jahn

Full Time: Donna Jones, John Thomas, Wendy Briscoe, Jaime Allen, Leanne McCormick, Sandra Farrell, Lisa Keon, Melody Dickson, Sharon Allain, Samantha Moreau, Angela Keddy, Jennifer Krieger, Tanya Parker, Donna Bourgoin, Amy Kuehl, Annette Davidson, Sonya Silver, Roberta Mielke, Lisa Schuler, Paulette Szabon, Catherine Lawlor, Karen Lavigne, Janet Gleason Morris, Lisa MacQueen, Christopher Seabert, Shelley Gowers, Corey Graveline-Dumouchel, Shawn Silver, Lisa Horton, Kimberly Combdon, Tina Davidson, Marianne Bourgeois, Sheldon Lanthier, Kayla Emmerson, Brittony Osler, Corinna Shannon, Meghan Slattery, Brandon Nagora, Sarah (Jessica) Schwan, Brianne Laabs, Megan Tallon, Kyle Rowley, Sheldon Higginson, Jade Parks, Andre Renaud

CONSTRUCTION CORNER

Tower A:

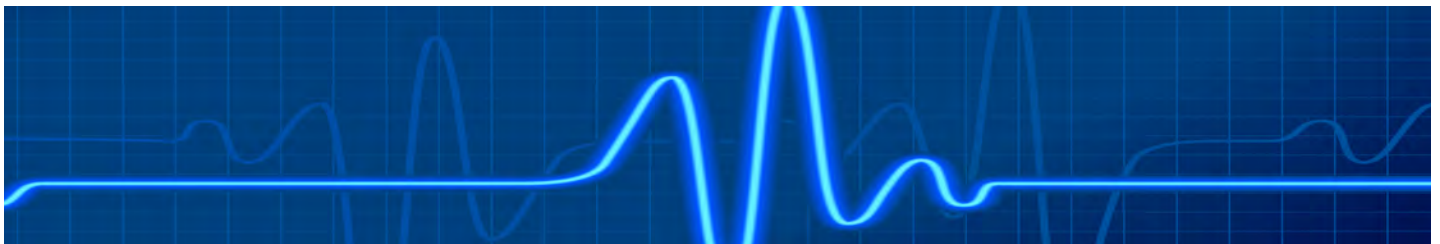
- Work on the 5th floor *Cancer Care Project* for Pharmacy is ongoing. The exhaust stack was installed on the roof along with the fan units. The platforms and stairs for the sides of the air handlers were delivered and craned into position on the roof. We are starting to close up the walls where most of the drywall has been installed in the rooms.
- The date for the bid submissions for the 3rd floor *Surgical Day Care Project* was pushed back by one week and is now scheduled for March 15th.
- Scaffolding was installed on the 4th floor LDRP South Wing corridor and Rotunda and in the Old Boiler Room. The asbestos abatement contractor removed the insulation on the steam pipe in preparation for its replacement.
- A new more efficient air conditioning condenser unit was installed on the roof for the Lab.
- All the interior walls were removed in A124 for the new physician lounge.
- A new hands free door operator was installed in the Employee Staff Entrance corridor door to keep the door close in order to retain heat in the building while deliveries are taking place.

Tower B:

- Renovations were completed in the Nuclear Med Room (Spect CT). The new equipment was delivered and is being installed. The Mammo equipment is scheduled to be replaced later this month.

Tower C:

- Electrical and fire alarm upgrade work is mostly completed on the Ground Floor behind the elevator for the relocation of the Geriatric Day Hospital program from Tower D. The data cabling was also replaced. The steel deck and trusses are being sprayed with a fire retardant.
- Two electrical panels have been replaced in the corridors and we are waiting on connectors for the third panel on the 1st floor.
- The HR Department has now been relocated to the newly renovated 2nd floor.



We would like to express a sincere THANK YOU to the healthcare team at Pembroke Regional Hospital for consistently providing high quality compassionate and professional care during this challenging pandemic period. You are all to be commended for your perseverance and adaptability as you supported patients and families.

The Pembroke Regional Hospital Patient and Family Advisory Council

March is Nutrition Month!

Join the PRH nutrition team in celebrating the 40th annual Nutrition Month with this year's theme, *Ingredients for a Healthier Tomorrow*.

For 40 years, Nutrition Month has been an annual campaign promoting the role and value of dietitians as a profession. The purpose of the original campaign (that only lasted one week) was to increase public awareness about the importance of healthy eating, by identifying dietitians as the most credible source of food and nutrition information. In 1982, it was extended to a month-long campaign focused on food, nutrition and Canadian dietitians.

Each year, a Nutrition Month theme is selected by Dietitians of Canada (DC) based on an environmental scan, and with input from dietitians and DC members. While the sustainability movement has been growing in Canada and across the world, dietitians have been influencing and leading change for a long time towards creating a more sustainable food system, which led to this year's focus on *Ingredients for a Healthier Tomorrow*. From food security to food literacy and food sovereignty, to sustainable food choices, and nutrition care and prevention - each of these themes have been identified as ingredients in a sustainable food system.

Watch here, on the hospital screens and on The Loop for more posts through March for Nutrition Month! If you are interested in more information, visit [NutritionMonth2022.ca](https://nutritionmonth2022.ca)

Dietitians in all areas across Canada are unlocking the potential of food and doing their part to create a healthier tomorrow. This includes supporting individuals and communities to live a healthier future through care and prevention, and by helping to build better environments where people live, work and play.

- PRH Nutrition Team



Unlock the Potential of Food
Ingredients for a Healthier Tomorrow

[NUTRITIONMONTH2022.CA](https://nutritionmonth2022.ca)



Spotlight on our PRH Nutrition Team

Becky Richardson-Sack- My role in hospital is Dietitian Assistant. I started working in Food Service as a student at the Pembroke Civic Hospital in 1992. I attended Canadore College and graduated from Food and Nutrition Management in 1996. I continued to work in Food Service at the Civic until I transferred to PRH. I started working as a Dietitian Assistant in 2003 and fell in love with the clinical side of my education. I assist the RD in hospital with helping in-patients meet their nutrition goals and encourage patients to eat well and make healthier choices once at home.

Holly Landry- I am brand new to PRH as of January 2022 as the inpatient Clinical Dietitian and Certified Diabetes Educator (CDE). I am responsible for developing nutrition care plans to maximize intake for high risk patients admitted to hospital. I completed my undergraduate degree at the University of Western Ontario, and practical training as part of the Northern Ontario Dietetic Internship Program. I enjoy working with an interdisciplinary team in a fast paced environment, and am up for the challenge of determining the safest way to feed patients with a variety of conditions and diseases.

Jenny Huang- Born and raised in Toronto, I completed my BAsc at Ryerson and later my MScA at McGill. Presently, I work with the PRH Outpatient Diabetes & Nutrition Clinic (Tower D) alongside two Registered Nurses (RN CDEs). Prior to moving into my role in the Diabetes Clinic, I worked in Long Term Care at Barry's Bay and Primary Care in Grande Prairie and Arnprior. I enjoy working with patients to rediscover the joys of food and impact it has on different aspects of physical, mental and social health and well being. PS: I also love food

Claudia Coutu- Currently covering as the Food Service Dietitian at PRH, I provide support to the dietary team as well as develop nutritional education material and tools for staff. I obtained my undergraduate degree from the University of Ottawa and I'm originally from Quebec City. I'm interested in nutrition science and helping individuals learn how food plays a crucial role in health and preventive care.



From left to right: Julia Reddy, Holly Landry, Jenny Huang, Claudia Coutu, Becky Richardson-Sack

Julia Reddy- I started at PRH in 2011 with the Diabetes Education Program as a CDE with the Outreach team. Together with an RN, I provide diabetes education and prevention across the county. Originally from Newfoundland, I obtained my undergrad from Memorial and my MPH from Waterloo. I love helping my clients learn about and try new foods, explore local products and navigate the world of diet culture and health at every size.

Guardian Angels

Robyn Cassidy, RN/RT Medical

"Many thanks for all your loving care to my husband, Gary, and your support to me and my family."



Pembroke Regional Hospital Foundation
Fondation de l'Hôpital Régional de Pembroke

Congratulations

WEEK #32 WINNER

Larry Blimke

\$7,206

TICKET #FF-2174673

Card #41

Revealed: 4 of Spades

www.prhcatchtheace.ca



Congratulations

WEEK #33 WINNER

Wendy Michael

\$7,163

TICKET #GG-6309402

Card #34

Revealed: 4 of Diamonds

www.prhcatchtheace.ca



Next weeks ESTIMATED Jackpot,
if the Ace is caught is over: **\$175,000!**



Current Facts and Figures

- Renfrew County: 92 active cases, 33 deaths
- Ottawa: 832 active cases, 752 deaths
- Ontario: 15950 active cases, 12,638 deaths

Foundation News

Pembroke Regional Hospital Foundation
Fondation de l'Hôpital Régional de Pembroke



Connect to Care
Radiothon
Thank you

Together we raised: **\$45,000**

Catch the Ace tickets are on sale at the Mural Café on Mondays and Tuesdays from 9:30am-2pm. Thanks to our volunteers who make this possible. You can also visit www.prhcatchtheace.ca to purchase your tickets.

Proceeds support our Cancer Care Campaign.

Thank you so much to everyone who helped to make the *Connect to Care Radiothon* such a success! Our community came together to raise an incredible **\$45,000** and counting, to support local cancer care at PRH! Special thanks to Dr. Tom Hurley and Dr. Margarita Lianeri for their friendly competition which raised over 5K with Dr. Lianeri finishing first by only a few more dollars. Thank you both for making a difference.

OK TIRE
Honestly driven.

FRANK CARROLL
FINANCIAL

BENNETT
ELECTRIC

GRATITUDE

• Gratitude : "The warm feeling of thankfulness towards others and for what they have". I would like to take this time on my Retirement Day from Nursing at PRH to say thank you for all the friendships I have made, for the "team" we became, and grew as a work family, and for the many times that you found my lost worksheet and pens (ha ha)! Thank you for caring for me when I was a patient on my own floor - could not have felt safer with you all. Thank you for comforting in times of hardship and laughing out loud often. Thank you to the patients, who often said "thank you" with a handshake, a smile, a card and I will treasure the Guardian Angels I have received and remember who they were from. I wish each and every one of you peace, love and know that you are appreciated and are "angels on earth to those you care for". Till we see each other again. God Bless.

Marilyn Adam RN Inpatient Rehabilitation

• Thank you **Dinah Fleury** for arranging a luncheon on short notice for Dr. Needham-Nethercott. It was greatly appreciated how quickly you were about to make this happen. I appreciate all you do every single day. *Nancy Schroeder*

• Medical 2A would like to celebrate **Jennifer Krieger** for all of her support and education she has provided to us throughout this pandemic. Jennifer has maintained a positive attitude that is contagious. We know there is a big smile under that mask.

• I would like to acknowledge **Dr. Needham-Nethercott** for her leadership in the ICU this week. Dr. Needham-Nethercott presented a very well attended Lunch and Learn discussing Pain Management, Delirium, and the Importance of Early mobilization in the ICU March 4th. The team would like to thank Dr. Needham-Nethercott for providing lunch as well as her enthusiasm with growing our ICU team and program. *Laurie Menard*



MARCH (PRICE) BREAK

From March 1st to March 31st

**Take 20% off ALL store
merchandise**

(BOTH SALE & REGULAR PRICED)

**Thanks for your continued
support!**

