



February is recognized as Black History Month in Canada – a time to honour the legacy and countless contributions of black Canadians in our communities.

The 2022 theme for Black History Month is: “February and Forever: Celebrating Black History today and every day,” which focuses on recognizing the daily contributions that Black Canadians make to Canada.

This year, the Pembroke Regional Hospital will be working towards broader inclusion of those we celebrate and honour in a meaningful way, year-round.

Recognition of Black History month is one of the first steps and we look forward to sharing with you other developments taking place.

Today's Take-Aways

COVID-19 – Regional Updates

- With the gradual reduction of provincial COVID-19 restrictions and safety measures, there has been a lot of discussion at various regional committees in terms of how these reductions will impact what is being done in hospitals and other “highest risk” health care settings. In the majority of cases, hospitals are not making major changes and will maintain current policies while evaluating the regional approach on a regular basis.

- While use of the regional COVID-19 consultation phone line is on the decline, it has been decided that it will be maintained at least for a few more weeks. Feedback is being gathered to determine if there is a need to continue this beyond that.

- Inpatients are now being given a letter upon admission that indicates that they could be transferred to another facility for continuation of care if circumstances prevented them from remaining in their local hospital.

Infection Prevention and Control and Occupational Health and Safety

- Regionally, those in IPAC are beginning to discuss and plan for a gradual ramp down of COVID-19 safety measures. While it has been agreed that now is not the time to implement these reductions, the fact that planning is in the works is a positive step forward.

Visitor Policy

- Effective February 22nd, and aligned regionally with other hospitals, changes are being made to the Essential Caregiver / Care Partner and Visitor policy. These changes include allowing patients to have one visitor per day. A memo regarding these changes has been issued today and public communication is also going out.

Today's Take-Aways Continued

It should also be noted that, at least for the time being, entrance to the hospital will continue to require proof of vaccination except in certain circumstances.

Supplies

- Issues with the regional supply chain are becoming critical for some items that are used on a regular basis. Regionally hospitals are looking for alternatives and developing mitigation strategies while dealing with continued back orders and supply shortages.

COVID-19 Vaccination Efforts

- Pembroke's COVID-19 Vaccination Clinic on Crandall Street will be wrapping up at the end of this month. Those looking to get vaccinated can still walk-in or book appointments online at: <https://covid19.ontariohealth.ca>

The remaining clinics are being held: February 18th, 1-5:45 p.m.; February 22nd, 1-5:45 p.m.; February 26th, 10 a.m. - 3:45 p.m. February 28th, 1-5:45 p.m.

Please note that an eight week interval is recommended between first and second dose for 5-11 year olds and boosters for ages 12+ must be given a minimum of 168 days after the second dose.

Thanks to all who have supported these efforts. Together with our partners in vaccination efforts, we have provided 218,407 doses of the COVID-19 Vaccine in Renfrew County and District.

Departmental Updates

Maintenance

- After 4 pm today, there will be a water shutdown in Tower A that should affect only the North side of the building (the side closest to the Heliport) and only the hot water. The cold water should not be affected. There should still be hot water but it may take longer to get hot since work is being done on the recirculation line.

The areas affected will be the Pharmacy on the 5th floor, LDRP Birthing Suites on the 4th floor, the old OR area on the 3rd floor and the Cafeteria on the 2nd floor.

The work is expected to last three hours at the most and is required for the Cancer Care Project.

During the shutdown, Maintenance On-Call will be available at (613) 639-1486 for any issues that may arise.

We thank you for your cooperation and appreciate your understanding.

Mental Health Services

- Our Recovery Outreach Program will be participating in the Royal's *Mental Health Hygiene Challenge*, which launches in March!

Join us for the inaugural *Royal Mental Hygiene Challenge*! Take 10 minutes every day throughout the month of March and engage in simple, research-based activities to boost your mental health. These 10 minutes can be done all at once, or broken up into shorter intervals - it's up to you!

<https://www.theroyal.ca/events/royal-mental-hygiene-challenge>

Pharmacy

- Kudos to our Pharmacy Team for helping ensure the equitable distribution of medications needed to treat moderate to severe COVID-19 positive patients in the region. The team was recognized by Senior Leadership for the work and effort that has gone into developing processes to facilitate this distribution.

Today's Take-Aways Continued

Rehabilitation

• We are excited to welcome our health care aides to the inpatient Rehab department. This is the first week of our pilot project with this temporary new role.

Over the next six months, our health care aides will be working with our Rehab team to assist patients with their activities of daily living to achieve their goals of care.

Our Acute Mental Health department will also be running a trial with a health care aide position over a similar time period.

Spiritual Care / Social Work

• Pembroke Regional Hospital now offers a "Bereavement Resource Package" in both French and English.

This information package is designed to answer the common question family members have after experiencing the death of a loved one: "What do I do now?".

There are several components to the resource - a list of local supports and resources such as funeral homes and grief counselling, a list of agencies with their contact information that family may need to contact after a death such as Veterans Affairs, Revenue Canada, provincial agencies etc, and lastly, the bereavement package includes a pamphlet on coping with grief.

These Bereavement Resource Packages are available at most nursing station desks, or through Social Work or Spiritual Care. They are available for patients, families and also staff to use as needed.

Surgical Program

• The gradual ramp up of volume continues. This week the department is at about 35% capacity in the ORs and 70% of its endoscopy volumes. Weekly meetings with the clinical teams are ongoing in order to evaluate and manage a safe return to full service. Next week it is anticipated that our ORs will ramp up to 50-60% of their capacity.



Pictured here is the new Health Care Aide team learning about Safe Client Handling from a member of the physio team.

From left to right: Matt Pollice (HCA), Christal Hoffman (HCA), Carly Rea (HCA) and Michelle Zimmerman (PT).

TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING

Have a routine



Structure your day and keep good habits

Take deep breaths



Breathing exercises can ease stress

Call a loved one



Lean on each other for support

Have fun



Play online with friends or start a hobby

Open windows



Sunlight can improve your mood

Help others



Get essential supplies for a neighbour

GRATITUDE

• A big THANK YOU to **Roger, Leigh and Megan from the Foundation** who didn't hesitate to assist me with the cupcake preparation and hospital-wide distribution on Valentine's Day! *Carolyn Levesque*

• Celebrating **Laura-Lee (GEM Nurse)** for helping us improve geriatric care in the ED by sharing tips and tricks for senior friendly care at Huddle every Thursday. *Kaley Lapierre*

• CUPE, local executive would like to take the opportunity to convey our genuine appreciation to **all our valued members**. A heartfelt Thank You for your unwavering 'Can Do' attitude as you continue to support your co-workers and colleagues, while maintaining your commitment to patient care. We greatly acknowledge your flexibility and willingness to adapt during the Pandemic, especially those who were re-deployed. For All You Do Everyday....We Sincerely Thank You! Local 1502.

President; Connie Young. Chief Steward; Colin Clouthier. Vice-President; Josi Curry.



4th Avenue Imports Donates 50 Pairs of Shoes To PRH Staff

The Pembroke Regional Hospital is extremely grateful to *4th Avenue Imports* for their generous donation of 50 pairs of "joybees" worker clogs for our staff in appreciation for all the work our health care team is doing.

This week the shipment of shoes arrived and Eastern Canada Sales Rep Allan Morrison, right, was on hand for the delivery while staff member Dorothy Bechamp tried a pair on!

All staff who will be receiving a pair as a result of a draw that was held last month have been sent an email with pickup instructions.

Thanks to Allan and *4th Avenue Imports* for their generosity and to the PRH Auxiliary for coordinating the donation through our Sunshine Gift Shop!

LIMITED TIME OFFER!

Exclusive Discount

Save up to

30% OFF!

Valid February 10 - May 31, 2022

Limited Availability

Valid on New Reservations Only

Book using your Corporate Code
Must Book By: February 27, 2022

PRH Corporate Code: PEMB1G8

Book online at
GREATWOLF.COM
or call 1.800.605.9653

- Limited availability, black out dates apply
- Employee must be present upon Check In and must show valid Employee ID upon arrival to receive this discounted rate
- Limit 2 rooms per Employee per night
- Includes 2 days of waterpark play with a 1 night stay and complimentary parking
- Rates are available for the dates outlined only and are based on availability at time of booking
- First night's room & tax required upon reservation
- Covid-19 Health & Safety restrictions in place including mandatory face coverings for anyone age 2+ and maintaining physical distancing practices.
- Proof of Double Vaccination + 14 Days is required for ages 12+



Health
& Safety

Guardian Angels



Lauren Anderson, Surgical

"Thank you so much for going above and beyond, staying after hours to help my dad with his pain following bladder surgery. Despite his terrible ordeal, he came home with nothing but wonderful things to say about the caring nurses who took care of him. Thank you for all you do!"

Mental Health Resources Are Available

We recognize that this situation and the increased community transmission of the Omicron variant may impact your mental health and we encourage everyone to seek appropriate support as required.

This includes accessing our Employee Assistance Program (EAP) at 1-866-833-7690 or calling the Mental Health Crisis Line at 1-866-996-0991.

Catch the Ace
PROGRESSIVE LOTTERY

Congratulations
WEEK #30 WINNER
Collinda Elliot
\$6,358
TICKET #DD-1190428
Card #37
Revealed: Jack of Hearts
www.prhcatchtheace.ca

Next weeks ESTIMATED Jackpot,
if the Ace is caught is over: **\$144,000!**



Current Facts and Figures

- **Renfrew County:** 166 active cases, 29 deaths
- **Ottawa:** 996 active cases, 743 deaths
- **Ontario:** 23,048 active cases, 12,204 deaths

Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Catch the Ace
PROGRESSIVE LOTTERY

\$144,000
ESTIMATED JACKPOT

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

Proceeds support our *Cancer Care Campaign*.

Our *Connect to Care Radiothon* is happening soon! Send us an email at: foundation@prh.email with the correct date our Radiothon is taking place this year and you will be entered to win a prize pack!

CONTEST