



## From Our Senior Leadership Team...

*Happy New Year and welcome to 2022. Unfortunately it's been a bit of a difficult start to this new year with the rapid transmission of the Omicron variant and its repercussions including staffing challenges, the deferral of non-urgent procedures, some renewed restrictions within the community and a return to online learning for the students.*

*We recognize that we are all experiencing a great deal of fatigue, information overload and feelings of discouragement as we had hoped to be in a much better position than this two years into the pandemic, but rest assured, we will get through it.*

*We want to thank each of you for all that you have done to protect our patients and our community - getting your vaccinations, supporting your co-workers and your teams when faced with staff shortages, going above and beyond to ensure our patients receive the care they deserve and ensuring that our hospital continues to provide the level of care and services that our community needs and expects.*

*While we are hopeful that this wave will be short-lived, we encourage you to continue to support one another and be kind to each other, practice self-care and seek out support and assistance when required.*

*To ensure timely communication of rapidly changing information, The Pulse will be published weekly for at least the month of January and we urge everyone to get in the habit of regularly reviewing their hospital email for the most up-to-date news and information.*

*We have a great team here at PRH and we will get through this together.*

***Pierre Noel, Sabine Mersmann, Beth Brownlee, Scott Coombes and Dr. Tom Hurley***



## Today's Take-Aways

### COVID-19 – Regional Updates

- Both the Incident Management System (IMS) and Operations structures have been resurrected in the region. Our hospital has senior leadership representation on both.
- There has been a significant ramp up of regional collaboration including the re-establishment of regional communication and committee structures.
- There is a lot of regional discussion taking place with regards to patient flow and capacities.

## Today's Take-Aways Continued

- There is work being done to standardize implementation of various COVID-related policies and safety measures at hospitals as not all implementation is currently standardized.

- One of the biggest challenges across the region is staff resources.

- Testing volumes have significantly decreased since implementation of new testing guidelines and eligibility which is expected to reduce the turnaround times for the ones that are still being done.

### **Ontario Health's Directive #2**

- Hospitals were provided with detailed guidance around the implementation of Ontario Health's Directive #2 last night. This includes direction to ramp down various non-urgent surgeries, procedures, diagnostic appointments and clinics that could impact a hospital's capacity. PRH will be cautiously ramping down where appropriate based on this guidance.

### **Human Resources**

- An internal Escalation Committee has been established to assess and review specific return to work cases involving staff who are off on isolation due to COVID-19 exposure or being a high risk contact.

- An anonymous survey has been circulated with regards to the impact school closures are having on our workforce. Staff are encouraged to complete this short survey in order to assist the organization with risk planning and to reach out to their manager if any support is required.

- For those of you requiring child care assistance, the County of Renfrew has developed the following information page for health care workers:

<https://www.countyofrenfrew.on.ca/en/community-services/child-care-and-early-years.aspx>

### **Supplies**

- There are no major supply issues to report at this time.

### **COVID-19 Outbreak On 2nd Medical**

- The outbreak appears to be contained at this point. Testing continues for patients and staff. It is hoped that given no additional positive cases linked to this outbreak, that the outbreak could be declared over as early as the middle of next week.

### **Occupational Health and Safety / Infection Prevention and Control**

- We have once again received revised COVID-19 symptom guidelines. As a result, changes to the screening questions – both staff and public – can be anticipated as early as tomorrow.

- Everyone is reminded to accurately complete their daily screening even if working from home as the screening is linked to payroll and an individual working from home who does not complete screening is classified as non-compliant for that shift.

### **COVID-19 Vaccination (3rd Dose) Staff Vaccinations**

- In response to the rapidly evolving situation related to the COVID-19 Omicron variant of concern (VOC), we are encouraging all members of our health care team to get their third dose of the COVID-19 vaccine as soon as possible.

To those who have already received their third dose – THANK YOU!

In order to assist with organizational risk planning, we would ask that you please voluntarily submit your updated proof of vaccination to Occupational Health as soon as possible by email to [occhealth@prh.email](mailto:occhealth@prh.email).

Community vaccination clinics continue to accept PRH staff and physicians on a walk-in basis with no booked appointment necessary.

## Today's Take-Aways Continued

The schedule of upcoming clinics taking place in Pembroke at 100 Crandall Street from 9am-5pm are as follows:

**Saturday, January 8th**

**Monday, January 10th**

**Wednesday, January 12th**

**Thursday, January 13th**

Alternatively, health care workers can also get their vaccination at local pharmacies.

For any staff or physicians who are unable to attend one of the community clinics, please email your name to Sarah Selle – [sarah.selle@prh.email](mailto:sarah.selle@prh.email).

For any non-staff looking to get their third dose, an appointment can be booked at:

<https://rcvtac.ca/course/view.php?id=23>

### PRH Auxiliary

- Please note that other than having reduced capacity limits, both the Sunshine Gift Shop and the Mural Café remain open during the province's modified lockdown which will be reassessed on January 21st.

### Departmental Updates:

#### Pharmacy

- The region is experiencing a shortage of medication used to treat the severely ill COVID positive patients, however pharmacists are working collaboratively to manage the doses that are available and share as required.

#### Public Affairs and Communications

- Particularly now, as information regarding COVID-19 is rapidly changing, it's more important than ever to keep up-to-date on work-related news. As a result, it's imperative that staff and physicians regularly check their work email for the latest information. Your email can be accessed externally through the Staff Resources section of the PRH website ([www.pembrokeregionalhospital.ca](http://www.pembrokeregionalhospital.ca)).

Additionally, for those who do not have a PRH email account, all COVID-related memos and issues of The Pulse newsletter can also be accessed – without required login – through that portal.



### Your donation matters

It matters to every patient across Canada. Because it's something we can do today to help others wake up healthier tomorrow.

### Upcoming blood donation events

Germania Club Pembroke  
15 Bennett St. Pembroke

Tuesday, February 8  
1:00 pm to 4:00 pm  
5:30 pm to 7:30 pm



## COVID-19 Vaccination Update



**Everyone attending a 12+ vaccination clinic that is 30 years of age and older will be offered the Moderna vaccine, due to limited supply of the Pfizer vaccine!**

**The available supply of Pfizer will be held for those 12-29 years of age.**

For up-to-date vaccination information, visit [www.rcdhu.com](http://www.rcdhu.com)



## Guardian Angels Rehabilitation Team



**Congratulations**  
**Catch the Ace**  
**WEEK #22 WINNER**  
**Pat Nighbor**  
**\$3,571**  
 TICKET #V-6291263  
 Card #38  
 Revealed: 9 of Diamonds

**Congratulations**  
**Catch the Ace**  
**WEEK #23 WINNER**  
**Crystal McDonald**  
**\$3,501**  
 TICKET #W-5964450  
 Card #35  
 Revealed: King of Spades  
[www.prhcatchtheace.ca](http://www.prhcatchtheace.ca)

**Congratulations**  
**Catch the Ace**  
**WEEK #24 WINNER**  
**Kari Mitroff**  
**\$3,934**  
 TICKET #X-6357038  
 Card #2  
 Revealed: Queen of Spades  
[www.prhcatchtheace.ca](http://www.prhcatchtheace.ca)  
 Next weeks ESTIMATED jackpot,  
 if the Ace is caught is over: **\$83,000!**



## Current Facts and Figures

- **Renfrew County:** 670 active cases, 16 deaths
- **Ottawa:** 8,389 active cases, 626 deaths
- **Ontario:** 135,313 active cases, 10,272 deaths

## Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke



Happy New Year from all of us at the  
Pembroke Regional Hospital Foundation!

We thank you all so much for your incredible  
dedication to providing amazing healthcare to  
Renfrew County and for your support of the  
Foundation throughout 2021.

**Catch the Ace**  
**PROGRESSIVE LOTTERY**  
**GET YOUR TICKETS NOW**  
**WWW.PRHCATCHTHEACE.CA**

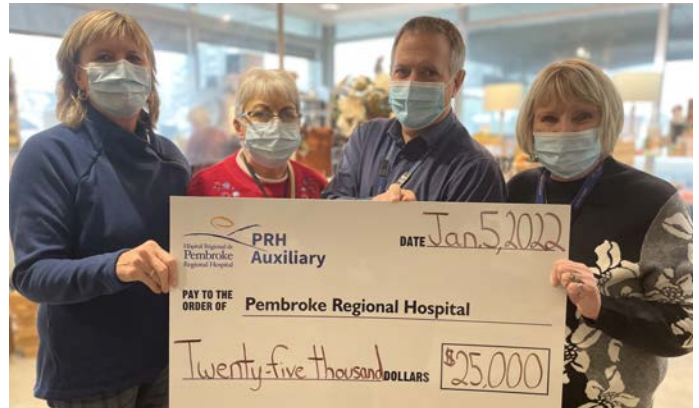
The estimated jackpot for PRH *Catch the Ace 3.0*  
is over \$75,000!! Get your tickets at the  
Mural Café on Mondays and Tuesdays from  
9:30am-2:00pm or online anytime at  
[www.prhcatchtheace.ca](http://www.prhcatchtheace.ca).  
Draw closes at midnight on Tuesdays.

# PRH Auxiliary Makes \$25,000 Contribution To Hospital

The Pembroke Regional Hospital Auxiliary recently presented the Pembroke Regional Hospital with a cheque for \$25,000, another contribution towards their \$500,000 pledge for orthopaedic equipment and upgrades to the hospital's Surgical inpatient unit.

With this contribution, comprised of \$13,000 from funds raised at Delta Bingo and Gaming, and the remaining \$12,000 from other Auxiliary fundraising ventures, the Auxiliary has just \$94,000 remaining to pay in order to complete their commitment.

Pictured here, PRH President and CEO Pierre Noel, second from right, accepts the \$25,000 cheque from Brenda Long (Sunshine Gift Shop Manager), left, Helene Giroux (Auxiliary Treasurer) and Diana Gagne (Auxiliary President).



## 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.


**Happier January 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

PROPERLY DON ALL ELEMENTS OF YOUR REQUIRED PPE!

Wearing appropriate PPE is tiring. Sometimes during the work day, depending on our role, we get to have a break. After your break ends, don't just rush onto the next task.



**THANK YOU FOR KEEPING ME SAFE AT WORK**

# GRATITUDE

• Environmental Services would like to say a big “thank you” to **Amanda and Caroline** – they did an amazing job Dec. 21st explaining the donning and doffing of PPE. Staff felt supported and received the information they needed to feel comfortable moving forward with the changes thanks to their information and demonstrations.

• Recognizing the Medical Nurses who covered the Emergency department December 23rd. Their thoughtfulness allowed the ED nurses to attend the drive-by for Brittany.



**Be Kind**

#EndTheStigma  
#WeAreInThisTogether



## **PRH Staff Association Treat Day**

**Featuring A 64 Gram Package Of Coffee In One Of Three Flavours - Dark Maple, Hazlenut or Maple**  
(Trade with fellow Staff Association members to get the one you want.)

### **Distribution Details:**

**Thursday, January 20th, 10-11:30 a.m.**  
**In The Lunch Box, Tower A, 2nd Floor**

Remaining portions will be available for pickup in A128 (next to the PRH Foundation) after the distribution time while supplies last.

*Founded in 2011 on the banks of the Madawaska River by Neil and Sarah Wright, Madawaska Coffee Co. has grown from a hobby roaster to Madawaska Valley's #1 provider of fresh-roasted quality coffees.*

*All beans are hand-selected and small-batch roasted. Once the beans have been roasted they are packaged and shipped direct to retail and wholesale partners within 48 hours.*

*Currently they offer 11 different roasts.*



### **PLEASE TAKE NOTE:**

1. Pre-orders should be placed for large groups, however, individuals can pre-order too.
2. Pre-order lists must be emailed to [carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email) by **12 noon, January 14th.**
3. Pre-orders must be picked up between 10 a.m. and 11:30 a.m. January 20th.
5. If you don't pre-order, you CAN still pick up your item on distribution day **WHILE SUPPLIES LAST.**
6. Please note that groups who pre-order are responsible for ensuring staff on their lists get their items.

