

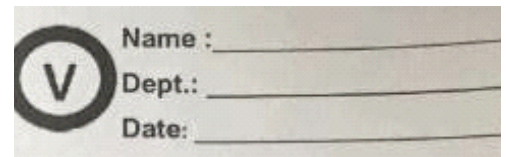
Today's Take-Aways

- The health sector has now received direction from the province for the gradual restart of deferred non-essential and elective surgeries and procedures. Ontario Health has instructed health care providers to coordinate the restart at local and regional levels and has outlined measures that must be in place in order to ensure a safe reintroduction of services. Many of our departments are now in the planning and assessment phase in order to develop a clear understanding of how to safely ramp up activities once approval to do so has been received regionally. Part of the preparation involves anticipating PPE needs and ensuring a 30-day supply is on hand.

- In terms of PPE supplies, PRH is currently facing some challenges with procedure masks and face shields due to product defects. As a result, IPAC has expanded its education to all staff and physicians on how to **visually inspect all PPE prior to use**.

We are also experiencing a shortage of 535 ml bottles of hand sanitizer. These bottles are currently being collected from areas that do not require that size and are being replaced with smaller containers. All staff and physicians are reminded to select the appropriate PPE for the task that you are completing based on your point of care risk assessment and any posted signage indicating the level of additional precautions.

- At this time, we are only collecting N95 masks for potential reprocessing that have been used with a COVID probable or positive cases. N95 masks used for any other Airborne Precaution indication (ex/ TB) must be discarded after the patient interaction and not collected for potential reprocessing.



Name : _____
Dept.: _____
Date: _____

When labelling the bag for the used N95, staff members are asked to place the sticker seen here on the outside of the bag.

- Please note the following change has been made to our list of staff screening questions. The question about others in your household who may have symptoms or are being tested has been amended to have the “being tested” part removed. This wording has been removed because staff in long-term care and retirement homes are now being tested even though they are asymptomatic and it would mean that our staff would not pass the screening if they had a long-term care or retirement home staff member in their household.

- ALC patient pressures continue to be an issue in our region with approximately 600 patients awaiting transfer from hospital to another setting. Prior to the pandemic the regional numbers were around 350.

Today's Take Aways...Continued From Front

- With the recent public announcement by the province that all Ontario residents who are concerned about exposure to COVID-19 can now be tested, the Renfrew County Virtual Triage and Assessment Centre is launching a two-week schedule of pop-up testing clinics. Those wishing to be tested must call RC VTAC at 1-844-727-6404 to pre-register. We are hoping that public demand for testing will not negatively impact turn-around times for high priority tests. Currently the turn-around time for test results is 17-24 hours as EORLA has recently increased their testing capacity.
- PRH continues to provide support to long-term care and retirement homes in the region. We are currently providing support to The Pinewood and to Riverview Heights for screening, IPAC and nursing care. We will also soon be providing some food service support to Marianhill. Thank you to all who have volunteered for redeployment to these settings. The facilities we are assisting are very grateful for the assistance our team members are providing.
- As we prepare to start the Rehab deck/roof refurbishment project, the roofing contractor will be taking over the Deacon Street parking lot located behind Tower C. Fencing with gates will be going up this week for a materials staging area. Approximately 30 parking spaces will be occupied for the next 20 weeks, the duration of the project. A few parking spaces will remain for the Pembroke Family Medicine Teaching Unit Assessment Clinic and for Dialysis deliveries.

Those who would normally park there will be redirected to the Deacon Street lot where staff parking will be expanded into the public parking area during this timeframe. There will be no parking spaces lost in the Bell Street parking lot. Should there be no parking available in any of the staff parking lots, please let SP+ know and they will advise you of your choices. Please be aware that if you park in an unauthorized area you will be subject to a parking ticket. We appreciate your patience during this construction project.

- Today's health and wellness video features Registered Occupational Therapist and Psychotherapist Brittony Osler from Mental Health Services of Renfrew County on the topic of Coping with Anxiety.

https://youtu.be/qc17l6bw_ag

Do you require COVID-19 testing?



We will be testing at the following locations over the next two weeks:

May	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
June	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
Morning 0900-1100	Cobden 43 Astrolabe Rd Cobden, ON	Petawawa 16 Civic Centre Rd Petawawa, ON	Cobden 43 Astrolabe Rd Cobden, ON	Petawawa 16 Civic Centre Rd Petawawa, ON	Cobden 43 Astrolabe Rd Cobden, ON	Petawawa 16 Civic Centre Rd Petawawa, ON
Afternoon 1400-1600	Pembroke 7 International Dr Pembroke, ON Arnprior 77 James St, Arnprior, ON	Deep River 2 Club House Rd, Deep River, ON Eganville 178 Jane St Eganville, ON	Pembroke 7 International Dr Pembroke, ON Arnprior 77 James St, Arnprior, ON	Deep River 2 Club House Rd, Deep River, ON Eganville 178 Jane St Eganville, ON	Pembroke 7 International Dr Pembroke, ON Arnprior 77 James St, Arnprior, ON	Deep River 2 Club House Rd, Deep River, ON Eganville 178 Jane St Eganville, ON
Evening 1800-2000	Renfrew 1 Ma-te-way Park Renfrew, ON	Barry's Bay 65 Arena Rd, Barry's Bay, ON	Renfrew 1 Ma-te-way Park Renfrew, ON	Barry's Bay 65 Arena Rd, Barry's Bay, ON	Renfrew 1 Ma-te-way Park Renfrew, ON	Barry's Bay 65 Arena Rd, Barry's Bay, ON



Please call **RC VTAC** to pre-register
1-844-727-6404



Fresh, local Maple Syrup!
Here's a treat we haven't offered yet, and it's packaged well for bulk pick-up!
Staff Association members who would like this month's treat will receive a 100ml bottle of fresh maple syrup from Mapleside Sugar Bush.



PRH Staff Association Treat of the Month
Thursday, June 11th, 2-4 p.m.
in The Lunch Box

PLEASE RESPECT COVID-19 MEASURES

1. To minimize numbers in the cafeteria, please, where possible, send a representative to get the Maple Syrup for your group.
2. To minimize the time spent in the cafeteria with others, if possible, please email a list of those SA members from your area who would like Maple Syrup to carolyn.levesque@prh.email by 11:30 a.m. on June 11th. When you arrive, just confirm that you list was received and the numbers match up.



- Thank you to **Mike Godbout and his Maintenance team**. No matter what idea you give them, they take it and make it better than you ever imagined. You are ALL amazing!
Dianne O'Connor.
- **Carolyn Levesque** is doing a fantastic job with all of the memos, videos, treat days and work on the Staff and Physician Recognition and Wellness Committee. We appreciate everything that you are doing to keep us informed and up-to-date! Thank you!
The LDRP team.
- Kudos to **Lisa Bradley, Jennifer Kennedy, Danielle Rae and MJ Beier** who have been assisting me in a variety of ways since week one of COVID-19. Please know that your contributions to PRH communications, staff recognition and wellness initiatives have been very much appreciated and that I couldn't have accomplished all that we have without your help. *Carolyn Levesque*
- Gratitude for **Crystal Thompson** who works for the Resource Team for doing an excellent job at the mock Code Blue. *2A Medical Team*

Laundering Personal Work Apparel at Home:

1. Healthcare personnel should change from their uniform/scrubs while at the Hospital, before beginning their commute home. Uniforms/scrubs should be transported home in a disposable plastic bag.
2. Wash the uniform/scrubs separately from any household laundry. If hair coverings are being worn, they are considered part of the uniform and must be laundered accordingly.
3. Use appropriate detergents/bleach based on the apparel manufacturer's label instructions.
4. Wash on the hottest water temperature setting permitted by the fabric and avoid short/rapid cycles.
5. Dispose of the plastic bag and wash your hands with soap and water.
6. After the wash cycle is completed, tumble dry on the warmest cycle permitted by the fabric.

Remember, personal protective equipment (PPE), such as gowns are worn to protect clothing from contamination. By using your PPE properly and as indicated you are protecting yourself.



How was your day?

Stressful

Scary

Exhausting

Busy

Sad

Healthcare workers are at the front lines of the COVID pandemic. Increased feelings of stress, worry and anxiety are normal under these conditions. Support is available to help you cope.

COVID Frontline Wellness

provides confidential access to services and tools to support your mental wellbeing.

Just book an appointment online and one of our clinicians will call you to discuss your needs and connect you with the supports that are right for you.

For more information and to book go to: www.theroyal.ca/covid-frontline-wellness

It's simple. It's confidential. It will help.

If you are a health care worker* impacted by stress related to COVID-19, please reach out.

* Any worker in a hospital, long-term care facility, retirement or group home, Paramedic service, primary care or community health care setting. You must reside in Ontario to access this service.



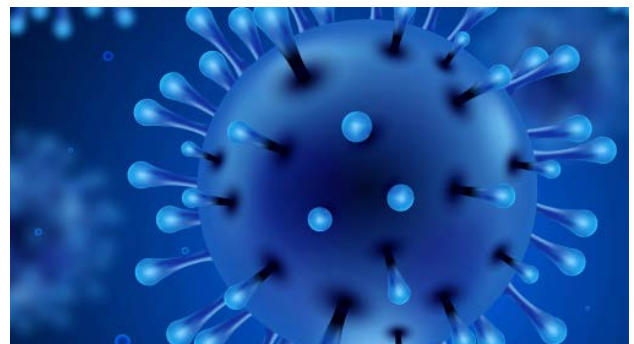
Do You Have A COVID-19 Question?

Email: covid19questions@prh.email

All questions and answers are posted and archived by date on the Staff Resources section of our hospital's website:

www.pembrokeregionalhospital.ca

For other questions/concerns, contact Infection Prevention and Control (ext. 7106), Occupational Health and Safety (ext. 7202) or your immediate supervisor.



Facts and Figures

• COVID-19 patients in our care: 4 probable on 2A, 2 probable on Surgical, 3 probable in ICU, 1 probable on Rehab and 1 probable on Medical 3B. There are no positive cases at PRH.

• In Renfrew County, there have been 20 laboratory confirmed cases to date, and one death. To date, a total of 3,100 people have been tested, with 133 still under investigation. For the latest Renfrew County information on COVID-19, please visit www.rcdhu.com.

• In Ontario, there have been 26,483 lab confirmed cases of COVID-19 and 2,155 deaths. To date, a total of 644,547 people have been tested and 11,817 remain under investigation. For provincial COVID-19 statistics, please visit www.ontario.ca.

PRH Supply Status

N95 Respirators 1860	4% staff fit tested	998
N95 Respirators 1860S	37% staff fit tested	2,143
N95 Respirators 1870+	50% staff fit tested	453
N95 Respirators 1804		2,772
N95 Respirators 910S		276
N95 Respirators 8110s	3% staff fit tested	391
N95 Respirators 8210	2% staff fit tested	1,358
N95 Respirators 9210+		79
Mask isolation (ear loop no visor)		13,800
Mask isolation (with tie no visor)		1,870
Mask isolation (ear loop no visor) MOH/Other Supply		6,700
Mask visor ear loop		217
Mask visor with tie		623
Gowns Isolation (Level 2 XLg Yellow)		5,946
Full face shield with velcro strap		3,947
Goggles - vented		256
Safety goggles (over glasses)		728
Safety glasses		1,439
Latex-Free Gloves Small - each (vinyl)	13.6%	76,350
Latex-Free Gloves Medium - each (vinyl)	48.3%	78,750
Latex-Free Gloves Large - each (vinyl)	36.1%	119,400
Latex-Free Gloves X-Large - each (vinyl)	1.9%	6,500
Shoe Cover		2,000
Hand Sanitizer 500ml		7
Hand Sanitizer 1000ml		150
Disinfecting Wipes (Accel)		135
Expired N95 1860S		680
Expired N95 1870		1,880
Expired N95 8110s		415
Expired N95 8210		2,429
Expired N95 9210		160
Expired N95 Other		1,705
*Concerns about Supply		



Thanks To Negi Indian Cuisine of Arnprior For 200 Donated Meals For Staff And Physicians

A HUGE heartfelt THANK YOU goes out to Manvirendra "Manny" Negi, Chef and Owner of Negi Indian Cuisine in Arnprior, and his entire team for donating 200 meals for staff and physicians at the Pembroke Regional Hospital on May 25th.

Manny wanted to donate these meals to hospital staff as a token of appreciation for all they are doing during the COVID-19 pandemic. He also wanted to express his thanks to the Arnprior community for supporting his restaurant during this difficult time, enabling him to be able to make such a generous donation to PRH.

Also deserving of our gratitude are Ryan Schmidt and Dan Renaud of Valley Eats who donated the transportation of these meals from Arnprior to the Pembroke Regional Hospital.

Those enjoying Monday's meal included: the Senior Leadership and Management teams, Patient Services and Administration staff, Mental Health Services of Renfrew County, Infection Prevention and Control, IPAC Champions and Educators, Hospital Charge Nurses, the Resource Team, Occupational Health, HR and Staffing, Respiratory Therapy, Medical Affairs and Hospitalists and the staff who achieved long service milestones of 20 years or more and missed out on this year's Long Service Luncheon due to COVID-19.



**MORE
COVID**



The Patient Services team would like to express their gratitude and appreciation to **Danielle Rae, Carolyn Levesque, Jennifer Kennedy and Lisa Bradley** who have been organizing and delivering meal donations throughout the organization to staff and physicians. Much appreciated. Thank you!

Thank you to **Housekeeping** for doing such a great job on the floors! *The DI team*

Since the beginning of COVID, **Mindy Ritza** (Tower D Geriatric Day Hospital) has supported each and every screener in Tower D. She welcomes them each morning, ensures they are aware of any changes and assists them with any questions they may have. She has been amazing. Thank you so much! *Trudi Wren*

Letters Of Thanks To Our Staff From Mrs. Strachan's Grade 7 Students At Our Lady of Lourdes Catholic School

Dear courageous healthcare professional,

I am Jacob, a Grade 7 student from Our Lady Of Lourdes Catholic School. I am writing this letter because I want you to know that what you're doing is helping everyone, and that by doing what you do best, you benefit this community, and communities all around the world. If it ever feels like what you're doing is forgotten by others, know that it isn't. I don't know which of the healthcare jobs you work in, but let it be known that you are great at it. You know what you are doing, and if people don't believe that, then people think wrong. You are helping this community, slowly but surely, alongside your peers and colleagues, and together you and them can help those who need it during these dire times. I, on behalf of everyone in this community, thank you, congratulate you, and commend you for braving the virus and helping people who need to be helped.

Dear Healthcare Professional my name is Abbey and I just wanted to let you know that everyone is thinking about you and we just wanted to tell you thank you. I could never do what you guys are doing, putting your life at risk to help others is a great thing and we are so grateful for that. I want to let every single one of you guys know that I am praying for every single healthcare worker out there working to try to help everyone stay alive. It's good to know that we have good people in this world and to put their lives at risk to help others. We all truly appreciate what you guys are doing for us. Our world would not be the same without you guys helping one another to stay safe. What I want to say is thank you from the bottom of my heart for helping everyone to stay safe. We all love you and hope you guys stay safe.

Dear: Healthcare Professional

Hello my name is Lucas I'm twelve years old and go to Our Lady Of Lourdes school, although it's online right now. This letter that I'm about to write is to thank you. So I know it must be a struggle to go to work everyday, risking your life. I want you to know how much we appreciate it. We think of you as are heros and without you I don't even want to think about what the world would be like. I hope that you stay safe. There is no way we can thank you enough! Stay safe and keep working hard.

Dear healthcare professional, my name is Ben Wood and I am a 12 year old boy, I love to play hockey, and I like to bake too. Enough about me. I just want to thank you so much for all your hard work during this pandemic. It is definitely very tough but just know that everyone else appreciates and well needs your hard work. I also feel very bad for you because I've worn one of the n95 masks before (when our house had mold) and I know that they are just awful to wear for long periods of time. And once again just thank you for everything that you are doing. And I recognize that you are making an incredible sacrifice to keep us all safe. We will never forget your heroism during these difficult times (and every day). And unfortunately this is the end of my letter but once again thank you so much.

Heartfelt Gratitude For Those In Our Region Who Donated Meals and Treats For Our Staff And Physicians

Our staff and physicians have been the fortunate recipients of many wonderful meals and treats over the past seven weeks as individuals and restaurant owners in the region donated a variety of items as a token of thanks for the work our health care team is doing. In return, we have promoted these donations our social media sites, but it would also be nice for our staff to personally thank and support these businesses when you have the opportunity.

April 17th - 100 lunches from *East Side Mario's* courtesy of *Dan and Trina Worner of Lake Dore RV Resort in Eganville* and *Stuart Gray, owner of Serenity Bay Campground in Eganville*

April 20th - Assortment of individually packaged snack items and drinks from *Walmart Pembroke*

April 22nd - 25 quarter-chicken meals, salad and dessert from *Harvey's/Swiss Chalet Pembroke*

April 24th - 35 chicken meals from *Mary Brown's Chicken in Petawawa*

April 27th - 900 vouchers for a free small *Domino's* pizza from owner *Mitch Reinhart*

April 28th - 11 pizzas from *Pizza Hut Pembroke*

May 5th, 6th, 12th and 13th - 20 take-12 coffees and 17 dozen boxes of muffins/cookies from *Tim Hortons Pembroke*

May 10th - 90 home-made donuts from *Andrea Budarick Baked Goods & Catering in Palmer Rapids*

May 20th - 61 chicken burritos with salsa and chips from *Quesada's Petawawa*

May 25th - 200 meals consisting of chicken curry, rice, legumes, naan bread and dessert from *Negi Indian Cuisine of Arnprior* with transportation donated by *Valley Eats*.

Others deserving gratitude in connection with these deliveries are *Lisa Bradley, Jennifer Kennedy* and *Danielle Rae* who not only assisted with the on-site deliveries but also worked hard behind the scenes to manage the numbers and ensure that all staff and physicians had an opportunity to receive something at some point. Staff from Patient Services, Administration and Medical Affairs have also assisted with some of the on-site deliveries.