

Today's Take-Aways

Regional Updates

- Many questions are being raised by the public and by hospitals across the Champlain region about visitor restrictions and when these might be lifted or amended to allow for some gradual return of visitors. However, at this time, all hospitals are still required to comply with the provincial directive to limit visiting to “essential” visitors. In order to achieve consistency across the region, hospitals in the Champlain region collaborated on defining who “essential” visitors are, but the loosening of visitor restrictions cannot be made without further direction from the province.

Senior Leadership Team Message

- As part of a continued celebration of all of our staff and physicians, this week we are highlighting the work and contribution of our hospital's support services personnel.

They includes those working in: Information Technology, Decision Support, Food Services, Public Affairs and Communications, Emergency Preparedness, Environmental Services, Finance, the Foundation, Administration and Patient Services, Lean, Materials Management, Medical Affairs, Occupational Health and Safety, Spiritual Care, Patient Information, Patient Transportation, Human Resources, Plant Services, Quality and Risk Management and Medical Device Reprocessing.

As a small token of appreciation, all of our support staff will receive a \$5 gift card for Tim Hortons through their manager. Our clinical and Allied Health group (with the exception of our valued nurses who we celebrated during Nursing Week) will be celebrated next!

- While a lot of energy was put into developing our 2020/21 Quality Improvement Plan (QIP) and our Board has now approved this plan, given the continued energy needed for COVID-19 management and the reintroduction of services, we will likely not be able to turn our full attention to many of our identified quality improvement initiatives until the fall.

- Now that deferred services are beginning to be reintroduced, discussions are beginning on the timing for the reinstatement of parking fees for both the public and for staff. More to come on this in the time ahead.

Human Resources

- In order to accommodate the anticipated volume of people entering the hospital as services are reintroduced, the decision has been made to close staff screening at the staff entrance overnight in favour of opening a screening station at the Tower B entrance, effective June 15th. Staff entering the building overnight via the staff entrance will need to use the electronic screening tool or alternatively they can be screened in person at the Emergency Department entrance.

- There continues to be a lack of definitive guidance on the administration of the pandemic pay announced by the province. There are some indications that the funding for this may not be released until August. More details will be shared as they become available.

Today's Take Aways...Continued From Front

Clinical News

• Surgical patients and staff have now moved back to 3A after co-locating with Medical 3B in order to free up space on 3A for a potential surge in COVID patients. Thankfully this capacity was not needed but thank you to all who made this happen.

• A COVID-19 swabbing eLearning module has been developed and is mandatory for all nursing staff. This module outlines indications for COVID-19 testing, required PPE, and discusses step-by-step how to properly complete a Nasopharyngeal (NP) and throat swab.

Long-Term Care and Retirement Home Support

• Hospitals in the Champlain region are working to transition out of long-term care and retirement homes, with the understanding that, should a home have an outbreak or be classified in an at-risk position, that hospitals would once again step up to provide whatever help is necessary.

PRH is in the process of transitioning out of Riverview Heights and The Pinewood and will be providing Marianhill with continued assistance through the summer. We are currently working with Marianhill to determine how best to assist them with their needs.

General Interest

• Exciting news! Both the Sunshine Gift Shop and the Mural Café will be reopening June 15th. The Gift Shop hours will be 10 a.m. to 4 p.m. Monday to Friday and 1 p.m. to 4 p.m. on weekends. The Café hours will be 9 a.m. to 4 p.m. Monday to Friday and 11 a.m. to 3 p.m. on weekends.

- A "Welcome Back" sale will run in the Gift Shop from June 15th to 28th with 30% off eligible items (plus an additional 10% off for staff)

- The Café will feature free coffee all day on June 15th.

- Summer students start in both locations on June 29th.

- New COVID-19 safety measures include physical distancing, hand sanitizer stations, removal of self-serve options, Plexiglass barriers and removal of seating. In addition, those working will be wearing masks donated by Lug.

- New items in the Gift Shop include fabric masks for children and adults and hand sanitizer (sold at cost so discounts won't apply).

- The TV rental service will start again on July 2nd.

• Food Services is continuing its line of feature wraps for lunch with a Thai Chilli wrap on June 17th. The Lunch Box is also revamping its coffee selection with the introduction of Engine House Coffee from Killaloe on June 22nd. Staff can look forward to their signature roasts "Locomotion" and "Off The Tracks" at a cost of \$2.25/cup.

• Swiss Chalet Pembroke and Mary Brown's Chicken of Petawawa have once again generously donated 50 meals each for our team as a token of thanks for the work being done at PRH. On June 12th Finance, Diagnostic Imaging and staff from EORLA will enjoy Swiss Chalet's delivery, while our Allied Health group (Outpatient Rehabilitation) and Tower D Clinics will receive Mary Brown's meals on June 18th.

• Today's health and wellness video features Case Worker Kate Mooney from Mental Health Services of Renfrew County on the topic of Mindfulness. <https://youtu.be/i2-BAYbUrO0>

Some additional links to Mindfulness exercises and videos.

<https://youtu.be/l-SFdhVwrVA>

<https://youtu.be/b5Hw-6HzLPM>

<https://youtu.be/w6T02g5hnT4>

Saving The Staff Screening Tool To Your Mobile Device

Android:

Launch Chrome for Android and open the website or web page you want to pin to your home screen. Tap the menu button and tap “Add to Home Screen”.

You’ll be able to enter a name for the shortcut and then Chrome will add it to your home screen.

The icon will appear on your home screen like any other app shortcut or widget so you can drag it around and put it wherever you like.

Chrome for Android loads the website as a “web app” when you tap the icon, so it will get its own entry in the app switcher and won’t have any browser interface getting in the way.


iPhone, iPad, iPod Touch:

Launch the Safari browser on Apple’s iOS and navigate to the website or web page you want to add to your home screen.

Tap the Share button on the browser’s toolbar. It’s on the bar at the top of the screen on an iPad and on the bar at the bottom of the screen on an iPhone or iPod Touch. Tap the Add to Home Screen icon in the Share menu.

You’ll be prompted to name the shortcut before tapping the Add button.


The shortcut can be dragged around and placed anywhere, including in app folders - just like a normal app icon.



Staff Self-Screening Now Available Electronically!

<https://www.pembrokeregionalhospital.ca/staff-screening>

- Before arriving at work, you may now complete the online self-screening questionnaire using the link above. The link is also available on The Loop, the Staff Resources section of the PRH website, or by using the QR code below.
- After completing the electronic self-screening tool, submit your response and an email will be sent to your email address.
- If you pass screening, you will be able to come in to work, if you fail screening, you will be asked to contact **Occupational Health and Safety at ext. 8200**
- When entering the hospital kindly show the email to the screener to confirm clearance to come to work.



Self-Screening information and this tool can be found on an ongoing basis in the “Staff Resources - COVID-19” section of the PRH website; accessible by all at any time.



We would like to express our appreciation to the **entire Pharmacy staff** for adapting and engaging in significant change in scheduling during the COVID-19 pandemic. Thank you for all that you have done to serve our organization, our colleagues, and our community. Your efforts each and every day are truly appreciated.

Grace Weisenberg and Tina Davidson

Celebrating **Dean Quade, Jim Lumsden, Martin Burger, Mireille Delorme, Michelle Godsell, Hesham Abdalla, Beth Brownlee and Dianne O’Connor and their teams** for all the work that has been done to date to prepare the plans for reintroduction of services in Rehabilitation, Diagnostic Imaging, Ambulatory Clinics, Mental Health Services, the Operating Room and the Surgical program.

The Senior Leadership Team

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 - COVID-19 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.

FREE SHRUBS AND TREES

June 11, 1-2 p.m.

Removed from the Rehab Deck/Roof these items will be available on a first-come, first-serve basis Thursday, June 11th between 1 p.m. and 2 p.m. Staff interested in having these can stop by the area within the fencing in the Tower C parking lot located off Deacon Street.



There are about 30 shrubs and several trees. All are estimated to be around 15 years old.

PRH Supply Status

N95 Respirators 1860	962
N95 Respirators 1860S	2,140
N95 Respirators 1870+	366
N95 Respirators 1804	3,422
N95 Respirators 1804 s	2,700
N95 Respirators 9105	243
N95 Respirators 8110s	371
N95 Respirators 8210	1,606
N95 Respirators 9210+	69
Mask isolation (ear loop no visor)	9,844
Mask isolation (with tie no visor)	2,020
Mask isolation (ear loop no visor) MOH/Other Supply	30,844
Mask visor ear loop	1,612
Mask visor with tie	722
Gowns Isolation (Level 2 XLg Yellow)	5,586
Full face shield with velcro strap	3,252
Goggles - vented	231
Safety goggles (over glasses)	728
Safety glasses	1,425
Latex-Free Gloves Small - each (vinyl)	79,650
Latex-Free Gloves Medium - each (vinyl)	83,100
Latex-Free Gloves Large - each (vinyl)	104,250
Latex-Free Gloves X-Large - each (vinyl)	2,730
GLOVE NITRILE SMALL	5,500
GLOVE NITRILE MEDIUM	17,300
GLOVE NITRILE LARGE	14,300
GLOVE NITRILE X-LARGE	11,100
GLOVE 12" SMALL NITRILE	1,050
GLOVE 12" MEDIUM NITRILE	2,000
GLOVE 12" LARGE NITRILE	4,600
Shoe Cover	1,500
Hand Sanitizer 500ml	0
Hand Sanitizer 1000ml	69
Disinfecting Wipes (Accel)	136
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	

Facts and Figures

- There are currently no positive cases at PRH.
- In Renfrew County, there have been a total of 24 confirmed cases (19 are now resolved), and one death. To date, a total of 6,313 people have been tested. For the latest Renfrew County information on COVID-19, please visit www.rcdhu.com.
- In Ontario, there have been 31,341 lab confirmed cases of COVID-19 and 2,475 deaths. To date, a total of 900,339 people have been tested and 13,897 remain under investigation. For provincial COVID-19 statistics, please visit www.ontario.ca.

Introducing Spiritual Care Coordinator Garry Engler

Ever wonder who's the staff member that walks around Pembroke Regional Hospital with a small folding stool slung across his back or is sometimes seen carrying a guitar?

While he may be familiar to some of our staff and physicians on the clinical units, for those who don't know him, Spiritual Care Coordinator Garry Engler has been a team member at PRH since January, 2019 when he took over from retiring Pastoral Care Coordinator Betty Hughes.

Born and raised in Alberta, Garry earned a Bachelor's degree in theology and, for 10 years, worked as a pastor in the Northwest Territories where he met his wife, who was a nurse, and where their two children were born.

Garry, who is also an ordained Minister in a Protestant denomination, then chose to pursue work in the field of hospital chaplaincy, so after 18 months of training in Edmonton, he joined the staff of the Sturgeon Community Hospital in St. Albert, Alberta, a traditionally French Catholic community that he called home for 20 years before moving to Pembroke in January 2019.



During this time he also earned a Master of Theological Studies degree.

When he's not working, Garry's time is spent enjoying projects at home as well as taking in God's creation outdoors through hiking, kayaking, photography and travel.

So that's a bit of his background, but you still may be wondering what Garry does?

For our patients and families, Garry offers spiritual, religious and emotional support as people navigate the many difficult situations they may find themselves in. He's a good listener and often helps facilitate discussion around topics such as hope and the meaning of life, as well as grief and loss in the context of bereavement.

"What I enjoy most is getting to meet people and hear their stories, and hopefully helping them to find peace in a difficult time in their lives," said Garry, adding that "everybody has a story" and learning these helps in getting to know patients and their families and understanding "what makes them tick" and the type of help and support that he can offer.

He can also be found in common areas on the units doing sing-alongs which is another tool he uses to connect with patients and families and in particular, he notes, can be helpful when connecting with patients who are experiencing forms of dementia.

Since the start of the pandemic, Garry notes that he's been very involved in ensuring patients are able to receive some form of virtual visit from family and clergy in the region, particularly for those at end of life.

For staff, Garry likes to make it known that he has an "open door policy" and can make himself available for all kinds of conversations - not just those that are religious based but on the topic of ethics and even just the uncertainty of the pandemic and the stress this causes.

His background includes peer support training and with a strong interest in bioethics he is currently taking a diploma certificate that he hopes will enable him to offer more formal guidance in that area of expertise as well.

Starting Thursday, Garry is offering weekly confidential Zoom sessions on any and all topics of discussion that staff may wish to have as a way of coping with some of the stress COVID-19 has brought about.

Be sure to take advantage of these or connect with Garry next time you see him to make alternative arrangements if you are interested.

New Goals of Care Document Trialling On Medical 2A/ICU

A new document is being trialed on Medical 2A and the Intensive Care Unit over the couple of weeks. The “Person Centred Decision Making: Documenting Goals of Care Discussions” document was developed to support health care providers with Advanced Care Planning and Goals of Care discussions in order to align treatment and care options with the patient’s goals and values.

Accompanying the document is a supplemental resource package to assist and guide health care providers, patients, and substitute decision makers with Advanced Care Planning conversations, Goals of Care discussions and Decision-Making or Consent discussions.

Staff are encouraged to use the document and contents of the package and provide feedback to Laurie Menard.

The Art of Coping Initiative

A reminder to PRH staff and physicians to share pictures that we can compile into an *Art of Coping* montage that depicts how our team has been navigating the ups and downs that we have all been experiencing.

It could be home improvement projects, photography, planting a garden, baking...possibilities are endless.

Please send all of your pictures to:

carolyn.levesque@prh.email

Also be sure that if others are in the photo that you have their permission to share it.



With Garry Engler, Spiritual Care Coordinator

The COVID-19 pandemic and the uncertainties that have accompanied this have impacted us all.

As part of his role, Garry is offering staff and physicians a series of virtual coffee chats, where he will be available by Zoom Thursdays from 2:30-3:30 p.m. for confidential conversations on any and all subjects.

Appointments outside of this time frame can also be scheduled if there’s interest by emailing garry.engler@prh.email

Zoom Coordinates

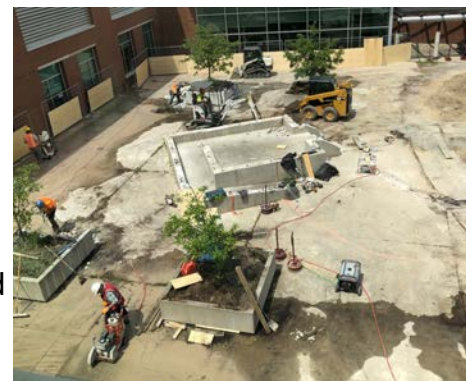
<https://us02web.zoom.us/j/83727896132?pwd=akwvN1hmUE1aS3BvYVBqVG9aZiRrQT09>

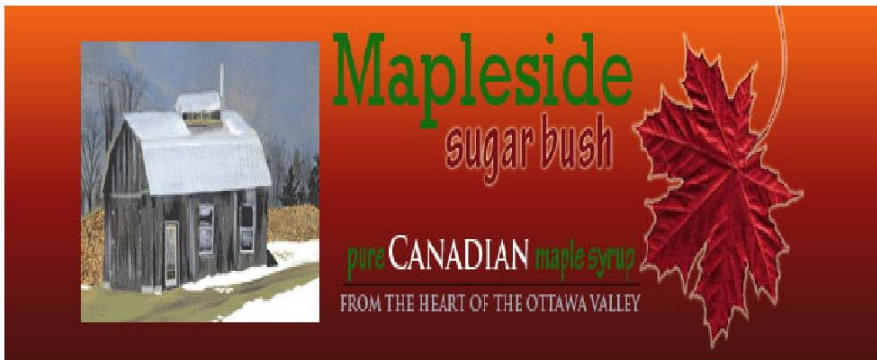
June 11 “Managing through COVID-19”
June 18 “Staying Resilient in a Pandemic”
June 25 “What does normal look like to you?”



Tower B:

- Work on the Rehab Deck/Roof is in full swing. An agreement was reached this week on how to best protect the windows in the patient rooms while still providing some light. A fence with a side sheet of plywood should be a good compromise. The saw cutting is removing 50 cm x 100 cm pieces of concrete 10-15 cm thick at a time. The workers with jack hammers are tackling the five large concrete structures that housed trees and shrubs which are being removed.
- The Pembroke Fire Chief and the contractor met on site and agreed to temporarily close the emergency fire exit at the Outpatient Rehab ramp since it was exiting directly into the construction site.





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 your list was received and the numbers match up.



IT'S SUMMERTIME!
We're Celebrating With A BBQ
FOR PRH STAFF, PHYSICIANS &
VOLUNTEERS!

IN APPRECIATION FOR ALL THAT YOU DO, PEMBROKE REGIONAL HOSPITAL SAYS "THANK YOU" WITH A FREE MEAL FOR EACH OF YOU!



TUESDAY, JUNE 30, 11am-1:30pm



ON THE MENU: Your Choice of Hamburger or Chicken Breast, Macaroni salad, water/pop to drink and an Ice Cream Sandwich for dessert.

PLEASE NOTE: A limited number of Gluten Free Salad and Dessert options will be available. In addition, due to safety measures in place to prevent the spread of COVID-19, Grab & Go topping packages will replace Harvey's garnish stations this year and, where possible, we ask runners from departments to pick up for their groups and bring a cart or other containers to carry everything.

Enjoy! All compliments of Pembroke Regional Hospital.

THE LUNCH BOX WILL BE OPEN FOR DINNER FOR EVENING STAFF FROM 4-6 P.M. PACKAGED BURGER MEALS WILL BE DELIVERED TO UNITS FOR NIGHT STAFF. STAFF WHO WORK OFFSITE ARE INVITED TO DROP BY FOR LUNCH - TAKEOUT AVAILABLE, OR MANAGERS CAN ARRANGE A SIMILAR MEAL FOR OFFSITE STAFF.