

Today's Take-Aways

Regional Updates

- Within Renfrew County, hospitals will continue with the current visitor policies and will not expand them further. This cautious approach is supported by Public Health.
- There continues to be regional discussion around management of paediatric swabbing. Increased demand for this is anticipated with the opening of daycares and return to school in September. Renfrew County EMS and Public Health through the Renfrew County Virtual Triage and Assessment Clinic are taking the lead on this and working closely with CHEO for staff training.

Human Resources

- Staff deployment to Riverview Heights will cease at the end of this month. Discussions continue with assessing staffing needs at Marianhill.
- With active screening still mandated, various staffing options are being explored for the fall when students will no longer be available to staff the entrances. This could include a move to electronic screening for staff.

PPE Status

- While there are some minor supply issues (currently Level 4 isolation gowns), overall there appears to be enough PPE to adequately support the ramp up of services across the region.
- A new process is in development for the distribution of reprocessed goggles.

Clinical News

- Surgical capacity meetings are now being held daily. To date, the ramp up of services has gone well. A scheduled slow down for holidays, with reduction to two ORs, will take place the first two weeks of August with anticipated ramp up to 100% after that.
- There continues to be slow movement of ALC patients to long-term care or retirement home settings. We currently have 16 ALC patients in our care. It was noted that we may have access to some ALC beds at Bruyere in Ottawa for patients meeting specific criteria.
- Our clinical services continue to ramp up. Here are the latest developments:

Diagnostic Imaging – Overall volume is currently at 80%-85% and X-ray activity sits at 64%. The backlog in CT and MRI is being reduced. The department is anticipating an influx in requisitions as more people return their family physicians.

Emergency Department – Volume is about 80%. The waiting room capacity has been doubled.

AMH – The unit has been full the past week and a half. Group sessions have been restarted with physical distancing and masking in place.

Today's Take Aways...Continued From Front

CMH - Many in-person and group activities have resumed, outside where possible. There is lots of discussion about future service delivery and how it may continue to be a mix of in-person and virtual services.

Food Services

- BACON DAY! Tomorrow (Thursday, July 30th), The Lunch Box will be selling a deconstructed bacon and egg bagel sandwich on the breakfast menu for \$5.50. Bacon will also be sold during breakfast at a cost of \$1.25 per slice. The lunch feature will be BLT wraps!



- Due to popular demand, the Aug. 4th hot meal special will be Pizza! The Lunch Box also has some new items to try: an energy-filled mix of cranberries and almonds, a new grab and go of naan served with hummus & tzatziki, as well as some new beverages (vitamin water, iced green tea, iced coffee) to help during these hot summer days.

Renfrew County Virtual Triage and Assessment Centre

- A new dashboard can be found on rcvtac.ca that provides information around various data elements with regards to the efficiency and effectiveness of the service.
- VTAC physicians will no longer be able to renew narcotics prescriptions. Patients will have to do this through their family physicians or in certain circumstances, through emergency departments.

Miscellaneous

- The Renfrew County and District Health Unit is resuming it's regular programming including immunization clinics.

PRH Supply Status

| | | |
|--|----------------------|---------|
| N95 Respirators 1860 | 4% staff fit tested | 1,782 |
| N95 Respirators 1860S | 37% staff fit tested | 3,047 |
| N95 Respirators 1870+ | 50% staff fit tested | 120 |
| N95 Respirators 1804 | | 5,031 |
| N95 Respirators 1804 s | | 2,442 |
| N95 Respirators 9105 | | 232 |
| N95 Respirators 8110s | 3% staff fit tested | 814 |
| N95 Respirators 8210 | 2% staff fit tested | 2,640 |
| N95 Respirators 9210+ | | 117 |
| Mask isolation (ear loop no visor) Level 1 | | 0 |
| Mask isolation (with tie no visor) Level 1 | | 5,470 |
| Mask isolation (ear loop no visor) Level 2 (Trico) | | 62,008 |
| Mask isolation (ear loop no visor) Level 3 | | 7,450 |
| Mask visor ear loop Level 3 | | 10,474 |
| Mask visor with tie Level 3 | | 1,576 |
| Gowns isolation - Level 1 | | 4,000 |
| Gowns isolation - Level 2 XLg Yellow | | 5,970 |
| Gowns isolation - Level 3 | | 840 |
| Gowns isolation - Level 4 | | 280 |
| Gown - Chemo | | 390 |
| Full face shield with velcro strap | | 4,270 |
| Goggles - vented | | 368 |
| Safety goggles (over glasses) | | 728 |
| Safety glasses | | 1,396 |
| Latex-Free Gloves Small - each (vinyl) 13.6% | | 87,600 |
| Latex-Free Gloves Medium - each (vinyl) 48.3% | | 428,850 |
| Latex-Free Gloves Large - each (vinyl) 36.1% | | 247,650 |
| Latex-Free Gloves X-Large - each (vinyl) 1.9% | | 3,770 |
| GLOVE NITRILE SMALL | | 15,610 |
| GLOVE NITRILE MEDIUM | | 9,800 |
| GLOVE NITRILE LARGE | | 23,100 |
| GLOVE NITRILE X-LARGE | | 16,600 |
| GLOVE 12" SMALL NITRILE | | 1,450 |
| GLOVE 12" MEDIUM NITRILE | | 400 |
| GLOVE 12" LARGE NITRILE | | 4,200 |
| GLOVE 12" XL LARGE NITRILE | | 250 |
| Shoe Cover | | 3,050 |
| Hand Sanitizer 500ml | | 340 |
| Hand Sanitizer 1000ml | | 0 |
| Disinfecting Wipes (Accel) | | 197 |
| 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 |
| Bouffant Cap 21" | | 7,500 |
| Bouffant Cap 24" | | 4,550 |
| *Concerns about Supply | | |

CONSTRUCTION CORNER

Rehab Roof/Deck Project:

The next phase of this project will consist of removing small sections of the membrane close to the wall, scarifying the deck surface to grind off the black adhesive, pour the sloped grout topping, and apply a new rubber membrane.

This work will be done in a sequence with grinding the surface mostly in the mornings which will be noisy and pouring the grout and applying the membrane in the afternoons.

This work is expected to last three to four weeks.

During the day, a kettle will be onsite heating the black tar adhesive and will generate a smell from the volatile organic compounds.

We request that all the windows in Tower C facing the Rehab roof/deck be closed at all times.

We regret the inconvenience and appreciate your understanding.

Any questions or concerns, please contact Plant Services at extension 8050.

VIRTUAL VACATION

Bulletin Update

Happiness is a warm puppy - Charlie Brown

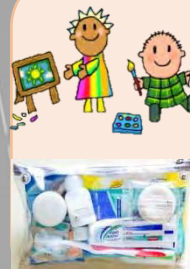
Did you know that *happiness* is the single best word that captures the concept of wellbeing? When we are happy, we experience **positive emotions** that allow us to broaden our perspective and build our resources. Strategies to boost your level of happiness—the antidote to stress—in both the short term and long term:

1. Identify your **unique “Flow states”**= the “sweet spot” between challenge and skill. How? Ask yourself: What am I doing when I... *lose all sense of time...feel most alive...am most creative*.
2. Practice **“Gratitude Spotting”** and **journaling**. Being mindful of and reflecting on the things we are grateful for is key to happiness. Pick minimum 3: By doing this, you are establishing a happiness enhancing habit.
3. **Savour life’s pleasures**. “Savouring” is an awareness of pleasure and the deliberate, conscious attention to the experience. Be in the moment, bask in it, and zone in on the ‘good stuff’.



ONE WEEK LEFT!

**Giving to our Community
Collection Deadline - August 7**
We have been collecting items for the **Young Parents Support Program at Columbus House**.



We are **collecting items** for their **welcome & wellness package**: books and toys for infants and toddlers, and masks, hand sanitizer, and self care products for the parents. Items must be brand new and in original packaging. *Cash donations will not be accepted*. Collection boxes found throughout the hospital and at Carefor (Mental Health Services).



Remember, this Friday! Our Virtual Scavenger Hunt ends July 31st. Don't forget to **submit** your visual representation of the theme **“GIVING”** to celebration&recognition@prh.email



Following Fern July 6- August 28

Last week Fern travelled **443 Km!** *Cumulative: 1329km*

Crossing Canada,
we're visiting
Manitoulin Island, ON!

‘Clock-in’ all of your travelling distances as you enjoy any type of physical activity.

FRIDAYS Submit your Km's on The Loop or celebration&recognition@prh.email

Ogoki Post, ON - population 400 people!

Kakabeka Falls, ON



7 day self-quarantine before leaving Edmundson, NB

Atlantic City, NJ- only 728 kms to Bermuda!

We're hosting a contest!
Show us the travel spots you long to visit, or the ones you reminisce about by **decorating** your office door and/or your work station. Bring us along on your travels, starting August 5 till the end of August 30th.

Mindfulness is a cognitive technique that can help us create a sense of well-being.

Visit <https://youtu.be/gpk8D2NkaJgto> for a mindfulness video by Case Worker Kate Mooney, MHSRC.



PRH Staff Association Presents Hugli's Blueberries Treat Day Thursday, August 6th.

11:30am-1pm and 3:30-4:30pm

In The Lunch Box - Tower A. 2nd Floor

Staff Association Members Who Work That Day And Like Blueberries Will Receive A Free Pint From The Local Vendor.

Treat Day Etiquette / COVID-19 MEASURES

1. To minimize time spent in the cafeteria, and allow us time to ensure we'll have enough berries for everyone who wants some, groups are asked to email an advance list of Staff Association members wanting berries from your area to carolyn.levesque@prh.email by Tuesday, August 4th at 12 noon.
2. Please respect the pre-order deadline.
3. Where, possible, send one or two representatives to pick up the berries for your group on August 6th, and bring a cart or box to make transport easier.
4. We're able to have 12 Treat Days because we assume that not every member will get a treat every month. If you don't care for blueberries, please refrain from picking up a portion and giving it to a non-member or to another member who now has two portions.





Week 2 Winner
Congratulations
**LINDSAY
McGUIRE**
Weekly pot \$994
Winning ticket
#B-1302726
Card #14 - 6 of Clubs

Week 3 Draw is now LIVE
Progressive Jackpot now **\$3079** and climbing!
PRHcatchtheace.ca

Recent Office Moves

Effective July 30th, the new office locations for Human Resources and Corporate Services are as follows:

- HR Director Tara Gallagher - C138
- Staffing and Scheduling Coordinator Tanya Parker - C136
- Staffing Specialist Victoria Hartwig - C135
- Staffing Office - C127
- Health and Safety Manager Dave Bromley - A424

Current Facts and Figures

- PRH - 0 COVID positive patients
- **Renfrew County:**
 - 3 active COVID cases
 - 1 death
 - 17,808 tests completed
 - For more detail visit www.rcdhu.com.
- **Ontario:**
 - 4,245 active COVID cases
 - 2,769 deaths
 - 2,114,263 tests completed
 - For more detail visit www.ontario.ca.

Bicycle Storage Space Now Accessible To Staff

The bike parking hallway behind the Lunch Box has been opened for staff who want to ride their bikes to and from work.

Staff can park their bikes in this hallway and then enter the building wherever screening is taking place.