

## Today's Take-Aways

### Regional Updates

- Hospitals across the Champlain region are working together to reduce wait times and address the backlog of surgeries and other services as quickly as possible. Care teams are reviewing each patient case and are re-scheduling patients in order of priority according to their medical needs. While urgent and emergency surgeries continue, as they did throughout the spring and early summer, over 12,000 patients had surgeries delayed throughout the region because of the COVID-19 pandemic. Across the region, hospitals are seeking to reduce the impact of these delays.

Over the course of the last two months, surgical capacity has been increased to ensure access for those with the most pressing and critical surgical illnesses (example: cancer). With this phase now implemented, hospitals are proceeding to add further capacity for other procedures including eye care and additional day surgical procedures.

### Human Resources

- The first installment of Pandemic Pay will be issued for the first two reporting periods to eligible staff on August 21st on a separate pay stub. The required information for lump sum payments for those who are eligible is still being collected. Those payments will be issued in late September at the same time as the second installment of Pandemic Pay (i.e. for the last two reporting periods). Any questions related to Pandemic Pay should be sent to [covid19questions@prh.email](mailto:covid19questions@prh.email).

- Staffing challenges continue in various areas of the organization including Environmental Services where hiring is underway in order to be able to increase the amount of cleaning taking place in high traffic/high touch areas.

### Staff Screening

- A few options for electronic staff screening, aligned with similar methods being done across the region and the province, are under review. This may help reduce the number of screeners required as many of the current screeners are now planning to leave to return to school.

### Supply Status

- For most PPE items we have more than a one month supply. Nitrile gloves and hand sanitizer are still an issue and it is anticipated that the glove shortage will escalate over the next year. We have been advised to procure gloves wherever possible and we are doing so.

- Child-sized masks and clear masks for those who read lips have recently been procured.

### Clinical News

- Acute Mental Health – The department is reviewing how to safely increase the use of common spaces.

- Diagnostic Imaging – The department is currently at about 90% of pre-COVID volumes.

## Today's Take Aways...Continued From Front

- Mental Health Services of Renfrew County – Staff are currently looking at how to safely conduct in-person appointments in indoor settings in the fall and winter months. Work also continues in advancing virtual care by reviewing best practices, technology and other aspects of use.
- Rehabilitation – Flooding resulting from the Rehab roof replacement affected a number of out-patient programs. It is hoped that these can be reintroduced next week.
- Emergency Department – The main area of concern continues to be waiting room capacity and configuration. Alternative setups and innovative ways of managing these areas continues to be looked at in anticipation of possible surges in volumes in the fall and winter months.
- Ambulatory Clinics – Approximately 90% of pre-COVID volumes have been achieved and will likely level off around this point in order to be able to achieve physical distancing in the waiting areas. The ECHO and stress testing areas were also affected by flooding resulting from the Rehab roof replacement and it is hoped that these can return to normal operation next week.
- EORLA – Additional testing capacity and staffing will be added in the coming months in order to reduce turn-around times for COVID-19 testing results.
- OR/Surgical – The department is currently at full capacity with all aspects being monitored daily.

### IPAC News

• Please remember that you can spread COVID-19 to others even if you don't feel sick. That's why it's important to stay at least six feet away from other employees, especially when standing in line at entry screenings, in locker rooms, during breaks, and when waiting for transportation to and from home. If you can't maintain six feet of physical separation, you must wear a mask. Please adhere to maximum occupancy signage posted in all break room locations, maintain six feet physical distancing from others in the same room and wear a mask when physical distancing is not possible.



### Joint Occupational Health and Safety Committee

• The Joint Health and Safety Committee has produced an information poster about the Internal Responsibility System (IRS). One of the primary purposes of the Occupational Health & Safety Act is to facilitate a strong Internal Responsibility System (IRS) within the workplace. To learn more about IRS check out the posters on your huddle boards.

### Maintenance

• This fall, the department will be introducing a new work order system. Stay tuned for more details!

### Food Services

• ED patients who are in the ED for longer than 24 hours will now be able to receive a regular patient meal until they are discharged or transferred to another department.

• Upcoming Lunch Box specials:

August 21 – Baked Blueberry French toast

August 25 – Quesadillas

August 26 – Chicken Bacon Cesar Wraps

August 27 – Macaroni Casserole





# VIRTUAL VACATION

## Bulletin Update

*You have to leave room in life to dream –Buffy St Marie*

It's considered that **self-compassion and self-acceptance** are essential ingredients to living a **fulfilling life**, more so than high self-esteem. Self-compassion and self-acceptance means to **eliminate expectations of oneself**. It starts with the smallest gesture of loving yourself when you're angry, scared, confused or tired. True understanding and compassionate self-acceptance are especially necessary when there are parts of ourselves that are still caught in negative stories about what has happened to us — parts that still feel invisible, misunderstood, not accepted, or a failure.

Giving: do things for others

Relating: connect with people

Exercising: take care of your body

Appreciating: notice the world around you

Trying out: keep learning new things

Direction: have goals to look forward to

Resilience: find ways to bounce back

Emotion: take a positive approach

Acceptance: be comfortable with who you are

Meaning: be part of something bigger

### HAPPENING NOW!

Until August 30<sup>th</sup>, our Door Decorating activity is taking place!

Decorate your door or office space with a travel theme.

Send pics to:  
carolyn.levesque@prh.email

### Following Fern July 6- August 28

Last week Fern travelled **500 Km!** *Cumulative: 3089km*

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

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

Cost of Hudson Bay, ON

Medicine Hat, AB

Codroy Valley, NL

Bermuda! ...waiting to gather 800 more kilometres to get to the Turks and Caicos Islands!

Crossing Canada,  
we're visiting  
Medicine Hat, AB



How  
You  
Doin'?

No, seriously,  
we want to know.  
How ARE you doing?

Need assistance with coping...  
a spot to talk?

Employee Assistance Program  
(EAP) 1-844-880-9142 or  
www.worklifehealth.com

Mental Health Services Intake and Referral Line  
(613) 732-8770, extension 8006 or the  
24/7 Mental Health Crisis Line 1-866-996-0991

www.pembrokeregionalhospital.ca/mentalhealthservices  
www.covid19therapists.com  
www.theroyal.ca/covid-frontline-wellness



## CONSTRUCTION CORNER

### Tower A

- Work started in the first floor old Lab area storage corridor. The corridor will be painted in the next few weeks and new LED lighting will be installed.

- New office space was created in the cafeteria from a storage room for the dietician.

- Stairwells G and H were painted.

### Tower C

- Sampling of the walls and floors which will be removed on the ground floor was conducted in order to prepare a hazardous material report prior to the demolition phase.

- The gynaecologist offices and exam rooms were moved from the first floor to the third floor and the HR and staffing group moved from the third floor to the first floor. The waiting area on the third floor and some offices were painted in the process.

### Tower D

- All the exterior windows were cleaned.

## COVID Alert

**Download the app to protect yourself and your community.**

The COVID Alert app lets you know if you may have been exposed to the virus. You can then get tested and keep you and your community safe. The app is voluntary. The more people who choose to use it, the more effective we will be at stopping the spread of COVID-19.



### COVID Alert is:

- **Free.** Download it in Apple and Google app stores.
- **Easy to use.** Install it and stay safe on your daily journey.
- **Safe and private.** It never collects your health information, location, or identity.



Protect yourself. Protect others.  
**Download Canada's COVID Alert app.**  
Available in the Apple or Google app stores.



For more information, visit [ontario.ca/covidalert](https://ontario.ca/covidalert)

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**Ontario**

## PRH Supply Status

N95 Respirators 1860	4% staff fit tested	1,887
N95 Respirators 1860S	37% staff fit tested	3,098
N95 Respirators 1870+	50% staff fit tested	81
N95 Respirators 1804		5,295
N95 Respirators 1804s		5,228
N95 Respirators 9105		213
N95 Respirators 8110s	3% staff fit tested	1,210
N95 Respirators 8210	2% staff fit tested	2,751
N95 Respirators 9210+		56
Mask Isolation (ear loop no visor) Level 1		0
Mask Isolation (with tie no visor) Level 1		4,870
Mask Isolation (ear loop no visor) Level 2 (Trico)		43,108
Mask Isolation (ear loop no visor) Level 3		7,350
Mask visor ear loop Level 3		10,149
Mask visor with tie Level 3		1,175
Gowns Isolation - Level 1		4,000
Gowns Isolation - Level 2 XLg Yellow		2,990
Gowns Isolation - Level 3		840
Gowns Isolation - Level 4		360
Gown - Chemo		450
Full face shield with velcro strap		8,692
Goggles - vented		289
Safety goggles (over glasses)		714
Safety glasses		1,379
Latex-Free Gloves Small - each (vinyl)	13.6%	83,400
Latex-Free Gloves Medium - each (vinyl)	48.3%	422,850
Latex-Free Gloves Large - each (vinyl)	36.1%	224,250
Latex-Free Gloves X-Large - each (vinyl)	1.9%	49,160
GLOVE NITRILE SMALL		12,610
GLOVE NITRILE MEDIUM		12,100
GLOVE NITRILE LARGE		18,300
GLOVE NITRILE X-LARGE		14,700
GLOVE 12" SMALL NITRILE		1,350
GLOVE 12" MEDIUM NITRILE		1,850
GLOVE 12" LARGE NITRILE		3,150
GLOVE 12" XL LARGE NITRILE		250
Shoe Cover		2,400
Hand Sanitizer 500ml		380
Hand Sanitizer 1000ml		51
Disinfecting Wipes (Accel)		126
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"		4,400
*Concerns about Supply		

**Week #5 Winner**

*Congratulations*

**Edward Young**

**Weekly Pot \$1,008**

Winning ticket  
#E-7357015  
Card #44 - 3 of Spades

**Week 6 Draw is now LIVE!**

Progressive Jackpot now **\$7,697** and climbing

[PRHcatchtheace.ca](https://PRHcatchtheace.ca)

## Current Facts and Figures

- **PRH** - 0 COVID positive patients
- **Renfrew County:**
  - 0 active cases, 1 death
  - 20,864 tests completed
  - For more detail visit [www.rcdhu.com](https://www.rcdhu.com).
- **Ontario:**
  - 3,757 active cases, 2,792 deaths
  - 2,656,928 tests completed
  - For more detail visit [www.ontario.ca](https://www.ontario.ca).



- The Senior Leadership Team would like to celebrate **Carolyn Levesque, Dinah Fleury, Laurie Tomasini, Sarah Mellish, Tyler Graveline, Alycia Fraser and Katie Hollahan** for their combined outstanding work organizing Dr. Pan's farewell luncheon.

- The Senior Leadership Team is very appreciative of all the hard work the **maintenance team** has been putting in over the last few weeks to contain the water leaks in DI, Zone B and outpatient therapy areas. Thank you for all of your efforts to help us to keep our patient services up and running during this challenge!

### **Surgical**

July 27 - Thanks to **Patricia** for being pulled off orientation to cover a staffing vacancy. Welcome back **Kim Laronde** and welcome to **Alyssa**!

July 24 - Thanks to **Corinne, our Housekeeper**, who worked very hard to thoroughly clean a room we needed. Thanks to **Mila** for initiating surgical orders in the OR to assist our patient. Thanks to **Morgaine** who went to Rehab to fill a vacancy that they had - great teamwork!

### **Rehabilitation**

August 7 - Thank you **Liz**. Great team lead to make sure my patients were taken care of when I was gone to a CODE Blue. Thanks to my team (**Brit. F., Maggie, Katrina, Marilyn, Brittany**) for taking care of my patients when I was off the floor. You are all amazing! *Crystal*

July 26 - Thank you **Colleen Morris** for working at the discharge planner's desk for three weeks and also for coming in on your holiday to finish up some discharge planning issues that were still pending. Great job!

### **Maternal Child Care**

August 5 - Thanks to the **night shift staff** - 3 C-sections and one vaginal delivery with minimal overtime. This demonstrates excellent team work.

July 20 - Thank you **Teena** for coming in on short notice. We really appreciate it.

June 29 - Thank you **Shelley Mask** for ensuring the safe delivery of a newborn today. Shelley's calm approach combined with her experience was much appreciated.

July 3 - Thank you to **Lisa Best** for helping us to get an important photocopying project done while our machine was not cooperating. Thank you **Suzanne Clarke** for your kindness and patience while taking care of one of our labour patients today.

July 15 - Thank you **Patty** for providing excellent breastfeeding support to one of our moms and babies today.

July 27 - Gratitude for **Rachel** who helped with Form-1 patients on the weekend.

### **Vascular Health**

August 1 - Gratitude for the great working relationship with the Endocrinologist who works at the Ottawa Hospital. Connected with the **partnering endocrinologist Dr. Phyllis Hierlihy** to note a missed/not updated dictation for our patient. Right away the situation was resolved showing compassion and caring, mutual respect and community spirit. Thank you!

### **Acute Mental Health**

August 6 - Thanks to **Clinical Educator Sue Bow** who provided the department with an opportunity to trial the new vital signs machine.

July 28 - Welcome to **Bailey**!

### **Diagnostic Imaging**

August 5 - Congratulations **Tefani Laurin** for being the successful candidate for our MRT position and welcome to **Erica Hawker** - first week in DI!

July 28 - Thank you to **Joey, Jason and John** for providing Julia Boudreau (RVH CEO) with a great overview of our CT/MRI at PRH.

July 22 - Congratulations **Bradley Lecours** for completing his CAMRI certificate for CT imaging.

July 31 - BIG thank you to **Steph Eckford** for working so hard doing OBSP plus all her R2 duties when we did not have our clerk.

August 14 - Congratulations to **Candace** who has accepted the temporary full time porter role to cover for Joe.

July 24 - Congratulations to **Kim W.** for passing her sonography Canada certification - let the scanning begin! Congrats to **Megan** on passing her physics.

**Continued on Page 6**



## Continued from Page 5...Emergency/ICU

August 13 - Thank you **Rachel** for helping to provide a great orientation for our new RPN.

August 5 - Thank you **Dianne** for coming over from Zone B to assist with physician orders and help us to catch up.

July 24 - **Sam** did an amazing job with our new

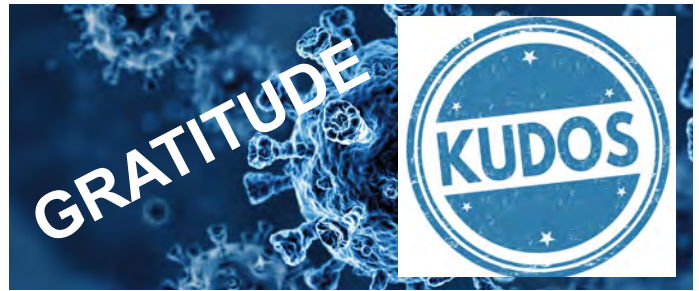
paediatric patient who will be coming for monthly transfusions. Sam went above and beyond to make the patient feel safe and cared for. She also has great ideas to make it a positive experience each time the patient comes. Great job Sam!

July 22 - **Jessica McRobbie** worked her last shift. We will miss you. Thank you for all the work you have done with paediatric education.

June 26 - Shout out to **Danielle RN** who is a new member of the ED team. Fabulous addition - so helpful, always willing to help her co-workers, eager to learn. Awesome team player! Also sending a shout out to new **RPN Kelsea** who has quickly learned the ropes and is so helpful to all of our team members and brings a great smile and positivity to the team.

July 20 - Thank you to **Laurie Schultz in Housekeeping** who did an amazing job. We had so many beds that needed cleaning and she helped and kept working so hard although it was overwhelming.

July 14/15 - Thank you to **Tasha, Glenna and Brian in Housekeeping**. You always do excellent work, cleaning beds and helping us out. We appreciate all that you do to give us a clean ED. Thank you to **Lisa-Marie, Kate, Ashley and Brooke** for giving excellent care in a very busy department and working together and providing great communication. Thanks to **Jenna** for coming to lend a hand. Thank you to **Alexis who works in ICU** and came over to ED to give us a hand. We were trying to cope with a full department and Alexis helped and even took a Code Stroke patient.



### Tower B - Rehab Deck/Roof Project

The contractor installed the new hot rubber membrane on the roof/deck last week.

The entire membrane installation process involved scarifying the deck with a handheld scarifying machine. The deck was then cleaned with a combination of blowers and brooms making it a suitable substrate for membrane installation. The deck was then primed with a combination of rollers and a hand-operated sprayer. The primer was applied to the roof/deck in a consistent and even manner. The primer was allowed to flash off prior to membrane installations. Hot rubber membrane was heated to the specified temperature in a kettle near the site and brought to the roof in buckets. The membrane was then poured over the primer and spread out with a squeegee to be the specified thickness. White reinforcing fabric was embedded into the hot rubber, with side and end laps overlapped. An additional layer of hot rubber was installed over the reinforcing fabric in the same manner as the first layer. The finished installation resulted in a monolithic installation. A sanded top protective membrane was installed over the second layer of hot rubber.

Approximately 95% of the membrane has been installed. We are hoping to get the last of the grout in today and installed to finish the remaining area on the east side. If that is the case, the roof should be sealed up by the end of the week.

We will be conducting ceiling exploration in the DI area looking at the drains for proper location and sizing.

