



Effective September 9th, our weekly update will transition from being called the “COVID-19 Update” to “The Pulse”, the name of our monthly staff publication which ceased production in March of this year and was replaced by the COVID updates. The weekly format will be maintained as will the important COVID “Take-Aways” and other current news item sections.

## Today's Take-Aways

### Provincial Updates

- A document on outbreak management for schools has been issued by the province (<https://www.ontario.ca/page/covid-19-guidance-school-outbreak-management>) which is worth a read in terms of understanding their approach which includes the methodology on how they plan to deal with the broad symptom list for COVID-19.

### Regional Updates

- As more people are returning to their family physicians for care, the already back-logged waitlists for CT and MRI are growing with new referrals. This has put the region in a challenging position. At PRH, we are doing reasonably well with our wait times for the same modalities.

- Across the region, the main challenges for the coming months will be management of COVID-19 during flu season as well as how the situation may change in light of the reopening of Ontario schools and daycares.

- Ontario Health recently announced that those in long-term care will now be able to have short-term absences, albeit with restrictions in place. This will allow residents to attend diagnostic appointments and visit emergency departments without having to receive COVID testing prior to returning to their place of residence. In our region, this allowance of short-term passes will not be extended to patients in hospital except under special circumstances.

- We anticipate making some minor changes to the visitor policies across the region in the near future. We are specifically looking at in-hospital visits by clergy. More detail on this is expected to be released next week.

### Human Resources

- The final reporting for the second installment of Pandemic Pay will be submitted to the province this Friday for approval. Next week's update will have confirmation of the final pay date for those staff who are eligible to receive this funding.

- Along with this week's update, a memo is being distributed today which addresses updates on several HR items including how leave is managed and coded when you or a family member have to self-isolate because of COVID-related symptoms, travel considerations, and managing child care.

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

## Staff Screening

- Effective September 8th, active staff screening will no longer be in place at the main staff entrance. Instead, staff are expected to use the electronic screening tool prior to coming to work (located on the Staff Resources section of the PRH website ) or fill out a paper copy at the staff entrance. Staff entering PRH at this location will be able to wear a cloth mask from home until they reach their workplace and can switch out for a procedure mask. Staff entering the building through any other entrance where active screening remains will be asked to show their electronic screening email or fill out a paper form so that staff screening can be tracked.

## Supply Status

- Given the general stability of our PPE supply at this time, it has been agreed that the weekly publication of the PPE supply chart will cease and will only be published if significant issues are identified. Currently, glove procurement is the greatest challenge as there is a world-wide shortage. It was noted that, as happens when something is in short supply, the cost of gloves has increased from nine cents per glove to 27 cents per glove.

- We were pleased to hear that 3M has expanded their capacity to make N95 masks (1870+, 9210+) at their Brockville plant which is expected to start in early 2021.

## PPE

- Clinical staff can expect some communication to come out later this week on a revised process for collecting used N95 masks based on updated direction from Ontario Health.

## Clinical News

- Across the organization we are continuing to face staffing challenges.
- Diagnostic Imaging – The department is offering all services at approximately 98% of pre-COVID volumes.
- Acute Mental Health – The unit is working to reopen common spaces and hopes to have these available to patients by the end of this week.
- Emergency Department – The department is still working on ways to manage the waiting room while ensuring physical distancing.
- Medical 3B – A dementia unit has been developed within 3B in order to provide enhanced care for these patients. As a result of barriers which have been put in place for the safety of these patients, there is now limited access to the public washroom on Medical 3B. All visitors should be directed to use the washrooms on ground floor, Tower B, or first floor, Tower A.
- Maternal Child Care – Although the registration process for maternity patients took place on the floor during the early months of the pandemic, it will now be returning to the Emergency Department.
- OR - Due to an increase in surgeries, the number of SteriPro deliveries has been increased to five times per week in order to ensure equipment is available.
- Ambulatory Clinics – Due to flooding which resulted in the need for renovations in the stress test area, there continues to be a backlog of approximately 100 patients requiring stress tests.

## EORLA

- Currently, 3,000 COVID tests are being done across the region per day. EORLA has been able to increase their turn-around time, with results received in 24-72 hours . In the coming weeks, EORLA has plans to increase their testing capabilities to 6,000 per day. The hospital still has some prioritization for those tests done in-house.

## Environmental Services

- Cleaning log sheets have now been posted in all public washrooms in the building.

# VIRTUAL VACATION

## Bulletin Update

*“Focus on the journey, not on arriving at a certain destination.”*  
- Chris Hadfield

“May the road rise up to meet you...” is the first line of an ancient Irish blessing. Many wise people before us have noted that we are **healthier** if we can **appreciate our daily experiences** as we live them.

Wellness itself is a **concept of multi-dimensions**: emotional, intellectual, physical, social, spiritual, environmental, occupational and financial factors. It is understood as a total integration of ourselves through life’s journey. There is **no defined starting or stopping** points, and it is different for everyone.

Wellness is a journey, a **journey of awareness and reflection**. As you think about this summer, was there a moment that comes to mind as a moment of reflection? Of gratitude? Of acceptance?

Do you have a favorite memory from this summer? *Was it sitting with your family at dinner? A moment watching the sunset over the river? The first bite into a fresh peach?*

There are different pathways to follow, and you should take the one that makes the most sense for you. Think of all of those **memories as steps** on your wellness journey.



If you need support, please reach out, to your co-workers, manager and others. We have tried to highlight PRH and regional supports to help you meet your challenges.

### PRH Mindfulness Videos:

Check out our YouTube page for 10min guided mindfulness sessions with our very own, Kate Mooney (MHS).



### Following Fern

From July 6-August 28, we travelled a total of:  
**4,354 km.** Last week we added 441kms!



### Nanisivik, NU

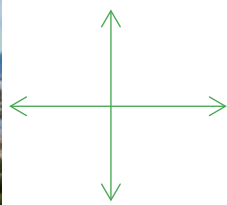
Checking out the Canadian Naval Facility



Vancouver Island  
We made it!



Santa Bernarda Pirate ship  
Portugal =3,200kms!



### Punta Cana, DR

Fern is happy to stay!



Speaking of steps, look who has been travelling this summer: Fern! Thank you to everyone who contributed their kms to power Fern’s travels. We hope you had as much fun as Rita Amodeo (Medical Affairs) did, dressing Fern! Thanks for the fun Rita!

# Introducing Our Mental Health Services Joint Occupation Health And Safety Committee

The Mental Health Services Joint Occupation Health and Safety Committee serves the 104 employees in our department.

We provide inspections and safety recommendations for all of our sites including our offices in Barry's Bay, Arnprior, Renfrew and four locations in Pembroke (including our collaboration with Carefor Mackay residence, and our new partnership with The Grind's Transition House).

We meet once a month to discuss the unique challenges of serving patients in the community.

We have three Management representative and six Worker representatives as well as a few available alternates.

## Our 2020 committee members and alternates:

Top row, from left, Marleen Whelan-Daly (Recorder/Resource), Elizabeth Michaud (Management/ Pembroke site) and Robert Wynja (Management / Renfrew/Arnprior site and Co-Chair).

Middle row, from left, Erica Mulligan (ONA representative / Pembroke site), Meghan Campbell (CUPE Worker rep. / Pembroke site) and Rachel Lawrence (ONA rep. alternate / Pembroke site).

Bottom row, John Phannenhour (CUPE Worker rep. / Renfrew/Arnprior site), Evan Harris (CUPE Worker rep. / Pembroke site and Co-Chair) and Jeremy Paplinskie (CUPE Worker rep. / Barry's Bay site).

Missing from photo: Lisa Gravel (Pembroke - Health Links hospital), Cheryl Summers (Management alternate / Pembroke site), Amanda Lafreniere (CUPE Worker rep. / Pembroke site), David Bromley (Manager of Occupational Health) and Mireille Delorme (Director, Mental Health Services of Renfrew County).



## CONSTRUCTION CORNER

### Rehab Roof Project Update:

Installation of the termination bars at the top of the membrane to the walls is in progress.

There are plans to introduce two new drains in the Echo and Stress testing rooms in order to minimize the ponding on the roof.

The patio stones are on order and are scheduled to be delivered in two weeks.

## PRH Plans For Intranet Update

We are in the process of updating the PRH Intranet and transferring it to an improved operating platform.

As part of the process to achieve this, we will be reviewing existing information on the current Intranet, removing items that aren't current and assessing what should be on the new platform.

We will also be reaching out to staff for input on this through huddle discussions and other feedback channels.

Until then, take a look at our existing Intranet and start thinking about what you like about it, what you don't and how we can improve the tool. Thanks!

## 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

# The Lunch Box



The Lunch Box will be closed September 7<sup>th</sup> for the statutory holiday (Labour Day).

Next week we will have the following features:

September 8 - pizza

September 9 – Cajun chicken wrap

September 10 - spinach and cheese cannelloni



**Week #7 Winner**

*Congratulations*

**Daryl Duffy**

**Weekly Pot \$1177**

Winning ticket #G-7168725  
Card #19 - Ace of Clubs

**Week 8 Draw is now LIVE!**

Progressive jackpot now **\$10,947** and climbing

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

## Current Facts and Figures

- **PRH** - 0 COVID positive patients
- **Renfrew County:**
  - 2 active cases, 1 death
  - 23,060 tests completed
  - For more detail visit [www.rcdhu.com](https://www.rcdhu.com).
- **Ontario:**
  - 4,048 active cases, 2,812 deaths
  - 3,013,892 tests completed
  - For more detail visit [www.ontario.ca](https://www.ontario.ca).



## Rehabilitation

**Natasha Foster** for helping to provide a wonderful ambience for one of our patients to celebrate their 70th wedding anniversary in the Angel Room. Natasha left us for Brockville on September 1st. We would like to thank her for her time and contributions to the organization. Thanks and good luck!

Big thank you to **Gabrielle Burnham** for having the foresight to reach out to a Social Worker in the community in an effort to help recruit!

The **entire Rehab/Allied Health team** for supporting each other while the organization was short and ensuring our patients were well cared for.

The **Rehab team** for making some great suggestions related to Code Purple. We can watch for some minor changes to the process to improve efficiencies.

On September 10th, Chartwell Retirement Homes will be dropping off some McGuire's Doughnuts between 1:30 p.m. and 2 p.m. to Rehab as well as Medical 2A and 3B as an expression of thanks for all the hard work provided by our staff during the pandemic while caring for some of their residents who were patients.

## Surgical

August 28 - Excellent teamwork today and excellent patient satisfaction surveys. Great work everyone!

## Miscellaneous Celebrations

September 2 - It should be recognized that **Diane Hein of MDR** went above and beyond service today. She noticed a patient was on the cafeteria patio, quickly identified who it was and went through the process to determine what unit the individual was admitted on and contacted that unit. After doing that, she sat with the patient outside and kept them company (and also ensured they didn't leave) until a nurse was able to escort them back to the appropriate unit.



## **PRH Staff Association Treat Day**

**Featuring 1/2 Dozen Smith's Corn**  
**Monday, September 14th,**

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

**(The Lunch Box, Tower A, 2nd Floor)**

**Non-members or those wishing to purchase additional corn can do so directly from the vendor at \$3/half dozen or \$6/dozen.**

## Treat Day Etiquette / COVID-19 MEASURES

1. To minimize time spent in the cafeteria, groups are asked to email an advance list of Staff Association members who want corn to [carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email) by Wednesday, September 9th at 12 noon.
2. Please respect the pre-order deadline.
3. Where, possible, send one or two representatives to pick up the corn for your group on **September 14th.** Bring a cart/box to make transport easier.
4. If you don't like/want your corn, please refrain from picking up a portion. Treat Days are run on the assumption that not every member gets one each month.

*Thank you*

