

THE ZINGER

Newsletter for the Deep River and District Hospital Four Seasons Lodge and North Renfrew Family Health Team

April 2021



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APRIL MANDATORY EDUCATION— PAST DUE

Please see the assigned education for the month of April. This was due to be completed by April 30th, 2021. If you have any issues, please let Mary Goodchild know.

All Staff

Value of your HOOPP Pension

Code Green

Code White

Privacy – video #2

Privacy – Circle of Care



RNs & RPNs

CNO Medication Safety

Housekeeping

Discharge and vacancy room cleaning – regular Patient/Resident Room or Bed space





A HEARTFELT THANK YOU TO ALL OF OUR VOLUNTEERS

National Volunteer Week, April 18th - 24th, 2021, pays tribute to the millions of Canadian volunteers who give their time and energy to improve the lives of others. This week, the Deep River and District Hospital (DRDH) would like to honour the volunteers who have continued to show their dedication to supporting our community, staff, patients, and residents from afar with their acts of kindness and generous contributions.

Although volunteers have not physically been present at the organization over this past year due to the ongoing COVID-19 pandemic, they have continued to play important roles from a distance. We eagerly await the time when we are able to resume on-site volunteer services and we look forward to welcoming all of our volunteers back in-person when it is safe to do so.

The theme of National Volunteer Week for 2021 is, "The Value of One, The Power of Many". This theme represents the individual and collective efforts we have seen during the pandemic thus far and highlights the 'power of many' that enables us to thrive together.

For DRDH, volunteers continue to play an important role across many areas of the organization, even during these unprecedented times. Volunteers work with the Auxiliary in The Whistle Stop raising money for special projects and improvements. Volunteers also work tirelessly with the Foundation to raise awareness and funds to support major capital purchases. Furthermore, volunteers contribute in virtual Patient and Family Advisory Council meetings, providing a patient or resident perspective. Additionally, specially trained palliative volunteers support residents and patients not only at end of life, but all along the palliative journey.

In the early phases of the pandemic last year, volunteers also provided tremendous support with the sewing of cloth masks and other handmade items, as well as collecting and providing donations to help prepare for potential shortages in personal protective equipment.

Volunteers support all levels of the organization, including governance. The guidance and direction provided by our volunteer Board Members and Patient / Resident Representatives has been an integral part of navigating our health care organization through the COVID-19 pandemic.

"It is safe to say that we could not have achieved as much as we have over the last year

without the unwavering dedication and support from our entire community of volunteers. There are so many selfless deeds and actions, done by so many, that it is difficult to name them individually," said Janna Hotson, President and CEO. "It is also difficult to try and do justice to the big (and sometimes small) ways that so many volunteers in our community have offered a helping hand throughout the pandemic this year."

Thank you to all volunteers at DRDH for the many ways you contribute to our organization and for the collective power of many volunteers that enables us to continue to thrive together.

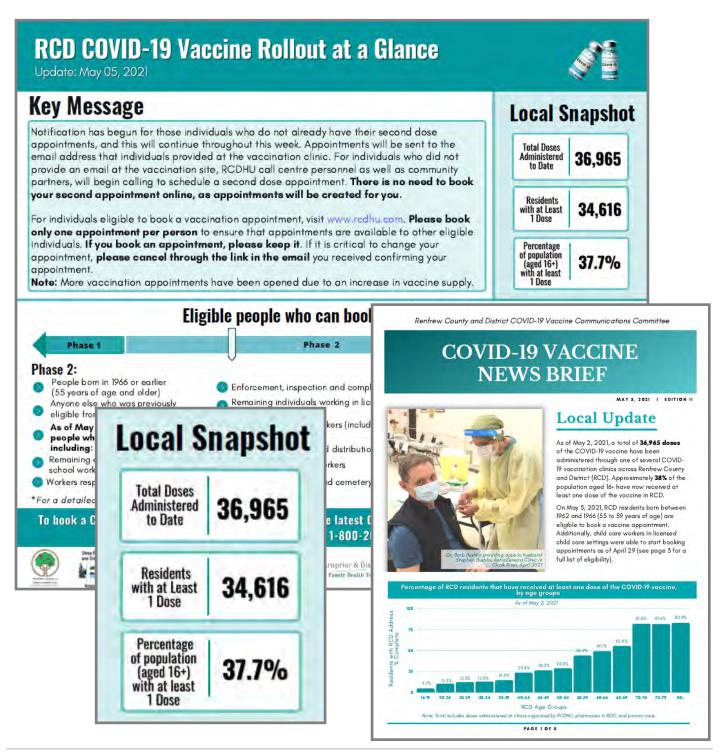


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RENFREW COUNTY COVID-19 VACCINE COMMUNICATIONS COMMITTEE

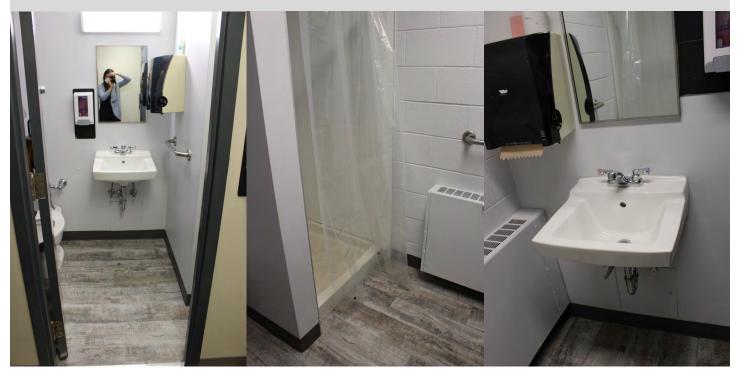
Our organization continues to work with the other Hospitals in Renfrew County, the Renfrew County and District Health Unit, as well as other partners to share information with residents in our County about the vaccine roll-out in our area. Together, we have formed the Renfrew County and District COVID-19 Vaccine Communications Committee.

In addition to regular media releases to keep everyone up to date, the Committee also shares information weekly through a "News Brief" as well as an infographic. Click on any of the images below to visit the Renfrew County and District Health Unit's webpage for the most up to date versions of the News Brief and infographic (scroll to folder 1. COVID-19 Vaccine Information):



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STAFF BATHROOM UPGRADES



This month, the staff bathrooms received a much-needed face lift and some repairs! Thank you to everyone for their patience as the updates were completed.



NEW HIRES









We are pleased to welcome 10 new and returning members to our team this month.

Taryn, Athalia, and Yamin will all be providing admin support for our vaccine clinics.



Nancy Robertson and **Dale Regan** have also returned to provide support for the vaccine clinics as well!

Jessica is a Registered Nurse, and Taylor, Louise, and Abigail are Clinical Care Assistants. We are also welcoming Marilyne (MJ) Beier to our organization this month as the Manager of Clinical Services—Acute Care. Please join us in extending a warm welcome to all of these new, and returning, team members!



BEST WISHES ANGIE!

On April 8, we said good-bye to Angela Zhu, Food and Nutrition Supervisor. We wish Angie all the best in her next adventure!







ADMINISTRATIVE SUPPORT



To help support the organization during the ongoing COVID-19 pandemic, Aislinn Shortt began a temporary Administrative Assistant position earlier this month. Aislinn previously worked as a screener, and at the vaccine clinics. In her new role, she will help support different aspects of the organization including Human Resources, vaccine clinics, screening, and other administrative tasks.

Please welcome Aislinn to her new role!

CLINICAL OVERSIGHT

With MJ Beier coming onboard and Jenny Hickson expanding her role outside of Long Term Care, below is an overview of what each Clinical Manager will be supporting over the coming months.

Transition of responsibility will be ongoing over the next few months, with both Jenny and MJ taking on these areas <u>gradually</u>. As Jenny and MJ work towards fully assuming these roles, more communication will be shared. Tabitha Kearney, Chief Nursing Executive, will be working closely with the clinical management team over the next few months to ensure that oversight and support for all areas and departments is in place, and that all clinical teams and clinical areas of the organization have support, plans and clear lines of communication.



- Long-Term Care
- Quality and Risk- dashboards, risk assessments, incident reporting
- COVID-19 vaccine clinics
- Clinical education related to Long-Term Care

- Acute care (Medical, ER, DI, Physio, Pharmacy & Ambulatory care, Diabetes Education, Clinical Nutrition and OTN)
- Laboratory Liaison
- Ward Clerks
- Clinical education related to acute care departments



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MOURNING THE PASSING OF DR. DAVID LYONS

It was with great sadness that we received news of Dr. David Lyons' passing. Our thoughts are with Dr. Lyons' colleagues in Diagnostic Imaging, as well as his family during this difficult time.

Dr. Lyons was a Radiologist with the Deep River and District Hospital since 1992. As the Medical Director for our Diagnostic Imaging Department, Dr. Lyons was an integral part of our clinical and physician teams for many years. Over his tenure at DRDH, Dr. Lyons worked tirelessly to enhance our diagnostic imaging services, and cared deeply about ensuring quality care for our patients. He was an ardent teacher and mentor to many in DI, and a central part of our Diagnostic Imaging team for almost three

decades. Dr. Lyons' passion was his profession, which he applied not only at DRDH, but nationally through working and teaching his specialized skills across the country. Our DI and medical teams, patients, and community were fortunate to have Dr. Lyons' passion for quality, teaching, and his dedication to his team and his patients support us for many years. Dr. Lyons will be greatly missed by all of us at DRDH and the many patients he cared for in our community.

https://www.arbormemorial.ca/kelly/obituaries/drdavid-james-joseph-lyons/65820



ELECTRICAL SERVICE UPGRADES



As part of the ongoing electrical service distribution project, our new transformer arrived onsite on April 23.



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Managing Your Energy to be more Present and Joyful

Without having the energy to make them run, the best cars, with the most power, are nothing but fancy containers. The same goes for you. You can have the best



strategic plan or intentions for success in life but if you can't generate, manage, and protect the energy needed to make it happen, it will remain a dream. Energy fuels actions and actions create outcomes; therefore, we can benefit from learning how to generate an abundance of energy while fortifying our defenses against the energy pirates looking to steal our bounty.

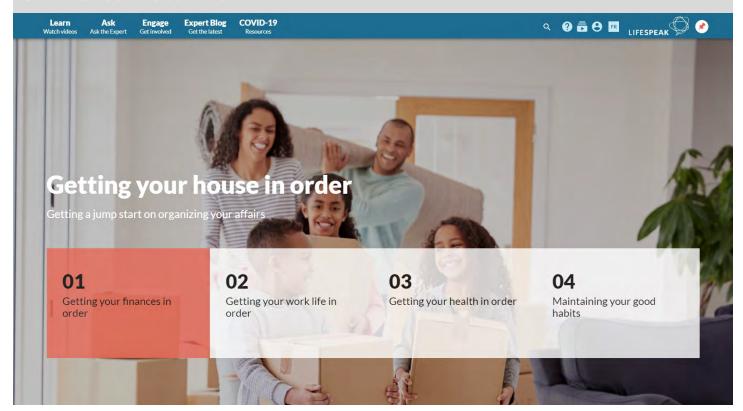
The dictionary defines energy as the strength and vitality required for sustained physical or mental activity. I would take this a step further and say that energy enables the capacity to do physical and mental work. In other words, it fuels your ability to think and act and has a huge impact on how you feel. The better you feel, the better you perform. Think about the last time you felt really energized. You felt great right? Now think about when you felt like your batteries were drained. I bet it didn't feel so great and you likely weren't so productive either. Basically, the more capacity, which in this case is energy, you have the greater the demands you can take on without breaking down or burning out. Keep in mind that there is no goal in life that you could ever have that won't require physical and mental activity. How much is dependent on your own personal goals and aspirations.

- 1. Mindset: Simply taking ownership over your energy and choosing to be more energetic is a mindset that will help elevate your energy levels. This is when you believe you are a healthy, energetic person rather than someone just doing things to get more energy. Other things like being mindful and present as well as developing a meditative practice can also boost your energy mentally. For one week, try to commit to taking a 20-minute break in your day to sit quietly and focus on your breath, breathing in through your nose and out through your mouth. Every time you breathe in, imagine the breath as charging a battery. This battery represents your energy level.
- 2. Movement: How we move, how often we move, and what we do movement-wise helps us create energy. The body is like cement waiting to harden if you give it a chance and motion is the lotion to keep your body and mind energized for action. The more blood flow you have going through your body, the more oxygen you get in those working muscles and in your brain, the more energetic you're going to be. For one week, try to commit to limiting how much you sit throughout the day by adding a stand-up working option to your routine. Don't sit for longer than an hour without getting up and moving around.
- 3. Metabolism: Metabolism is all about how you fuel your body and brain for action. We take food in. It goes through our metabolism and is converted into the molecules used to energize, rebuild, and repair our bodies and brains. What we choose to take in is very important when it comes to our energy and long-term health. For one week, try to eliminate sugar including simple carbohydrates like bread and pasta from your eating practice. Also, try increasing your daily water intake to 3 liters as most people are dehydrated and don't even realize it.

Article adapted from LifeSpeak: https://wellness.lifespeak.com/expertblog/5318

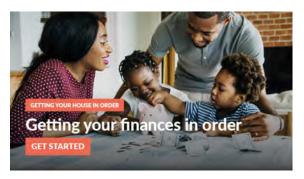
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GETTING YOUR HOUSE IN ORDER



Click on the images on this page to check out LifeSpeak's April campaign, which is a 4-part series all about getting your house in order. The first set of helpful videos is about getting your finances in order, the second set is about getting your work-life in order, the third set is about getting your health in order, and the last set is about maintaining good habits.

As a reminder, you only need to click on the images above or below to direct you to the videos. A box will pop up and ask for your site. To access the links one only needs to enter "Deep River...", the name of the hospital will show in the drop down menu, select the name "Deep River & District" and click Submit.









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OVER 3,000 DOSES PROVIDED—AND COUNTING!



Renfrew County continues to move through priority groups in the provincial framework for vaccine eligibility. The Deep River and District Hospital will continue to host COVID-19 vaccine clinics at the Chalk River Lion's Hall on a regular basis, pending allocation of vaccine from the province.

Earlier this month, two AstraZeneca clinics were held at the Chalk River Lion's Hall where approximately 750 individuals received their first dose of COVID-19 vaccine thanks to a partnership with primary care providers in our community. The team has now returned to holding Pfizer-only clinics, and all upcoming appointments for the AstraZeneca vaccine will be booked through participating pharmacies until further notice as primary care providers are awaiting more supply from the provincial government.

To date, our organization has provided approximately 3,000 people with their first dose of COVID-19 vaccine!

FOCUSED ON YOU CAMPAIGN RAISES \$1.75 MILLION TO SUPPORT OUR LOCAL HOSPITAL



Foundation Board Chair, Leo Buckley, was thrilled to update the Focused on You campaign's progress thermometers to show that the goal of raising \$1.75 million was met. Pushing the campaign over the finish line earlier this month was a \$12,000 donation from WCCT.

Thanks to the generosity of our community, the Deep River and District Hospital Foundation is incredibly proud to announce that the *Focused on You* campaign has reached its goal of raising \$1.75 million in support of our local hospital.

With funding provided from the Focused on You campaign, the Deep River and District Hospital (DRDH) was able to complete much needed upgrades to the Diagnostic Imaging Department, including the purchase of a new X-Ray machine, portable X-Ray machine, two ultrasound units and electrocardiograph (ECG) equipment. Renovations are now complete, and the state-of the-art equipment is in use, allowing the staff at DRDH to continue providing excellent, compassionate care to those who need it.

The previous Diagnostic Imaging equipment at DRDH was outdated, and had outlived its useful life. The Focused on You Campaign allowed the organization to switch to industry standard digital technology, which produces high-quality, filmless images that improve outcomes for patients and reduces the need for repeat examinations. With this upgraded equipment, digital images can be stored and accessed through a provincial database, supporting continuity of care within the integrated health system. Physicians and specialists can now view a patient's reports almost immediately, allowing for faster diagnosis and treatment.

Continued on next page...

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"Reaching this milestone during such an unusual time demonstrates just how dedicated our community is to supporting our local hospital," commented Tina Shorter, DRDH Foundation Major Campaign Chair. "Of all the things we were reminded of this past year, it is clear that local access to quality healthcare topped the list."

"The Focused on You campaign is the largest fundraising campaign in the history of the Foundation, and since this fundraising journey began in 2018, our community has rallied together with their generosity," said Leo Buckley, DRDH Foundation Board Chair. "From all of us at the DRDH Foundation, we would like to extend a sincere thank you to each and every one of the donors and volunteers who supported this campaign."

Janna Hotson, DRDH President and CEO, expressed her enthusiasm for the success of this campaign and remarked that, "After seeing the incredible achievement our community is capable of, I am looking forward to seeing what else we can accomplish in support of local healthcare."

The Focused on You campaign was made possible due to the collaborate efforts of many partners in our community. The Foundation wishes to thank all of those who contributed to the campaign, including individual donors, local business owners, corporate donors, event organizers and participants, as well as everyone who has been supporting the Catch the Ace lottery.

With the current COVID-19 safety restrictions that are in place, the Foundation is unable to invite donors to see the new equipment and updated department in person. Instead, <u>a thank you video</u> has been created to virtually share a message of gratitude with everyone who supported the Focused on You campaign and helped us reach this goal.

Funds for hospitals to purchase new or replacement equipment must be raised through our communities, as this funding is generally not provided by the Ministry of Health. The Deep River and District Hospital Foundation raises funds to support the purchase of much-needed equipment for the ongoing delivery of healthcare services to the patients and residents in our local communities.



Pictured here, from left to right, is DRDH's new X-Ray machine, ECG equipment, portable X-Ray machine, and ultrasound equipment, that were all purchased thanks to the success of the DRDH Foundation's Focused on You campaign.

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WE REACHED OUR GOAL
OF RAISING \$1.75 MILLION
FOR THE FOCUSED ON YOU
CAMPAIGN

Thanks to your help.... WE DID IT!

RAISED

WE COULD NOT HAVE DONE IT WITHOUT YOU!

You helped us upgrade the X-Ray machine, portable X-Ray machine, ultrasound and electrocardiograph (ECG) equipment at the Deep River and District Hospital.

Thank you for ensuring that our Hospital can continue to provide an excellent, compassionate health care experience using the best diagnostic tools.

With this upgraded equipment:



Physicians and specialists can view a patient's reports almost immediately, allowing for faster diagnosis and treatment



High quality digital images improve patient outcomes and reduce the need for repeat examinations



Digital images can be stored and accessed through a provincial database, supporting continuity of care within the integrated health system



THANK YOU!









CLICK HERE TO WATCH THE FULL VIDEO ON YOUTUBE OR FIND US ON FACEBOOK

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FOUNDATION NEWS

WCCT was excited late last month to make a \$12,000 donation to the Deep River and District Hospital Foundation to put the Focused on You fundraising campaign over the top of the 1.75 million goal.

Pictured here is WCCT's Chris Knight presenting the cheque to DRDH Foundation Board Member and Major Campaign Chair, Tina Shorter.



THANKS DOUG!



A big thank you to Board Member Doug Champ for dropping off daffodils from his garden again this year to help brighten our day!



WILLIAM MAKES IT BIG

AdvantAge Ontario
Advancing Senior Care

Administrator Leadership
Program: Financial Pro-Forma

William Willard CPA,CA

Sponsored by CPA,CA

ALP On Demand William Willard Pro Forma





William Willard, our Chief Financial Officer and Vice President of Operations, was asked to be a presenter at the Administrator Course for Advantage Ontario this year—way to go Will! Page 16 The Zinger

HEALTH SYSTEM SURGE & CAPACITY PLANNING

COVID-19 case counts have surged throughout the province, with higher numbers than ever seen since the start of the pandemic. The number of patients needing emergency care, inpatient care, and also critical and ICU care are also higher than ever before. Across the province, hospitals are experiencing heightened demand for services, with Champlain Hospitals continuing to receive GTA and Central Ontario patients.

Provincial direction was given to hospitals to ramp down surgeries and non-essential activities. Prioritized (life or limb) and cancer surgeries are continuing while ramp down of non-essential services (i.e. ambulatory care) regionally is being determined at each organization based on the ability of staff able to be reallocated to support increasing bed capacity.

The organization has transformed the former physiotherapy area into an overflow inpatient unit, and is prepared to received up to 5 patients above the 16 current acute care beds when asked.



ENHANCED SAFETY MEASURES

In alignment with recent recommendations regarding the COVID-19 variants, enhanced eye protection and PPE requirements are now in place for all Emergency Department patient encounters and throughout the building to improve staff/physician safety.

Full droplet/contact PPE will be worn for all patient encounters for Emergency patients. Anyone participating in any aerosol generating procedure or entering the environment where there is the risk of an aerosol generating procedure is reminded to don an N95 respirator.

In addition to our current policies for universal masking in all non-clinical areas, we are asking everyone who is required to attend meetings in non-clinical spaces (meeting rooms / office spaces) to maintain universal masking and eye protection at all times.

See the All-Staff Memos on PolicyMedical from April 14 and 19 for full details.

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COVID-19 TESTING TRAILER—ENHANCED TRAILER NOW IN USE

COVID-19 testing will continue to take place at the Deep River and District Hospital - now in the new and enhanced trailer!

The new trailer (pictured below) has been donated by our partners at Canadian Nuclear Laboratories. Thank you so much to CNL for continuing to work with us in such innovative ways to support our community throughout this pandemic.





With the updated trailer up and running, the other testing trailer (pictured above) was moved over to the North Renfrew Long-Term Care Centre on the morning of April 30. Once hooked up and running, the trailer will be used to support COVID-19 testing for their organization as well.

NEW TABLES AND BENCHES

Some new picnic tables and benches arrived earlier this month. These tables and benches will allow staff to take breaks or have lunch outdoors and enjoy our beautiful outdoor spaces. Now we just need the weather to cooperate!

Thank you to our maintenance staff for all their work in putting these tables and benches together.



The Zinger Renfrew County Is One Step Closer To Having An Ontario Health Team.

As part of the provincial initiative to make health care more collaborative, integrated and patient -centred, a local team comprised of dozens of health and social service partners has now submitted an application to become an Ontario Health Team (OHT) for this area.

Once approved, it is hoped that the new Ontario Health Team will make it easier for people to get the right care, at the right time, in the right place.

Recognized currently as "Network 24", the team that developed the region's application includes representation from hospitals, long-term care, paramedic services, primary care providers, agencies that provide social services, palliative care, homecare, community care, as well as mental health and addictions care and public health. In addition, input was received from both our Indigenous and francophone populations, as well as patients and families within the represented communities.

The proposed OHT will have a catchment area that includes a broad and diverse set of communities in and around the Ottawa Valley. The area stretches from Renfrew to Deep River, and includes the communities of Calabogie, Barry's Bay, Eganville, Cobden, Pembroke, and Petawawa, as well as those along Highway 60 to South Algonquin Township.

A new name for the region's OHT will be selected once its development is complete.

The Network 24 partners already enjoy a vast array of collaborations and partnerships across their shared areas of expertise, which will be an essential foundation in both the development and success of the new OHT. In addition, the unprecedented coming together of health care partners in response to the COVID-19 pandemic has put in place many of the structures that will be helpful and necessary to roll out the work of the OHT.

Backed by provincial funding, Network 24 will spend its first year in operation focused on enhanced care for two priority groups within our population – frail seniors and those struggling with mental health and addictions.

Areas of focus for the OHT will include increasing the number of individuals who have a primary care provider, whether family doctor or nurse practitioner. It will also work to improve awareness of the available services in our region that support our aging population to live healthfully in their home, and improve connectivity through appropriate referrals and matching patient needs to the correct service. This also holds true for those with mental health and addictions issues who should be able to access the care they need in the community in order to avoid emergency visits – particularly readmissions.

The OHT will also work to advance digital health and information sharing which will not only help family doctors, nurse practitioners, and other providers to coordinate patient care but will allow the OHT to measure the number of referrals to services, wait times, and other metrics to make sure improvements are being made.

More information about the specifics of the work to be done and how this will benefit those in our community will be rolled out as our team advances through the development process.

In terms of next steps, pending approval of the application, the Ontario government will conduct an in-person assessment to decide if Network 24 is fully ready to become an Ontario Health Team. It is expected that the application review process will take several months.

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HAPPY DOCTOR'S DAY!

May 1 each year is Doctor's Day, an official day of appreciation for Ontario physicians.

The Deep River and District Hospital is grateful for our gifted medical staff. Their service to the Hospital, Family Health Team, Four Seasons Lodge, and our community over the years, and particularly during the COVID-19 pandemic, has been outstanding and so deeply appreciated.

As the province recognizes Doctor's Day today, the Deep River and District Hospital would like to extend thanks to each member of our medical staff



community for your steadfast dedication to our organization, and the excellent, compassionate care that you provide to our patients and residents. Thank you, and Happy Doctor's Day!

PLEASE BE AWARE—TRENCHING BEHIND THE BUILDING



Please be advised that trenching work will be beginning the week of May 4, behind the hospital, to bring our new electrical service to the campus.

The electrical contractors will be covering the trenching and/or fencing off open areas after their shifts. However, please do take care if you are venturing back there, as this will be an active work site until the new service is in place.

Please let Scott Goodchild know if you have any questions or concerns.

KEEP CHECKING THE COVID-19 UPDATES!

Please continue to refer to COVID Update emails from Janna Hotson, or other memos, for the latest information, updates, and direction related to COVID-19.

These update emails are being saved on PolicyMedical for staff under Communications and Memos —> All Staff Memos —> 2021-2022.

Is there something you would like to see appear in the next issue of the Zinger?
Please submit photos and information to amy.joyce@drdh.org.

The Deep River and District Hospital receives funding from the Champlain Local Health Integration Network (LHIN).

The opinions expressed in this publication do not necessarily represent the views of the Champlain Local Health Integration Network.