



FRONTLINE SEPTEMBER 24, 2019

TRIBUNE

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COMPASSION is our
PASSION

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE – NO EXCEPTIONS!

The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital

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WRH Launches The Movement Matters Program

Windsor Regional Hospital is encouraging a target group of "at-risk" patients to take a walk, log their steps and see how far they can go on the Road to Recovery. The Movement Matters – One Step at a Time Program, kicked off last week with a pep rally to encourage participation at both hospital campuses.

The program goal is to get "at-risk" patients, including seniors who are most likely to stay in bed during their hospital stay, up and moving, to speed up their recoveries while preventing unnecessary complications that could lead to longer hospital stays.

A study by the Council of Academic Hospitals of Ontario shows one-third of older patients who are hospitalized develop new disabilities that affect their daily living during their hospital stay. Half of those patients are unable to recover function.

"We don't want our patients who come to the hospital to get better to leave with new or worse conditions because they stayed in bed the whole time they were here," says Karen McCullough, Chief Operating Officer and Chief Nursing Executive. "So it is important we keep them moving."

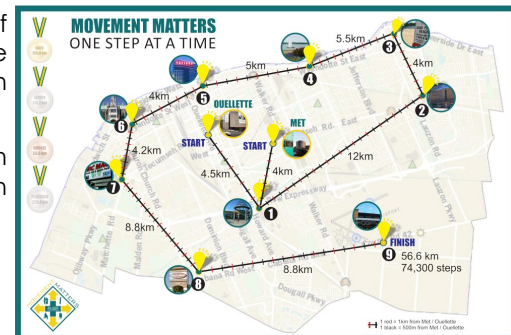
As part of the Movement Matters Program, "at-risk" patients who need help getting up and moving, are identified when they are admitted into the hospital. Referred patients work with their care teams to set appropriate mobility goals and then track and monitor how far they go. Every time participating patients walk to the washroom, down the hall or around the unit floor, the distance covered is recorded in their charts.

A map of Windsor is now on display in each participating unit. Each week, the ambulation team will tally the total distance covered on each unit and track it on the map. The total distance covered by patients on all units at both WRH campuses will be tracked and shared across the organization and online on the WRH Road to Recovery Map.

"It's not a race," says Kristie Cecile, Director of Medicine. "We want to encourage our patients to take that extra step, go the extra mile and see how much ground we can cover together."

The program started as a pilot project on units at each campus. During the pilot, patients travelled more than 100 km in two months.

Story continues on Page 2.



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:

frontlinetribune@wrh.on.ca



@WRHospital

Visit our website for more information at www.wrh.on.ca

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UPCOMING EVENTS

FRIDAY, SEPTEMBER 27, 2019

The 2019 Cancer Conference

The Arena, Walpole Island
770 Tecumseh Road, Wallaceburg

FRIDAY, SEPTEMBER 27, 2019

Catwalk 4 Kids

Caboto Club
2175 Parent Avenue, Windsor

SUNDAY, SEPTEMBER 29, 2019

Super Ethan's Steps

Lakeside Park, Kingsville
315 Queen Street South, Kingsville

OCTOBER 21 - NOVEMBER 11, 2019

WRH Family Giving Campaign

Met & Ouellette Campuses

THURSDAY, OCTOBER 24, 2019

Do Good Divas

A Night Out In Handbag Heaven

Caboto Club
2175 Parent Avenue, Windsor

SUNDAY, OCTOBER 27

T2B Halloween Spooktacular

Malden Park
4200 Malden Road, Windsor

WRH Launches The Movement Matters Program cont'd

By getting patients moving, the Movement Matters Program hopes to help patients by:

- Reducing patients' risk of depression, delirium, joint pain, falls, constipation and pressure injuries like bedsores;
- Improving patients' mobility, mood, blood circulation, appetite and sleep;
- Decreasing unnecessary hospital stays resulting from lack of mobility; and
- Preparing patients for a safe transition home.

Nurses, ambulation assistants, physiotherapists and physicians all helped create the program and will help deliver it by working with and encouraging patients.

"The program gives patients an opportunity to maintain and build strength and confidence," says Tara Corra-Pella, an Ambulation Assistant involved in the project. "Often patients need encouragement, especially when they are not feeling well and through this program, they see every step makes a difference and every day we encourage them to go a little further."

The hospital will review the success of the program at quarterly hospital events and regularly update the distance covered by the patients on their road to recovery at www.wrh.on.ca/movementmatters.

MOVEMENT matters

India Canada Association Gala

The India Canada Association recently held their annual gala at Caesars Windsor. Dr. Del Dhanoa, Chief of Diagnostic Imaging for Windsor Regional Hospital was a guest speaker.

The evening featured Indian cuisine and Bollywood entertainment.

Proceeds from the event support the purchase of a new 3-D Digital Mammography machine for Windsor Regional Hospital's Breast Health Center.

Many thanks to Purnima Kumar, President of the India Canada Association and her team for an excellent event.



Monica Staley Liang, Lanny Joffe, Stephen Kurtz and Dr. Dhanoa.



HELPFUL HINT

It is important to dial Ext. 3333 for all Emergency Codes. By dialing 3333 your call will be answered immediately. If you dial "0" for an Emergency Code, your call is placed into a queue delaying the response.

Also, don't know someone's extension? You can reach the Nuance Voice Activated Calling System by dialing Ext. 56660 to be connected to staff and departments. This will avoid unnecessary calls to switchboard.



WHO's European Region loses ground in an effort to eliminate measles. Albania, Czech Republic, Greece and the United Kingdom have lost their measles elimination status. Re-establishment of measles transmission threatens progress to eliminate this highly contagious disease.

VENDORS ON DISPLAY

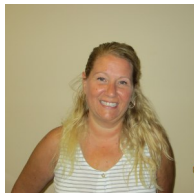
SEPTEMBER 23-27, 2019

Met Campus: Norwex, Epicure, Puretrim, Unique Books, Lories Glass, Funky Living, Unique Books, Funky Living, Crystal Clear JewelleryAva's Creations

Ouellette Campus: Accessorize it, Robert Bishop Artwork, Magnolia & Vine, Zesty, Sweet legs

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Paula Barrett
UNIT CLERK MEDICINE



Hilary Ryall
REGISTERED PRACTICAL NURSE AMBULATORY CLINICS



Amanda Veldhuis
UNIT CLERK SHORT TERM STAY



Dr. Prashant Jacob Thomas
PHYSICIAN DIAGNOSTIC IMAGING

Breast Cancer Awareness

PINKTOBER

Every Wednesday in October
wear pink to promote
breast cancer screening!

Email a photo of your team for a chance to
win a prize: ScreeningContest@wrh.on.ca

Post on social media & tag us!



Watch our pages for
your contest photos.

To learn more about Breast Screening visit:
www.cancercaresontario.ca/getchecked



Med Students Tour the WRH Cancer Centre and Test their Cancer IQ

Thirty six first-year medical students from Western University's Schulich School of Medicine & Dentistry – Windsor Campus, recently participated in the 5th annual Medical Apprentice Challenge.

The students toured the Windsor Regional Cancer Centre, had the opportunity to see inside the radiation and chemotherapy treatment areas, and learned about programs and services offered within the Cancer Program from experts, such as Dr. Colvin Springer and Dr. Ken Schneider.

Dr. John Day, co-host of the event and Schulich School of Medicine & Dentistry alumni, says that medical students do not get the opportunity to see inside a Cancer Centre during their schooling, so this was a great learning opportunity.

Students participated in team-building obstacles that they had to complete using their newly gained knowledge about cancer prevention and screening.

"This event is a fun and interactive way for students to get to know each other, but most importantly, it will educate these students about the importance of cancer screening and prevention," said Dr. Tamara Siddall, co-host of the event and Regional Primary Care Lead for the Erie St. Clair Regional Cancer Program.



5th Annual Walk
in support of Childhood Cancer



Sunday, September 29th, 2019

Lakeside Park, Kingsville

Registration begins at 9:00am 2km Walk – 10:00am

Register online at www.superethanssteps.com by September 8th

& receive a free t-shirt

All proceeds raised to
benefit
Windsor Regional
Hospital's
Paediatric Oncology Unit



**WINDSOR
REGIONAL
HOSPITAL
PAEDIATRIC
SERVICES**

For more information please visit our
Super Ethan's Steps Facebook Page or www.superethanssteps.com

Pinwheels Have a Special Meaning at Windsor Regional Hospital

Alyssa Lauzon recently made a special presentation at the Met Campus of WRH. The granddaughter of former employee, Pierre Renaud, Alyssa established a scholarship at the University of Windsor in honour of her grandfather who passed away 3 years ago. For every \$5 she raised Alyssa donated a pinwheel for the Paediatric department. Pierre had them on his Facilities cart and gave them to visitors and patients all the time. Little did Alyssa know that they are a staple for Paediatrics used by the Child Life specialist for breathing, relieving anxiety and fun when travelling to surgery.





2019 UNITED WAY CAMPAIGN!

Look for your United Way Pledge Card on **Sept. 18th** in Mail Slots, on the WRH intranet and on display tables in our lobbies at each campus!



#RECIPEOFTHEWEEK

Breakfast Bars with Plum Filling

Makes 24 servings
Prep Time: 15 min
Bake Time: 60 min

INGREDIENTS

CRUST:

- ¾ cup melted butter
- ½ cup chopped almonds/walnuts
- 1¼ cup flour
- 1 cup brown sugar
- 1¼ cup rolled oats
- ¾ tsp salt
- ½ tsp baking powder
- ½ tsp baking soda

FILLING:

- 2 cups diced plums
- 1/4 cup sugar
- 1/2 tsp cinnamon
- 2 tbsp flour
- 2 tbsp butter, melted
- zest of one lemon
- juice of one lemon

DIRECTIONS

For crust, combine all ingredients, stirring until crumbly. Reserve about 1½ cups of crust, and spread remaining crust on the bottom of a greased 9x13 pan. Bake at 350 degrees for 12-15 minutes, until brown. For filling, combine all ingredients in a bowl, tossing until well coated. Spread filling over baked crust, then crumble reserved crust over the top. Bake at 350 degrees for 35-40 minutes, until brown. Let cool completely, cut into 24 bars.

NUTRIENTS Per Serving

Calories: 160, Protein: 2g, Total Fat: 8g, Carbohydrates: 21g, Sugar: 13g, Fibre 1g, Sodium: 113mg

Moramos Shrine Club of Windsor Makes Annual Donation to WRH Paediatrics

Shriners International, established in 1870, is a fraternity best known for supporting children's health across the globe. The local Moramos Shrine Club of Windsor, established in 1919, keeps this tradition alive in the Windsor region.

On September 18, 2019, members of the local branch visited Windsor Regional Hospital to donate \$5,000 in support of medical equipment for Paediatric Services. Through their annual support, the local membership has donated over \$255,000 to Windsor Regional Hospital.

Thank you to The Moramos Shrine Club of Windsor! We are grateful for your support!



RUN | JOG | WALK
 BENEFITING WRH URGENT CARE CENTRE

SUNDAY
SEP 29TH, 2019
8:00AM - 11:00AM
FOLLOWED BY FREE BBQ

MALDEN PARK
4200 MALDEN ROAD, WINDSOR

Tel: 1-844-RUN-4WDS / 226-946-1527

REGISTER AT RUNFORWINDSOR.COM



AHMADIYYA MUSLIM JAMA'AT Windsor

