

# Frontline Tribune

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. ~ Johann Wolfgang von Goethe



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www.wrh.on.ca



## PHARMACY AWARENESS WEEK

Part of recognizing and celebrating the over 40 pharmacists and 60 technicians working at Windsor Regional Hospital there will be education sessions, featuring coffee and desserts, available to all staff.

### Topics will include:

- Anticoagulation (March 17);
- Fluids and Lytes (March 19); and
- Bugs and Drugs (March 21).

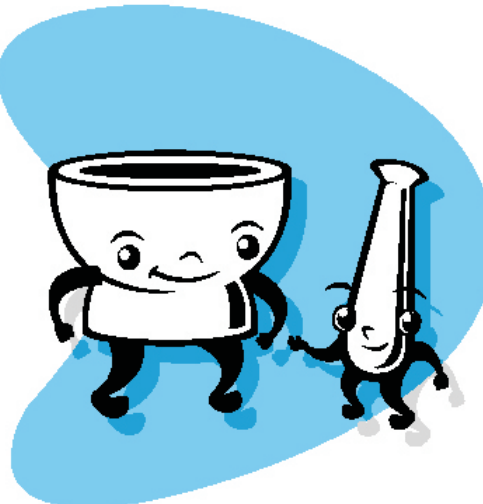
(See flyer for more details)

The Pharmacy team will be available and look forward to responding to questions at the three education sessions.

Windsor Regional Hospital's Pharmacy Department is proud to deliver quality and timely drug preparations to patients daily. Their process includes providing clinical services such as anti-microbial and renal dosing, anticoagulation services, drug monitoring and side-effect monitoring and management.



Photographs: Met Pharmacy Staff and Ouellette Pharmacy Staff



## PHARMACY AWARENESS WEEK

### LUNCH & LEARN

To celebrate the profession of pharmacy and the services we provide for patients and the healthcare team, we will be hosting lunchtime educational events for other allied health professionals! Please come out and enjoy light refreshments, interprofessional discussion, and an informative presentation!



MARCH 17TH:  
ANTICOAGULATION

MARCH 19TH:  
FLUIDS AND LYTES

MARCH 21ST:  
BUGS AND DRUGS

LOOK FOR MORE  
INFORMATION BY  
YOUR PYXIS  
MACHINES!

#### LOCATIONS AND TIMES:

Ouellette:  
12:30 pm: 8th Floor Patient  
Lounge  
1:15pm: 7 WEST CTU  
Classroom

Met Campus:  
1pm: 4W Conference Room  
2pm: 4W Conference Room

CERVICAL • BREAST • COLORECTAL



## More cancer screening. More candles.

Ask your doctor about life-saving cancer screening.

## MORE CANCER SCREENING, MORE CANDLES

Every year, when you blow out the candles on your birthday cake you are one of the lucky ones. Cervical, breast and colorectal cancer ends too many lives, but you CAN take action to prevent it from ending yours. Talk to your health care provider about getting screened for Breast, Cervical or Colorectal cancer today. More screening...means more candles...and more reasons to celebrate.

Take action now. Look up "Screen for Life Ontario" and use the Time to Screen Tool to find out when you should start screening, or talk to your doctor.

## RAISING AWARENESS ABOUT ORGAN AND TISSUE DONATION

Windsor Regional Hospital is proud to support a 12-year-old organ transplant survivor's efforts to raise awareness about the importance of organ and tissue donation – and remind people about the lives that can be saved.

“Kaidyn's Dream” is a walk/run/cycle event that will be held Saturday, April 12th. Starting at 9 am in the town of Essex, Kaidyn Blair – who survived a critical liver transplant 11 years ago - and his supporters will embark on a roughly 25-kilometre journey to the Met campus to help promote the need for Windsor-Essex residents to ensure they have registered their consent online to donate organs in the event of death.



One day she hopes to WALK IN HIS SHOES and receive an ORGAN DONATION too.

You don't have to walk the whole journey – many will join Kaidyn for the important “Green Mile” that will start the event in Essex. “Just one organ donor can save up to eight lives,” says Stephanie MacDonald, Trillium Gift of Life co-ordinator for WRH. “It only takes two minutes to register – all you need is your health card number.

A poster promoting the Kaidyn's Dream event also features little Emily Ledoux, who was diagnosed with the same liver condition after her birth that Kaidyn suffered before his transplant. Emily's parents, Heather,

an RN and Mike a Pharmacist, both at the Met Campus, say that Emily is doing well but may someday require a transplant depending on her condition. Both the Blair and Ledoux families were featured in the “WE Can Be Heroes” video released last year which included interviews with local families of organ donors, surviving recipients and others.

The video has received more than 4,300 views on YouTube since it was launched in April 2013 and continues to be played on public area TV screens at the Met campus.

Organ and tissue donation registration rates in Windsor-Essex remain some of the lowest in the province. The rate for City of Windsor residents is just 20 per cent – ranking Windsor just 162nd out of 179 Ontario communities. Rates in Essex County are at 28 percent, which is 109th out of 179 Ontario communities.

We need to continue to remind residents that the “old system” – signing an organ donor card alongside driver's licence renewal years ago – is no longer valid. Residents can go to [beadonor.ca](http://beadonor.ca) to check to make sure their consent is registered. Supporting Kaidyn's Dream is a good way to register and show community support – go to [www.beadonor.ca/kaidyns-dream](http://www.beadonor.ca/kaidyns-dream) to support his efforts. For more information about the walk, go to Facebook and search for “Kaidyn's Dream.” You can also call 519-980-4645 or email [kaidynsdream@bell.net](mailto:kaidynsdream@bell.net) for more information.

## HEALTHY LIFESTYLE UPDATES

**SURVIVOR BOOTCAMP:** Boot camp workouts are exercises that work your entire body, heart and muscles. Classes are comprised of interval training and strength training. ALL LEVELS OF FITNESS ARE WELCOMED! Tuesdays/Thursdays 4:45pm - 5:45pm; Session Begins Tuesday March 18th, 2014 (10 weeks) and is Open to all campuses - MET & OUELLETTE Location: Ouellette Campus in the Former Chapel Fee: \$60

**WEIGHT WATCHERS** is back and available to staff at both Met and Ouellette Campus and is now Open to Family and Friends (must attend meetings on site)! Family and Friends must attend meetings on site and fee is \$209 \*\*Start date has changed to March 18th – Ouellette Campus and March 19th – Met Campus; Registration ends March 12th.

Visit Healthy Lifestyles on the Intranet for full details.



## IN HER SHOES with CLARA HUGHES

Monday March 17th, 2014 • Doors Open 6:15pm • Ciociaro Club Room D & E

Clara Hughes, six-time summer and winter Olympic medalist, is speaking about mental health and her own recovery at 7:15pm. Hughes will be sharing her past struggles with depression in an effort to help break down the stigma associated with mental illness.

Tickets cost \$25 for adults and \$10 for students.

For tickets and full details please contact Danielle at (519)973-4411 ext. 32539 or email at [danielle.ramsten@wrh.on.ca](mailto:danielle.ramsten@wrh.on.ca)

Clara's Big Ride

Bell Let'sTalk



COMPASSION is our PASSION

### DID YOU KNOW?

Many streets running east/west between Riverside and Tecumseh Roads are named after native tribes: Ottawa, Wyandotte, Seneca, Oneida. Erie which runs on north side of the Ouellette Campus is one such street.