

# Frontline Tribune

Excellence is not a skill. It is an attitude. ~ Ralph Marston



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The Kildare School of Nursing Class of 1964 visited the Met Campus on June 7 as part of their reunion activities, touring some of the units they used to work on. One thing they noticed was the increased surveillance related to hand washing and the wearing of gowns, gloves and masks to prevent the spread of infections.

## P.A.R.T.Y. PROGRAM TO MARK 20 YEARS OF EDUCATING TEENS

A program aimed at educating Windsor-Essex high school students about the dangers of unsafe choices and behaviour is celebrating its 20th anniversary, and is offering a warning about increased drug use by our youth.

P.A.R.T.Y. - which stands for Preventing Alcohol and Risk-Related Trauma in Youth - began its classroom-style sessions for students in 1994 at the Ouellette Campus, focusing on the dangers of drinking and driving and other risky activity that can lead to significant injuries. It's an interactive program that includes demonstrations by paramedics, former police officers, and hospital staff, as well as "role playing" where a student plays the role of a critically injured classmate.

While the anniversary is cause for celebration, Diane Bradford, Manager of the Regional Trauma Program/Injury Prevention for Windsor Regional Hospital, will discuss some trends that indicate the need to increase awareness about drug use by youth and its impact on risky behaviour, particularly when driving.



In recent years, there has been a noticeable increase in drug use related to motor vehicle collisions. In 2011-12, the use of THC - tetrahydrocannabinol, the most recognized ingredient of marijuana - was found in 21% of youth under age 25 injured in trauma incidents. In 2012-13, that percentage rose to 55% and in 2013-14, fell slightly but remained much higher than two years ago at 46%.

"There is a sense that drugs aren't the same as alcohol when it comes to getting behind the wheel, or attempting other risky behaviour," says Bradford. "We can see by the statistics that we have collected that it is becoming more prevalent and combined with alcohol use is a toxic mix."

An event to commemorate P.A.R.T.Y.'s 20 years of education will be held Friday, June 20th at 10:30 a.m. in the Essex Room at Ouellette Campus.

## STROKE MONTH ACTIVITY

### STROKE AND DEMENTIA

STROKE, DEMENTIA AND HEART DISEASE SHARE COMMON RISK FACTORS AND EACH INCREASES THE RISK OF THE OTHER



APPROXIMATELY **ONE IN THREE** ONTARIANS WILL DEVELOP STROKE, DEMENTIA OR BOTH



**25%** **ONE IN FOUR** HOSPITALIZED STROKE PATIENTS EVALUATED WITHIN THE FIRST YEAR AFTER A STROKE HAVE DEMENTIA



UP TO **THREE IN FIVE** STROKE SURVIVORS WILL DEVELOP VASCULAR COGNITIVE IMPAIRMENT



**LESS THAN HALF** OF ONTARIO'S OLDER ADULTS GET THE RECOMMENDED **2½** HOURS OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY PER WEEK

LIFESTYLE PLAYS AN IMPORTANT ROLE IN REDUCING RISKS

**40%**

OLDER ADULTS WHO ARE VERY PHYSICALLY ACTIVE ARE **40% LESS LIKELY** TO DEVELOP ALZHEIMER'S DISEASE THAN THOSE WHO ARE INACTIVE



**60%**

**MORE THAN 60%** OF CANADIAN ADULTS ARE EITHER OVERWEIGHT OR OBESE, A MAJOR RISK FACTOR FOR HEART DISEASE AND STROKE



BY REDUCING THE RISK OF HEART DISEASE AND STROKE, THE RISK OF DEMENTIA ALSO DECREASES. SO ... **EAT WELL, MOVE, GET SOCIAL AND CHALLENGE YOUR BRAIN!**

A reminder of the blood pressure screening clinic Tuesday June 17 from 12 noon to 3:00pm in the Kiosk walk-way. A representative from Alzheimer's will be on hand to talk about common risk factors for stroke, heart disease & dementia.

9th Annual  
running  
from

**CANCER**

Sunday  
July 20th/14

**WHERE:**

Tecumseh Arena  
12021 McNorton

**TIME:**

Late Registration  
05:30am - 07:45am  
Pre Race Instructions  
06:45am & 07:45am

Half Marathon

07:00am

5k & 10k Start

08:00am

Disney Dash & 1k

09:00am

Awards

09:30

*Proceeds benefit:*

Windsor & Essex County  
Cancer Centre Foundation  
...supporting the Cancer Centre

**WINDSOR REGIONAL HOSPITAL**  
OUTSTANDING CARE—NO EXCEPTIONS!

[www.runningfromcancer.com](http://www.runningfromcancer.com)

For further information contact (519) 735-4742

A Fundraiser for

# BEST IN CHEST

WINDOR REGIONAL HOSPITAL'S  
DRAGON BOAT TEAM!

AN EVENING OF FUN, FOOD & DRINKS. MUSICAL CHAIRS  
(WITH A TWIST!), MINI PUTT, 50/50 DRAW &  
FABULOUS RAFFLE PRIZES!

THURS. JUNE 19 • 6-9PM  
WALKERVILLE BREWERY

tickets \$30 (or 2 for \$50)

Limited number of tickets available!

For tickets contact [cathy.mombourquette@wrh.on.ca](mailto:cathy.mombourquette@wrh.on.ca)  
or (519) 995-2533

**WINDSOR REGIONAL HOSPITAL**  
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**Just Jeff's**  
Journal Express

COMPASSION is our  
PASSION



Canadian Blood Services  
*it's in you to give*

## HOSPITAL CHALLENGE

June 1 - July 31, 2014

**Donate Blood at any clinic**

Open to all (employees, friends, family)....just sign the tracking sheet  
at the registration desk to be counted.

Help WINDSOR win this South Central Ontario Challenge!!

Book your appointment to save a life:  
(or find a clinic near you)

online: [www.blood.ca](http://www.blood.ca)

phone: 1 888 2 DONATE  
(1-888-236-6283)

**Canadian Blood Services**  
*it's in you to give*

## SHAKERS ALUMNI SHOW THEIR SUPPORT

The Shakers Alumni returned yet again to Windsor Regional Hospital donating to both the 4W Oncology

and Paediatrics units. Colette Clarke, Manager of 4W used the donation to buy weigh scales for patient rooms. "Patients need to be weighed every day to ensure we are giving them the exact chemotherapy dosage based on their weight", said Colette. "Right now, patients have to walk some distance to a scale. This will make it so much easier for them." Kelly Bartnik, Paediatrics Program Manager was thrilled as well to receive a donation. The Shakers have been fundraising for over seven years and have donated over \$15,000 to Windsor Regional Hospital.



COMPASSION is our  
PASSION

## DID YOU KNOW?

First doctor to the Windsor area was Dr. George Anthony,  
a dental surgeon stationed at Fort Detroit – he arrived before 1781.