



FRONTLINE TRIBUNE

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

Met Campus - 1995 Lens Avenue, Windsor, Ontario, N8W 1L9
Ouellette Campus - 1030 Ouellette Avenue, Windsor, Ontario, N9A 1E1

COMPASSION is our
PASSION



YOUR WEEKLY NEWS PUBLICATION OF WINDSOR REGIONAL HOSPITAL

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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:
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The Public Affairs and Communications Department of Windsor Regional Hospital is responsible for providing coordinated leadership in the development and execution of programs, services, and activities that promote the achievements and good work of the hospital. Responsibilities include enhancing the public's awareness and understanding of the hospital's programs, services, and facilities.

Our mission is to assist Windsor Regional Hospital in achieving its vision and goals by providing effective communications counsel to Hospital leaders and key stakeholders and by implementing strategic employee, media and public communications and programs.



[facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)



@WRHospital

Become a Kung Flu Fighter And Help Us Kick The Flu

We are just about to enter a new influenza season and Windsor Regional Hospital is committed to protecting the health and wellness of both patients and staff throughout this entire time. In order to address the various challenges we faced last year, we are undertaking several different approaches to our flu clinics and our tracking and reporting both internally as well as externally.

One of the exciting changes this year is that staff, patients and visitors to the Ouellette Campus can also receive flu vaccinations at the We Care Pharmacy on a drop-in basis, Monday through Friday, from 9am to 5pm beginning mid October. Please contact them for availability at extension 32181 or 519-255-2181. And for those employees at the Met Campus, the IDA Pharmacy (Tecumseh/Kildare) will be providing flu shots. Please call to confirm hours and availability (519-977-0090).

Secondly, there is a consent/decline form that all hospital staff and physicians are asked to complete and submit this year. This form has four options:

- YES – I consent to be immunized (used for flu shots given here at WRH)
- YES – I have been immunized elsewhere (please provide medical documentation to Employee Health)
- NO – I am unable to be immunized for medical reasons (provide documentation to Employee Health)
- NO – I decline immunization for personal reasons

This new form will be emailed out to all staff as well as placed on the Employee Health intranet webpage and available in the Employee Health Office and We Care Pharmacy. The information collected on this form is used to report the statistics for our organization to the Windsor-Essex County Public Health Unit, as required by the Ministry of Health. If you are choosing options 2 through 4, this form can be submitted to the Employee Health Office as soon as you have completed it.

For those who choose option 1 (to receive your flu shot here at WRH), the Employee Health Office will be holding flu clinics during the last two weeks in October (20th-24th @ Ouellette; 27th-31st @ Met). In order to speed up the process time at the clinics, please come with your form filled out. Flu clinic times and locations are posted on flyers throughout the hospital. This year, we are trying something new to maximize the opportunity for staff to take advantage of these clinics by offering them at various times and in various locations throughout the hospital. If these days and times are not convenient, feel free to take advantage of the We Care Pharmacy, your family doctor, participating local pharmacies, or walk-in clinics.

Help us kick the flu this year by getting your flu vaccination, containing the evil cough, throwing away your used tissues, keeping your distance from infections, and banishing germs with good hand hygiene practices!



www.wrh.on.ca



UPCOMING EVENTS

mark your calendars

- OCT 10** **Dragonboats For The Cure Shopper's Drug Mart Presentation**
Time: 11:00AM
Breast Health Centre, Met Campus
- OCT 10** **Thanks For The Memories "A Toast To Thom" Gala**
Dinner: 6:00PM
St. Clair Centre For The Arts
201 Riverside Drive East, Windsor
- OCT 10** **Palliative Care Collaborative Conference**
Call for details
The Dearborn Inn
20301 Oakwood Boulevard, Dearborn, USA
- OCT 15** **Just Clean Your Hands Training Session**
11:00AM - 12:30PM
Clinical Education Centre
WRH - Met Campus
- OCT 16** **Fall Prevention Mobile Clinic**
Appointments required
St. John's Parish
3294 Sandwich Street, Windsor
- OCT 17** **Emergency Medicine Conference**
Time: 8:30AM
Caesars Windsor
377 Riverside Drive East
- OCT 23** **A Day In The Life - Funkenhauser Golf Tournament Recognition**
Time: 11:00AM
WRH - Ouellette Campus, Goyeau Lobby
- OCT 24** **International Women's Day of the Ciociaro Club Naming Recognition**
Time: 11:00AM
WRH - Met Campus, Breast Cancer Centre
- OCT 24** **Remembering Roberto Bonofiglio**
Dinner: 6:00PM
Caboto Club of Windsor
2175 Parent Avenue, Windsor
- OCT 26** **RocktoberFest**
12:00PM
O'Maggio's Kildare House
1880 Wyandotte Street East, Windsor
- OCT 29** **Seeds of Hope Grant Presentations**
Time: 10:00AM
Windsor-Essex Cancer Centre Foundation
WRH - Met Campus, Cancer Program Lobby
- OCT 30** **Do Good Divas A Girls Night Out In Handbag Heaven**
Time: 5:00PM
Caboto Club, 2175 Parent Avenue, Windsor
- NOV 11** **Shop Til' You Drop Holiday Shopping Trip**
Pick Up: 8:00AM
Depart: Caboto Club, 2175 Parent Avenue
Great Lakes Crossing shopping trip
- NOV 22** **Crystal Ball Gala**
Time: 6:00pm
St. Clair Centre For The Arts
201 Riverside Drive West, Windsor
- NOV 22** **Cancer Research Conference**
Caesars Windsor
377 Riverside Drive East
www.windsorcancerresearch.ca

ICU Nutrition Month

Windsor Regional Hospital's Critical Care Team announces October as Nutrition Month! In this exciting time, we are highlighting the importance of Nutrition for our critically ill patient population and our involvement in multiple evidence-based initiatives. A few of the most recent initiatives are national and international projects that include: aCKTion Net, Pep Up and Nutrition Survey 2015 to benchmark our progress.

aCKTion Net is a Canadian Critical Care Knowledge Translation Network Initiative where ICUs from across the country are actively involved as multidisciplinary teams. We are using a systematic and synergistic approach to bring knowledge of best practice guidelines and progressive research to relevant clinical practice. The Critical Care teams at Ouellette and Met are working together on this project and meeting regularly to develop goals and objectives, to analyze baseline data and implement educational strategies. Our ultimate aim is to adopt a novel feeding regimen called Pep-Up in our Critical Care Units which enhances the provision of protein and energy for our patients.

The latest research and best practice guidelines in Critical Care Nutrition emphasize the importance of timeliness and optimal delivery of Nutritional Support in critically ill patients. There is a well established connection between improved nutrition and improved patient outcomes, such as decreasing length of hospital stay and increasing functional capacity of patients following ICU discharge. The Critical Care team is very excited for this quality improvement opportunity and events will run through October to promote awareness.

Healthy Recipe From The ICU Dietitians

Quinoa Black Bean Pumpkin Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 5 cloves garlic, diced
- 1 red chili pepper, diced
- 3 cups pumpkin cubes
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- ½ cup quinoa
- 20 ounce can black beans (rinsed and drained)
- 5 cups vegetable broth
- 2 bay leaves
- For garnish: 1 avocado, cubed
- handful cilantro, diced
- 1 lime, cut into wedges



INSTRUCTIONS: Heat oil in pan over medium heat and cook onion for a few minutes. Add garlic and red chili pepper and cook until aromatic. Add pumpkin and spices and cook for a couple of minutes. Add 2 cups of the vegetable broth and quinoa. Bring to a boil and cook for 5 minutes before adding the remaining vegetable broth. Bring to a boil. Add beans and bay leaves. Bring to a boil, reduce heat and simmer for 5-10 minutes. Served garnished with cilantro, avocado and lime juice.



SOP Town Hall

"It's a journey and we won't stop after everyone has gone through the process. There is going to be some heavy lifting, but we're going to get there. Hopefully, we're going to have some fun along the way." David Musyj

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Mayra Leal-Perez
CLINICAL PRAC. MANAGER
OPERATING ROOM



Cameron Gray
REGISTERED NURSE
EMERGENCY



Meredith Plante
CLERK
HEALTH RECORDS



Richard Mockler
LAB TECHNOLOGIST
LABORATORY

More Than 20 Sites Proposed For New Windsor Hospital

The process of selecting a home for the new regional hospital is moving forward. The Request For Proposals (RFP) stage closed with more than 20 parcels of land in Windsor/Essex being submitted for consideration.

Now it is up to a Site Selection Subcommittee –11 volunteer members from Windsor and Essex County - to review those submissions in accordance with the process outlined in the RFP documents and to create a short list of potential sites. Owners of the short-listed properties will then be invited to move on to the next stage in the site selection process, where they will be asked to provide more detailed information about the land.

Windsor Regional Hospital CEO David Musyj, who co-chairs the Steering Committee overseeing planning for the new hospital, is pleased with the number of submissions. "It shows the benefit of having such an open, unique, inclusive and transparent process," Musyj says.

WRH 1 Year Anniversary

On October 1, 2013, Windsor's two hospitals took a brave step toward improving healthcare in this region with realignment of services. The move allowed for better patient care and it set the foundation for a new state-of-the-art acute care hospital for our region.

The goal was to make this change as seamless as possible for patients. Thanks to Windsor Regional Hospital employees, who go above and beyond every day to provide outstanding care, this was achieved.

This past year proves that by working as a team, and with the community's support, we are ready to face the challenges ahead and embrace the opportunities of the future.



stop and sanitize

do your part to reduce the spread of infection



Windsor Regional Hospital believes that Infection Prevention and Control is vital to patient safety. ALL persons working at both campuses of the hospital must have a RESPONSIBILITY to practice good infection prevention and control.

The hospital has adopted the "Stop and Sanitize" campaign. Hand hygiene is the single most effective way to prevent health-care associated infections and the spread of antibiotic resistant organisms.

All staff, patients and visitors are asked to perform hand hygiene when entering/exiting the hospital. There are 2 methods for performing hand hygiene:

Alcohol-Based Hand Rub (ABHR)

– PREFERRED when hands are not visibly soiled. Rub 1-2 pumps of ABHR into palms, fingers, wrists, etc. for 15 seconds (or until dry).

Hand Washing (Soap and Water)

Apply soap to wet hands and lather 15 seconds. Rinse thoroughly under warm running water. Dry with a paper towel and turn off tap (and open door) with a paper towel. Note: If hands are visibly soiled and there is no running water, use a moist towelette to remove visible soil and then ABHR.



VRE isolated from stool or a rectal swab indicates that the patient is a carrier of the organism but is not an infection. An infection can develop if the VRE gets into a wound, the bloodstream or the urinary tract for example.



FOUNDATION NEWS

EVENTS, CAMPAIGNS AND DONATIONS SUPPORTING WINDSOR REGIONAL HOSPITAL & HOTEL DIEU GRACE HEALTHCARE

Walkathon Supports Healthcare Project

In Honour of the Ones We Love held their annual walkathon on Sunday, September 28 along the Ganachio Trail promoting cancer awareness and raising funds for key programs like Kids Beating Cancer Little Ninjas Program held at Windsor Regional Hospital.



Photo above Walkathon participants on the Ganachio Trail

Hospital Foundation On Social Media

The staff at the Windsor/Essex Hospitals Foundation has updated their social media aspects of the Foundation and want you to be part of it. Keep up to date on news, events and initiatives of the Foundation by following:

facebook.com/wehospitalsfoundation

On Twitter @WEHFoundation



Thanks for the memories!



"A toast to Thom"
GALA



Enjoy a multiple-course gourmet meal created by local chefs in honour of Thom Racovitis.

Friday, October 10, 2014 • 6pm
St. Clair College Centre For The Arts
201 Riverside Dr. W.

Tickets Available

\$150 each or Table of 10 – \$1,250
For tickets call 519.985.2656
www.thanksforthememories.ca

TBQ Memorabilia, Live and Silent Auctions

All proceeds will purchase much needed dialysis chairs for Windsor Regional Hospital and establish a Thom Racovitis Scholarship at St. Clair College.

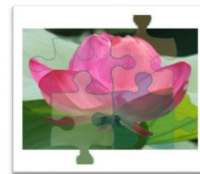


**Palliative Care Collaborative:
8th Annual Regional Conference**

Friday, October 10, 2014

The Dearborn Inn

20301 Oakwood Boulevard, Dearborn, MI 48124



Key Note Speakers:

Dr. Paul Rousseau, Palliative Care Program Lead, Medical University of South Carolina
Rita J. DiBiase, Palliative Nurse Practitioner, Windsor Regional Hospital, Cancer Program

Who Should Attend?

- | | | | |
|-----------------------|-------------------|---------------|----------------|
| Hospice Leadership | Bereavement Staff | Psychologists | Administrators |
| Palliative Care Teams | Nurses | Counselors | Educators |
| Hospital Leadership | Social Workers | Chaplains | Students |
| Clinicians | Physicians | Volunteers | Fellows |

In Collaboration with:



Please registration via CAPEWAYNE

<http://capewayne.med.wayne.edu/index.php>

Please return the form with payment to: Michael Stellini, M.D./CAPEWAYNE,
4201 /St. Antoine, UHC-5C, Box 258, Detroit, MI 48201
or email to: thunt@med.wayne.edu or Fax to: 313-745-4707

**ANYONE CAN FALL...
Prevent it from happening to you!**

The Erie St. Clair Falls Prevention Mobile Clinic is a group of health care providers from the community who assess an individual's risk of having a fall, and discuss how one can reduce the risk and remain independent.



You should come to a clinic if you:

- Are 65 years of age and older.
- Have difficulty getting around.
- Live alone or in assisted living.
- Want to remain independent.
- Have had a fall or near fall.
- Have a fear of falling.
- Want to maintain or improve your balance.

Date of next clinic:
Thursday October 16, 2014

Time:
Appointments are necessary.
Call to register.

Location:
St-John's Parish Hall
3294 Sandwich Street, Windsor

Contact:
Heather Barrington
519-258-2146 ext: 3114



City of Roses

**Third Annual Community
Emergency Medicine
Conference**

Come join us for a day of informative lectures & ED case studies pertinent to your daily work experiences.

Topics to be covered include:

- Dr. Paul Bradford – Stroke Cases: Expert Panel Discussion
- Dr. Jack Spiers – Endovascular Treatment of Stroke
- Dr. Anne Sclater – Risk Assessment for Safe Discharge of Seniors from Hospital
- Dr. Jeya Nadarajah – Fever in the Return Traveller
- Dr. Ed Sabga – Managing Hypertension in the ED
- Dr. Roy Diklich – The ECG & Identifying Young Patients in the ER at Risk for Sudden Cardiac Death
- Dr. Ian Ball – Organ & Tissue Donation in Ontario, Trillium Gift of Life Network
- Ms. Monica Staley – Actions vs. Words: Documentation a Necessary Evil?
- Dr. Paul Bradford – Trauma Cases – Expert Panel Discussion
- Dr. James Webley – Chronic Anterior Shoulder Dislocation
- Dr. James Webley – Low Energy Knee Dislocation in the Obese Patient
- Mr. Christopher Blackmore – Emergency Department Antidote Overview – 3 Novel Cases
- Dr. James Webley – Toddler's Fracture
- Dr. Victor Istasy – Pediatric Ultrasound Cases in the ED
- Dr. Stephen Chao – What's New in Respiriology and Critical Care 2014

Date: Friday October 17, 2014

Registration & Breakfast: 7:45am - 8:30am

Conference Time: 8:30am - 5:00pm

Place: Caesars Windsor Hotel Convention Centre

Augustus I & II Ballrooms

Cost per participant is \$22.19 (CAD including processing fee).

A catered breakfast & lunch will be provided. Many great raffle prizes available.

Attendance is limited. For further information & to register online visit:

Registration: <https://cityofroseserconference2014.eventbrite.ca>

Website: <http://erconference2014.wix.com/cityofroses2014>

This program has received financial support from Windsor Regional Hospital, Trillium Gift of Life Network, Bayer Healthcare, Leo Pharma, WRH Emergency & Trauma Services, Rafiq Auto Group, BioPed, Kinetic Connection, Windsor Professional Centre, Philips LifeLine, WRH ER Physician Group - Ouellette & Metropolitan Campuses and Ellis Graphics in the form of an education grant.

This program has received in-kind support from JM & McGraw-Hill Ryerson Ltd in the form of donations of conference raffle prizes.

Stay up to date on news and upcoming events at www.facebook.com/windsorregionalhospital