



# 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  
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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

## Celebrating Success

**Windsor Regional Hospital has some big news to celebrate this week!** The Med/Fluid Incident project is starting off the New Year on the right note with zero incidents causing harm to patients reported for the month of January. This is the first month since realignment that we have achieved this goal. The team wants to thank all of the staff at WRH for being diligent and providing safe and outstanding care – no exceptions!

We understand that one incident-free month does not itself make a trend, but are hopeful that this is the start of something very positive. A reminder though that it is important to continue to report all incidents that occur, whether they are near misses, reached the patient with no harm, or did in fact reach the patient with harm. It is vital that we learn from these situations and use them as opportunities to improve our processes.

To celebrate we delivered some sweet Lifesaver treats around to the units. The Lifesavers represent the number zero and remind us that this is the number of med incidents we continue to strive for as a team.

Well done everyone!

The SOP Team  
[future@wrh.on.ca](mailto:future@wrh.on.ca)



Standardization &  
Optimization Process



# UPCOMING EVENTS

mark your calendars

**FEB 11** **Hats On For Healthcare**  
 Time: All day event  
 Throughout Windsor-Essex community  
 Windsor Regional Hospital, Met & Ouellette

**FEB 11** **Hand Hygiene Audit Training**  
 Time: 1:00pm - 2:30pm  
 Auditorium Side A, Met Campus  
 Windsor Regional Hospital

**FEB 13** **Taking The Fear Out Of Cancer**  
 Time: 8:00am - 4:00pm  
 Caesars Windsor  
 377 Riverside Drive West, Windsor

**MAR 11** **Hand Hygiene Audit Training**  
 Time: 1:00pm - 2:30pm  
 Maidstone Room, Ouellette Campus  
 Windsor Regional Hospital

**APR 08** **Hand Hygiene Audit Training**  
 Time: 1:00pm - 2:30pm  
 Auditorium Side A, Met Campus  
 Windsor Regional Hospital

**MAY 14** **Sante: A Toast To Your Health**  
 Time: 7:00pm  
 Ciociaro Club of Windsor  
 3475 North Service Road, Windsor

## Fish Chowder With Veggies



### Chill-Chasing Chowder

Get all the hearty taste of traditional New England chowder without the added fat and calories. This recipe makeover features tilapia, a light white fish that's rich in protein, vitamin B12 and selenium. It's combined with sautéed veggies and served in a creamy base of whole-wheat flour and almond milk. Whip up a batch and chase the winter chill away.

### Fish Chowder with Veggies

- 2 Tbsp. extra virgin olive grape seed oil
- 2 medium stalks celery, 1/4-inch pieces
- 1 medium red bell pepper, diced
- 4 cups unsweetened almond or soy milk
- 2 large unpeeled red potatoes, diced
- 2 medium carrots, thinly sliced
- 1 medium onion, chopped
- Salt and black pepper to taste
- 2 Tbsp. whole-wheat flour
- 1 cup water (or clam juice)
- 2 tsp. Old Bay 30% Less Sodium Seasoning
- 1 cup frozen yellow corn
- 1 lb. cod or tilapia fillets, skinless, cut into 1-inch pieces
- 1/4 cup toasted whole-grain breadcrumbs

In large pot heat oil over medium-high heat. Sauté carrots, celery, onion and red pepper for 5 to 6 minutes. Add salt and pepper to taste. Sprinkle flour over mixture and sauté for additional minute. Stir in milk and water and bring to a boil. Add potatoes and Old Bay. Reduce heat and let simmer for 14 to 15 minutes or until potatoes are tender. Gently stir in corn and fish. Continue to simmer until fish is opaque and cooked through, about 4 to 5 minutes. Ladle chowder into serving bowls and sprinkle bread crumbs to top. Serve immediately.

**Makes 6 servings.**

**Per serving:** 240 calories, 8 g total fat (1 g saturated fat), 26 g carbohydrate,

**Sante**  
 A TOAST TO YOUR HEALTH

A SAMPLING OF LOCAL FLAVOUR & LOCAL WINE

THURSDAY, MAY 14, 2015  
 7:00PM - 10:00PM  
 CIOCIARO CLUB OF WINDSOR

[www.wrhsante.ca](http://www.wrhsante.ca)

PROCEEDS BENEFIT THE WINDSOR-ESSEX HOSPITALS FOUNDATION

## Neuro-Endovascular /Neurosurgical Rounds and Case-Study Discussions



**Open OTN event Hosted by Windsor Regional Hospital, the Neurosurgical Associates of Windsor and Essex County and the Windsor Radiological Associates of Windsor**

**When:**

**Monday, March 9, 2015**

**Time:**

**4 p.m. to 6 p.m.**

**Where:**

**The OTN Event number is 41922503**

**Essex Room- Ouellette**

**Clinical Education Conference Room-Metropolitan**

**Open to all to attend. No registration required.**

BE SURE TO GET YOUR  
**"HATS ON"**  
 FOR HEALTHCARE

WEDNESDAY  
 FEBRUARY 11

MET & OUELLETTE  
 CAMPUSES



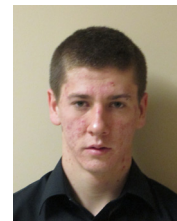
## PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



**Clinton Deslippe**  
 REGISTERED NURSE  
 MEDICINE 3



**Patricia Hale**  
 EKG TECHNOLOGIST  
 CARDIOLOGY



**Craig Karpala**  
 AMBULATION ASSISTANT  
 AMBULATION INITIATIVE



**Heather Eaton**  
 UNIT CLERK  
 CRITICAL CARE



## PROJECT UPDATE: New State-Of-The-Art Single-Site Acute Care Hospital

The town of Kingsville has invited the Co-chairs of the Program and Services Steering Committee -the group overseeing the plans for a new hospital - to provide an update and take your questions.

Join the Co-Chairs of the Program and Services Steering Committee, David Musyj and Dave Cooke for your chance to hear more about the project plans, vision and site-selection process.

**Tuesday, February 10, 2015 - 7:00 pm**  
Migration Hall, 70 Main Street East, Kingsville, Ontario



## Driven To Quit Challenge

The Driven to Quit Challenge is promoting Ontario adult smokers and tobacco users to make an attempt to quit for the month of March 2015. Prizes this year include a fully donated brand new car as well as 7 regional cash prizes of \$1000.00. Registration is open until February 28, 2015.

Signing up with a support buddy is not mandatory but if they do, they get an extra entry into the draw, doubling their chances of winning. The winner's support buddy will also be eligible for a cash prize! Potential winners must prove that they have remained tobacco-free for the month of March 2015. Participants may quit smoking or tobacco use any time after they register as long as they quit by March 1, 2015.

Those who have recently quit may also be eligible to enter. Registration has already started for this campaign and ends February 28<sup>th</sup>.

Sign up today at [www.driventoquit.ca](http://www.driventoquit.ca)



**FOLLOW US ON SOCIAL MEDIA!**

@WRHospital

[facebook.com/windsorregionalhospital](http://facebook.com/windsorregionalhospital)



WHEN CAUGHT EARLY, THERE IS A **90% CHANCE** THAT COLORECTAL CANCER CAN BE CURED!

# BUILD A BUTT CONTEST

**TO HELP RAISE AWARENESS of COLORECTAL CANCER and SCREENING.**

**How to Enter:**

1. Build a butt out of any material.
2. Submit your compelling story + the city you are from + a picture of your creation to: [buildabuttcontest](https://www.facebook.com/buildabuttcontest) or [@wrh.on.ca](https://www.facebook.com/screeningcontest)

**Awards**

1. Most Compelling Story
2. Most Facebook Likes on Contest Page
3. Most Creative Butt

**Enter for your chance to WIN 1 of 3 \$500 GIFT CARDS** (not redeemable for cash)

Contest begins Feb. 1, 2015 at 12:00 am and ends 11:59 pm Mar. 19, 2015. Must be 18 years or older to enter.

ColonCancerCheck | [www.on.ca/coloncancercheck](http://www.on.ca/coloncancercheck) | [waterloo willington regional cancer program](http://www.waterloowillington.ca/colorectal)

# Total BODY and BOOTY Bootcamp

Target those glute and thigh muscles!  
Increase strength!  
Get your heart rate up!

All in **6 WEEKS!!**

Mondays and Wednesdays starting Feb 23  
12:00-12:30, 12:30-1:00pm or 12:00 to 1:00pm,  
Met Campus (Schedule will be sent)

2 X 30 minutes per week: \$40  
2 X 60 minutes: \$80  
Cost to be deducted from your pay

*If you attend 80% of the classes you will be reimbursed 50% of the cost!*

**Registration Deadline: February 13, 2015**  
**A minimum of 15 participants is required.**  
*Go to the Healthy Lifestyles website to register now!*



The condition of the hands can influence the effectiveness of hand hygiene. Intact skin is the body's first line of defence against bacteria, therefore careful attention to hand care is an essential part of the hand hygiene program.



# GET YOUR "HATS ON" FOR HEALTHCARE!

REGISTER TODAY AND SUPPORT THE RENAL DIALYSIS PROGRAM!



Participating in the 6th Annual "Hats On" For Healthcare Day on Wednesday, February 11, 2015 is a great way for you to support the Windsor/Essex Hospitals Foundation and show the community that your company and employees cares about healthcare.

WRH staff and over 100 organizations and companies, together with their employees, are invited to put on their unique and creative hat attire, make a \$2.00 donation and take part in the many entertaining activities to help raise funds for the Windsor/Essex Hospitals Foundation, more specifically for 2015, the Renal Dialysis Program provided at 3 sites in the Windsor-Essex community.

To register or for more information, call David Lenz at 519-973-4433, email [david.lenz@wrh.on.ca](mailto:david.lenz@wrh.on.ca) or visit [www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)



ORDER A **HEART SHAPED PIZZA**  
HEART SHAPED NUTELLA DESSERT PIZZA OR CINNAMIN STICKS

**FEBRUARY 1 - FEBRUARY 14, 2015**

SOUTH WINDSOR  
**519-969-1959**  
4310 Howard Avenue  
(at North Talbot Road)



TECUMSEH  
**519-979-9759**  
1695 Manning Road  
(at North Talbot Road)

\* \$1.00 from the sale of each heart-shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program