



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

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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

www.wrh.on.ca

Hospital Operations Town Hall Meeting

You are cordially invited to a TOWN HALL meeting on the Hospital Operations Update
Wednesday, March 4, 2015 at:

10:00 a.m.

Auditorium at Met Campus (video-conferenced to the Essex Room at Ouellette Campus)

2:00 p.m.

Essex Room at Ouellette Campus (video-conferenced to the Auditorium at Met Campus)

Survivors Thank First Responders At "Survivors Day"

Dozens of local paramedics, firefighters, police and Windsor Regional Hospital staff were congratulated Friday for the second chance at life their efforts provided to critical patients in the past two years.

"Survivor's Day" provides an opportunity for patients saved from life-threatening injuries and conditions to thank the first responders who used their life-saving skills at their most critical time. "To see the final outcome of the hard work that we do gives us great strength in moving forward," said Essex Windsor EMS Chief Bruce Krauter at the event held at St. Clair Centre for the Arts.

The survivors whose stories were read at the event were brought to either the Met or Ouellette campus. Many of them suffered cardiac arrest and were within a short time brought to the life-saving Cardiac Catheterization Lab at the Ouellette campus. "Our job is to keep them alive long enough for the Cath Lab to save them," said ER physician Paul Bradford, who acted as Master of Ceremonies for the event.



Story is continued on Page 3.



UPCOMING EVENTS

mark your calendars

MAR 09 **Neuro-Endovascular/Neurosurgical Rounds**
 Time: 4:00pm - 6:00pm
 Essex Room, Ouellette Campus
 Windsor Regional Hospital

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

MAR 17 **Blood Pressure Screening Clinic**
 Time: 12:00pm - 3:00pm
 Vendor Hallway, Met Campus
 Windsor Regional Hospital

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

APR 21 **Blood Pressure Screening Clinic**
 Time: 12:00pm - 3:00pm
 Vendor Hallway, Ouellette Campus
 Windsor Regional Hospital

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

Perfectly Portioned Chicken

Makes 4 servings.

Per serving: 290 calories, 6 g total fat (2 g saturated fat), 29 g carbohydrate, 31 g protein, 2.5 g dietary fiber, 354 mg sodium.



Chicken cutlets are a nutritious dinner staple. Get the most out of this lean protein by pairing it with healthful Swiss chard, carrots and shallots in an easy roll-up recipe. Swiss chard, a relative of beets, is loaded with health-promoting phytonutrients as well as fiber, vitamin A (beta-carotene), vitamins C and E, potassium and calcium. Glaze with a simple baste of honey and mustard and enjoy with a simple salad for a classic weeknight dinner.

Glazed Chicken & Swiss Chard Roll-ups

- 4 chicken cutlets (1 lb.)
- 1 Tbsp. extra virgin olive oil
- 4 small shallots, thinly sliced
- Salt and black pepper
- 1/4 cup honey
- 1/2 tsp. dried mustard
- 4 large Swiss chard leaves
- 2 medium carrots, peeled and cut into slices
- 4 cloves garlic, minced
- Olive oil cooking spray
- 1/4 cup shredded, part-skim mozzarella cheese

Preheat oven to 375 degrees. Pound cutlets until 1/4-inch thick. Set aside. Rinse Swiss chard, cut stems from leaves and chop leaves and stems into 1-inch pieces, separating stems from leaves. In large skillet, heat oil over medium-high heat. Sauté carrots and Swiss chard stems 5 minutes. Add chard leaves, shallots and garlic and sauté 5 minutes. Salt and pepper to taste. Set aside. Prepare large, shallow baking pan with cooking spray. Place cutlets in pan and spoon chard mixture evenly on cutlets. Sprinkle cheese evenly over chard mixture. Roll up cutlets and fasten with toothpicks. Leave seam side upward. In small dish, combine honey and mustard and baste roll-ups. Bake roll-ups for 30-35 minutes or until internal temperature is 165 degrees. While roll-ups are baking, baste periodically. Remove roll-ups from oven and let rest a few minutes before servings. Serve roll-ups whole or sliced.

WINDSOR REGIONAL HOSPITAL

Charity Golf Tournament 2015

Essex Golf & Country Club

THURSDAY, MAY 28, 2015

R.S.V.P. to Linda McLean
 by Friday, May 15, 2015
 Phone: (519) 254-5577 ext.52005
 linda.mclean@wrh.on.ca

Pharmacist Awareness Month

March 2015 is Pharmacist Awareness Month, when pharmacists across the country reach out to make Canadians aware of the many services offered to improve their health.

This year's theme, "**Trusted Care When and Where You Need It**", highlights the fact that the pharmacist is the most accessible health care provider in Canada. Pharmacists are taking on expanded roles in every province in Canada, making them an even more integral member of the health care team.

"We celebrate Pharmacist Awareness Month to make sure Canadians know that their pharmacists are there to help, in more ways than they may be aware," say Jessica Karam and Michelle Joseph, pharmacy residents at Windsor Regional Hospital. "There are many health-related issues that pharmacists can resolve by working closely with patients, physicians, nurses and other health professionals to ensure safe and effective medication use."

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Contact Precautions have been shown to control outbreaks and to decrease transmission when Routine Practices alone have failed to limit the spread of microorganisms spread by the contact route.



Shukri Mohamed
 REGISTERED NURSE
 2 NORTH



Mark Stefanowski
 REGISTERED PRC. NURSE
 8 EAST



Kayla Mahon
 REGISTERED NURSE
 OPERATING ROOM



Angelo Varardi
 DIETARY HELPER
 GUEST SERVICES

The MRI Wait Times project made strides this week by standardizing the preparations for patients having common MRIs. Moving forward all patients will receive the same instructions for preparing for their MRI at home. This is important as we want all Windsor Regional Hospital patients to have the same high quality experience and journey, regardless of which campus they are at.

Have you noticed some extra colour in the hallways at the Ouellette Campus? After hearing from patients that finding the Cath Lab was a bit of a challenge, we decided to help them out with some simple way finding improvements. A red strip on the wall now leads patients from Admitting on the main floor, to the Cath Lab in the basement. We've also added some hearts to the wall to make it easier for patients to find us.

Finally with all the snow and frigid weather we are certainly looking forward to spring and know many of you are too! In an attempt to celebrate the warmth we know is just around the corner, we thought it would be fun to have a "Spring Fling" theme at our Huddles next Friday, March 6. We'll have spring treats at both the 11 am huddle in the Ouellette SOP office and 1 pm huddle at the Met SOP Office. As always, everyone is welcome to drop in to our weekly huddles. If you haven't been yet, this is a good chance to come by, say hello, and learn more about the progress of the current SOP projects.

Survivors Thank First Responders Continued....

One such patient was John Conrad, who was rescued by first responders and given cardiac catheterization treatment on December 12, 2013. Conrad was featured in a 2014 "Patient Testimonial" which was played for the those that attended the event.

"From the bottom of my heart - thank you," an emotional Conrad said to the crowd after the video was shown and after shaking hands with paramedics and Windsor Regional Hospital Cath Lab staff members Peter Tiefenbach and Michela Grado.

Dr. Bradford said it's important to remember the stories presented involve patients who were clinically dead and resuscitated back to life. He emphasized that these critical moments involve a team effort by first responders, including "bystanders" who came to an individual's aid and St. Clair College paramedic students. Bystanders and students were among those recognized at the Survivor's Day event.

FOUNDATION NEWS

EVENTS, CAMPAIGNS AND DONATIONS SUPPORTING
WINDSOR REGIONAL HOSPITAL AND HÔTEL-DIEU GRACE HEALTHCARE

Winstars Gym Flexes Its Muscle

Thanks to local fitness training centre for youth in the community, Winstars Gymnastics made a donation of \$1,500 to the Paediatric Oncology Unit of Windsor Regional Hospital recently.

"Winstars Gymnastics feels it is important for young people of the club to understand the importance of giving back to the community," stated Carey Vigneux, co-owner of the training facility.

Winstars Gymnastics offers recreational programs for children 16 months to teens that also include special needs clients. Programs excel at the provincial and national level including trampoline and tumbling. Funds were raised during November, promoting Movember and in December from their holiday show event.



Photo Above (Left to Right)

Jen Hulme and daughter, Gracie; Carey Vigneux, Winstars Gym; Lisa Galbraith, Child Life Services; Ursula DeBono, Paediatric Oncology Unit; Lucia St. Aubin, Interim Manager, Paediatric Services; Melynda Outram, Winstars Gym; and, Rory Lau and son, Derrick.

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 or screeningcontest@wrh.on.ca

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.

Sante

A TOAST TO
YOUR HEALTH

PRESENTED BY:

THE
Great-West Life
ASSURANCE  COMPANY

STRONGER COMMUNITIES TOGETHER™

**A SAMPLING
OF LOCAL FOOD
& LOCAL WINE**

**THURSDAY
MAY 14/2015**

7:00PM - 10:00PM

**CIOCIARO CLUB OF WINDSOR
3745 North Talbot Road**

TICKETS: \$35 EACH

For tickets please visit

www.wrhsante.ca

or call 519-973-4433



- WHO THE EVENT BENEFITS -

**PROCEEDS TO ASSIST IN PURCHASING MUCH NEEDED
OPERATING ROOM EQUIPMENT**



www.wrhsante.ca

If you have any questions or would like further details, please contact:
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