



# FRONTLINE OCTOBER 29, 2018

# TRIBUNE

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COMPASSION is our  
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital  
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## Windsor Regional Hospital Recognized as a Healthy Workplace

Windsor Regional Hospital is proud to again be recognized for promoting a healthy workplace. The hospital received a Platinum status Gord Smith Healthy Workplace Award on October 17 at the Ciociaro Club.

Windsor Regional Hospital is dedicated to the welfare of its employees through physical activities and proper nutrition, and encourages all staff to live the best lives they can.

Programs and services support physical activity at work and provide healthy food choices throughout the hospital. The Healthy Lifestyles Program offers comprehensive wellness through physical activity and information to staff that can easily be translated outside of the workplace and in their homes. At lunchtime, the hospital offers Yoga for 45 minutes, pilates and stretch and tone for an hour. Employees have stated that Yoga is helping them to balance work and lifestyle and has helped them to improve their physical and mental stability, which in turn has a direct effect on their work. Each campus also offers fitness centres available to all staff for a modest annual fee.

Windsor Regional Hospital was also recognized as a certified 'Living Wage' employer.

For more information on the WRH Healthy Lifestyles Program, go to Programs and Services on the intranet.



Photo: Krys Vollans, Krista Miller, Melissa Simas, Denise Harpe, Jon Beveridge.

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



[@WRHospital](https://twitter.com/WRHospital)



## 2018 Family Giving Campaign

October 22 - November 9, 2018

Visit [www.wrfamilygivingpledge.ca](http://www.wrfamilygivingpledge.ca) for more information.



WINDSOR REGIONAL HOSPITAL

OUTSTANDING CARE - NO EXCEPTIONS!

Visit our website for more information at [www.wrh.on.ca](http://www.wrh.on.ca)

# UPCOMING EVENTS

**OCTOBER - NOVEMBER 20, 2018**

**Alzheimer's Society of Windsor Essex  
Coffee Break Campaign**

**OCTOBER 22 - NOVEMBER 9, 2018**

**WRH Family Giving Campaign**

**NOVEMBER 15, 2018**

**City Of Roses Sixth Annual Emergency  
Medicine Conference**

Ciociaro Club  
3745 North Talbot Road, Windsor

**DECEMBER 16, 2018**

**Children's Christmas Party  
Ciociaro Club**

3745 North Talbot Road, Tecumseh

**JANUARY 26, 2019**

**T2B Gala**

Caesars Windsor  
377 Riverside Drive East, Windsor

**FEBRUARY 2, 2019**

**In Honour Of The Ones We Love Gala**

Ciociaro Club  
3745 North Talbot Road, Oldcastle

**MARCH 5, 2019**

**Hats On For Healthcare Day**

Windsor Regional Hospital, Windsor-Essex

**APRIL 19, 2019**

**Volunteer Appreciation Party**

Riverside Sportmen's Club  
10835 Riverside Drive East, Windsor

**MAY 23, 2019**

**WRHF Annual Golf Tournament**

Essex Golf & Country Club  
7555 Matchette Road, LaSalle



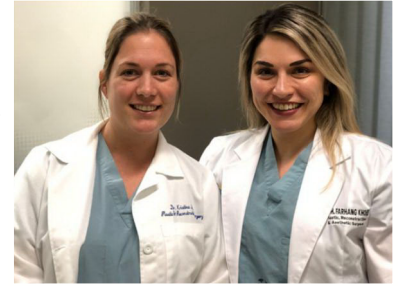
An ongoing outbreak of highly pathogenic H5N6 avian flu in China's southern Hunan province has infected 516 birds and caused 385 bird deaths since the outbreak began on September 26, 2018. Over 1,000 additional birds were killed and disposed of to prevent further disease spread.

## Bra Day 2018

Windsor Regional Hospital and the Canadian Cancer Society are hosting Breast Reconstruction Awareness Day or BRA DAY on November 27, in the Met Campus Auditorium. This free event will outline breast reconstruction options for women in the region and highlight a new program that allows local women to have the surgery done close to home.

### RECONSTRUCTION IN WINDSOR-ESSEX

Breast reconstruction is designed to rebuild a woman's breast after a mastectomy. In the past, women in Windsor-Essex had to travel outside of the region for the procedure, because Windsor Regional Hospital did not have the required resources.



*Dr. Kristina Lutz & Dr. Hana Farhang Khoei helped bring new Breast Reconstruction Program to WRH.*

With the recruitment of two new plastic surgeons; Dr. Kristina Lutz and Dr. Hana Farhang Khoei; WRH is now able to offer the provincially funded program.

"It means women in this community do not have to travel to another centre without their family and support networks," says Jennifer Cameron, Surgical Services Program Manager who worked with the surgeons to get the program running. "They don't have to pay for travel and hotels and they can have follow-up visits with the surgeon who did their procedure, while they recover at home."

The program started in December 2017, with an initial approval for 15 cases a year and an opportunity to expand based on demand.

"We do have all the things that somewhere like London or Toronto has," says Dr. Kristina Lutz. "It's not like we are a community hospital lacking in things. In some cases we can even offer a better experience because of the support of the Windsor Cancer Centre Foundation (WCCF)."

The WCCF has helped fund equipment and supplies for the program. It is also covering the cost of nipple and areola tattoos for patients to complete the look.

Dr. Hana Farhang Khoei, who completed a fellowship in Cancer Breast Reconstruction and Microsurgery at the world renowned Memorial Sloan Kettering Cancer Centre in New York City, says she is excited to be working on a project so meaningful for women in the region. "Research tells us that having the surgery available and accessible adds to how patients feel overall physically, mentally and sexually after a mastectomy. They have better self-image and are more confident."

BRA Day will take place on November 27 starting at 6 pm. Patients, family members, healthcare professionals, and anyone interested in learning more are invited to register for free at [bra-day.com](http://bra-day.com).



## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Philippa Lowes**  
REGISTERED NURSE  
INTENSIVE CARE  
UNIT



**Sarah Mushtaq**  
COORDINATOR  
PATIENT  
EDUCATION



**Anna Mullins**  
COORDINATOR  
STANDARDIZATION &  
OPTIMIZATION



**Brianna Parker**  
REGISTERED NURSE  
FAMILY BIRTHING  
CENTRE

## WRH Preparing For Flu season with Real-Time Data

As we head into the annual flu season, WRH is positioned to take on the challenge of potential "surges" in patient volumes with improved timeliness and efficiency - thanks to an integrated system that uses real-time data every minute of the day to make the best use of beds and our resources for the ultimate benefit of the patients we serve.

In the past year, WRH has successfully implemented its "Command Centre" style approach to tracking every patient's journey through the hospital from Emergency Department to discharge. These "control room" style centres, one located at each campus, offer electronic tracking of patients throughout WRH, allowing our utilization team to be aware of "bottlenecks" in the system and make decisions based on real-time information. Most importantly, the goal is to help reduce the time patients wait to be admitted, or to be discharged, with the right patient care plan.

Four main components of our patient flow system work together to ensure every patient's journey through the hospital system is as smooth as possible:

- Emergency Department Flow: real-time ED wait times tracking;
- Systems Huddle: a broad overview of all patients who are in hospital, where they are, and if there are any signs that patients are having to wait for a bed;
- Unit Patient Flow: to be sure that each patient has a daily plan of care and that these care needs are met daily; and
- Bed Availability: informs Command Centre when a bed is available for the next patient.

"We are seeing results from our efforts to improve bed management and patient flow with the use of real-time data," said Karen McCullough, Chief Operating Officer and Chief Nursing Executive. "With our command centres, our adoption of digital technology and our skilled clinical team, we are in a much better position to manage bed availability and patient flow from entry into the ED, to admission and eventual discharge."



## Johnson Family Endowment Support Oncology Nurses Education

An annual event since 2010 is the Daniel Johnson Memorial Education Fund Awards given to two Registered Nurses in the Oncology Program. They are selected for their exemplary and compassionate care. The two winners in 2018 are Sandra Carrick and Kerri Drouillard.

The Endowment Fund, which is currently over \$75,000 began with an initial donation after Daniel Johnson Jr. passed away as a result of cancer. The Johnson Family established the fund in memory of Daniel, who was an Essex County resident, operating his family's business with his brother. Daniel contracted bladder cancer at only 50 years of age, resulting in a month long stay on the Oncology Unit. The Endowment Fund provides WRH Nursing staff an opportunity to obtain advanced education through courses and conferences, improving their scope of practice in areas that include pain management, palliative care and compassion.

"It is really like a Johnson family reunion with members of the family coming from Toronto and London to join our Windsor/Essex family for this day of remembrance and fellowship," said Daniel Johnson Sr.



Photo (left): Award winners Sandra Carrick, RN and Kerri Drouillard, RN.  
Photo (right): Megan Johnson speaks about her father.

## Random Acts Of Kindness

The idea for random acts of kindness began in 1982 in Sausalito, California when Anne Herbert scrawled the words "practice random acts of kindness and senseless acts of beauty" on a place mat. From there, it spread to bumper stickers, slowly catching on over the next decade when, in 1993, a powerful momentum among people felt the words meant something important, calling everyone to live their lives with caring and compassion, thus selecting February as Random Acts of Kindness Month.

During the same year, a Bakersfield Professor gave his class an assignment to do a random act of kindness, unleashing yet another flood of stories in the media. The concept continues to spread where today, it is hoped everyone will practice the simple act of being kind to others and actually, perform a random act as a sign of kindness and caring. Note that Random Acts of Kindness need not to only occur in February. Windsor Regional Hospital has selected November 2 as Random Acts of Kindness Day at both campuses. Plan to do a random act of kindness for someone this Friday.



**Last chance to participate in the Erie St. Clair Cancer Program's Pinktober Contest!**

Wednesday is pink day this month.

Wear pink this Wednesday for Breast Cancer Awareness month, email your photos to [ScreeningContest@wrh.on.ca](mailto:ScreeningContest@wrh.on.ca) and you could win a Tim Hortons gift card.

## Month Of October Promotes Mental Health Awareness

The Province of Ontario recently issued a joint statement on mental health. Premier Doug Ford and Christine Elliott, Deputy Premier and Minister of Health and Long-Term Care recognized World Mental Health Day on October 10th.

Mental illness is a serious issue in the Province of Ontario, across Canada and around the world. It is time to take the mental health of young people, adults and families as seriously as physical health. The people of Ontario deserve mental health care they can count on. Wait times, especially for youth, are far too long. Too often, people who need help are forced to turn to emergency departments and hospitals. We must take immediate action to reduce wait times and make it easier for people suffering to get care.

The government is committed to working closely with frontline care providers, along with organizations like the Canadian Mental Health Association, Children's Mental Health Ontario, and Addictions and Mental Health Ontario to ensure that Ontarians get the mental health care they need. Over the next 10 years, the government will invest \$1.9 billion, matched by a federal government investment to make \$3.8 billion available to support Ontarians with mental health, addictions and housing supports.

During the month of October, we encourage all Ontarians to fight the ongoing stigma related to mental health and talk openly about what it means to them.

### FACTS:

- Up to 30% of Ontarians, aged 15 and up experience a mental health or addictions issue.
- About one in five children and youth in Ontario have a mental health challenge.
- About 12% of high school students and 2% of adults report having seriously contemplated suicide in the past year.
- One in three high school students report moderate to severe psychological distress.



## VENDORS ON DISPLAY OCTOBER 29 - NOVEMBER 1, 2018

### Met Campus:

Thermal Corp., Lories Glass, Alice Betty Designs,  
Tote n Tutu, 31

### Ouellette Campus:

Robert Bishop Artwork, Custom Essentials, Thermal Corp.

*Please note: Vendors subject to change.*

# #RECIPEOFTHEWEEK

## Pumpkin Roll

**Makes 8 servings / Preparation: 10 min**

**Cook Time: 15 min**

### INGREDIENTS:

- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup granulated sugar
- 3 large eggs
- 2/3 cup canned pumpkin
- 1 teaspoon vanilla extract

### FILLING:

- 8 ounces cream cheese, softened
- 2 Tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 cup powdered sugar, plus more for dusting

### DIRECTIONS:

Preheat the oven to 350 degrees F. Line a 15 x 10-inch jelly-roll pan with parchment paper, leaving an extra inch of parchment sticking up on both 15-inch sides of the pan. In a large bowl, whisk together the flour, salt, baking soda and cinnamon. In a separate bowl mix the eggs, sugar, vanilla and pumpkin until smooth. Add dry ingredients to the bowl and stir just until combined and no dry streaks remain. Spread the batter evenly in the prepared pan. Bake for 14-15 minutes until a toothpick inserted in the center comes out clean. Immediately lift the parchment paper and hot cake out of the pan and onto a flat (heat-safe) surface. While the cake is hot, starting at one of the short ends, use your hands to gently and slowly roll the cake (and parchment paper!) all the way up. Allow it to cool completely, on top of a wire cooling rack. (This allows it to cool underneath the roll, and keeps the cake from sweating). While the cake roll is cooling, mix the cream cheese, butter, vanilla, and powdered sugar together with an electric mixer until it is fluffy and smooth. Once the cake roll is cooled completely, unroll it very carefully. Gently smooth the filling in an even layer over the cake. Roll up the cake without the parchment paper. Cover with plastic wrap and refrigerate for at least 1 hour, before serving. Dust the top with powdered sugar, if desired.

### NUTRIENTS Per Serving:

Calories: 349; Protein: 5g; Total Fat: 15g; Carbohydrates: 49g; Sugar 39g; Fibre 1g; Sodium 385mg

License # M818619

100<sup>th</sup>  
Anniversary

WINDSOR REGIONAL  
HOSPITAL FOUNDATION

# Raffle

with Windsor-Essex County Association of Realtors

## TICKETS: \$5 EACH

Chance to win great prizes!

Purchase your tickets at the Public Affairs/Foundation Office  
and the Nevada Desks at Met or Ouellette Campuses.