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COMPASSION is our
PASSION



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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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Upopolis - Bringing Kids With Sickness And Disease Closer

Last week Windsor Regional Hospital became the first community hospital to bring Upopolis Social Network to young patients. One of our young patients - and Upopolis, a user- explains the concept and the benefits in this article he wrote for Frontline.

By Abdul Alsmoudi

Upopolis is a safe and secure, online support network that connects Canada's kids and teens with hospital experience or chronic medical conditions with friends, family and each other. Upopolis users also have access to kid friendly medical content, which helps them better understand their diagnosis, treatment and procedures as well as provide important resources on everything from hospital tours to coping techniques.



Photo above:
Abdul Alsmoudi with Jennifer Burton Liang of Child Life Services.

One of the most popular features of Upopolis is the opportunity to express individuality, be creative and participate as active contributors to the site through the already known news feed. These news feeds may include personal blogs, public forums to discuss diagnoses and medical experience, hospital specific information as well as activities for fun and entertainment.

"Upopolis is awesome! I love how you can chat with people and email friends, but I think the best part has to be how you can create your own newsfeed and invite people to join!" – Jessica, 11 years old.

What sets Upopolis apart from the typical social networks, aside from it's security and privacy, is its therapeutic benefits for the youth who use it. Being able to access medical content written specifically for kids, is one of the ways Upopolis does this. Another is its ability to provide a secure and private way for patients and their friends and family outside the hospital or treatment centre to stay connected at a time when they may feel very isolated. In certain cases patients are also able to connect with other patients who share similar diagnosis, experiences and interests through public and private discussion groups they create.

Upopolis is fun, it's free and it's created especially for kids and teens like me! If you are aged 8-18, are hospitalized and/or living with a chronic medical condition and would like to find out how you can join Upopolis, visit www.upopolis.com.

Visit our website for more information at www.wrh.on.ca



UPCOMING EVENTS

- NOV 03** **Ethics Lunch & Learn**
Time: 1:00pm
Boardroom, Ouellette Campus
Clinical Education, Met Campus
- NOV 11** **Great Lakes Crossing Outlets
WRH Holiday Shopping Trip**
Time: 8:00am
Devonshire Mall, 3100 Howard Ave.
- NOV 13** **Shine The Light On Woman Abuse
Wear Purple Day**
All WRH Campuses
- NOV 17** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Ouellette Campus
- DEC 03** **In Honour Of The Ones We Love
Potato Fest**
Time: 11:00am
St. Clair Centre, 201 Riverside Dr. W
- DEC 13** **WRH Children's Christmas Party**
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor
- DEC 15** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Met Campus, Vendor Hallway
- JAN 16** **DREAMCLIMB**
Time: 10:00am - 4:30pm
Chrysler Building, 1 Riverside Dr. W.
- JAN 17** **DREAMCLIMB**
Time: 10:00am - 4:30pm
Chrysler Building, 1 Riverside Drive W.
- JAN 30** **T2B "The Love Boat" Gala**
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor



Immunization is the first line of defence against influenza. Influenza vaccine is available free of charge to all who live, work or go to school in Ontario and, when used by a significant proportion of the population, can significantly reduce influenza incidence and prevalence.

Above & Beyond: Road Side Assistance At The Detroit Marathon

It takes a fair bit of training to prepare for a marathon race; however, for Sharra Hodgins it was actually the training she did in school that came in handy at the Detroit Free Press/Talmer Bank Marathon earlier this month. That training may have even saved a man's life!

When Hodgins saw a 44-year-old runner suddenly collapse, about 9 miles into the race, her focus switched from running to resuscitation. The Cath Lab nurse and other runners took turns performing CPR on the man. After about 5 minutes, EMS crews arrived and Hodgins continued on with her race.

According to the Detroit Free Press, the man is recovering from an apparent cardiac arrest. Even with the delay, Hodgins was able to complete the 13.1 mile race in 2 hours and 16 minutes.

Congratulations to employee, Sharra Hodgins, for finishing the race, and providing exceptional care and compassion, both at work and on behalf of the international community.

Met Nevada Ticket Sales Update

The Met Campus Nevada Ticket outlet has been relocated back to the First Floor Lobby area near the elevators. The outlet had been placed in the lower front lobby for the last few months to test the location; however, it was agreed to return it to the first floor area to encourage ticket sales.

The Ouellette Campus Nevada Ticket outlet continues in the Goyeau Lobby directly across from the WRH Pharmacy.

Thank you to staff, physicians, volunteers, patients and public for supporting Nevada – Break Open tickets as revenue goes toward new medical equipment.

ACCREDITATION UPDATE

Things staff should know!

**Surveyors from Accreditation Canada will be onsite
Monday, November 30th - Friday, December 4th**

REQUIRED ORGANIZATIONAL PRACTICE (ROP)

WRH provides ongoing, effective training for service providers on all infusion pumps

What We Do at WRH:

- Staff receive training about using the pumps
 - All staff receive training on hire & at transfer for applicable pumps in their areas (at nursing & departmental orientation)
 - Staff at each campus have received training on pumps new pumps over the last year
 - E-Learns are available for some IV pumps & can be assigned annually
- WRH has policies on the WRH Intranet that are site specific
- RL6 reporting used to track incidents involving programming errors

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Tara Thompson
RPN
OPERATING ROOM



Daniel Nguyen
BIOMED TECHNICIAN
BIO MEDICINE



CSR Tech
CSR TECH
MED DEVICE REPROCESSING



Kyle Palmer
BIOMED TECHNICIAN
BIO MEDICINE

2 by 4 Campaign Continues!

Kudos to Admitting staff at Met and Ouellette who continue to promote WRH's 2 by 4 Campaign.

The 2 patient identifier and the 4 moments of hand hygiene are required-organizational practices at Windsor Regional Hospital.

Patients and families have the right and obligation to ask any staff member entering the hospital or their room if they are meeting WRH's safety standards of washing hands and checking to ensure the correct patient is being treated. Windsor Regional Hospital wants the patient to not be afraid to question staff about adhering to the 2 by 4 safety initiative! 'Ask Me!' is a reminder to patients and families that they have a right to ask.



Apple Pie Bars

Makes 16 Servings / Prep Time: 35 min / Cooking Time: 40 min

Ingredients

1 cup butter, softened
3-1/4 cups flour, divided
10 apples, peeled, sliced
1-1/4 cups granulated sugar
1 tsp. ground cinnamon
3/4 cup icing sugar
1 Tbsp. water
(250 g) Cream Cheese, softened



Method

Heat oven to 400°F. Beat cream cheese and butter in large bowl with mixer until blended. Gradually add 3 cups flour, mixing on low speed after each addition just until blended. Shape into 2 balls. Place 1 ball on large lightly floured sheet of waxed paper; flatten slightly. Cover with second floured sheet of waxed paper. Roll out dough to 15-1/2x10-1/2-inch rectangle. Discard top sheet of waxed paper. Spray 15 x 10 inch pan with cooking spray; invert over rolled-out dough. Flip dough and pan together. (Pan will be on bottom.) Remove second waxed paper sheet; gently press dough onto bottom and up side of pan. Toss apples with remaining flour, granulated sugar and cinnamon; spread onto bottom of crust. Repeat rolling out of remaining dough ball to make second rectangle. Remove top sheet of waxed paper; carefully flip dough over apples. Discard waxed paper. Tuck edges of dough down sides of pan to enclose apples. Make several slits in top crust to vent. Bake 35 to 40 min. or until golden brown. Cool dessert 15 min. Meanwhile, mix icing sugar and water. Drizzle glaze over dessert. Cool 30 min. before cutting into bars.

NUTRIENTS Per Serving : Calories: 390; Protein: 4g; Total Fat: 17 g; Carbohydrates:57g; Sodium 150mg

FLU SHOT NOTICE!

Flu shots are available at the WE Care Pharmacy during regular business hours of 9:00am - 5:00pm.

FREE PARKING in the parking garage for Met Campus staff.

ETHICS LUNCH AND LEARN

Using the "Idea" Framework for Ethical Decision Making in the Health Care Setting

presented by:

Dr. W. LIANG MD, LLB, MHsc, BIOETHICS

Tues, Nov 3, 2015, 1:00-2:00PM

Windsor Regional Hospital
Ouellette Campus Boardroom
videoconferenced to
Met Campus Clinical Education Centre

All are Welcome!

ENTER FOR A CHANCE TO WIN!

Bring your family and friends to the
WRH Family Flu Clinic on
Wednesday, November 4 (5pm - 8pm)
Saturday, November 7 (9am - 1pm)



Get your flu shot for a chance to win this basket!

- (4) Windsor Spitfire Tickets
- (4) Cineplex Movie Passes
- (4) Adventure Bay Passes
- \$100 Pizza Pizza Gift Certificates
- Various snacks / treats
- And Much more

Coffee and Comfort Available At Both Campuses of WRH

Through the generosity of two local groups coffee/tea carts are now available for the loved ones of palliative patients at the Met and Ouellette Campuses.

In November of 2014, In Honour of the Ones We Love (IHOWL), a local charitable organization dedicated to helping patients suffering from life threatening illnesses, sponsored three carts at the Ouellette Campus. IHOWL's mission is to raise money and awareness to assist Windsor and Essex County by providing medical equipment and other amenities to make the patient and family experience comforting while in the hospital.

Recently, Transition to Betterness (T2B) has come on board to provide 'Hospitality' carts at the Met Campus. T2B is a charitable organization that exists to provide relief to patients and families dealing with a life altering disease.

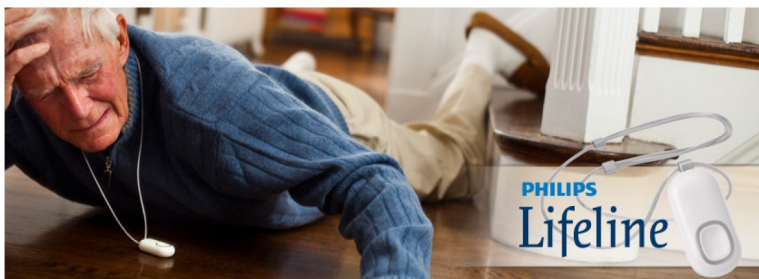
Carts are available 24 hours a day. For more information about this service for family and friends of palliative patients, contact Spiritual Care.



Transition to Betterness



How would you get help at a moment like this?



When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! The Philips Lifeline Medical Alert Services provides simple, fast access to help 24 hours a day, 365 days a year.

Lifeline, the #1 medical alert service:

- Is trusted by thousands of hospitals
- Is recommended by over 65,000 healthcare professionals
- Has helped provide more than 6 million people with the piece of mind and confidence to help maintain independent living at home

www.lifeline.ca



UPDATES IN MELANOMA THERE'S NEW HOPE

CANCER EDUCATION DAY FOR PRIMARY CARE PROVIDERS

Friday November 13, 2015

8:30 AM - 4:00 PM

**Fogolar Furlan Club
Windsor Room**

1800 N. Service Road, Windsor, ON

Register on-line:

www.WRHCancerEducationDays.com

For more information contact Karen Reaume at 519-254-5577 x.58517
or karen.reaume@wrh.on.ca

City of Roses

Fourth Annual Community Emergency Medicine Conference

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

Topics to be covered include:

- Dr. Amit Bagga – Presentations of Acute Kidney Injury & Hyperkalemia in the ED
- Dr. Paul Bradford – Acute Myocardial Infarction Cases – Expert Panel Discussion
- Dr. Paul Bradford – Pediatric Trauma Cases – Expert Panel Discussion
- Dr. Sara Guerra – Hand Injuries: Common Emergency Room Visits
- Dr. Wallace Liang – Beyond Resuscitation & The DNR. Discussions in the Emergency Department
- Dr. Therese Mead – Look into my Eyes: Scanning the Oculcus
- Dr. Jeya Nadarajah – Group A Streptococcus Disease – Emergency Room Management
- Dr. Edward Sabga – Presentations of Crohn's Disease – Cases in the Emergency Room
- Dr. Alice Tsui & Sophia Thomas – Who's Crying Wolf? Chronic Pain Patients in the ED
- Dr. Ronald Sorensen – Urological Emergencies. What NOT to Miss.
- Dr. James Webley – Ortho Primer – Emerging Hipsters or Old But New Deck?
- Dr. James Webley – Orthopedic Potpourri

Date: Friday November 13, 2015

Registration & Breakfast: 7:30am-8:15am

Conference Time: 8:15am-5:00pm

Place: Caesars Windsor Hotel Convention Centre
Augustus I & II Ballrooms

Cost per participant is \$21.80 (CAD including processing fee).

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

Website: <http://erconference2015.wix.com/cityofroses2015>

Registration Site: <https://cityofrosesconference2015.eventbrite.ca>

This program was supported in part by educational grants and donations from Windsor Regional Hospital, WRH Emergency & Trauma Services, AstraZeneca Canada Inc, BioPet, Bayer Healthcare, Windsor Emergency Associates, Sonosite, Pfizer Canada, Homeinstead, Overseas Motors (Windsor) Inc, Kinetic Connection, Windsor Professional Centre, Philips Lifeline, Merck Canada Inc, Teleflex, Ellis Graphics & Amy's Helping Hands