



# FRONTLINE 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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## IN THIS WEEK'S ISSUE

**1** • WINDSOR REGIONAL HOSPITAL TO OPEN CARDIAC SURGERY CLINIC

**2** • WRH TO OPEN CARDIAC SURGERY CLINIC CONTINUED  
• NEW FACES AT WRH  
• SCHEDULE OF EVENTS

**3** • SUPPORTING CAUSES  
• 5TH ANNUAL SURVIVORS DAY CELEBRATES FRONTLINE STAFF  
• GET YOUR WRH CHARGE CARD

**4** • NUTRITION MONTH 2016  
• DPM INSURANCE PROMOTION  
• STREET HEALP FOOD DRIVE

## Windsor Regional Hospital To Open Cardiac Surgery Clinic

Windsor Regional Hospital (WRH) is establishing a Cardiac Surgery Clinic to assist patients requiring cardiac surgery in London. The Clinic will be under the leadership of Dr. Bob Kiaii, Chief of Cardiac Surgery at London Health Sciences Centre (LHSC) and Chair of the Division of Cardiac Surgery at the Schulich School of Medicine and Dentistry.

Currently, approximately 30% of cardiac surgery volumes at LHSC are patients from Windsor and Essex County. They make up the approximate 400 surgeries performed there from this region.

Prior to the Cardiac Surgery Clinic being established, patients requiring cardiac surgery had to travel to London for pre and post operative visits. With the Clinic based locally, it would provide a service that will enable selected patients and their families the ability to see a cardiac surgeon in Windsor and eliminated the two-hour drive up and then back on the 401.

The Cardiac Clinic would initially operate once a month during the week, with intensions of building over a six to twelve month period. The Clinic will be based in existing space on the 4th floor of the Ouellette Campus and will not require any additional staffing or overhead costs.

"I am looking forward to coming to Windsor and providing this on-site patient-centred care for those individuals who require cardiac service prior to and after their cardiac surgery," stated Dr. Kiaii. "This Clinic is another first step in providing a continuum of service that focuses on trying to remove as much stress as possible on patients and their families. The future for Windsor Regional Hospital looks very bright! With Schulich School of Medicine and Dentistry - Windsor Program, coupled with the regions plans for a future state-of-the-art acute care hospital serving the region, Windsor's future growth in these specialty programs looks very promising."

The opportunity for the Windsor region in having cardiac surgeons on Windsor Regional Hospital's Professional Staff and availability of inpatient consults would potentially decrease length of stay and decrease transportation costs of patients being referred for cardiac surgical intervention at LHSC. It would also position Windsor Regional Hospital as it moves through the planning for the future state-of-the-art hospital and health system for the region.

Story continues on Page 2...



PHOTO ABOVE:  
Dr. Bob Kiaii  
Chief of Cardiac Surgery  
London Health Sciences Centre

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



# UPCOMING EVENTS

- APR 12** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway
- MAY 10** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway
- MAY 14** **Car Seat Clinic**  
Time: 10:00am  
Amherstburg Fire Station #1  
271 Sandwich Street South
- JUN 09** **WRH Annual Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- JUN 11** **Car Seat Clinic**  
Time: 10:00am  
Formula First Collision  
9420 Tecumseh Road East
- JUL 09** **International Dragon Boat Races**  
Waterfront Park  
13451 Riverside Drive East, Tecumseh
- JUL 12** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway
- AUG 09** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway
- SEP 10** **Car Seat Clinic**  
Time: 10:00am  
Windsor Fire Station 7  
1380 Mathew Brady Avenue
- OCT 11** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway



Shingles is a reactivation of the chickenpox virus that remains dormant in those who recover from the initial infection. It is not spread person to person.

## Windsor Regional Hospital To Open Cardiac Surgery Clinic Continued

Dr. Roland Mikhail, Medical Director, Cardiology Services, Windsor Regional Hospital stated, "The presence of this on-site cardiac surgery clinic further advances the regional cardiac program at Windsor Regional Hospital. By moving to a 24/7 cardiac catheterization lab this past fall, the need to send patients to London or Detroit for life saving angioplasty services (also referred to as percutaneous coronary intervention or PCI) has been virtually eliminated. In addition, soon we will be starting on the implementation of the capital plan for a two-cath table system that will further advance the program in Windsor-Essex and allow for better patient flow, access and efficiencies." Dr. Mikhail stated further, "The addition of this cardiac surgery clinic on site along with a move to a new state-of-the-art acute care hospital will truly advance our program for this generation and generations to come. The future for Windsor-Essex cardiac care is extremely positive as we move along with this exciting journey."

"As stated by Dr. Kiaii, this is a very positive trend that has developed at an increasing rate since the establishment of the Windsor Schulich Medicine & Dentistry - Windsor Program and the move to a new state-of-the-art acute care hospital," stated David Musyj, President and CEO, Windsor Regional Hospital. David went on to say, "Although, due to our province's geography and critical mass, we will still have and need centres of excellence, such as the expertise found with London Health Sciences Centre, as we move forward with the new hospital plan for Windsor-Essex and have these services delivered close to home".

"As the health care system evolves, it is initiatives like the Cardiac Surgery Clinic in Windsor that improve the patient experience by bringing care closer to home." said Murray Glendining, President and CEO, London Health Sciences Centre.

The program will be reviewed after a six and twelve month period in order to gauge impact on patients and Windsor Regional Hospital.

Windsor Regional Hospital has several similar clinics now where, specialists come in from London and other areas. Some of these include; a Paediatric Asthma Clinic facilitated by Respiriologist, Dr. Lyttle two days a month; 3 Paediatric Cardiologists offering service six times a year; Dr. Clarson's Paediatric Metabolic Clinic attending 6 to 8 times a year, Dr. Filler's Telemedicine Clinic for Urology/Nephrology 5 to 8 times a year and Dr. Gula's Arrhythmia Clinic for patients receiving ICD implants in London as follow up.

## PHARMACY AWARENESS WEEK MARCH 7 - 11, 2016

The hospital pharmacy team are medication experts that evaluate the patient medication needs, effectiveness and safety on the basis of patient-specific information and evidence based assessment of treatments.

A heartfelt thanks is extended to all for their hard work.

### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Kailee Sexsmith**  
VOLUNTEER  
OPERATING ROOM



**Jonathan Oldfield**  
ENVIRONMENTAL SERVICE  
GUEST SERVICES



**Sarah Dibbley**  
RPN  
2 NORTH



**Chau Nguyen**  
VOLUNTEER  
HELP DESK

## Supporting Causes!

The Love Betty Cancer Foundation has supported local causes for the last few years as a result of the Jacobs family losing a loved one.

The Love Betty Cancer Foundation is about local cancer patients benefitting from local community activities to enhance care for those patients afflicted by cancer.



PHOTOS ABOVE:

Michael Jacobs, brother to Betty oversees the Foundation and recently held a raffle/draw to support their ongoing support of the Paediatric Oncology Satellite Unit at Windsor Regional Hospital. They have supported several other initiatives at the Regional Cancer Program and Hospice of Windsor and Essex County through an annual golf tournament held in Kingsville.

## JUST CHARGE IT!

**WRH Employees may obtain a payroll debit card that allows them to purchase items from our cafeterias.**

Now available at both the Ouellette and Met Campuses. Employees at the Met Campus who have an existing card can still use this card for Subway and the Daily Grill, but they will need to request a new card for use at the Tim Hortons' kiosk. Charges are deducted every two weeks and the total will be indicated on your pay stub.

The new cards can be used at the Tim Hortons at Met, the Ouellette Tim Hortons and the Armandos' Cafe at the Ouellette campus.



For more information or to order a card, please contact:

**Michelle Caron**

Retail Supervisor, Guest Services Network

Phone: 519-254-5577 Ext. 52232

Cell Phone: 519-995-7644

E-mail Address: Michelle.Caron@wrh.on.ca

## 5th Annual "Survivors Day" Celebrates Frontline Staff

It was an emotional but inspirational experience for staff who attended the fifth annual "Survivor's Day" on Feb. 26, where patients who suffered critical, life threatening injuries got a chance to personally thank the first responders who worked together to save their lives.

The event, organized by Essex-Windsor EMS, recognizes paramedics, hospital staff and other first responders to critical patients such as police and firefighters. Wonderful tributes were expressed by patients and family members, offered a unique opportunity to meet and chat with those who worked to save their lives at the event held at St. Clair Centre for the Arts.

Dr. Paul Bradford, WRH ED Medical Director and trauma doctor, said the dozens of stories reflect a "team effort" involving paramedics, police, firefighters and critical care hospital staff in rapidly responding in critical cases throughout our community. Dr. Bradford also noted that the wider availability of defibrillators in community settings such as arenas is also having a positive impact.

Among the heartfelt tributes, local high school principal Kevin Hamlin gave an emotional speech about the critical care that saved his son following the serious brain injury suffered by his son Raymond on Nov. 5, 2014. Raymond, then 11, ran into a steel post while playing flag football at school; as the seriousness of the injury became apparent, he was rushed to the Ouellette campus. Emergency care was provided and successful surgery was performed by neurosurgeon Dr. Tommy Dang, after which Raymond was airlifted to London. More than a year later, Raymond is "100%" recovered and his father said it would not have been possible without the rapid response of the ED team at Ouellette campus, the OR staff and the ICU staff.

"I am blessed to have this opportunity to speak with the people that had a role in saving my son's life. There is nothing - no money, nothing - that can properly articulate how both my wife and I feel about these people," Kevin Hamlin said.

Also praised at Survivor's Day was Grace Kelly, a WRH nurse who was off duty Jan. 10, 2015, when she leaped into action when a man named Douglas Barnett was struck by a vehicle. Grace assisted him until EMS could arrive on the scene.

Barnett was grateful for the quick actions of Grace, the EMS team and the ED staff. While still suffering from the accident, he said he was lucky to be alive and pledged to "continue to work hard to get on the other side of this. One thing I can promise you I am definitely not going to let anybody down."



PHOTO ABOVE:

Kevin Hamlin (right) and son Raymond (left)

## Nutrition Month 2016: TAKE A 100 MEAL JOURNEY MAKE SMALL CHANGES, ONE MEAL AT A TIME.

This March, Dietitians of Canada is encouraging Canadians to "Take a 100 Meal Journey" and make small changes to improve their health, one meal at a time. Think about it: Canadians consume almost 100 meals each month. Throughout March, we will be inspiring them with ideas to make small changes, supported by doable strategies to help make those changes stick. Each week, our new tips, strategies and ideas will encourage Canadians to make small, positive changes to their meals and snacks. Weekly themes progress from getting ready for change to making those changes stick:

### WEEK 1 – GET READY; WEEK 2 – QUALITY COUNTS; WEEK 3 – PRIORITIZE PORTION SIZE; WEEK 4 – TRY SOMETHING NEW; WEEK 5 – MAKE IT STICK

Eating well can boost your health and help you feel your best. Want to eat better? Instead of trying to change everything at once, take a 100 Meal Journey. We eat about 100 meals in a month, so focus on making a small, lasting change and stick with it... one meal at a time. For more information go to [www.dietitians.ca](http://www.dietitians.ca)

#### WEEK 1: READY-TO-USE TIPS

Make goals SMART. Set yourself up for success on your 100 Meal Journey. To make small changes stick, set achievable, SMART goals.

**S** Be SPECIFIC. What are you changing? How will you do this?

**M** Make your goal MEASURABLE. For example, say "I will eat a vegetable at lunch every day" not "I will eat more vegetables."

**A** Set small ACTION-oriented goals. Change a small eating behaviour.

**R** Be REALISTIC. Choose a goal you can achieve.

**T** Attach a TIME FRAME. On a 100 Meal Journey, give yourself a month to achieve your goal.

Pantry raid! Take stock of your cupboards, fridge and freezer. Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good-for-you foods:

- Vegetables and fruit: fresh or plain frozen, dried and canned
- Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads
- Milk products: milk, cheese, yogurt, kefir
- Nuts, seeds and nut butters, pumpkin seeds, flax, natural peanut butter
- Canned and dried pulses: lentils, chickpeas, kidney beans
- Eggs: whole or cartons of eggs or egg whites
- Fish: plain frozen fish fillets, canned tuna or salmon
- Meat and poultry: fresh cuts of red meat, turkey, chicken

#### DIETITIAN PRO TIPS

Dietitians are food and nutrition experts who can help you make healthy eating changes. Here are some real-life strategies by dietitians to help you get started:

- Set 1-3 small goals at a time. Too many goals at once can be challenging.
- Post your healthy eating goals in the kitchen and at your desk to keep healthy eating top of mind.
- Monitor your progress with a food diary or an app like eaTracker so you can stay on track.
- Cook a large batch of grains (e.g. oatmeal, brown rice, couscous) or pulses (e.g. lentils, chickpeas, black beans) at beginning of week. Portion into small containers and chill/freeze to incorporate into meals as the week goes along.
- Make a meal plan so you know ahead of time what foods you will be cooking and eating. That way, you'll be less likely to make end-of-day fast-food stops.
- Keep nourishing snacks, like homemade granola bars, fruit and nuts, pre-portioned in small packages for grab 'n' go snacking.
- Put a bowl of apples by the front door so you can grab a healthy snack on the way out.
- Keep snacks off your workspace if you find you eat them even when you're not hungry.



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Supporting the Windsor Regional Hospital Foundation

**GETTING A QUOTE IS EASY.**

Contact Lesley Tofflemire at 519-776-6457 or [lesley.tofflemire@dpmmins.com](mailto:lesley.tofflemire@dpmmins.com)

[www.dpmmins.com](http://www.dpmmins.com)

## Street Help Food Drive: March 7-24

The experience of a WRH nurse who volunteers at a local organization dedicated to helping the homeless has inspired her to initiate a hospital-wide food drive this month!

The "Spring Forward Food Drive" drive begins Monday, March 7th and will continue until Thursday, March 24th. Drop off locations will be placed in the Met and Ouellette lobbies.

Rita Jacques said she stepped out of her comfort zone when in 2013 she first started volunteering at Street Help, which is located across from the 7-11 convenience store and near El-Mayor Restaurant at 964 Wyandotte Street East.

"And now, every Monday that's where you'll find me," she said of Street Help, which serves meals to about 200 people a day and also offers clothing and hygiene products.

Rita says Street Help is in particular need for juice boxes, granola bars and other lunch items that can be handed out to the homeless as "to-go" bags, as well as meal replacements such as Boost or Ensure, and foods for diabetics. Socks for diabetics are also in demand. However, any food donation is more than welcome, as our cash donations (if you prefer to donate cash, please email Rita at [rifa.jacques@me.com](mailto:rifa.jacques@me.com) or [steve.erwin@wrh.on.ca](mailto:steve.erwin@wrh.on.ca) to arrange pickup). You can also contact Rita if you are interested in volunteering.

Rita describes Street Help as "a place of no judgement." Many have fled abusive or alcoholic home lives. This may have led to them living on the street or in a life of prostitution. Poor choices may have been made, but no one is perfect, least of all, me ... and that is why I am reminded of: "There but for the grace of God go I." "if not myself, then it could easily have been my children," she says.