



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
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

IN THIS WEEK'S ISSUE

Look what Toni Janik accomplished! Selected by her Peers as MHSLSA's Librarian of the Year

1 • TONI JANIK AWARDED MHSLSA'S
LIBRARIAN OF THE YEAR

Congratulations to Toni Janik, Windsor Regional Hospital Library Coordinator who was selected and received the Michigan Health Sciences Libraries Association – **Librarian of the Year Award** recently.

2 • WRH SUICIDE PREVENTION DAY
• QUALITY OF WORKLIFE SURVEY
• NEW FACES AT WRH

The MHSLSA Librarian of the Year is noted as a career award, recognizing a librarian for outstanding leadership and accomplishment in library services. The criteria specifies that the candidate possess distinguished service to the profession, has outstanding participation in activities with a professional association, notable publications, presentations and projects.

3 • CREATE A COMMUNITY OF IMMUNITY
• JUNIOR MOOSE DONATION TO PAEDS
• STROKE AND THE ELDERLY
• LIBRARIAN SHOWCASE

In Toni's 42 years of service with both Hôtel-Dieu Grace Hospital and with Windsor Regional Hospital, she remains totally committed to her profession. She continues to display leadership and vision in the health science libraries at Ouellette and Met campuses, and is instrumental in advancing automation technology, management, networking, education and service.

4 • GROW ON WINDSOR
• WRH FAMILY GIVING CAMPAIGN
• RECIPE OF THE WEEK

As a member of the Metropolitan Detroit Medical Library Group, Medical Library Association, Canadian Health Libraries Association, Southwestern Ontario Health Libraries and Information Network, Ontario Health Libraries Association and, Michigan Health Sciences Library Association, it can clearly be stated that Toni Janik certainly deserves this prestigious award among her peer group.

Her nominee stated, "Toni has patiently guided me through the processes of becoming involved with the many library associations. With her dedication and tenacity for the improvement of her library, Toni consistently will negotiate with a vendor, requesting lower costs, more materials and free trial periods. She has invested hours with her library patrons and conducted research that has resulted in best practice and peer reviewed publications," said Bethany Figg, Graduate Medical Education Administrator with CMU Medical Education Partners.

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or
advertisement in the next issue,
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[facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)



@WRHospital



You did it!
Congratulations

Photo (left):
Toni Janik, Library Coordinator
Windsor Regional Hospital, Ouellette Campus

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



UPCOMING EVENTS

- NOV 02** **Stroke and the Elderly**
Time: 8:00am
Ouellette Campus, Harrow Rm.
Met Campus, Admin Conference Rm.
- DEC 04** **WRH Children's Holiday Party**
Christmas Craftmania!
Ciociaro Club
3745 North Talbot Road, Windsor
- JAN 15** **Europro Vertical Climb**
Time: 8:30am
1 Riverside Drive West, Windsor
- JAN 28** **T2B 20th Anniversary XX Gala**
Time: 6:00pm
Caesars Windsor
377 Riverside Drive East, Windsor
- FEB 04** **In Honour of the Ones Gala**
Ciociaro Club
3745 North Talbot Road, Windsor
- MAR 01** **2017 Hats On For Healthcare**
www.hatsonforhealthcare.com

VENDORS ON DISPLAY (OCT.31-NOV.04, 2016)

MET CAMPUS:

Advanced Foot & Brace, Azara Boutique,
Lemontree Jewellery, Edgukid, Floral Tales

OUELLETTE CAMPUS:

Home Instead, Hiatus House, Edgukid,
Advanced Foot & Brace

Please note: Vendors subject to change



Additional Precautions should remain in place until there is no longer a risk of transmission of the microorganism or illness. Where the periods of communicability are known, precautions may be discontinued at the appropriate time.

WRH Suicide Prevention Day

Written by Delaney Krieger, Windsor Regional Hospital Co-Op Student

A lot can happen in 40 seconds. Approximately 3,000 McDonald's burgers are sold, a woodpecker hammers their beak 100 times, the universe expands by 368 miles, 10,000 iTunes tracks are downloaded from Apple, and sadly, 1 person will take their own life. Suicide is a worldwide issue and it affects us all, whether you know it or not.

On October 21st 2016, healthcare providers from our community gathered to discuss how to prevent suicide. The conference began with Dr. Mohsan Beg teaching everyone QPR (Question, Persuade and Refer). It is a process done in crisis situations (similar to CPR, but for individuals experiencing suicidal ideation). The presentation was very well done and many skills were learned regarding how to question if a person is suicidal, persuade them that things will get better, and then refer them to someone for professional help. The second presentation was an emotional and touching one. Sandy Boivin shared her knowledge about dealing with suicidal people and how you can assist them in every way possible. Dr. Poynter and Jane Patterson from Centre For Addiction and Mental Health (CAMH) informed us about the risk of suicide within our hospitals and taught us how to keep patients as safe as possible. They also shared information regarding how to properly use screening tools and intervene to prevent suicides. Our final presentation featured Windsor Regional Hospital's own Dr. Raj Basker MD (Chief of Psychiatry) and Angela D'Alessandro (Patient Representative). They spoke about how important it is to have good clinical assessments so that nothing is missed. It is always better to be safe than sorry! Another topic that they emphasized was the legal side of documentation and when or when not to disclose information to keep a patient safe. Patient safety is a top priority at Windsor Regional Hospital and this conference helped open the eyes of many to the different things we can do to prevent suicide within our community.

Overall, it was a successful day filled with information that everyone took away and will hopefully use to save some lives. A huge thank you goes to everyone who helped plan this event and all who attended.



Still Time Complete The Quality Of WorkLife Survey

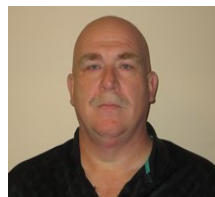
A reminder to all staff if you have not done so as yet to complete the confidential Quality of Worklife Survey on-line. Manual surveys are also available in Human Resources at each campus. These are important questions, giving you an opportunity to voice your opinion about your work area and environment.

Find the survey on the www.wrh.on.ca site. Its easy to complete and will take you less than a few minutes to complete. Thank you to all those who have completed the QOWL survey.

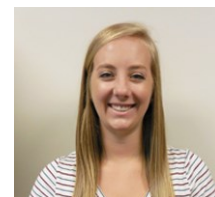
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Lisa Simeoni
BUS DRIVER/PORTER
CENTRAL SUPPLY ROOM



Scott Brown
SUPERVISOR
GUEST SERVICES



Shannon Peifer
REGISTERED NURSE
EMERGENCY DEPARTMENT



Maryam Hussein
GIFT SHOP
VOLUNTEER SERVICES

Let's create a COMMUNITY of IMMUNITY

FLU SHOT UPDATE

Flu vaccinations are now available in the WE CARE Pharmacy at the Ouellette campus on a drop-in basis, Monday through Friday, from 9am to 5pm. The WE CARE pharmacy will also be holding two Vaccination Clinics on Wednesday, November 16, from 5-8 pm and on Saturday, November 19, from 9 am -1 pm at the Ouellette campus. Bring your whole family, invite your neighbours, relatives, and friends, and come get vaccinated. There will be pizza and activities for the kids to enjoy. All Windsor Regional Hospital team members are invited, regardless of the campus you work at.

For those employees at the Met Campus, the walk-in medical clinic at the IDA Pharmacy located at the corner of Tecumseh and Kildare (in the parking lot) is also providing flu shots on a drop-in basis, Monday, Tuesday, Thursday, and Friday, from 9am to 5pm, please call to confirm hours (519-258-6602).



- Oct 31** - 10:30am-12:30pm - Vendor Hallway
2:30-4:30pm - Vendor Hallway
- Nov 1** - 10:30am-12:30pm - Vendor Hallway
2:30-4:30pm - Vendor Hallway
- Nov 2** - 10:30am-12:30pm - Vendor Hallway
2:30-4:30pm - Vendor Hallway
- Nov 3** - 6:30-8:30am - Vendor Hallway
- Nov 4** - 6:30-8:30am - Vendor Hallway

Flu shots are also available at



Ouellette Campus, ext. 32181
Monday to Friday, 9am—5pm



1909 Tecumseh Rd E
M-F 9am—5pm, 519-977-0090



Junior Moose Program Donate To Paediatric Services

Junior members of the Moose Lodge are committed for 'paying it forward' through their fundraising effort on behalf of kids in the hospital during Halloween. They raised funds through a breakfast at the Lodge and sold tickets on a draw, raising enough to purchase 60 Halloween baskets, filling them with crafts and activities. Thank you Junior Moose kids for your Halloween donation!



Photo Above:

From left to right are Junior Moose kids, Chase Delisle, Ella Trealout-Strand, Brooke Renaud, Kailen Trealout-Strand and Donovan Smith-Lariviere. In the background are moms, Amy Renaud, Trina Trealout and Chantelle Delisle.



The Central South Regional Stroke Network invites you to participate in Provincial Stroke Rounds via videoconference or webcast:

- Title:** *Stroke and the Elderly: Does Age Matter?*
- Date/Time:** **Wednesday November 2, 2016**
0800-0900 hours EST
- Where:** **OC-Harrow Room**
Met-Met Admin Conference Room 1
- Presenter:** **Dr. Kelvin Kuan Huei Ng MBBS MRCP (UK)**
Assistant Professor in Stroke Medicine, McMaster University
Staff Physician, Hamilton Health Sciences
- Host Site:** **Hamilton General Hospital**
(system # HAM_HHSC_0146_GH_01)
- Description:** This session will appeal to health professionals involved in the assessment of older patients and their respective stroke risk. Patient age will be discussed as a predictor of outcomes, in contrast with other possible considerations.
- Objectives:** **At the end of this presentation, the target audience will be able to:**
1. Define the older person
 2. Describe age as a predictor of outcome in stroke interventions
 3. Assess beyond a person's chronological age

Target Audience: Physicians, health care professionals interested in stroke care

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1 Mainpro+ credits.

Claiming your credits: Please submit your credits for this activity online at www.cfpc.ca/login. Please retain proof of your participation for six (6) years in case you are selected to participate in credit validation or auditing.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada, approved by the Continuing Education and Professional Development Office Northern Ontario School of Medicine for up to 1 hour.

Audio line (long distance rates apply): 905-415-6671

Webcast: **Live and Archived Webcast**
<http://webcast.otn.ca/mywebcast?id=60107550>



Librarian Showcase

The WRH Health Sciences Library would like to thank everyone who was able to attend our Medical Library and Librarian Month Showcase! We had a wonderful turnout over the course of the two days with 80 staff members stopping by to view the Library's resources, partake in vendor product demonstrations and to register for the various services we provide. These individuals were eligible to participate in our raffle and we congratulate our winners:

- Derrick Soong
- Cathy Allan
- Teena Ireland
- Lyndsay Fields
- Barbara Preston
- Denise Pace

Any staff members who did not have a chance to stop by for a visit, please contact us and we would be happy to sign you up for our services, give you an orientation and provide you with specialized resource training!

For library orientation, literature search assistance, article requests, remote access registration, and resource training (individual or group), contact:

Toni Janik, Library Coordinator
toni.janik@wrh.on.ca / ext. 33178

Orien Duda, Medical Librarian & Archivist
oren.duda@wrh.on.ca / ext. 33134

To register for borrowing privileges and journal table of contents notifications, contact:

Michelle Rau – Library Technician
michelle.rau@wrh.on.ca / ext. 33528



Join today at

www.GrowOnWindsor.com

A LOCAL FUNDRAISING CAMPAIGN
IN SUPPORT OF CANCER AWARENESS,
RESEARCH & TREATMENT
FOR MEN LIVING IN WINDSOR/ESSEX

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LISA & BRIAN SCHWAB



2016/2017 FAMILY GIVING CAMPAIGN

The Family Giving Campaign at Windsor Regional Hospital (Ouellette and Metropolitan campuses) is designed to provide staff, professional staff, Board members and volunteers an opportunity to give back to their hospital. Whether one has worked at the hospital for a few months or several years, we realize how fortunate we are to be associated with this dynamic organization (Windsor Regional Hospital). Each day we see first-hand the positive difference in the lives that we touch when we give and the satisfaction knowing that we are helping patients and families with enhanced care through medical equipment purchases or improving programs and services we may be attached to.

Often, when appealing to the community for support, they will ask, what have we done before they can make a decision to assist the hospital. Through the Family Giving Campaign, we can proudly state, we too have responded and done our share to support hospital and healthcare in our community.

Thank you for your consideration to support the Windsor Regional Hospital Family Giving Campaign. Many incentives are available to you simply by making a commitment.

CAMPAIGN DATES
OCTOBER 24, 2016 - DECEMBER 2, 2016

100% of your contribution will support the fund(s) of your choice.
All participating employees will be entered into a drawing for prizes

For more information on the Family Giving Campaign, please contact
Brandon Osborne, Ext.52449 or brandon.osborne@wrh.on.ca

Complete your pledge online at www.wrhfamilygivingpledge.ca and be eligible to win a Ted Farron Gourmet Butcher Shop Family BBQ Package (Value \$325)



Oven-Braised Beef & Carrots

Makes 6 servings / Preparation: 20 min

Cooking Time: 4 hours 20 min

INGREDIENTS

- 2 tbsp olive oil
- 1 Ontario Onion, thickly sliced
- 3 lb lean Beef Short Ribs
- 1/4 cup all-purpose flour
- 1 tsp paprika
- 1 tsp dried thyme leaves
- 1 can (28 oz/796 mL) diced tomatoes (undrained)
- 5 Ontario Carrots, cut in bite-size pieces
- 2 large cloves Ontario Garlic, minced
- 1 bay leaf
- 2 tbsp chopped fresh Ontario Parsley
- Salt and pepper

METHOD

In large skillet, heat 1 tbsp (15 mL) of the oil over medium heat. Add onion and cook until softened, about 5 minutes. Transfer to Dutch oven or ovenproof casserole. Meanwhile, cut ribs into pieces and trim off excess fat. In bowl or plastic bag, combine flour, paprika, 1/2 tsp (2 mL) of the thyme, 1 tsp (5 mL) salt and 1/2 tsp (2 mL) pepper; add ribs and toss to coat. Add remaining oil to skillet, add ribs and brown in batches, adding more oil if needed. Remove browned ribs to Dutch oven. Sprinkle any flour left in bowl into skillet; cook for 1 minute, stirring. Stir in tomatoes, carrots, garlic, bay leaf and remaining thyme; bring to boil, scraping up any bits from bottom of pan. Add to Dutch oven. Cover and transfer to 275°F (140°C) oven for 4 hours, stirring occasionally. Discard bay leaf. Season to taste with salt and pepper. Sprinkle with parsley.

Slow-Cooker Braised Beef and Carrots:

Slice onion thinly and coarsely dice carrots. In sieve over bowl, drain liquid from tomatoes and use for another purpose. Cook onions and brown ribs as directed, transferring both to slow-cooker. Stir in carrots, garlic, bay leaf, and remaining thyme. With drained tomatoes, make sauce in skillet as directed and pour over mixture in slow-cooker; stir to combine well. Cover and cook, on Low for 10 to 12 hours or on High for 5 to 6 hours or until ribs are tender. Discard bay leaf. Sprinkle with parsley

NUTRIENTS Per Serving:

Calories: 339, Protein: 27g, Total Fat: 17 g, Carbohydrates: 18g, Sodium 460mg

TREVOR SAVED THREE LIVES. WILL YOU?



Ontario's Organ and Tissue Donation Agency

beadonor.ca

www.facebook.com/trevor.funkenhauser