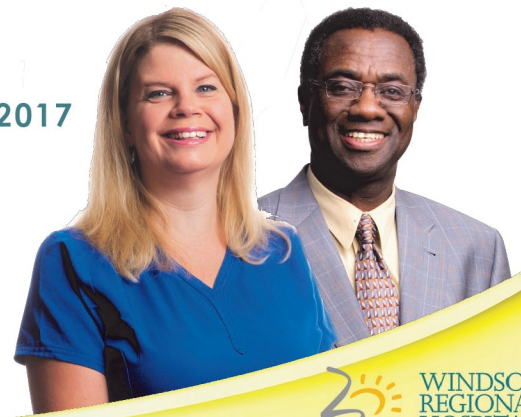




FRONTLINE NOVEMBER 13, 2017 TRIBUNE

VOLUME 5 / EDITION 42



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

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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital

Osteoporosis Month Recognized During November

Osteoporosis is a disease defined by low bone mass and deterioration of bone tissue. Many suffer from osteoporosis, often known as the 'silent thief' due to bone loss occurring without symptoms. As many of us know within our families, broken bones happen so easily either by a fall, sport injury, or as well age. It results in loss of mobility and decreases independence temporarily or more long term.

Windsor Regional Hospital partnered with Osteoporosis Canada last May and announced a new Fracture Prevention Coordinator, Sam Ladeia. She has worked along side fracture clinic staff and assisted with early identification, education and treatment of patients who attended the Fracture Clinic at the Ouellette Campus.

As Dr. Tom Trajkovski, an Orthopedic Surgeon at WRH stated at the announcement last May, "With screening now at the hospital, what occurs is, if someone presents to the hospital with any sort of fracture that is considered medium to high risk, including wrist fractures, spine fractures, rib fractures, hip fractures, every single patient is screened and will be treated accordingly."

The program has done so well that Sam Ladeia's Osteoporosis screening position has extended to full-time coverage. The future planning is to expand to cross-campus coverage in the future.

Some factors about fractures and osteoporosis:

- Fractures from osteoporosis are more common than heart attacks, strokes and breast cancer.
- At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime.
- Over 80% of all fractures in people 50+ in age are caused by osteoporosis.
- Osteoporosis causes 70% to 90% of 30,000 hip fractures annually.
- 28% of women and 37% of men who suffer a hip fracture will die within the following year.
- 14% of persons with a wrist fracture suffered a repeat fracture within 3 years.
- With Bone Mineral Density testing, 80% of patients with a history of fractures are not given osteoporosis therapies. Hundreds of thousands of Canadians needlessly fracture each year because their osteoporosis goes undiagnosed and untreated.

NOVEMBER IS OSTEOPOROSIS AWARENESS MONTH.

BE A PART OF IT.



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

UPCOMING EVENTS

- DEC 12** **Dedicated Years Of Service**
Ouellette Campus
1030 Ouellette Avenue
- DEC 12** **WRH Holiday Social**
Windsor Regional Hospital
Ouellette and Met Campuses
- DEC 17** **Dedicated Years Of Service**
Met Campus
1995 Lens Avenue
- DEC 17** **Children's Christmas Party**
Ciociaro Club
3745 North Talbot Road, Windsor
- JAN 21** **EUROPRO Vertical Climb**
FCA Chrysler Facility
1 Riverside Drive West, Windsor
- JAN 27** **Transition To Betterness Gala**
Caesars Windsor
377 Riverside Drive East, Windsor
- FEB 03** **In Honour Of The One We Love Gala**
Ciociaro Club
3745 North Talbot Road, Windsor
- MAR 03** **Windsor Express Game For Hats On For Healthcare**
WFCU Centre
8787 McHugh Street, Windsor
- MAR 07** **Hats On For Healthcare Day**
www.hatsonforhealthcare.com
- MAR 08** **International Women's Day**
Ciociaro Club
3745 North Talbot Road, Windsor



If a patient presents with a respiratory infection and has been in an area under a travel health notice (e.g. Saudi Arabia, China), then Droplet, Contact and Airborne Precautions are recommended.

Seniors At Highest Risk Of Falls

As we age, our risk of falling increases. However, it is important to understand that although we are at an increased risk, falls are not a normal part of aging. There are many things we can do to help an older loved one reduce their risk of falling. To help reduce the risk of fall injuries and fatalities in Windsor Essex, the Safe City Windsor Falls Prevention Subcommittee will be offering free fall prevention screening clinics and physical activity classes during the month of November.

The clinics and classes are part of Fall Prevention Month. WRH is pleased to partner with other local organizations in spreading the word about the importance of preventing falls, particularly among our seniors population. In Windsor-Essex, falls account for 1 in 3 of all injury related emergency department visits and were greatest among seniors over the age of 65.

Getting screened will help identify the warning signs that you or a loved one are at risk of a fall and being active is a great way to reduce the risk of falling as exercise helps to work on an individual's strength, balance and flexibility which are all factors that can help to prevent a fall.

Presented by: Windsor Essex Community Health Centre and the Windsor-Essex County Health Unit, you can register by calling 519-997-2823 x341 to attend one of the following screening clinic dates and locations:

November 16th, 2017

1:00 p.m. – 4:00 p.m.

Life After Fifty - East Side

8787 McHugh St., Windsor (WFCU Centre, Community Centres Entrance, First Floor)

November 24th, 2017

9 a.m. – 2 p.m.

Registration is not required for this date

Life After Fifty's Senior's Information & Active Living Fair

Augustus Ballroom, Caesars Windsor
377 Riverside Dr. E,

November 30th, 2017

10:00 a.m. – 12:30 p.m.

YMCA of Western Ontario

Central Park Athletics
3400 Grand Marais Rd E, Windsor



VENDORS ON DISPLAY NOVEMBER 13-17, 2017

Met Campus: Custom Essentials, A Touch of Swede, Lemontree Jewellery, Edgukids, Diane's Gifts, Brands 4 Less, Express Uniforms, Stuffin Bears, Madison Young-Artist, Sweets XS

Ouellette Campus: Little Red Door; Edgukids, A Touch of Swede, Express Uniforms, Coconut Oil of Canada, Chartwell, Just Jewellery, Funky Living

Please note: Vendors subject to change.

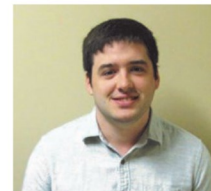
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Christine Gyorgy
PHARMACY
TECHNICIAN
PHARMACY



Erin MacTavish
CERTIFIED REHAB
ASSISTANT
PHYSIOTHERAPY



Ryan O'Driscoll
REGISTERED
NURSE
7 MEDICINE



Dr. Dana Walters
MEDICAL
DIRECTOR
RENAL PROGRAM

'Tis the Season for Giving Again!

The holiday season is about to begin!

WRH employees, professional staff and volunteers contribute to many local non-profit partners, raising awareness about community needs and being mindful of helping others at this time of year.

There are many ways in which WRH staff give back to our community – whether it's through supporting a corporate initiative, or through an individual or team effort.

If you as an individual or as part of a team here at WRH are planning a drive for the holidays, let us know so we can show how we demonstrate Compassion for Community and encourage others to support community endeavours!

Please take a minute to tell us what your team members will be up to this season by emailing Steve Erwin at steve.erwin@wrh.on.ca.



BUTT OUT BY JAN. 1

Get Ready For The Change In The Smoking Law

As noted in previous editions of our newsletter, due to Ontario law taking effect on January 1, 2018, there will be no smoking allowed of cigarettes, e-cigarettes, medical marijuana or any other tobacco product on hospital property. This means, by law, we also must close ALL remaining Designated Smoking Areas on hospital grounds by New Year's Day.

In order to comply with this legislation, we need to begin the process of dismantling the final Designated Smoking Areas before winter arrives.

During the week of Nov. 20th, work will include:

- Removal of the white fence surrounding the Designated Smoking Area at Met campus (near Lens and Kildare).
- Removal of the "bus shelter" at the Ouellette campus Designated Smoking Area.

Further changes in December will include the removal of the benches from the Met campus Designated Smoking Area (they will be redistributed to other areas of the property) and removal of the benches at the Ouellette campus Designated Smoking Area.

The last ashtrays will be removed just before the New Year. Landscaping and concrete pad removal of the existing areas will also be conducted in the New Year.

We know change is difficult – and so is quitting smoking. For tips and resources on how to successfully kick the habit, visit www.wrhbuttout.ca!

Emergency Conference A Huge Success!

The recently held City of Roses 5th Annual Community Emergency Medicine Conference saw a great turnout of professional and front line staff, numbering up to 412 attendees for the one day event.

Organizer, Dr. Snezana Ninkovich, WRH Emergency Medicine Physician was very impressed with the number of attendees that represented several multidisciplinary teams. She indicated that when colleagues are working day to day, their time is limited to connect with each other in a way that the annual conference offers. The event gives professionals and front line staff an opportunity to share ideas, discuss best practices and participate in actual demonstrations of improvement on behalf of the patients they care for in the Emergency Department.

Moderator of the conference was Dr. Paul Bradford, WRH Emergency Trauma Physician who stated that it was an absolute pleasure to be involved, indicating that the event was not only valuable in information sharing, however, also fostering discussion on how to improve care and patient safety at the system level. This conference provided many extras outside of the excellent and knowledgeable speakers. Dr. Bradford added that, beyond lectures, there were innovative team resuscitation simulator presentations incorporating resources from local nursing and medical schools; roll playing scenarios from WRH Risk Management and Legal teams; interactive attendee quizzes, procedure and equipment demonstrations from industry, focused on health and wellness. Dr. Bradford spoke well of Dr. Ninkovich for her leadership and organizational skills to bring everyone together in this once a year ED Conference. He also recognized Dr. Don Levy who worked in the ER so that others could attend.

Dr. Ninkovich stated that the conference has an international flavor with key speakers attending from the United States and contributing to the experience. She indicated that, through CAEP (Canadian Association of Emergency Physicians), up to 48 have signed up already for a course being presented soon.

In summation, Dr. Ninkovich stated that this annual conference can only grow and could become an international one including occurring over two-days, as the interest and experience offered left a very positive impression on everyone who participated in this day of learning and improving patient care.



Photo above: Dr. Antonio Meriano, speaking at the ER Conference.



Join today at
www.GrowOnWindsor.com

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

OFFICIAL SPONSOR OF GROW ON 2017
LISA & BRIAN SCHWAB



Donate Your Coats To Spiritual Care

As we begin to approach the winter season there are many patients that may be leaving our hospital that do not have adequate clothing to keep them warm. The Spiritual Care department is requesting your assistance to help support our patients in need of a warm jacket/coat when leaving the hospital. If you have any new or gently used jackets/coats that you would be willing to donate to this cause, please bring them to the Spiritual Care Department at the Ouellette Campus.



In keeping with our current policy and to minimize infection control issues, all used coats will be dry cleaned. Thank you for any support you can provide.

Coats can also be dropped off at the Public Affairs/Foundation offices at either the Met or Ouellette Campus.

For more information contact Marlene Bafaro at ext. 33180 or by email at marlene.bafaro@wrh.on.ca

RECIPE OF THE WEEK

Slow Cooker Lemon Pesto Chicken

Makes 5 servings
Preparation: 20 min
Cook Time: 8 hrs on low



INGREDIENTS

- 1.5 lbs. boneless skin-less chicken breasts
- 1 cup chicken broth
- ¼ cup lemon juice
- ½ cup jarred basil pesto
- ¼ tsp. salt
- ¼ tsp. pepper

DIRECTIONS

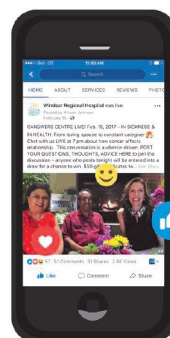
(IF MAKING A FREEZER MEAL DON'T COOK FIRST, FOLLOW FREEZER INSTRUCTIONS) Add everything to the slow cooker. Cover and cook on LOW for 6-8 hours. Serve over pasta or rice, topped with parmesan cheese.

Freezer Instructions

Add everything to a gallon Ziplock bag. Squeeze out excess air and seal. Place in freezer for up to a month. When ready to make, thaw for 24 hours in the fridge. Follow cooking instructions above.

NUTRIENTS Per serving

Calories: 203 kcal, Protein: 25 g, Fat: 9g, Carbohydrate: 7 g, Sugar 0g, Fibre: 2g, Sodium: 1532mg



QUESTIONS ABOUT CANCER?
WE HAVE ANSWERS!

CANSWERS CENTRE

Chat with us live on Facebook!



We're Talking Genetics Testing & Preventative Surgery This Week On CANSWERS CENTRE Live!

Why do some people opt for surgery before cancer strikes and when is genetics testing for cancer the right thing to do? We'll talk with a Genetics Counselor from the WRH Cancer Centre and a woman who had her stomach and breasts removed as a preventative measure.

Join us this Wednesday evening, at 7 pm, on Facebook for this important LIVE discussion. If you have thoughts on the topic, questions for the guests, or want to share lessons learned from your genetics testing experience with others, email us at canswerscentre@wrh.on.ca and join in the LIVE discussion on November 15, 2017 at 7 pm, on Facebook.