



FRONTLINE FEBRUARY 18, 2020 TRIBUNE



COMPASSION is our
PASSION

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The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital

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Thumbs Up For Part 1 Of The MCC's Cultural Competency Training

Living in one of the most diverse communities in Canada has its benefits and challenges. In healthcare, cultural awareness is the key to identifying and eliminating barriers.

Last week, about 50 WRH team members including everyone from volunteers to physicians joined the Multicultural Council of Windsor and Essex County (MCC) to learn more about communicating across cultures.

Part 1 of the 2-part workshop series focused on recognizing and understanding cultural differences and thinking of how we communicate with a diverse patient population. Thank you to MCC Director and Windsor City Councillor Fred Francis who led the important conversation.

Part 2 takes place this Thursday, February 20th at noon in the Essex Room at the Ouellette Campus and the Clinical Education Room at the Met Campus. All are welcome to attend, even those who did not attend Part 1. A pizza lunch will be provided to those who RSVP by 10:00 am Wednesday morning by email to allison.johnson@wrh.on.ca.



A Robot Takeover At The Met Campus

Last week Polaris (aka Larry) the robot and The Villanova Wirecats Robotics Team visited the Met Campus to do some community outreach and demonstrate their skills for staff, visitors and even some of our Paediatric Patients. The team built the robot for a competition last year. Their next competition is at Durham College in March. We wish them all the best!



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:

frontlinetribune@wrh.on.ca



@WRHospital

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



UPCOMING EVENTS

WEDNESDAY, FEBRUARY 26, 2020

Ash Wednesday

Met and Ouellette Campuses

THURSDAY, FEBRUARY 27, 2020

Windsor Spiffires Hats On Night

WFCU Centre, 8787 McHugh Street

WEDNESDAY, MARCH 4, 2020

Hats On For Healthcare Day

FRIDAY, MARCH 6, 2020

Windsor Express Cancer Awareness Night

WFCU Centre, 8787 McHugh Street

TUESDAY, MARCH 17, 2020

St. Patrick's Day

FRIDAY, MARCH 28, 2020

Give A Lift For Mental Health

St. Clair Sportsplex, 2000 Talbot Road W.

THURSDAY, MAY 21, 2020

WRH Golf Tournament

Essex Golf & Country Club

7555 Matchette Rd

SATURDAY, JUNE 27, 2020

Sail Into Summer Gala

Windsor Yacht Club, 9000 Riverside Drive E.

DID YOU know?

Grace Hospital was established in 1918 by The Salvation Army. Originally designed to be a maternity hospital it was soon expanded into Windsor's second general hospital after Hôtel Dieu. Wings were added to the hospital in 1922 and 1942.



A New Zealand cohort study including 5,128 children found that repeated antibiotic exposure in the first four years of life was significantly associated with higher body mass index (BMI) later in childhood.

Life With A Feeding Tube

Last week was Feeding Tube Awareness Week. To mark the occasion, Nicholas Irvine, an intern from the Community Integration through Co-operative Education (CICE) program at St. Clair College shared his experience with the tube.

My name is Nicholas. I am 22 years old. I go to school at Saint Clair College. I'm interning in the Communications Department at Windsor Regional Hospital. I use a talker to help me speak.

I'm going to talk about a life with a tube. I got my first tube when I was 4 years old. My first tube was a G-tube or gastrostomy tube that was inserted into my stomach to allow me to get nutrition directly so doctors could make sure I was getting the calories I needed. I had many problems with digestion. I had to have operations because I used to throw up my feeds.

When I was 12, I got a GJ tube. It helped me digest my food better. Every year I have to go to the hospital and change it. Before I got the GJ tube I was only 50 pounds, now I'm 110 pounds. I go see the nutritionist every six months to see if I'm gaining or losing weight. When the humidity changes I vomit. I have to get it changed because it is not good to keep it over a year. I don't know what I would do if I did not have a feeding tube.

For more information about feeding tubes, how they work and the benefits, please visit www.feedingtubeawareness.org.



VENDORS ON DISPLAY

February 18- February 24, 2020

Met Campus: Freak Parade, Maxim Medical, Sweet Legs, The Perfect Fit, Zesty Mini Boutique, Puretrim, MR Boutique, Umbi Fashion Jewellery

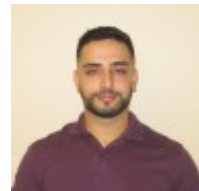
Ouellette Campus: Accessorize It, Umbi Fashion Jewellery, Lorie's Glass House, Freak Parade

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Shikha Baghat
Help Desk
VOLUNTEER SERVICES



Serajadien Kougan
Registered Practical
Nurse
MEDICINE



Holly Defede
Registered Practical
Nurse
MEDICINE



Dr. Firas Mohammad Riyazuddin
Physician
MEDICINE

ARRHYTHMIA & 12 LEAD INTERPRETATION WORKSHOP



LEARN MORE | CONTINUE.UWINDSOR.CA

This full day workshop will provide a review of arrhythmia and teach learners how to analyze and interpret 12 lead ECGs by focusing on the "need to know" subjects including:

- Basic Electrophysiology, a framework for interpretation
- A review of the normal 12 lead ECG
- Identifying abnormalities
- Recognition of ECG changes seen in myocardial ischemia and infarction.

When: Saturday, April 18, 2020

Where: University of Windsor

How: In-class, 8:30am to 5:00pm. Participants will receive a Certificate of Participation upon completion of this workshop.

Cost: \$120 +hst. University of Windsor students and alumni are eligible for a 10% discount. Contact continue@uwindsor.ca for the discount code to use at checkout.

[Click here to learn more and to register.](#)

Shoppers Drug Mart™ Shows The Love!

Earlier this fall, the community joined together with local Shoppers Drug Mart™ for one of the most successful fundraising efforts to support women's health initiatives here in Windsor/Essex. Donations to the 2019 LOVE YOU by Shoppers Drug Mart™ fall fundraising program to grow women's health surpassed \$64,505 to support the Windsor Regional Hospital Foundation's initiative to purchase a new 3D Digital Mammography Machine for their Breast Health Centre.

The 18th annual campaign is national in scope, yet locally based, with patients, customers, and employees donating directly to charitable organizations in their community to ensure that resources and programming are available to meet the needs of women across the country.

The funds will support the purchase of 3D Digital Mammography equipment, which gives patients an imaging test that creates a three-dimensional picture of the breast. Typically, 3D mammograms are used to look for breast cancer in people who have no signs or symptoms, or to investigate the cause of a breast mass, pain and/or discharge from the nipple. Studies have shown that combining 3D mammograms with standard mammograms can increase the number of cancers that can be detected during screening and reduce the need for additional imaging.

"The availability of state-of-the-art, 3D mammograms at our hospital will improve our ability to detect or rule out breast cancers in women and allow us to make a more efficient diagnosis," said Dr. Deljit Dhanoa, WRH Chief of Diagnostic Imaging. Thank you to the customers and staff of the nearly 20 local Shoppers Drug Mart™ locations throughout Windsor-Essex who donated to help make this opportunity come to fruition, to the benefit of thousands of women for many years to come."

"We're thrilled with the success of the LOVE YOU by Shoppers Drug Mart™ fall fundraising program to grow women's health. Each year, our customers and staff demonstrate their generosity and their commitment to supporting women in our community, and we couldn't be more proud of everyone's contribution," said Matthew Thibert, Pharmacist Owner and Peers Representative for Shoppers Drug Mart™ Windsor/Essex. "Windsor Regional Hospital plays an important role in our community and the proceeds from this year's campaign will go a long way to helping them further that work."

The LOVE YOU by Shoppers Drug Mart™ fall fundraising program to grow women's health is a four-week program held across Canada each fall. In support of leading women's health organizations, customers, staff and Associate-Owners at over 1,360 Shoppers Drug Mart™/Pharmaprix/Wellwise locations raise funds through the purchase of the fall program paper icons. Since 2002, the LOVE YOU by Shoppers Drug Mart™ fall fundraising program to grow women's health has raised more than \$38 million for Canadian health charities. In 2019, over 500 Women's Health charities across Canada will benefit from the campaign's proceeds with 100 percent of funds staying in the community where they are raised.



TICKETS AVAILABLE NOW!



HATS ON FOR HEALTHCARE NIGHT! WINDSOR SPITFIRES vs. SOO GREYHOUNDS

THURSDAY, FEBRUARY 27 / 7:05 PM
WFCU CENTRE - 8787 MCHUGH STREET

SPECIAL PRICE TICKETS:

\$18 tickets available through the Windsor Regional Hospital Foundation. Tickets can be purchased in the Foundation Office at both Met and Ouellette campuses. \$5 from every ticket will support Hats On For Healthcare benefitting the Critical Care Program.

HATS ON FOR HEALTHCARE WINDSOR SPITFIRES PACKAGE:

A special \$25 ticket package that includes a Red Zone ticket and a Windsor Spitfires baseball cap. \$5 from every ticket package will be donated to Hats On For Healthcare. This ticket package can only be purchased online at www.windsorspitfires.com/special-themed-events.

French Friday “Edition Spéciale” Offers Lunch And A Look At Francophone Web Resources

Parlez-vous français?

We have a special edition of our latest French Friday events taking place Friday, February 28th where you can learn about a new website that offers information and resources for French service delivery over a complimentary lunch for attendees!

The event in the Met Campus Auditorium (Side B) will offer a Lunch and Learn opportunity hosted by the Community of Practice for Bilingual Professionals (CPBP). This session will take a look at a new online shared space where bilingual professionals working with Francophones can enhance their ability to deliver services in French, access resources and tools, network with their peers, and work towards developing pathways and strategies that will improve accessibility to French language services.

This online interactive resource supports members to connect and share lessons learned, best practices, documents, policies, and resources. The site content will be in French and English, but uses Google Translate to allow users to translate content into other languages.

Not bilingual and looking for guidance on how to improve your French language skills? Come to the event and you will find many local experts willing to help guide you in the right direction!

Please RSVP for this event by registering at the link below: www.cppsud-ouest.ca.

A similar session is being planned for Ouellette Campus this spring.



Bran Muffins

Makes 12 muffins
Total Time: 25 min

INGREDIENTS

- 1 cup wheat bran
- 1 ½ cups whole wheat flour
- ½ cup dried fruit
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ cup milk
- ½ cup honey
- 2 tablespoons oil
- 1 beaten egg
- ¼ cup nuts



DIRECTIONS

Preheat oven to 400 degrees F. Stir together the bran, flour, baking soda and powder. Stir in dried fruit and set aside. Blend the milk, honey, oil and egg. Add the dry ingredients and mix until moistened. Spoon into 12 greased muffin tins. Bake for 15 minutes at 400 degrees F or until muffins pull away from the sides of cups.

Nutrients per Serving

Calories: 164, Protein: 4.2g, Total Fat: 5.1g, Carbohydrates 26.6g, Sugar 12g, Fibre 4g, Sodium 122mg

Hôtel-Dieu Grace Healthcare's Annual
GERIATRIC CONFERENCE

SPEAKERS & TOPICS

Dr. Amit Bagga
Approach to Chronic Kidney Disease in Family Medicine

Dr. Jeff Cohen
Growing old with HIV infection

Dr. Raj Goel
Urology Issues in the Geriatric Population

Dr. Greg Hasen
Living with Menopause...Puberty's evil older sister

Dr. Paris Lai
Consent and Capacity in the Elderly in Ontario for Primary Care

Dr. Richa Parashar
The Management of Non-Motor Symptoms of Parkinson's Disease

Dr. Michael Winger
Clinical Pearls for the Diagnosis of Parkinson Disease and Management of Motor Symptoms

SAT FEB 22ND 2020

COST \$50

HOT BREAKFAST REGISTRATION 7:30 AM

LOCATION: BROWN AUDITORIUM

2020GeriatricConference.Eventbrite.ca
WWW.HDGH.ORG

Can't Decide What Hat To Wear?
You've Still Got Time! Save The Date!

HATS ON FOR HEALTHCARE
WEDNESDAY, MARCH 4, 2020

THE 2020 CAMPAIGN SUPPORTING CRITICAL CARE PROGRAM EQUIPMENT AT WINDSOR REGIONAL HOSPITAL



The 11th Annual Hats On For Healthcare is a fundraising initiative supporting Windsor Regional Hospital.

Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for Critical Care Program equipment at Windsor Regional Hospital.

Participating in the 2020 Hats On For Healthcare is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

REGISTER TODAY AT

hatsonforhealthcare.com



COST \$25 Special Schulich School of Medicine & Dentistry Student Rate

