



FRONTLINE JULY 30, 2019 TRIBUNE

VOLUME 7 / EDITION 25



COMPASSION is our
PASSION

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS!

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

IN THIS WEEK'S ISSUE

PAGE 1

- WINDSOR REGIONAL HOSPITAL SALUTES 90 YEAR OLD+ VOLUNTEERS

PAGE 2

- LGBTQ2S / TRANSGENDER TRAINING
- VENDORS ON DISPLAY
- UPCOMING EVENTS
- NEW FACES AT WRH

PAGE 3

- NEW CHIEF OF STAFF ON NEW HOSPITAL SYSTEM
- SAFETY TALK: HEAT STRESS
- JULY 2019 SAFETY THEME

PAGE 4

- INDIA CANADA ASSOCIATION GALA
- RECIPE OF THE WEEK
- TEAM CLEAN
- W.E. CARE FOR KIDS LEMONADE BRIDGADE

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

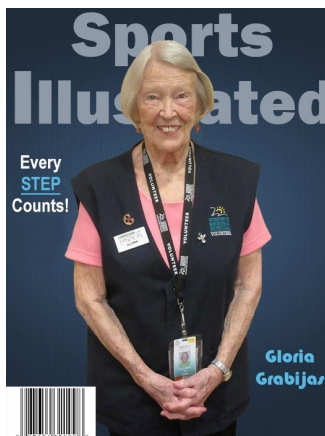
Windsor Regional Hospital Salutes 90 Year Old+ Volunteers

Windsor Regional Hospital would like to recognize a few special volunteers this month. Currently, there are five active and committed volunteers who have reached the age of 90+. Iris Brown, Gloria Grabijas, Alma Peladeau, Susanne Lengyel, and Tony Peters share their talents selflessly and provide comfort, assistance and support to patients. They spend their time at one of our Help Desks, Gifts Shops, on the Oncology Unit and in the Cancer Centre.

What better way to recognize them then to place their lovely faces on magazine covers. Each of them has unique and diverse interests reflected on their magazine cover.

If you see one or work closely with one of these individuals, please remember to say thanks.

A special thank you to volunteer, Victoria Pittao for designing these wonderful Magazine covers!



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

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS!

UPCOMING EVENTS

AUGUST 8, 2019

TEAM CLEAN

Met Campus
1995 Lens Avenue, Windsor

AUGUST 13, 2019

TEAM CLEAN

Ouellette Campus
1030 Ouellette Avenue, Windsor

SUNDAY, SEPTEMBER 8, 2019

**Essex County Chinese Association
Moon Festival Celebration**

Ciociaro Club of Windsor
3475 Talbot Road, Windsor

SEPTEMBER 13, 2019

Cancer Education Days

Ciociaro Club, Salon A
3745 North Talbot Road, Windsor

SEPTEMBER 14, 2019

India Canada Association Gala

Caesars Windsor
377 Riverside Drive East, Windsor

SATURDAY, SEPTEMBER 21, 2019

Flapjack Fundraiser Breakfast

Applebee's Neighbourhood Grill & Bar
2250 Division Road, Windsor

FRIDAY, SEPTEMBER 27, 2019

The 2019 Cancer Conference

The Arena, Walpole Island
770 Tecumseh Road, Wallaceburg, Ontario

THURSDAY, OCTOBER 24, 2019

Do Good Divas

A Night Out in Handbag Heaven

Caboto Club
2175 Parent Avenue, Windsor

FRIDAY, NOVEMBER 16, 2019

Universal Kids Day

Adventure Bay Waterpark
401 Pitt Street West, Windsor



The rise of staph infections in communities may be connected to the opioid crisis. In 2016, 9% of all serious staph infections happened in people who inject drugs - rising from 4% in 2011.



LGBTQ2S / TRANSGENDER CARE TRAINING

LGBTQ2S TRAINING SEMINAR

(August 21 or 22, 2019)

Met Campus, Auditorium A/B • 9:30am-4pm

- Introduction to LGBTQ2S and health needs.
- Introduction to LGBTQ2S emotional and mental health.
- LGBTQ2S seniors and health needs.
- Removing the barriers: making your organization LGBTQ2S positive.
- Transition in the workplace.

PROFESSIONAL STAFF

All professional staff who complete the Transgender Primary Care training seminar will receive (5) Continuing Professional Development (CPD) credits. Professional staff are to register with Denise Quigley at denise.quigley@wrh.on.ca.

TRANSGENDER PRIMARY CARE TRAINING SEMINAR

(October 23 or 24, 2019)

Ouellette Campus, Windsor Room • 9am-4pm

- In this seminar you will learn:
- Respectful engagement with trans, non-binary, and gender non-conforming clients.
 - Understanding gender dysphoria as per provincial guidelines.
 - Working collaboratively with clients.
 - Initiating hormone therapy.
 - Monitoring hormone therapy and follow-up.
 - Utilizing local protocols and guidelines to inform and guide your clinical practice.

PLEASE NOTE

Training will be provided by clinical educators from Rainbow Health Ontario and Michael F. Lee-Poy, MD, CCFP, FCFP, MCISc (FM) Associate Clinical Professor, McMaster University.

We encourage professional staff and frontline staff to attend these seminars. Staff to register to attend with their managers. Managers please RSVP your staff attendees to Denise Quigley at denise.quigley@wrh.on.ca



VENDORS ON DISPLAY IN THE COMING WEEKS!

JULY 29 - AUGUST 2, 2019

Met Campus: Umbi Fashion, Jacob's Woodworking, Silver 'n Such, Funky Living, Barb's Healthcare

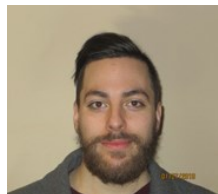
Ouellette Campus: Silver 'n Such

AUGUST 5 - 9, 2019

Met Campus: Silver 'n Such, Magnolia & Vine, Robert Bishop Artwork, MR Fashion, Umbi Fashion

Ouellette Campus: Funky Living, Galaxy Medical Alert, Your Sole Comfort

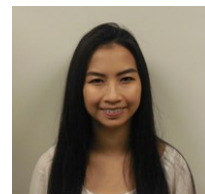
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Christopher Killop
PATIENT REGISTRATION
PORTER
GUEST SERVICES



Sara Vuletic
REGISTERED
NURSE
MEDICINE



Shantel Mendoza
REGISTERED
NURSE
SURGERY



Dr. Nandini Sachdeva
PHYSICIAN
ANESTHESIA
DEPARTMENT

New Chief of Staff on New Hospital System

Last week, Dr. Wassim Saad officially took over the Chief of Staff role at WRH. In an interview with CBC Radio's Tony Doucette, Dr. Saad said one of his top priorities is moving forward with a new Windsor-Essex Hospital.

Dr. Saad says Windsor-Essex needs a new single-site acute care hospital very badly.

"There's a lot of wear and tear, a lot of upkeep. You have doctors on call who have to go back and forth, so it puts a tremendous amount of stress on our medical staff. A lot of the problems we have now instantly disappear when you're under one roof."

Dr. Saad adds that it doesn't matter where the hospital goes, what matters is that it gets built without further delay.

"We've already passed major hurdles to get to this stage. Now we're ready to go, we just need the go ahead from the Ministry. The more we argue about the location, the more there will be a delay. That's one thing from a medical perspective that we don't want," he said.

Listen to Dr. Wassim Saad's full interview with the CBC's Tony Doucette online:

[Meet the new Chief of Staff at Windsor Regional Hospital – CBC Radio, July 24, 2019](#)

Read a transcript copy of his interview:

[New chief at Windsor Regional focused on clinical care, recruitment - July 24, 2019](#)



Dr. Wassim Saad
Windsor Regional Hospital, Chief of Staff

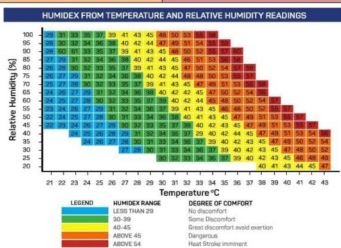


WINDSOR REGIONAL HOSPITAL

OUTSTANDING CARE – NO EXCEPTIONS!

	HEAT CRAMPS	HEAT EXHAUSTION	HEAT STROKE
DESCRIPTION	Painful muscle spasms caused by loss of salt from excessive sweating.	A more advanced and serious stage of heat stress	A condition in which the body's temperature rises above 41°C and which if not treated immediately may result in coma, brain damage or death
SYMPTOMS	Muscular pain and excessive sweating	<ul style="list-style-type: none"> General fatigue, weakness and poor muscle control Dizziness, fainting Headache, nausea Pale, cool, clammy skin Heavy sweating Cramps Rapid pulse, shallow breathing 	<ul style="list-style-type: none"> Hot, dry flushed skin, usually with no sweating Agitation and confusion Headache, nausea and vomiting Irregular pulse Rapid, shallow breathing Possible seizure and loss of consciousness Possible shock and cardiac arrest
WHAT TO DO	<ul style="list-style-type: none"> Get victim to rest in a cool place Give victim cool drinks sprinkled with salt and salty foods, but not salt tablets Remove wet or tight clothing that may restrict flow of blood to affected area Rest alone isn't enough. If cramps continue, seek medical help 	<ul style="list-style-type: none"> Heat exhaustion is life-threatening. Get medical help at once Check victim's airway, breathing and circulation. Give CPR, if needed Cool victim with sponge or spray, covering with cold wet cloths, placing ice packs under armpits and groin, and fanning Move victim to cool area Loosen or remove outer clothing If victim is conscious, give him cool drinks with salt sprinkled in and salty foods but not salt tablets 	<ul style="list-style-type: none"> Heat stroke is a medical emergency. Get medical help at once Check victim's airway, breathing and circulation. Give CPR, if needed Cool victim with sponge or spray, covering with cold wet cloths, placing ice packs under armpits and groin, and fanning Move victim to cool area Loosen or remove outer clothing If victim is conscious, give him cool drinks with salt sprinkled in and salty foods but not salt tablets

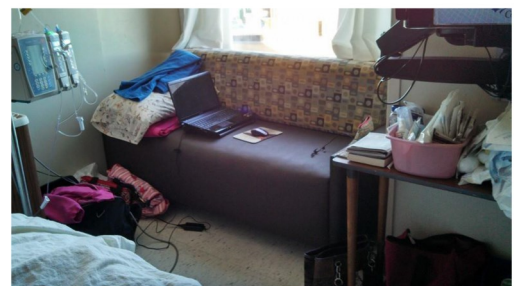
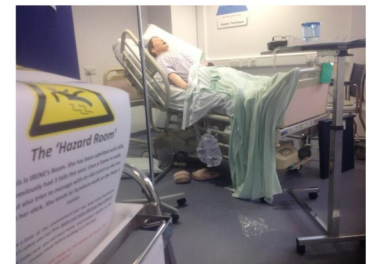
- PROTECT YOURSELF AGAINST HEAT STRESS**
- Learn to recognize the symptoms of heat stress and how to treat them
 - Understand that you're at particular risk if you're overweight, out of shape, over 40 years of age, have pre-existing medical conditions, use medication that block sweating, abuse drugs or alcohol or have had heat stress before
 - Try to do the most physically demanding jobs during the coolest part of the day
 - On hot days, drink about two glasses (1/2 litre) of water before starting work and one glass every 20 minutes while working
 - Wear loose clothes made of cotton, silk, and other fabrics that let air pass through. If working outside, wear lighter colors that reflect rather than absorb heat
 - Wear temperature-controlled and/or anti-radiant heat or reflective clothing if instructed
 - Take frequent breaks in a cool spot



SLIP, TRIP & FALL Hazards in Patient Care Areas

What to look out for...

- UNOBSTRUCTED EGRESS (ENTRY/EXIT) FROM ROOM
- HALLWAY CLEARANCE AT LEAST 1 METRE (3ft)
- SECURE/TIE UP CORDS, CABLES, TUBES, WIRES
- WET/SLIPPERY FLOORS
 - Bathroom/shower/bedside areas, doorways, hallways
- DECLUTTER BEDSIDE – REMOVE PERSONAL ITEMS
 - Phone and/or other devices (i.e. plugged in?)
 - Clothing, slippers/shoes, bags/purse, tables, chairs





INDIA CANADA ASSOCIATION
(Windsor Essex County)
 in association with
WINDSOR REGIONAL HOSPITAL FOUNDATION
 presents the



Annual Gala Dinner

SATURDAY, SEPTEMBER 14, 2019

Caesars Windsor, Augustus Ballroom • Reception: 6:00pm/ Program: 7:00pm
 Tickets are \$100.00 per person

Join the India Canada Association (Windsor Essex County) for an evening of delicious East Indian food, live Bollywood style entertainment, inspiration, socializing and fundraising.



Proceeds from this event will raise much needed funds for a new 3D Diagnostic Mammography Machine to detect Breast Cancer earlier and more accurately.



Master of Ceremonies
Gary Archibald, CTV News Windsor

Featuring special guest speaker:
Dr. Del Dhanoa
 WRH Chief of Diagnostic Imaging

Featuring special guest speaker:
Dr. Padma Naidu
 Internal Medicine Specialist
 WRH Hospitalist
 President, Essex County Medical Society

For tickets and sponsorship information, please contact:
 Purnima Kumar, President: 519-903-7237 Taskeen Jamali, Vice President: 519-566-9560
 Nishtha Sharma, Past President: 226-975-5666 Khushali Parikh, Secretary: 519-992-8277
 Sharda Yadav, Treasurer: 519-965-0479



Ved Uppal



Lets take pride in our neighbourhood, participate in the Team Clean at Windsor Regional Hospital

TEAM CLEAN

"Be the change that you wish to see in the world". Gandhi

Ved Uppal Invites You To "TEAM CLEAN"

THURSDAY, AUGUST 8 / MET CAMPUS / 8:30AM - 11:30AM

TUESDAY, AUGUST 13 / OUELLETTE CAMPUS / 8:30AM - 11:30AM

Volunteers will be picking up garbage, etc....making the environment for patients and families a little better.

If you have two hours or more to give, you are invited to join in this initiative - participants will receive supplies, bottled water and an appreciation gift.
 (Students needing to complete hours are encouraged to participate)

To register call Renee Hopes at **519-254-5577 ext.33184**
 or email renee.hopes@wrh.on.ca to sign up to help.

#RECIPEOFTHEWEEK

Sheet Pan Chicken & Broccoli Stir-Fry

Makes 4 servings / Prep Time: 15 min
 Total Time: 35 min

Sauce:

- 3 tablespoons soy sauce
- 1 tbsp grated ginger
- 1 tbsp liquid honey
- 1 1/2 tsp cornstarch
- 2 tbsp dry sherry
- 2 cloves garlic, grated
- 1 tbsp sesame oil

- 450 g boneless skinless chicken breasts, cut in 1-1/2-inch chunks
- 1 head broccoli, cut in florets, stems peeled and thinly sliced
- 1 large carrot, sliced diagonally
- 1 sweet red pepper, sliced
- 2 cups sugar snap peas, trimmed
- 2 tsp each black and white sesame seeds
- cilantro leaves and/or lime wedges (optional)

DIRECTIONS

Preheat oven to 425°F. Sauce: In bowl, whisk together soy sauce, cooking wine, ginger, garlic, honey, sesame oil and cornstarch. On baking sheet, toss together chicken, broccoli, carrot, red pepper and Sauce; toss to coat. Arrange in single layer. Bake for 12 minutes; flip chicken and vegetables. Add snap peas; bake until vegetables are tender and chicken is no longer pink inside, 5 to 7 minutes. Sprinkle with sesame seeds and cilantro (if using). Serve with lime wedges (if using).

NUTRIENTS Per Serving

Calories: 280, Protein: 32g, Total Fat: 8g, Carbohydrates 22g, Sugar 11g, Fibre 6g, Sodium 786mg.

W.E. Care For Kids Lemonade Brigade

Looking for something fun to do with the kids this summer? Join the W.E. Care for Kids Lemonade Brigade!

Give the W.E. Care for Kids office a call at 519-985-2608 to pick up your FREE lemonade stand starter kit. Run your lemonade stand and raise funds in support of local Paediatric healthcare. The Lemonade Brigade promotes entrepreneurial skills, philanthropy and fun for kids all summer long.

Prizes are awarded to the top 3 lemonade stands and all participants receive an opportunity to present their donation cheque at the W.E. Care for Kids annual Wrap Up Luncheon.

