



FRONTLINE MAY 21, 2019 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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U of W Students Donate 'Aphasia Prevention Helmets' to Trauma Program

Inspired by a goal of reducing the number of preventable head injuries from those who ride bicycles without wearing helmets, a group of University of Windsor students has donated colourfully decorated helmets to the Windsor Regional Hospital Trauma program.

The helmets are part of "Project: Brain Bucket," involving research conducted by University of Windsor graduate Daniella Mlinarevic as part of her Master's research in the school's Cognitive Neurosciences Lab run by Dr. Lori Buchanan. About 30 helmets were donated to the hospital, which can be used to help educate patients who come to our Emergency Departments with bike-related injuries, says Diane Bradford, WRH's Manager, Regional Trauma Program/Injury Prevention. She says the helmets can be donated to these patients and notes that even if someone was wearing a helmet in a fall from a bicycle, a damaged helmet has to be replaced as they are built to provide "one-time protection."

"Thank you for this wonderful donation, which also brings awareness around safety prior to the opening of the trauma season which begins during the long weekend in May," Bradford says.

"Each year we see a substantial increase in the number of severe traumas beginning the Victoria Day long weekend," she adds. "As the warmer weather approaches and outdoor activities increase, this unfortunately results in the start of trauma season for WRH, and across the country."

The students have dubbed the helmets as "Aphasia Prevention Helmets." Aphasia is a communication disability caused by damage to the language processing centres of the brain. It is most commonly seen after a stroke, but is also a potential complication from Acquired Brain Injury.

"The cognitive neuroscience lab at the University of Windsor has a focus on understanding how our brains process information to allow us to interact with the world," says Dr. Lori Buchanan, Director of the University of Windsor's Cognitive Neurosciences Lab. "We have a series of outreach programs designed to teach people about the brain and the processes it underwrites. These outreach programs range from a high school bike helmet awareness project to projects that work with, and for, people who have communication problems associated with some form of brain damage."



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

MAY 23, 2019

WRHF Annual Golf Tournament

Essex Golf & Country Club
7555 Matchette Road, LaSalle

JUNE 9, 2019

Corvette Club Car Show

Dieppe Park, Riverside Drive, Windsor

JUNE 11

Indigenous Health Expo

WRH - Met Campus

JUNE 12

Indigenous Health Expo

WRH - Ouellette Campus

JUNE 19, 2019

Funkenhauser Family - A Day For A Life Golf Tournament

Kingsville Golf & Country Club
640 County Road 20, Kingsville

JUNE 20, 2019

Brain Injury Association Workshop

Hôtel-Dieu Grace Healthcare
1453 Prince Road, Windsor

JUNE 22, 2019

Sail Into Summer Dinner

Windsor Yacht Club
9000 Riverside Drive East, Windsor

JULY 20, 2019

Rafih Auto Group Golf Tournament

Beachgrove Golf & Country Club
14134 Riverside Drive East, Windsor



Legionella is a type of bacterium found naturally in freshwater environments, like lakes and streams. It can become a health concern when it grows and spreads in human-made building water systems like showerheads, sink faucets, cooling towers, decorative fountains, and large plumbing systems.

What Nursing Means To Me?

"I come from two generations of nurses. When I was 16, I asked my mother why she was a nurse and her response was "nursing has been very good to me." At the time I thought she meant, stable job with options for working in different environments and meeting and working with people. Sounded great, so I went 'all in.' Now 20 years later and with 15 years of nursing experience, I have worked in the high Arctic being a lifeline for the most remote communities on Earth, I have volunteered for disaster relief in the foothills of the Himalayas, worked in the scorching Saudi desert and travelled to many countries people only dream of. I have brought babies into this world and held the hands of those whose loved ones could not be there at the time that they journeyed out of this world. I have served the sick and celebrated with the healed. Needless to say nursing has been very good to me."

Nicole Krywionek, Director, Critical Care and Cardiology, Ouellette Campus.

"Nursing is truly care provided from the heart. You can go through the motions such as changing a dressing or performing a procedure, but I feel a nurse becomes a nurse in the moments spent during intimate interactions with a patient and their family. These moments may occur in the hug needed following life changing conversations ... the extra time spent showering a patient which allows for a few moments in time to hear a little more about their life story ... sitting at the bedside to feed someone who just needs an extra hand. Nursing to me are these small moments in time that impact the relationships and care that we as nurses provide for our patients, ultimately leaving lasting impressions."

Kimberly Grubb, RN, Oncology, Met Campus

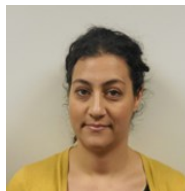
"Nursing is my life.... literally! If it wasn't for nurses I would not be here today, as one myself! You see, I was born with a very rare heart defect and underwent two heart surgeries, one at 7 years old and one at 15 years old. I am here today because of the amazing care and compassion I received from nurses. I am a nurse today because those same nurses inspired me to lead a life of helping others who are suffering as I did then. I have now been a nurse for almost 21 years! I absolutely love this profession and am honoured to be a part of it. I have witnessed babies being born and shared joy with those families and I have helped patients pass away in peace and shared heart ache with those families grieving for a life lost. I have shared sorrow with patients learning of a terminal illness and I have shared joy with patients as they beat a cancer diagnosis! I am a better nurse because of these experiences and I want to thank those nurses who took care of me for helping make me the nurse I am today."

Mary Robinet, RN, Mental Health, Ouellette Campus.

Nursing means to assist a person, and to be entrusted during the most vulnerable time in ones life! I take great honour in being able to provide comfort and assuring that each of my patients will receive my best. Nursing to me is a nonjudgmental career that allows me to extend, teach and offer help in the saddest or happiest times in ones life. I take pride in the care that I give as I approach each of my patients with the thought that this is someone's Mom, Dad, Sister or Brother and I will treat them as my family too! Nursing to me is another way to pay it forward in this world!

Misty Paquette, RPN, Medicine, Met Campus

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Zoya Tabash
REGISTERED NURSE
EMERGENCY DEPARTMENT



Julia Howard
REGISTERED NURSE
TELEMETRY



Michelle Lebert
REGISTERED NURSE
MEDICINE



Dr. Edwin Wu
PHYSICIAN
EMERGENCY DEPARTMENT

When it comes to ensuring a safe workplace, everyone has a role!

Everyone should be able to work in a safe and healthy workplace. Windsor Regional Hospital has set out roles and responsibilities and strategic processes to reduce the risk of workplace violence and harassment exposure.

Last week the Occupational Health and Safety Department and the JHSCs hosted three Workplace Violence Fairs, inviting staff to drop by and learn more about how to recognize and prevent workplace violence and harassment, and understand the role we all play in ensuring a safe workplace.

Workplace violence/harassment: know the facts

Workplace violence is:

- The exercise of physical force by a person against a worker, that could cause physical or psychological harm (i.e. pushing, kicking).
- Any attempt to exercise physical force against a worker (i.e. throwing a clenched fist).
- A statement that is reasonably interpreted as a threat to exercise physical force against a worker.
- Workplace harassment is the act of engaging in a course of vexatious comment or conduct against a worker, in a workplace, that is known or ought to be known as unwelcome.

Examples of workplace harassment include:

- Unwanted or solicited behavior including jokes, comments, remarks, innuendos, gestures that is inappropriate, offensive, or embarrassing.
- Belittling or humiliating a worker.
- Discriminating a worker based on their age, sex, sexual orientation, gender identity/expression, race, ethnicity, religion, language, culture, and disabilities.

Family Services Employee Assistance Programs (FSEAPs):

- Offers counselling for staff AND their family members.
- Has confidential counselling available 24/7/365.
- Appointments can be booked by any staff/ family by calling 519-256-1831.
- Staff/family members can also call the emergency hotline at 1-800-668-9920.
- This service is free to use.



Answering important questions at the Workplace Violence Fair.

#RECIPEOFTHEWEEK

Green Bean & Potato Salad with French Vinaigrette

Makes 4 servings. Cook Time: 30 min

INGREDIENTS

French Vinaigrette:

- 3 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 1/4 tsp pepper
- 1/4 cup olive oil
- half shallot, finely chopped
- 1/4 tsp salt
- pinch granulated sugar

Salad:

- 12 mini red-skinned potatoes
- 3 cups haricots verts
- 1 head frisée or leaf lettuce, torn (about 4 cups)
- 1 cup rinsed drained canned butter bean
- 1/3 cup crumbled blue cheese
- 1/3 cup toasted walnuts, chopped
- 1 head radicchio, torn
- 4 slices prosciutto, torn

DIRECTIONS

French Vinaigrette: In small bowl; stir together vinegar, shallot, mustard, salt, pepper and sugar; stir in oil. Set aside. In pot, cover potatoes with salted cold water; bring to boil. Cook until fork-tender, 12 to 15 minutes. With slotted spoon, transfer to plate; when cool enough to handle, quarter. Add haricots verts to boiling water; cook until tender-crisp, about 2 minutes; drain. Chill in bowl of ice water; drain and pat dry. In bowl, toss together potatoes, haricots verts, frisée, radicchio, beans, prosciutto, blue cheese and walnuts. Drizzle with half of the French Vinaigrette; toss to coat. Serve with more vinaigrette on the side, if desired.

NUTRIENTS Per Serving:

Calories: 304; Protein: 13g; Total Fat: 18g; Carbohydrates 26g; Sugar 3g; Fibre 6g; Sodium 929640mg

Ontario Health Team Application

Over 40 health-care program and service providers, including all three hospitals in Windsor-Essex (Erie Shores Healthcare; Hôtel-Dieu Grace Healthcare and Windsor Regional Hospital), have expressed an interest in collaborating on a submission for an Ontario Health Team that would include all the residents of Windsor-Essex, representing approximately 400,000 individuals.

Hôtel-Dieu Grace Healthcare has agreed to take on the Lead Coordinating role for the purpose of submitting a Regional Self-Assessment which is required by the Ministry of Health and Long Term Care as a first step in the planning process.

Over the past three weeks, many of these agencies have been working collaboratively to complete the Self-Assessment which is to be submitted by May 15, 2019. These are the very early stages of a multi-step and multi-year process. It is an incredibly exciting partnership opportunity between the Province of Ontario and Windsor and Essex County to truly embrace and create a Regional Strategy for Healthcare Planning and Administration, with a focus on improving Patient Experience and Outcomes.

For more information visit http://health.gov.on.ca/en/pro/programs/connectedcare/oh/ docs/guidance_doc_en.pdf