



FRONTLINE DECEMBER 3, 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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Movement Matters

The Movement Matters program began after a corporate review of "Barriers to Discharge" showed one of the top reasons delaying patients' discharges from hospital was because they were not strong enough to walk.

The goal of the program is to help maintain or improve patient strength and prevent unnecessary complications that could lead to longer hospital stays, by motivating "at risk" patients to get out of bed and get moving.

"Patients can lose their strength very quickly in hospital, up to 5% of muscle mass each day," says Karen McCullough, Chief Operating Officer and Chief Nursing Executive. "Through this initiative we are encouraging them to stay strong by taking that extra step, going the extra distance and seeing how much ground we can cover together."

HOW DOES IT WORK? The Movement Matters program targets patients, including seniors, who are most likely to stay in bed during their hospital stay. These patients are identified when they are admitted into the hospital and work with their care teams to set appropriate mobility goals and then track and monitor how far they go. Every time participating patients walk to the washroom, down the hall or around the unit floor, the distance covered is recorded in their charts.

The total distance covered by patients on all units at both WRH campuses is then tracked and shared across the organization and online.

HOW FAR DID THEY TRAVEL? Since the Movement Matters Program began in September, participating patients have clocked a total of 295 km.

The program is generously sponsored by Sobocan Insurance and Financial Services. At the first quarterly pit stop, teams heard about the impact this is having on patients including Martin Sobocan's family member.

"Many Thanks to Windsor Regional Hospital and especially the staff of 4 north at the Met Campus," said Sobocan. "Recovery is a team effort. I cannot wait to see the results in the future."

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



Photo: Members of the Met Campus Movement Matters team.



Photo: WRH Staff with patient.

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



UPCOMING EVENTS

SUNDAY, DECEMBER 8, 2019

Christmas Craftmania

Ciociaro Club
3745 North Talbot Rd, Windsor

FRIDAY, DECEMBER 13, 2019

Cancer Education Day

Ciociaro Club
3745 North Talbot Rd, Windsor

FRIDAY, DECEMBER 20, 2019

WRH 50/50 Raffle Draw

Met Campus, 1995 Lens Avenue, Windsor

WEDNESDAY, DECEMBER 25, 2019

Christmas Day

WEDNESDAY, JANUARY 1, 2019

New Year's Day

SATURDAY, JANUARY 25, 2019

T2B Goes East Gala

Caesars Windsor, 377 Riverside Dr. E, Windsor

SATURDAY, FEBRUARY 1, 2020

**In Honour Of The One We Love
Dreams Do Come True Gala**

Ciociaro Club, 3745 North Talbot Rd, Windsor

DID YOU know?

Service Recovery is a program at Windsor Regional that help right a wrong. Every department has a Service Recovery Kit.

If you do not know where yours is, ask your Manager!



The United Nations Children's Fund (UNICEF) released a report noting antimicrobial resistance (AMR) as one of the biggest generational threats to childhood health and survival. The technical note emphasizes that children's immune systems are not yet fully developed, which puts them at high risk for resistant pathogens.

Movement Matters cont'd...

PROGRAM BENEFITS:

A study by the Council of Academic Hospitals of Ontario shows one-third of older patients who are hospitalized develop new disabilities that affect their daily living during their hospital stay. Half of those patients are unable to recover function.

By getting patients moving, the Movement Matters Program hopes to help patients by:

- Reducing patients' risk of depression, delirium, joint pain, falls, constipation and pressure injuries like bedsores;
- Improving patients' mobility, mood, blood circulation, appetite and sleep;
- Decreasing unnecessary hospital stays resulting from lack of mobility; and
- Preparing patients for a safe transition home.

"The program gives patients an opportunity to maintain and build strength and confidence," says Tara Corra-Pella, an Ambulation Assistant involved in the project. "Often patients need encouragement, especially when they are not feeling well and through this program, they see every step makes a difference and every day we encourage them to go a little further."

The hospital will review the results of the program at quarterly hospital events and regularly update the distance covered by the patients on the Road to Recovery at wrh.on.ca/movementmatters.



Martin Sobocan, Sobocan Insurance and Financial Services.

VENDORS ON DISPLAY

December 2-6, 2019

Met Campus: Freak Parade, Just Jewellery, Funky Living, Tote 'n Tutu, Envy Boutique, Thermal Corporation, Silver 'n Such

Ouellette Campus: Those Shortbread, Thermal Corporation, Zesty Boutique

Please note: Vendors subject to change.

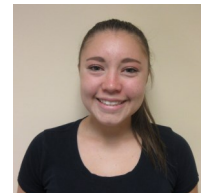
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Dr. Samer Chehade
PHYSICIAN
MEDICINE
PROGRAM



Mark MacDonald
CANCER CENTRE
VOLUNTEER
SERVICES



Sydney Doyle
PAEDIATRICS
VOLUNTEER
SERVICES



Dr. Ruediger Noppens
PHYSICIAN
MEDICINE
PROGRAM

Building Dreams In Our Region

Recently Windsor Regional Hospital participated in the **Build a Dream Expo**. Build a Dream is dedicated to helping employers diversify and expand their talent workforce of the future. They do this in part, through a Career Discovery Expo geared to young women in Grades 7 - 12, and their parents (because parents are the biggest influencer of their students choices).

These events have taken place in Southern Ontario since 2014 and have engaged more than 10,000 young women and their parents, to educate and inspire them to consider careers in one of our pillars: Skilled Trades, STEM, Entrepreneurship, Emergency Response, and women in leadership.

Windsor Regional Hospital is a proud participant. Congratulations to the HR team for their work on this initiative.



Photo: Nadia Heddad and Mary Recchia help to **Build a Dream**.

Chief Progress Report (CPR) From The Desk of Dr. Wassim Saad, Chief of Professional Staff

Please review the Chief Progress Report for December 2019 in the link www.wrhone.ca/documents/141/DEC%202019.pdf.

Do you have questions, comments or thoughts about the topic discussed this month? Any ideas for future newsletters? Feel free to contact me anytime by e-mail wassim.saad@wrhone.ca.

Pharmacy/Gift Shop Announcement

We are pleased to announce an exciting new collaboration between the Ouellette Gift Shop and We Care Pharmacy in early 2020.

The Pharmacy will introduce into the Gift Shop medical devices and mobility aids including canes, crutches, walkers and bathroom safety aids. In order to assist customers with these items, a WRH pharmacy employee will be available during certain Gift Shop hours of operation. These new items will be in addition to the current Gift Shop items which will continue to be sold by our Gift Shop volunteers. We hope the addition of these medical devices into the very visible gift shop location will assist families and patients in the transition to home. To accommodate this transition, the Gift Shop hours may change over the Holiday season. Watch for a Grand Re-opening in the new year.

Thank you for your continued support and understanding as we make this change to provide better service to our patients, visitors and staff.

Accreditation 2019

Last week WRH completed Accreditation. Accreditation Canada is an external peer assessment process used by health care organizations internationally to assess their level of performance in relation to established standards and to implement ways to continuously improve. Preliminary results presented to staff last Friday were very positive. A video of the overall findings by the accreditation team is at the link below.

https://www.wrhone.ca/uploads/Accreditation/Accreditation_Debriefing_Presentation_2019.pdf

They are now finalizing the report and we should receive the final report in the new year. Note there was only 5 unmet standards not 7 as in the video. That is a 99.8% rate.

Appreciation is extended to staff, employees, professional staff, affiliates and volunteers for their high level of participation and engagement. As you can tell from the link, Accreditation Canada was very impressed with the care and compassion you provide our patients on a daily basis.

Stay Tuned for the final report. It will be a good way to start 2020.



MEGA DRAW to support new 3D Digital Mammography at Windsor Regional Hospital!

Take Home
Prize Now at

\$33,395

5 tickets for \$10 • 40 tickets for \$25 • 99 tickets for \$50

To purchase your tickets or more information, please visit

wrh5050.ca

Draw: December 20, 2019 at 1:00pm. Lottery License #: 11598

Holiday Food Drive

Windsor Regional Hospital is proud to support CBC's "Sounds of the Season" annual campaign to collect non-perishable food items that will be distributed to local food banks!

Please look for the donation bins that will be in place later today at the following locations:

- Met Campus: Main lobby (near the Christmas tree display)
- Ouellette Campus: Goyeau lobby
- Cancer Centre: Main lobby

The collection will continue until Friday, December 13, 2019.

Thank you for your support!



RECIPE OF THE WEEK

Blackened Cajun Salmon & Bean Salad

Makes 4 servings.

Total Time: 30 min

INGREDIENTS

- 2 tbsp Cajun seasoning
- 3 tbsp olive oil, divided
- 2 corncobs, kernels removed
- 2 cups cherry tomatoes, cut
- 4 skin-on salmon filet (170 g) each, patted dry
- 1 540 ml can black beans, rinsed and drained
- 1 398 ml can lima beans, rinsed and drained
- 1 large sweet potato, peeled and diced
- 1 tbsp brown sugar
- Salt and pepper
- 3 tbsp lime juice
- 2 avocados, cubed



DIRECTIONS:

Preheat oven to 425°F. Combine Cajun seasoning and brown sugar in small bowl; reserve half of the mixture and set aside. On baking sheet, toss together sweet potato with remaining sugar mixture and 1 tbsp olive oil; season with salt and pepper. Bake until just tender, about 25 minutes. Add corn kernels to baking sheet; bake for 5 minutes. Meanwhile, spread reserved sugar mixture over skinless side of salmon fillets; season with salt. In nonstick skillet, heat 1 tbsp oil over medium-high heat; cook fish, skin side down until crispy, about 5 minutes. Turn and cook until desired doneness, about 2 minutes. In large bowl, combine sweet potatoes, corn kernels, black beans, lima beans, tomatoes and avocados. Drizzle with remaining olive oil and lime juice. Season with salt and pepper. Divide among 4 bowls; top each serving with salmon fillet.

NUTRIENTS Per Serving:

Calories: 285, Protein: 21g, Total Fat: 9g, Carbohydrates: 33g, Sugar: 7g, Fibre: 5g, Sodium: 779mg



HOLIDAY SOCIAL

TUESDAY, DECEMBER 10, 2019

ALL EMPLOYEES, PROFESSIONAL STAFF & VOLUNTEERS

Windsor Regional Hospital will be holding a **Holiday Social** with sandwiches, vegetables, dessert, coffee and tea in exchange for a small **\$2.00 donation**. Proceeds will benefit the Downtown Mission, which provides emergency shelter, a hot meal or other basic necessities.

SANDWICHES • VEGGIES & DIP • DESSERT • COFFEE/TEA

2PM - 4PM

MET CAMPUS
(Administration Conference Room #1)

OUELLETTE CAMPUS
(Essex Room)

BELL BUILDING, WFCU, LEAMINGTON & TECUMSEH-BYNG PROGRAM (Walker Road)
(special delivery times)

11PM - 1AM

MET CAMPUS
(Lobby Level)

OUELLETTE CAMPUS
(Mezzanine)



ONE TEAM RECOVERY

REGISTRATION IS NOW OPEN
CALL 519.250.5524

STARTS NOVEMBER 19, 2019
8:30-12:30PM Tuesday's & Friday's
Windsor Family Health Team
2475 McDougall St., Suite 245



WINDSOR

TEAM CARE CENTRE
Harm Reduction 5 week

OUTPATIENT SUBSTANCE ABUSE PROGRAM

PROMOTING PERSONAL WELLNESS THROUGH SELF-MANAGEMENT & RECOVERY TRAINING
serving Windsor & Essex County.



FOR MORE INFORMATION: WINDSOR TEAM CARE CENTRE: 519.250.5524