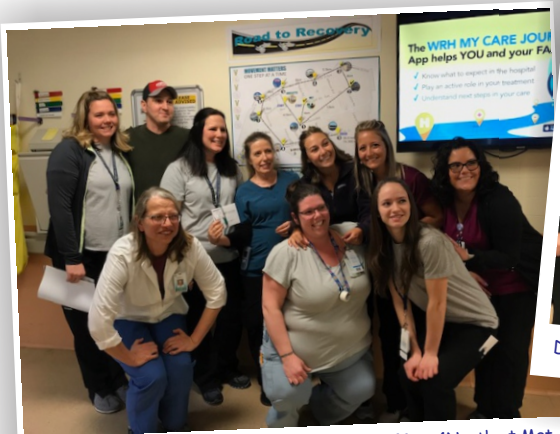


Friday, March 13, 2020

Movement Matters Celebrates 6 months & 687 km!

Former patient Dave Macdonald, joined the Met Campus Ambulation Team to celebrate the overall distance travelled by patients across both campuses since the launch of the Movement Matters program on September 17, 2019. Dave was a patient on 4N and knows firsthand how important movement is for patients while in the hospital. His story can be viewed at <https://www.wrh.on.ca/movementmatters>.



Former patient Dave Macdonald with the staff on 4North at Met



David MacDonald lends a helping hand



There were Draws held for multiple \$100 gift certificates to the Running Factory courtesy of

Sobocan Insurance and Financial Services

MET	OUELLETTE
4N - Linda Laramie	CTU - Tania Wolicki
4W - Reubin Sprik	8E/W - Courtney Sibbick
5N - Kayla Fettes	7Med - Jessica Milburn
6N - Andrew Fields	6E/W - Dave Sutton
7N - Candice Vichith	4 Med - Meghan Gagne
8N - Kim Serrano	
Ambulation Team - Julia Bodner	



The 7 North Team



6E/W winner Dave Sutton



Kim Serrano - 8N winner

Met Campus, 4 West Distance in Meters	
To Bathroom/Door (1 way)	
Private Room	4m
Semi Private Room	
A	5m
B	7.5m
Ward	
A	5.5m
B	7m
C	7m
D	4.5m
West Hallway	
Back square cutting through nursing station	46m
Front square cutting through nursing station	56m
Full circle	86m
South Hallway	
Window to nursing station	38m
Window to window	40m

Movement Matters Look How Far We Have Travelled			
Unit	Total distance in km's since Sept 17	# of Ambulation referrals Oct - Feb	Medal standing
Met Ambulation Team	364.3		Platinum 1
4W	72.4	88	Bronze
4N	39.2	216	
5N	62.3	298	
6N	101.1	192	Bronze
7N	32.9	98	
8N	56.5	114	
Ouellette Ambulation Team	294.9		Platinum 1
CTU	18.3	92	
4Med	50.4	118	
6E/W	115.1	253	Silver
7Med	107.4	201	Bronze
8E/W	3.8	7	



Reubin Sprik - 4W Winner