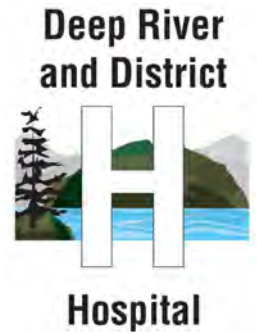


# THE ZINGER



Deep River and District Hospital Newsletter

August 2018



**BEWARE—BE BEAR AWARE!** This guy was spotted looking for treats outside of the Four Seasons Lodge on August 12, 2018.

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## EMERGENCY PREPAREDNESS EXERCISE



At the Emergency Preparedness meeting on August 21, Richard led a mock exercise where the group had to initiate the Emergency Operations Center based on a severe weather situation. The exercise involved identification of the incident commander, handover of the incident commander, and assignment of all of the EOC roles. A debriefing was held, and ideas for improvement will be implemented and additional mock exercises will be conducted moving forward while the group familiarizes themselves with the EOC/IMS structure. Pictured here, from left to right, is Allison Lepack, Amber Cox, Sandra Griffiths, Amy Joyce, Janna Hotson, and Ian Wilkie.

## NCU CHARITY GOLF TOURNAMENT



On August 9, 2018 several representatives from the Hospital participated in the annual Northern Credit Union Charity Golf Tournament, which is a major fundraiser for the DRDH Foundation. Pictured here, from left to right, is Ian Wilkie, Leo Buckley (Foundation Board Chair), Janna Hotson, Amy Joyce, Garry Hartlin and Richard Bedard. The tournament raised an outstanding \$14,000 for the Foundation thanks to the many generous sponsors, donors, participants and the efforts of the NCU Delegates! *See more on page 12.*

EGM INSURANCE OFFERS SAVINGS FOR STAFF

# Save up to 25%

## on Home & Auto Insurance with our EXCLUSIVE group rates!

Deep River Hospital is a member of the Upper Ottawa Valley Chamber of Commerce, which means savings for you!

## Contact us today!



270 Lake Street  
Pembroke, ON  
(613) 735-0621

7 Hilda Street  
Petawawa, ON  
(613) 687-SAVE

info@egminsurace.com  
egminsurace.com

### MANAGER OF QUALITY, RISK AND INNOVATION

We are pleased to announce the posting of a Manager of Quality, Risk and Innovation position. The individual will support the organization's quality initiatives, and guide the organization's performance and risk management programs. In addition, this role will be pivotal in the successful advancement of transformational projects across our organization, including the integrated electronic health record.

The job description is posted and available for review on Policy Medical. The job posting may be viewed by visiting the DRDH website (<http://www.drdh.org/hr>). All applications must be received through the website. Please feel free to share this with possible candidates.

This role will support all areas and all staff in the organization to achieve our strategic goals and to advance quality care for our patients and residents.



UPCOMING FOUNDATION EVENT

7<sup>TH</sup> ANNUAL

# KITCHISSIPPI RUN

a FUNDRAISER FOR THE DEEP RIVER AND DISTRICT HOSPITAL FOUNDATION

2KM. 5KM. 10KM. HALF & FULL MARATHON.  
AND BIKE EVENTS (21 AND 42 KM DISTANCES)

*September 30, 2018 starting at the Chalk River Lions Club*



register early:  
EARLY BIRD PRICING ENDS AUGUST 31<sup>ST</sup>

for entry fees, times,  
race kit pickup info,  
and training programs, visit our



[KITCHISSIPPIRUN.WORDPRESS.COM](http://KITCHISSIPPIRUN.WORDPRESS.COM)



[KITCHISSIPPIRUN@HOTMAIL.COM](mailto:KITCHISSIPPIRUN@HOTMAIL.COM)



[FACEBOOK.COM/GROUPS/KITCHISSIPPIRUN](https://FACEBOOK.COM/GROUPS/KITCHISSIPPIRUN)



Deep River & District Hospital  
FOUNDATION

WANT TO WIN A TIM CARD?



? ?  
 What are the  
 Four Moments of  
 Hand Hygiene?  
 ? ?

For your chance to win a Tim Card this month, email [amy.joyce@drdh.org](mailto:amy.joyce@drdh.org) with the correct answer to the question above (before September 21) and you will be entered into a draw!



IT SECURITY—DOs and DON'Ts

We will be sharing one of Sophos's Top 10 IT Security Dos and Don'ts in each Zinger to help spread the word about IT security. Here is this month's tip:

*Stay alert and report suspicious activity*

- Sometimes suspicious activity isn't as obvious as we think.
- A recent news story reported that a supermarket manager, who was randomly befriended by a mysterious woman on Facebook, ended up on a "date" with two men who overpowered him and robbed his store.
- Be cautious of people you don't know asking for things, especially online.
- Always report any suspicious activity to IT. If something goes wrong, the faster we know about it, the faster we can deal with it.



DUE SEPTEMBER 30, 2018

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In preparation for fall and the increased risk of infection that “back to school/work” and influenza season brings, mandatory education for all staff for September will focus on Infection Prevention and Control.

The following courses on Infection Prevention and Control have been assigned to [all staff](#) on Surge Learning. Each course is 10-11 minutes in length, and includes a short quiz to confirm knowledge. When completing the course, please ensure that you hit the button “I have completed the course”, enter your password and hit “Submit”. The pass rate for all quizzes is 70%. Quizzes that do not meet the pass mark can be retried.

All staff are required to complete the following courses and quizzes:

- [Infection Prevention and Control Chapter 1 Fundamentals](#)
- [Infection Prevention and Control Chapter 2 Modes of Transmission](#)
- [Infection Prevention and Control Chapter 3 Break the Chain](#)
- [Infection Prevention and Control Chapter 4 Additional Precautions](#)

As the Chapters build on each other, it is strongly suggested you complete the courses starting at Chapter 1.

As a refresher, a review of Privacy and Confidentiality has also been assigned on Surge Learning entitled: [Privacy and Confidentiality: A Presentation by Surge Learning](#)

*The deadline for completion for all staff for all of the above courses and quizzes is September 30, 2018.*

Thank you for your continued diligence in ensuring a safe and healthy environment for all.

*Michelle Robertson*  
Human Resources Officer



## PRIVACY AND CONFIDENTIALITY

A Module for Agents of  
Health Information



ALLISON IS READY FOR ANYTHING!



Earlier this summer, Allison Lepack participated in M.E.T.E.R (Medical Emergency Treatment for Exposures to Radiation) training that was hosted by Canadian Nuclear Laboratories. Allie is pictured here wearing the PPE for exposure to radiation.



INTRODUCING JOCELYN

Among Ian Wilkie's many talents is his ability to bring life back to plants that have been through a hard time. Ian has revived many a plant, including big momma Jolene. Jolene is doing so well she recently welcomed her very own baby plant on August 21, 2018 named Jocelyn. Jocelyn will be cared for by Tracy Govereau, who will keep us updated on her progress through the Zinger.



welcome  
LITTLE  
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# The Capnography Equipment has Arrived!

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Capnography equipment is used to measure end tidal CO<sub>2</sub>, which is how much carbon dioxide is present in a patients breath. The sample lines currently available can be used to measure ETCO<sub>2</sub> for patients who are being ventilated, intubated, or who have a tracheostomy requiring ventilation.

Pictured above, showing off the new equipment are Allison Lepack, left, and Dale Regan, right.

## FINANCIAL POSITION

Financial Position Based on Agreement With LHIN as of June 30, 2018: (deficit of \$28,843)



## Keeping Anxiety in check in the Face of Uncertainty

Hardly a day goes by without alarming news about natural disasters, terrorism, political strife at home and abroad, economic threats and violence. If that wasn't enough, many of us are also concerned about our jobs, our health, our relationships and our finances. It's no wonder that this seemingly constant uncertainty is causing many of us a great deal of anxiety.

### What's your tolerance for uncertainty?

Some people have more resilience to or tolerance for uncertainty, challenges and negative events. Others have less tolerance and this can make them feel:

- Irritable
- Angry
- Sad
- Frightened
- Helpless
- Confused
- Worried
- Exhausted

Although we all differ in how much of life's uncertainty we can tolerate, there are ways to increase our resilience and better cope with an ever-changing world.

- **Limit exposure to news and social media.** Especially avoid the news before bedtime.
- **Avoid catastrophizing.** Catastrophizing means thinking that the worst possible things will happen. Don't let your fears overtake your emotions. Instead, write them down then ask yourself if they're likely to happen. You'll see that the worst case scenarios probably won't happen and you'll be able to focus on managing the situation.
- **Control what you can.** Focus on the things that are within your control, such as household or work projects. Try to establish routines to give you some comforting structure to your week.
- **Breathe, breathe, breathe.** When the unexpected happens or you see something on the news that upsets you, focus on deep breathing to calm both your mind and body.
  - ⇒ Breathe in slowly through your nose for 5-7 seconds.
  - ⇒ Hold your breath in for 3-4 seconds.
  - ⇒ Breathe out slowly through pursed lips as if you're whistling for 7-8 seconds.
  - ⇒ Repeat these steps several times.
- **Take care of yourself.** You're better able to cope with uncertainty if you're physically and mentally prepared. Make efforts to eat well, exercise and get enough sleep.
- **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends.

If you're having trouble managing stress and coping with uncertainty on your own, ask for help. Contact our EFAP provider (Morneau Shepell) for more information, support and resources.

[www.morneaushepell.com](http://www.morneaushepell.com)

Article from our Employee and Family Assistance Provider:

<https://www.workhealthlife.com/Article/Read/keeping-anxiety-in-check-in-the-face-of-uncertainty>

STAFFING UPDATES

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**Yamin Ben Letaifa**



**Rhys Bourne**



**Avantika Vaidya**

We are pleased to welcome three new students to the organization. Yamin and Avantika will be working in Registration, and Rhys will be working in Dietary.



**Amber Cox**

We are also pleased to welcome Amber Cox in the Administrative Assistant role and Annie Nguyen in the role of Physiotherapy Assistant.



**Annie Nguyen**

MANAGER OF OPERATIONS



We would like to share with you a change in title for **Ian Wilkie** that more accurately reflects the functions associated with his role. We are pleased to announce that Ian Wilkie will be transitioning from his current role of Business Analyst to an updated role of Manager of Operations. In addition to administration of payroll and benefits, this role will include oversight of the Dietary, Finance, Housekeeping and Laundry Departments. This update recognizes much of the day to day work that Ian already performs and allows for improved responsiveness.

Ian has been a dedicated and valued employee of the Deep River and District Hospital since 2005. Throughout his tenure with the organization, Ian has demonstrated the values of the organization and his willingness to go above and beyond. Ian is also a past recipient of the Ernie Mielke award which is presented annually to an employee who has been nominated by their peers in recognition of their dedication, positivity and demonstration of the Mission, Vision and Values of the organization. Please join us in congratulating Ian on his updated role!

## EMERGENCY PREPAREDNESS CORNER

**LESSONS LEARNED FROM JULY CODE RED FIRE DRILL**

During our last fire drill in July, we were fortunate enough to have representatives from the Deep River Fire Department present to unofficially observe our response to the drill and provide some feedback regarding our response. Deputy Fire Chief Gerry Johnson was at the site of the mock fire which provided members of the First Response team with an opportunity to debrief and ask questions.

First Responders asked the Deputy Fire Chief many questions regarding safety when approaching fires and how to maintain a safe environment to prevent fires. These questions prompted the need to provide further education to the First Response team. The Fire Department can provide this training to team members and training will be arranged.

Observations made by the Fire Chief:

- Quick response time from sound of fire alarm to announcement of location of fire
- First Responders arrived to the general location of the fire quickly, however had difficulty pin-pointing the exact location of the fire
- Staff response overall was shown to be quick with patient safety in mind
- Congregation of all staff to the reception area creates a road block for the fire department upon entering the building, will need to address meeting area location

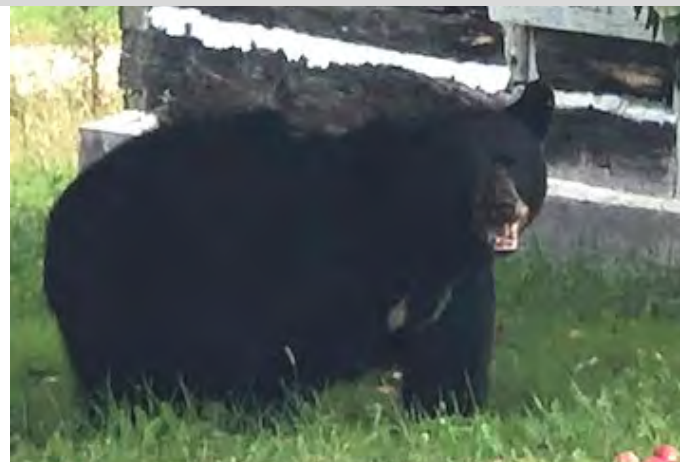


The Emergency Preparedness Committee is working to address the areas for improvement so we are better positioned to respond to Code Red situations.

**REMINDER:**

**Make sure to sign the observers sheet for the area in which you are in during a fire drill. Staff participation is being tracked to ensure all staff have participated in at least one fire drill.**

## BE BEAR-AWARE



GOLF COURSE SCAVENGER HUNT ft. RICK & GARRY



ALL-STAFF BBQ #3



Thank you to everyone who made the three all-staff appreciation BBQs a success this summer!



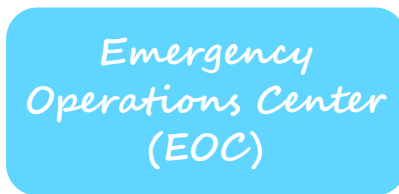
FOUNDATION NEWS

See Ashley in the Foundation office to grab a \$5 ticket for your chance to be the lucky winner this week!



POLICY UPDATES

The following new and/or updated policies can now be found on PolicyMedical:



JEREMY WINS YET AGAIN!

Jeremy Palmer is the lucky winner of a Tim Card, yet again! Answer the question on page 5 for your chance to win this month.



Is there something you would like to see appear in the next issue of the Zinger? Please submit photos and information to [amy.joyce@drdh.org](mailto:amy.joyce@drdh.org).

The Deep River and District Hospital receives funding from the Champlain Local Health Integration Network (LHIN). The opinions expressed in this publication do not necessarily represent the views of the Champlain Local Health Integration Network.