

Hospital Happening's



January 15th 2008

NGH Gives Back

Traditionally, The Angel Tree has become a symbol of Norfolk General Staff's generosity and goodwill during the holidays.

Every December The Angel Tree is erected in the front lobby decorated with angels representing area families in need, identified by the local Christmas Exchange. "This year staff donations were very generous" said Barb Stoepker, just prior to the Friday drop offs. Donations from the angel tree provided Christmas dinners for 4 area families with Turkey, stuffing and all the trimmings. Christmas gifts for the children were also wrapped and ready to go under the tree. The week before Christmas, Classroom (A) turns into a flurry of activity. The Employee Public Relations Committee coordinates drop offs, wrap gifts, and gets into the holiday spirit of giving. "It's a time to make special memories for everyone" said Gloria Sinnesael, a volunteer from the beginning, adding that "the families are very appreciative when they see us arrive at their homes."



Carrie Spicer, Paul Bennett, Barb Stoepker, Gloria Sinnesael, (Front) Steve Brightman

HERMAN[®] by Jim Unger



"They should move Christmas to January — everything's cheaper."

It's a 'BOY' For 2008!



If you're interested in helping with The Angel Tree Drive next year please contact Gloria Sinnesael at Ext. 1228.

Introducing "Taylor Gregory Bruce Harding" NGH's first born in 2008

Taylor was born 6:31pm January 1st. Shown with Taylor, proud parents Peter & Vilika Harding and big sis Ashton.



National Non- Smoking Week

Jan 20-26
Tips to Quit

1. Quit smoking "cold turkey".
2. Begin an exercise program. Exercise relieves stress and helps your body recover from years of damage from cigarettes.
3. Learn what triggers your desire for a cigarette.
4. Ask your family and friends to support your decision to quit.
5. Talk with your doctor about quitting. Support and guidance from a physician is a proven way to better your chances to quit .
6. Believe in yourself. Believe that you can quit.



IMPORTANT DATES

- * **January 21** Simcoe Branch meeting
- * **Feb 19** Port Dover Branch Meeting
- * **Feb 21** Open house for Recruitment

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Your input will help us create a newsletter we can all be proud of. To offer suggestions or leave feedback

Happenings

The 'Door' leading to Sanctuary at Norfolk General Hospital



Not long from now all patients and staff will have a quiet room for reflection - a place of healing, a place to feel safe and be away from distraction, a place of Sanctuary.

Maintenance, housekeeping, and outside contractors have been hard at work preparing for the official opening of the new Norfolk General Hospital Sanctuary located on the first floor in rooms 177 through 174. This room is brought to life by a beautiful mosaic created by Debra Cowperthwaite. There are also beautifully designed stained glass wall fixtures graciously donated by the Rundle family. The official opening has been slightly delayed in anticipation of new chairs to complete the design of the rooms.

Why create a Sanctuary at Norfolk General? Two reasons according to Ron Mullin, Chair of the Pastoral Care Committee, Society's focus has shifted away from Christian orientation. There are also more non Christians settling into Norfolk and area. This is reflection of a changing society and a growing community. Rather than be associated with one particular faith or religion, the Sanctuary will be a neutral place for reflection, a place for all to come.

The official opening of the new Sanctuary will take place in mid February.

 Help us keep NGH
Secure
Please remember to wear your ID badge
Thank You!



What Our Grateful Patients Are Saying About their Care

- Everything and everyone was super!
- The Doctors and nurses made me feel a lot better. They all treated me with respect, kindness, as well as compassion.
- The Doctors, nurses and staff were excellent in caring for us. The waiting time was long but we know there is a shortage of Doctors and help. Thanks!



Bits & Bugs

With Stephanie Ralph

At this time of year we are all thinking about escaping for someplace warm. However, there are a number of infectious diseases you could catch when visiting other countries. It is possible you could bring an infectious disease back with you.

You will notice a new travel health display outside the foundation office. The information on this display is meant to get you thinking about what you need to protect yourself. Pay close attention to the "Food and Water Precautions" and "Insect Precautions." These tips apply to all destinations, even those within the United States.

If this display does not address your specific trip or you still have questions feel free to call Infection Control at x3454 or x1267. At this time we can only offer this service for staff.

Wishing you healthy and safe travel!

Switching Frequencies by Jason Harnett

I must admit walking through the front doors of Norfolk General Hospital on my first day was a memorable moment, not for what happened but how I felt. A change in attire, a change in attitude a different feeling of responsibility. Broadcasting was a way of life for me for nearly 10 years. The world of music and entertainment consumed my thoughts almost everyday; I made connections with many people I never met, and possibly never will. It's funny how a generally shy and reserved person made his living entertaining and speaking his mind to the public and now it's opened up an even greater challenge helping open communication barriers within the hospital community. I look forward to working with all of you and learning all about the wonderful world of healthcare and if you want to talk music, I can do that too.

Stephanie Ralph is our Infection Control Practitioner at NGH. To contact her call ext.3454

Happenings

Giving with Gratitude



Kudos to you! Listed below are donors who specifically made a donation in honour and appreciation of the nurses, staff, patients and physicians at NGH and NHHH. Thank you for your patient care.

The Foundation staff Helen, Susan & Kim. Best wishes in your career for 2008

Grace E. Ledgerwood
Vera Frost
Bernhard Froese
Jeanette Bantam
Russell Sebring
Herbert E. Ashley
Mary Kenny
Catherine Hughes
Ralph D. Charter
Iris D. Hukezalie
Albert E. Bailey
Edwin A. Smith
Julia Krauss

Augusto C. Amorim
Sheilagh J. McCullagh
Terence C. Girard
Clarke O. Smith
Dan Ciona
Andrew Rothfischer
Steve Lados
Robert F. Raaflaub
Margaret McFarlane
Edgar W. Barrett
Pauline Boll
William J. Brooks
Lois M. Scott

ICU FACELIFT BEGINS



The Norfolk General Hospital Intensive Care Unit (ICU) Renovation project has begun. In the process, ICU patients have been moved into the Step Down Unit (SDU) while SDU patients will now be comfortable in surgical daycare. "We never worry about patients safety, we have a wonderful staff" said Emergency Department Director Rose Gass, adding "everyone is excited about the end result."

Director of Plant Operations JJ Knott will oversee the 26 week project that is estimated to cost \$900,000. "It's been in the works for a long time" said JJ "It's nice to see a commitment to the continuous renewal of the hospital."

The ICU project will work through three phases with many refurbishments including rubberized floors, a new ceiling, new lighting, new nursing station, patching and painting of walls, complete ICU room renovations with larger more accessible patient bathroom facilities, medical gas system head walls and the crowning, state of the art heart monitoring systems.

This project has been solely funded by community donations, the CD989 Radiothon, Holiday appeal and two major generous donations from, Mr. John & Hazel Race & Dr. Sylvester Chiu.

You're Invited



The Rotary Club of Norfolk Sunrise is hosting the **1st Annual Grate Groan-Up Spelling Bee**, Wed. January 23rd 5pm at the Royal Canadian Legion on West Street. *Helen, Pam and Jason* will be participating. Come out and cheer on the **NGH Dizzy Spells!**

If you'd like to make a pledge contact Jason X 6977

Happenings

Looking Back at 2007



Happy New Year everyone!
Here are some of the highlights, achievements and positive comments we received from you

In 2007 3E underwent some major improvements with the design and redecoration of three rooms used by patients who require palliative/end of life care. As well, the unit underwent an intensive three week long upgrade of flooring, lighting and paint in patient care areas. During these all these renovations, the 3E staff worked diligently to continue to provide high quality care to all our patients.

Elizabeth Hawthorne - 3E Director

Having a permanent charge nurse assigned to the Operating Room has made a significant improvement to the daily flow of information amongst OR staff and physicians as well as between the OR and other departments. Ruth Driedger is doing a terrific job!

Mary McKenzie— Operating Room Director

2007 was exciting as the health care team at Norfolk General Hospital enhanced their focus on evidence based practice by including additional devoted hours to Infection control as well as a clinical Educator. Debbie Cockerill, Stefanie Ralph and Kim Wray are an important resource for staff as they continue to maintain and enhance quality and safety of patient care.

Bettyann DeRonde - Vice President Patient Care

I think the biggest accomplishment for us was;

The further development and documentation of our laboratory Quality Management System. The progress made was accomplished through team effort involving all laboratory staff.

Barry Vermeersch - Lab Director

There were many projects in 2007. The completion of 3 Palliative Care Units was a major accomplishment. There were renovations to 3E and 3B energy conservation projects including linkageless boiler controls which have proven to be helpful to the environment and a huge cost saver for the Hospital. In 2007 there was the F wing, laneway repaving project and the B Wing Brick restoration. The nursing home received a major facelift with a restoration of 10 resident bed locations.

Norfolk General has become a leader in energy conservation setting the stage for other hospitals.

JJ Knott - Director of Plant Operations

NGH Participated in the Provincial Wait Time Strategy

this involves sending the wait time folks our wait time data

NGH also was the Pilot site for the HOBIC (Health Outcomes For Better Information and Care) Pilot site.

We are the only Hospital at the time using electronic point of care Nursing documentation.

Dave Little - IT Director

We have seen retirements of some long term nurses, Minta Muntz RN, Pauline Thiessen RN and Pat Laing RPN. These nurses have given over a hundred combined years of dedicated service to NGH.

Staff and friends of 3B have published a cookbook as a fund-raiser for the Nurses Education Fund...we have to date sold about 350 of them...3B previously published the first edition in 2007

We have hired Karen Towler who comes with 22 years of Obstetrical experience to be the OBS educator and implement best practices.

11 RN's and RPN's have completed the Maternal Child Nursing Program from Fanshawe College in London. We were able to partner for the video conference in Townsend with Adult Mental Health. In March 2008 we will utilize our own video conferencing equipment and conduct the program on site.

Linda Vancso - Director Obstetrics & Inpatient Surgery