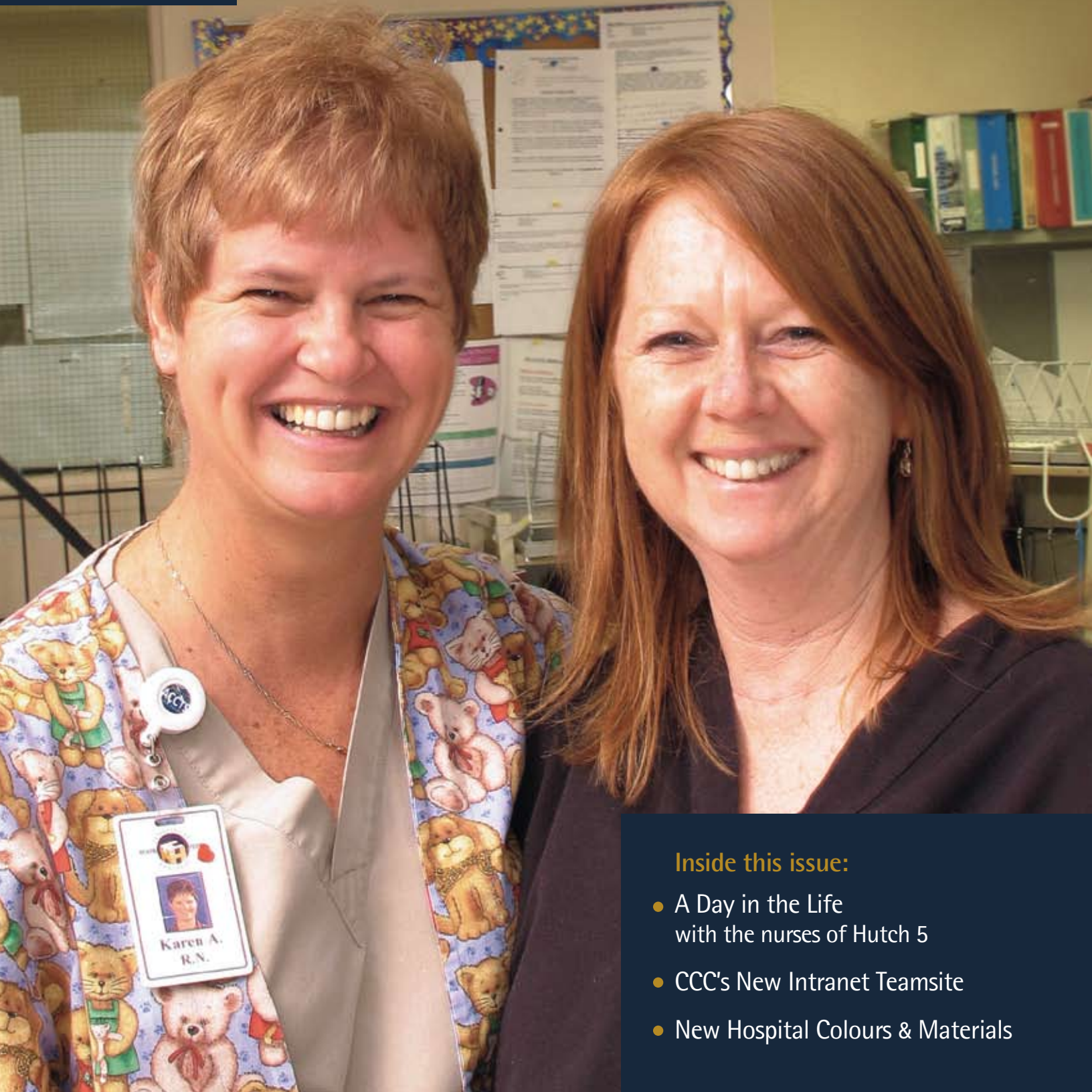


May 06

Peterborough Regional Health Centre • A monthly magazine for our community

# Insites

Our Values: Accountability • Innovation • Respect



## Inside this issue:

- A Day in the Life with the nurses of Hutch 5
- CCC's New Intranet Teamsite
- New Hospital Colours & Materials

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# PRHC's Salute to Nurses

## Working To Put the 'Care' In Health Care

Welcome to another issue of *Insites*, your source for what's happening at PRHC. With Nurses Week just around the corner (May 8th – 14th), this month we're honoured to salute the vital role our nurses play in promoting the health and wellness of Canadians. This month we take you behind the scenes with a 'day in the life' look at the nurses on one of our busy units.

The opportunity to spend the day with some of our talented nurses was truly a gift. Wendy Fucile, Vice President and Chief Nursing Officer had this to say about the idea.

"It's a chance to see inside one element of a broad profession that is, all at once, rewarding and challenging, joyous and sad, rich in history and full of promise for the future. Nurses work in every walk of life, in individual homes in the community, on the streets of our cities, in nursing homes and in hospitals of every size and shape. Nurses play key roles in all of patient care, education, research and leadership — and the world

would be a poorer place without the caring hearts and skillful hands found in the profession that I have been privileged to be a member of — a choice I would make again today!"

We couldn't have put it better ourselves. A special thank you goes out to everyone on Hutch 5 for their willingness to share their expertise and experience with us. Your patience and humanity are an example to us all.



## Insites

May 2006 • Volume 2 • Issue 4

*Insites* is published ten (10) times a year (with single issues in January/February & July/August) by the office of Corporate and Public Affairs at the Peterborough Regional Health Centre.

*Your opinion, comments and input are important to us.*

*Do you have suggestions for topics we can cover?*

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### In this month's feature:



*Insites* talks to the nurses of Hutch 5 including Amy Y., RN; and Kelly S., RPN.

### Coming in the June issue:

Food for thought — *Insites* talks to Nutrition Services

On the cover — left to right: Karen A., Charge Nurse; and Mary W., RPN.

# Our People

## New and Familiar Faces at PRHC



### New

#### Natalie Wasserlauf, RN

*How long have you worked at PRHC?*

I officially started in May of 2005 but I did my practical training here prior to that.

*What do you do?*

I work with medically fragile babies and their families in the Special Care Nursery.

*What do you like about your job and working at PRHC?*

I love my job unequivocally. I love the babies, my co-workers, the families we see — I just love the feeling of helping to build a healthy community. That starts with healthy children.

*What did you do before coming here?*

I was at Trent University completing two degrees. I have a BA in Environmental Resource Studies and a BScN in Nursing.

*What do you like to do when you're not working?*

My fiancé James and I are active people so we're outdoors a lot. Plus, we just bought our first house and we're getting married in August so I'm pretty busy!

### Familiar

#### Lorraine Dunn

*How long have you worked at PRHC?*

It will be 33 years this May.

*What do you do?*

I work in Health Records as a Medical Transcriptionist.



*What do you like about your job and working at PRHC?*

I like that my job is constantly changing as technology and health care evolve. There's always new terminology to learn or procedures to familiarize yourself with. Collectively, our department has a lot of years of knowledge and experience. That makes it a remarkable place to work.

*What did you do before coming here?*

I came straight to PRHC after graduating from Fleming's medical secretary course in 1973 and I've been here ever since.

*What do you like to do when you're not working?*

I love to listen to country music and watch a good movie. When the weather is nice you can find me outside in the flower beds or at a car show with my husband.

## In Brief

### Wait Times Hotline

Don't forget to let your patients know that wait times for hip/knee replacements and cataract surgery are now available through PRHC's new wait times hotline.

Surgical candidates can obtain information on monthly median wait times by calling (705) 876-5108 or toll free 1-866-446-9778. This information is also available at [www.health.gov.on.ca](http://www.health.gov.on.ca).

### Food For Thought

Help ensure your food is safe to eat by incorporating these suggestions into your daily routine:

- Wash your hands before handling food, during food preparation and after using the washroom.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect kitchen areas and food from insects, pets and other animals.
- Choose foods processed for safety, such as pasteurized milk.
- Separate raw meat, poultry and seafood from other foods and use separate equipment to prepare them.
- Cook and reheat food thoroughly and keep cooked food piping hot (more than 60 °C) prior to serving.
- Bring foods like soups and stews to boiling making sure they've reached at least 70 °C.
- Don't thaw frozen food at room temperature or leave cooked food at room temperature for more than 2 hours.
- Don't use food beyond its expiry date.

*Brought to you by the Employee & Patient Safety Program*

# Our Strategic Plan

In 2005, PRHC developed a new Strategic Plan outlining our mission, vision, values and five strategic directions.

*Insites* is pleased to bring you a monthly look at our Strategic Plan in action.

## Our Strategic Directions

### New Hospital Transition Plan

- Prepare for the transition to the new hospital through maintenance of the existing sites and securing sufficient resources, human and financial, to realize capital and operating plans.
- Assume occupancy of the new hospital.

### Enhancing the Quality of Care

- Implement and measure quantitatively and qualitatively improvements in care and service delivery.

### Realizing a Positive Workplace Culture

- Implement and measure quantitatively and qualitatively initiatives that will increase staff, volunteer and physician satisfaction.
- Maximize communication and alignment with corporate vision, mission, values and goals across the organization.

### Leveraging Technology

- Implement technology to realize the core elements of an electronic health record.
- Implement technology to improve business processes thereby increasing quality and reducing cost.

### Building Partnerships

- Establish partnerships that will improve the quality of care or service, enhance our reputation or reduce operating costs.
- Nurture a supportive relationship with our communities.

# In Action



## New Hospital

### Key Move Dates

The Move Planning Team has been busy hammering out a two-year transition plan leading up to the big day when PRHC moves to its new home. Working with Health Care Relocations (HCR), the team has given *Insites* the following key dates:

- Spring 2006 – Departmental consultations begin to determine what work needs to be done in preparation for the move.
- Fall 2006 – HCR staff begins development of the move calendar with visits to each department to determine how much they will need to move.
- Early 2007 – HCR produces a draft calendar detailing how and when department transfers will begin. The calendar is then circulated to ensure its effectiveness.
- Spring 2007 – When the draft calendar is complete, actual move dates are confirmed with contractors, HCR and planning staff.
- December 2007 – Ellis Don plans to turn over the building and setup begins for new items and equipment. Staff orientation begins within two months of the move.
- Spring 2008 – Over a period of three to four weeks, departmental moves begin according to calendar order and finishing on the last day with patients.



## Quality of Care

### New Standards for Patient Materials



Jennifer Murdock, Professional Practice Nurse Consultant.

Helping patients to make informed, evidence based decisions is a critical component of PRHC's commitment to quality of care. With this in mind, the Professional Practice Program has come up with a way to eliminate guesswork when it comes to the writing and design of patient education materials.

Designed to produce readable, consistent documents, the new standards for the development and revision of patient education materials are being applied to materials across the organization. Core requirements include a recommended 14 point font size, a grade six readability level that uses clearly defined medical terminology, and the use of standardized templates.

“It's not about creating fancy documents,” say Professional Practice Nurse Consultant Jennifer Murdock. “It's about making sure the patient has the information they want and need presented to them in a way that's easy for them to understand.”



## Positive Workplace Culture

### Staff Campaign Underway

For PRHC staff Elaine Barringer and Warren Craft, raising money isn't just about buying much needed equipment. It's about building a successful team and improving the lives of colleagues. As co-chairs of the Employee Division of the PRHC Foundation's By Your Side fundraising campaign, they're hoping their fellow staff members will feel the same way.

"I think most of us recognize that much of our equipment isn't all it could be," says Barringer. "By giving to the campaign, we're helping ensure that our co-workers have what they need to do the best job they can. It will make all our lives better."

With lots of prizes including "Couch Potato Getaways" available from Elmhirst Resort, Craft and Barringer see the campaign itself as a chance for staff to have a little fun.

"When you give to the campaign, you're automatically entered into the draws," says Craft. "More importantly though, you're showing the community just how committed we are to the well-being of the entire region."



Left to right: Elaine Barringer, P.E.A.T. Nurse; and Warren Craft, Building Services.



## Leveraging Technology

### CCC Intranet Teamsite

Complex Continuing Care deserves a special nod of congrats for being the first nursing unit to take full advantage of PRHC's intranet. Providing one-stop access to important information, the site contains everything from policies, education material and announcements, to clinically relevant links to organizations like the College of Nurses and the World Health Organization.



Left to right: Joni Wilson, Nursing Manager; and Samantha Dalby, Clinical Educator.

"Like most units, we have limited space for resource materials," says Joni Wilson, Nursing Manager and project co-facilitator. "The site allows us to streamline our efforts. Staff now has an efficient way to get the most up to date clinical information, particularly on nursing practice."

Equally proud of both the site they've created and the way the staff has jumped right in, Wilson and co-facilitator Samantha Dalby, Clinical Educator are offering help to anyone who'd like to develop a teamsite of their own. They'd also like to thank Jamie Cole for all his help with the project. To check out the site, visit <http://prhc-web1/sites/ccc/default.aspx>.



## Building Partnerships

### Shared Services

Shared resources are the name of the game when it comes to PRHC's employee partnership with Haliburton Highlands Health Services (HHHS). The evolution of a long relationship between the former St. Joseph's Hospital and the northern health care provider, the now formalized agreement reflects PRHC's commitment to building partnerships.

On loan to HHHS, HR Consultant Courtney MacDonald spends four days a week working with staff at their Minden and Haliburton sites. Splitting her time between them, she provides consulting services like collective agreement interpretation or external employee recruitment.

In exchange for keeping MacDonald one day a week, PRHC also provides HHHS with support from its HR Information Centre. Thanks to this arrangement, their staff has access to the toll free number and benefit/pension enrollment.

"These kinds of partnerships are an essential part of our HR model," says Jamie Allison, Manager of Human Resources and Organizational Effectiveness. "Not only do they reflect the Province's move towards shared services, they're an efficient use of health care staff and resources."

# People & Talk



Left to right: Larry Maltby, Louise Flaherty and Jamie Allison model their Easter bonnets during an Easter Hat Parade held April 12th in the HDS cafeteria.

## Sexual Assault Awareness Month

The Women's Health Care Centre wants to remind you that May is Sexual Assault Awareness Month. For more information, call Bobbi Martin Haw at (705) 741-4132.

## Rural Medicine Week

PRHC celebrated Rural Medicine Week April 10th – 14th by hosting eight first-year students

from the University of Ottawa. In a joint venture with the City, County and our physicians, the students stayed with host families and enjoyed a week of rock climbing, luncheons, hospital tours and more. Thanks to everyone who helped out with this important event. The warmth of their hosts, physicians and staff certainly put Peterborough on the map for these future doctors.

## Kudos & Congrats

As usual, there's no shortage of people out there making PRHC look terrific! Kudos and congratulations go out to the following people for their outstanding efforts:

- Kate Brown of the Dialysis Program and Catherine White, Lynda Chilibeck, Pauline Sherman, Cheri Humber, Tammy Hotner and Jude Handley of the Pharmacy, winners of PRHC's Medication Safety Award.
- Margaret Avery-Lynch of the Regional Dialysis Program whose article on her research involving intradialytic parental

nutrition will be published in the next CANNT journal (Canadian Nephrology Nursing and Technologists.)

- Wendy Fucile, VP and Chief Nursing Officer; Cyndi Gilmer, Director, Women & Children/Ambulatory Care/CCC; Bev Reid, GRASP Consultant; Diane Barkey, Manager, SOP/PACU/Endoscopy/Cast Clinic; Colleen Armstrong, Manager H4; Catherine Brumwell, Manager, OR; and Deb Hanna Bull, Clinical Nurse Educator, Medical Services, who will be acting as Stakeholder Reviewers for the RNAO's upcoming Healthy Work Environments Best Practice Guidelines Project.
- Nursing Manager Joni Wilson for her hard work on falls prevention data collection and education for CCC staff.
- March's MVP Kelly Jo Ladoucier of the Dialysis Unit for always going above and beyond her required duties.

## Keep It Confidential

Help reduce the risk of confidential material ending up in the wrong hands by switching to one of PRHC's newly approved standardized red containers. Two different sizes and styles are available through your MM buyer. For more information, call Gord Rance at ext. 3031.

Recently, David Walker, Queen's University Dean of Health Sciences, wrote to say thank you to *Insites* for our feature on teaching at PRHC.

"We at Queen's are proud and delighted to be able to say that we are partners with PRHC in this very important endeavour, and are particularly pleased that our students and residents are taught by such excellent and exemplary clinicians. Those such as Dr. Peter Maskens and Dr. Jennifer Darling are two of many to whom we are most grateful, and we thank PRHC for highlighting this very important contribution."

— David Walker, Dean, Faculty of Health Sciences

# Our Patients In Conversation

## Therapy Dogs



Hutch 4 Ward Clerk Beth Hoare enjoys a visit with the East Central Therapy Dog Program's "Mossimo" on April 7th.

## H & S Training

PRHC's annual health and safety training is going on right now with sessions planned for 8:30 a.m. – 3:30 p.m. on Monday, May 15 at HDS and Wednesday, May 24 at RSS. Learn WHMIS, emergency codes review including fire, infection control, and injury prevention fundamentals. To secure a spot, call Occupational Health and Safety at ext. 3914.

## Appreciation Luncheon

PRHC nursing students, preceptors, clinical managers and directors take a photo break during a special appreciation luncheon celebrating the success of the 2006 Registered Nurse Incentive Program at the Holiday Inn on April 19th.



## Retirement Tea

Come say goodbye and good luck to all those who retired from PRHC during the period January 1, 2005 to May 31, 2006. A group retirement tea will be held in their honour on Thursday, May 25 from 2:00 p.m. - 3:30 p.m. in the HDS cafeteria.

## Celebrating Each Other

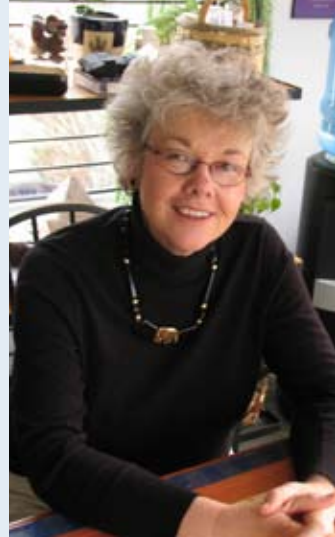
Mark your calendars for the Celebrating Each Other Awards (aka the Long Service Awards) set to take place on Tuesday, June 20 at 2:30 p.m. at HDS.

## Parking Changes

Building Services wish to remind everyone that RSS staff parking is now limited to the newly designated staff lot beside the north wing, the Armour Road lot, and the Rogers Street lot. Vehicles parked in the north wing lot must also display the issued mirror hanger tag. Pay-as-you-go staff may park in the Armour Road or Rogers Street lot.

## Donna Southern

Donna Southern thinks it must be the retired principal in her that's so fascinated by the inner workings of a complex organization like a hospital. After receiving two total knee replacements over the course of the last year, she says she was blown away not just by her excellent care, but by the complete efficiency of what she calls 'a phenomenal experience.'



"I can't adequately explain how finely-tuned everything was on both my visits," says Southern. "From booking to discharge, the whole thing ran like clockwork. You can't chalk that up to luck. It must be part of the plan."

Southern says she's tremendously grateful to the staff of both Orthopedics and Hutch 4 as their efforts have allowed her to resume activities that bring meaning to her life.

"Without this surgery, my lifestyle would have changed dramatically," she says. "Now I can keep gardening and having fun with my grandson. These people didn't just fix my knees, they fixed my quality of life and for that, I thank them."

## Patients say thanks...

For the amount of care and the number of staff needed, they do an overwhelming amount of loving, caring understanding and compassionate care. Job well done!

M. B.

# a day

In honour of Nurses Week, *Insites* writer Rebecca Huels Phillips spends a day on Hutch 5 and finds out what it takes to be a nurse at PRHC.

# in the life



It's a little before seven a.m. and I'm thanking my lucky stars that I'm somewhat of a morning person. Extra large coffee in hand, I'm ready to report for my shift with the nurses of PRHC's Hutch 5.

A more awake person might stop to wonder what they were doing here. After all, any dreams I had of becoming a nurse ended with an ill-fated attempt at candy striping. It seemed my romantic notion of nurses bathing foreheads and taking temperatures was way off. At the first sign of bodily fluids I was out of there. Flash forward twenty years and on behalf of *Insites* readers, I'm finally about to find out what it really takes to be a nurse.

It's important to acknowledge that like any profession, the work varies depending on the department or specialty. In order to get an accurate sense of nursing in general, I've been given permission to join the nurses of Hutch 5's medical unit where the staff cares for patients who have been admitted for "anything other than surgery." A good representation of hospital nursing, it's going to be my home for the next 12 hours as I begin my 'day in the life' of a PRHC nurse.

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Left to right: Amy Y., RN; Kelly S., RPN; and Kathy C., RPN.

**7:00 a.m.** – I’m ready but where is everyone? Ah. First lesson. Unlike many places of employment, there’s no gradual start to the day around here. No lingering over coffee discussing last night’s “must-see TV” before reluctantly getting down to work. At 7:00 a.m., the day shift is already in Reports, receiving assignments, getting patient updates from the departing night shift, and setting priorities for the rest of the day. Then it’s on to the patients for initial morning assessments and away they go!

**8:30 a.m.** – As the nurses start to administer their first round of meds, Charge Nurse Karen A. is able to sit down and give me a snapshot of the unit. Today I’ll find eight nurses working in four teams of one RN and one RPN. They’ll work a twelve hour shift and look after the nursing care needs of up to eight of the unit’s 34 patients. She also explains that the unit has a specialty.

“We perform all of the in-patient peritoneal dialysis,” she says. “Many of the patients who need it are here on Hutch 5 but they can be in other units. So a big part of our job is traveling back and forth while administering the treatment. It means we do a lot of walking.”

**10:30 a.m.** – Lesson number two. If multi-tasking were an Olympic sport, nurses would be gold medal contenders. I’m trailing a nursing team made up of RN Kathy T. and RPN Mary W. and

in the last half hour, I’ve watched them prep a patient for a day trip to Sunnybrook, field numerous patient requests, assess a patient’s blood sugar, book blood work, and confer with the pharmacy. At the same time, Kathy is heading off to another unit to start a patient on peritoneal dialysis. To my ears, they speak a foreign language made up of abbreviations and acronyms. They constantly stop what they’re doing to make notes that they’ll eventually need to transfer to patient charts. My head’s spinning but they take it in stride. They tell me it’s easier to dance when you know all the steps.

**11:15 a.m.** – The other professionals who make up the team have been arriving all morning and things are definitely hopping. Just trying to stay out of the way, I take a few minutes to talk to RN Amy Y. about why she loves her job. Laughingly holding up the specimen she’s just collected from a patient, she tells me it’s the glamour of it that keeps her going.

“I actually do love it,” she says in all seriousness. “You just have to have a sense of humour about it because some parts of the job can be a little unpleasant.”

**2:00 p.m.** – After what seems to me to have been a very busy morning, things have temporarily

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Top: Karen A., Charge Nurse; and Amy Y., RN. Middle: Tricia F., Trent nursing student. Bottom: Kathy, RPN.



## Cover Story

"It's romantic to call us everyday heroes but it's also a job that I'm here to well. There are some days though, where it's the best job in the world."

quieted down. The majority of the staff is trying to catch up on their paperwork while their patients rest. In the hallway, Karen and Amy are learning how to use a portable peritoneal dialysis machine that will make their lives significantly easier. Getting the hang of it right away, the exercise proves that ongoing education is a big part of nursing.

"There's always new technology coming or new professional practices," says Amy. "I think it's safe to say we learn something new here almost every day."

**4:30 p.m.** – I'm getting tired, my back and feet are starting to ache, and I've just learned lesson number three. No matter how long a day it's been or how tired you might feel, as a nurse, your first priority is to provide compassionate care. Mixed in with their long daily to-do lists is

the need to always respond to patients and their families with freshness and good humour. Watching them keep their cool, I'm struck by the thought that while patients might be anything but patient, nurses have no choice but to be.

**6:00 p.m.** – As the day winds down, there's some time to discuss the changing face of nursing at PRHC. It seems I'm not alone in my ignorance. The consensus among the nurses is that people don't understand what nurses do or how hard they work. The nurses agree that it's sometimes easy to feel frustrated, particularly in light of recent staffing changes.

RN Misty R. tries to shed a little light on some of the changes that have occurred in nursing over the years, explaining that patients in hospital tend to be more acutely ill today. They require a different

type of care, something that not everyone understands. "People see us working and it looks like we're doing one thing when in fact we're doing ten. It's a different world."

**7:00 p.m.** – It's quitting time and I'm bushed. After a final rush to complete their paper work and a consult with the in-coming shift, the nurses of Hutch 5 finally get to go home. But before they head out the door, there's time for a quick team photo and a final thought from Misty on why they do this physically, emotionally and mentally demanding job.

"It's romantic to call us everyday heroes but it's also a job that I'm here to well. There are some days though, where it's the best job in the world."

One final thought. Several days after my experience, I had the opportunity to express to Unit Manager Jennifer White how impressed I'd been. I was particularly amazed that at the end of a long twelve hour shift, the nurses still had so much spirit left.

"They put in 110% each and every day," she agreed. "They really care about the patients and each other. They're an awesome staff."

So besides a better understanding of what it takes to be a nurse in a busy hospital, I've come away with another, even more important lesson. That however much nursing has changed over the years, one thing remains true: nurses work hard to put the care in health care. Now that's something that anyone who's ever been a patient at PRHC knows.

Standing, left to right: Kelly S., RPN; Kathy C., RPN; Janice G., RPN; Mary W., RPN; Teresa K., RN; Wendy H., RN; and Karen A., Charge Nurse. Sitting, left to right: Misty R., RN; and Amy Y., RN.





# New Hospital News

Ask anyone who's done it and they'll tell you: balancing functionality and aesthetics when choosing colours and materials is one of the toughest parts of any home renovation. It's particularly true when contending with a family's differing tastes.

*Insites* asked Stantec Architecture's Grant MacEachern just how you go about making these tough decisions when the home is a 715,000 sq. ft. hospital and the family is an entire community.

## *Where do you start with a project this big?*

You begin in consultations with the client. In PRHC's case, we relied on input from the staff who were part of a special colours and textures committee. Then we looked at the big picture. The new hospital is so large, you can already see the current construction from an airplane flying at 30,000 feet. So it's really important that the completed building is in keeping with the surrounding area. It's a significant influence in our decision-making process because in architecture, colours and materials play an important role when instilling a sense of place.

For example, Peterborough has a local tradition of building using brick, therefore brick was chosen for the majority of the exterior. It will lend a sense of familiarity to the new facility and connect it to the

community. The same principal applies to the main entrance where a feature wall will be built using a type of limestone found at a local quarry. The opportunity to use local materials and its subsequent economic benefit to the community is also an important part of our design philosophy.

## *What other materials will be used?*

Wherever it was possible or practical, we've tried to use natural, soothing materials throughout the building. The reception desks, nurses' stations and entrance doors will be made of warm woods. Again, it's all about consistency and familiarity.

## *What will we see on the floors?*

In most cases, highly durable linoleum is going to be used throughout the hospital in a variety of natural colours. The team felt that

this was the best choice as it's more durable and easier to maintain than vinyl, and comes in a wider range of natural colours.

## *What about wall colours?*

We started by selecting a basic colour palette of warm neutrals and whites that will be used throughout the hospital. They've been chosen both for their soothing qualities and because they'll ground the building to the site. Then we started to build accent palettes of fresh colours chosen for their wide and enduring appeal. We've used these palettes throughout the hospital to accent a room or as 'feature colours' that will highlight specific departments and help people identify where they are.

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Top left: Artist rendering of the view from the lobby looking east towards the main corridor. Top right: Sample board of inpatient unit suggested building materials.



*Mike Walker, Registered Orthopedic Technologist (right) and Bobby Fulsang (centre) shown here with his mom, Katie, getting some work done on his casts.*

# by your side

## CAMPAIGN

"For me, having an active family has meant frequent use of the Emergency Room at PRHC. From golf accidents and stitches to broken bones and burns, we've used the ER more than once! Our most recent visit occurred when my sixteen-year old son broke both wrists while playing basketball. Even though the ER was unbelievably busy that day we received excellent care. Every nurse that looked after us showed the care, skill and confidence needed to reassure me as a mother, but also my son who was just starting to realize the impact his injury would have on his day to day life. I have worked at PRHC for 22 years and I am still proud to say that I am part of this team. I am proud to donate to the By Your Side Campaign. My family and I truly appreciate the value of a well equipped hospital."

*Katie Fulsang, Communication Technician*

In the past three years, the Foundation has funded more than \$3.2 million in new equipment and technology including a portable ultrasound and vital signs monitors for our Emergency Room. As we launch the *By Your Side* Campaign, we have an opportunity to support the purchase of vital equipment including \$2 million for Emergency and Critical Care. When you receive your personal *By Your Side* donation package, please remember that we all depend on the success of the *By Your Side* Campaign because PRHC will at one point be at the centre of our lives, offering expert health care during times of joy and sadness, illness and injury, relief and recovery.

What will make a critical difference to our lives and the lives of our loved ones is our dedicated staff having access to modern equipment indispensable to restoring health, easing pain and saving lives. Every employee or volunteer that makes a contribution to the *By Your Side* Campaign will get their name entered in the draw for great prizes and will receive a specially designed *By Your Side* lapel pin as our thank you gift. Contact the Foundation Office for more information.

We invite you to join us in our efforts to be *By Your Side*.

To find out how you can get involved in the *By Your Side* Campaign, contact the Foundation office on the 2nd Floor Hub at HDS - we would love to see you!



### our mission statement

The Foundation inspires our communities to donate funds for urgent equipment and facility needs to advance patient care at Peterborough Regional Health Centre.

1 Hospital Drive, Peterborough, ON K9J 7C6 · T: 705-876-5000 · E: [foundation@prhc.on.ca](mailto:foundation@prhc.on.ca) · [www.prhc.on.ca/foundation](http://www.prhc.on.ca/foundation)