



AUGUST 2021

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: MHC STAFF OFFER SELF-CARE ADVICE



Caroline (left) with the PHCC's Baljinder

help you physically, emotionally and spiritually.

That got me thinking: I wondered how our MHC staff incorporated self care into their days. How do they relax and take care of themselves? So I did a quick informal walk-through and surveyed random staff seeking inspiration to share with others!

Andy in MDR emphasized it's important to take equal care of your mind and body, in particular eating healthy. His favourite way to "take it easy" is to watch a variety of TV shows.

April in day surgery does "things that are fun" in her downtime. She loves bike riding and is currently learning how to juggle balls, rings and clubs!

The PHCC's Shauna says she walks on her work breaks and echoes April that it's important for her to do things that are fun. She also enjoys watching comedies on Netflix and recommends Frankie and Grace.

Baljinder also enjoys walking and says staying hydrated is an important element of her self-care.

TCU health-care aides Patricia and Rosario both advocate for outdoor activities. Patricia enjoys walking in nature and Rosario cites cottage time as a self-care requirement – especially fishing with kids!

Harmandeep in CIVP says positive thinking is the way to go: "Be a team player and ask for help if you need it." At home, she finds watching TV and listening to music very relaxing.

As I head out for a week of holidays, I'm also thinking about self care. I had been planning on biking and gardening, which I find very good for the soul. I may also need to take up juggling too.

Yours sincerely,

Caroline DeKeyster

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Summer is a traditionally a time to take holidays and a well-deserved break. Goodness knows working through a pandemic is extremely challenging and we all need to take care of our own well-being as well as our residents, patients and clients.

When was the last time you did something for yourself? Self care is so important: it involves taking the time to do activities that nurture you and treating yourself as kindly as you treat others. Self care can

GENEROSITY ON DISPLAY!

Kris Gladwell, President & CEO
MHC Foundation

I hope you are all enjoying a restful summer and getting the chance to take some well-deserved holidays.

At the Foundation, we are busy planning a number of exciting initiatives for the Fall to ensure we can continue to support all the important work being done here at MHC.

However, we are happy to share that one summer project has been completed! You may have recently noticed a refresh of the MHCF donor wall, located at the entrance of the parkade overpass. The listings have been updated, so you can see the names of the generous donors who continue to support the work you do.



Thanks to these donors, and many others, we have been able to invest in technology and equipment updates for Health Links – Info Santé, exercise therapy equipment for Long-Term Care, as well as providing COVID-19 supports to the entire Health Centre and staff. We offer our sincere appreciation to them – and you – for all the amazing support!

Don't forget, tickets are still on sale for our virtual event, InVision, being held on Thursday, September 23. All are welcome to join, so please share the word! Delicious food, fine wine, fabulous entertainment, and an online auction await – see more at misericordiafoundation.com/invision2021

MHC PROGRAMS HELPING LONG-HAUL COVID-19 PATIENTS

More than 12,000 post-COVID patients in Manitoba have experienced a condition known as long-haul COVID-19. These patients are experiencing breathing difficulty, extreme fatigue, headaches, concentration and cognition symptoms that persist for months after their infectious period has ended.

Two rehabilitation programs at MHC—Easy Street and MHC for Lungs—are working together to bring these patients a better quality of life.

Laura Zelcer, a respiratory therapist at MHC for Lungs, says the majority of their long-haul COVID-19 patients have “severe shortness of breath, even at rest.

“And they’re so young, with no previous medical conditions.”

Treatment plans include lung-disease education, breathing relaxation and control techniques, and counselling. The treatment is similar to what other patients in the program experience for help with conditions like chronic bronchitis, emphysema or chronic asthma—except that the post-COVID patients are more fragile.

“They can’t be worked as hard or they’ll end up regressing.”

Counselling and education for the long-haulers is also different as they are typically younger and were previously healthy.

“They’ve had to step back from family roles and work life and learn to pace themselves, to go from being caregivers to letting someone else be the caregiver for them,” said Laura.

MHC for Lungs often refers long-haul COVID-19 patients with neurological symptoms to MHC’s Easy Street rehabilitation program. Easy Street offers a safe, simulated community environment—including a bank machine, car, grocery store, sidewalk and street settings—for clients to regain skills after life-impacting health changes like an acquired brain injury or a stroke.

Long-haul COVID-19 patients are often experiencing challenges around concentration, short-term memory and brain fog.

Easy Street has been working with patients that completed the eight-week MHC for Lungs program, and all the work has been virtual.

Easy Street physiotherapist Brad Lucas says he builds on the MHC for Lungs exercises and therapy, reassessing patients and modifying their program as they progress, while occupational therapists use strategies to improve cognition and memory.

Programming is customized to help patients achieve specific goals, like returning to work, but Brad says progress can be slow.

“Part of their problem is their tolerance for activity. If they overdo it, they need a day or two to recover.”



Laura Zelcer,
respiratory therapist

Long-haul COVID patient Frank Adam was diagnosed with COVID-19 in October 2020 and still experiences severe fatigue and issues with breathing, memory and concentration. He uses oxygen most of the day. When he talks he can have trouble finishing sentences.

Frank was a professional photographer before COVID-19 hit. He hoped to return to work this August but realizes now that is unlikely. He just finished the MHC for Lungs program and is starting up with Easy Street. Although he’s had some physical strength improvement, severe fatigue is still a big challenge.

“It’s going to be a slow process,” says Frank.

He’s grateful for the MHC rehabilitation programming, saying it’s “one of the things, besides my family, that’s keeping me positive.”



VINTAGE VIEW

This photo was recently posted by the Vintage Winnipeg Facebook page with the caption “View from the Misericordia Hospital, 1900.” The river is on the right and the road on the left is West Gate.

The post generated dozens of comments, including eight from people saying they were born at Misericordia.

Sandy Jones writes, “I was born there in '48. All my 11 siblings were born there except two.”

In reply to Henry Wolonciej, who simply wrote, “I was born there in 1957,” Chris Butterill wrote, “Henry, I may have held you in my arms! I was a Tulip girl at the Misericordia in the '50s and early '60s with the newborns; I volunteered on weekends and worked with the new babies during the summer months.”

KEEPING OTHERS SAFE

Working in security at MHC, Kory's job is to keep patients, clients, families and visitors safe. Getting the vaccine was an important part of that job, he says.

"I have seen how the pandemic has caused more anxiety for patients as public health measures prevent them from having a companion escort them, and they are coming into our site alone," he says. "I truly believe that by being vaccinated I have helped to ensure that my workplace is a safer environment for everyone," he says.

He also chose to get the vaccine for his family.

"I have a 12-year-old son and a 10-year old daughter, and both my father and mother-in-law are elderly," he says. "My wife works at HSC Children's Hospital and in addition to protecting her, being vaccinated means I can also help prevent the spread of COVID-19 to her patients."

Like many of us, Kory says his family is struggling with the isolation of the pandemic, and he hopes that more people getting vaccinated will help them get back to their normal lives.

"I see the effects of this on my kids, not being able to be with their friends or their grandparents and other family members, and it's really hard," he says. "I want everyone to be able to build up those bonds of friendship and love that make us all stronger."

Kory says he would encourage any of his colleagues who might be hesitant to get the vaccine to go ahead with it, both for their own sake and the sake of their communities.



I've been vaccinated for COVID-19. Have you?



Kory Security



"The only way that we can stop the pandemic is to get as many people as possible vaccinated," he says. "Working in the health-care system, it's our job to do what we can to make sure everyone we serve, especially those who are most at risk, is safe and healthy and protected from the potential harm of this virus."

CHAN UP FOR THE CHALLENGE

Hugh Chan joined the leadership team at MHC as Director of Acute Care Programs this past June, taking responsibility for surgical and clinical programs at the Eye Care Centre of Excellence, Pediatric Dental, Ambulatory Care Clinic, Clinical Resource Team (CRT) and Sleep Disorder Centre.

He calls it the biggest role in his career, and also one he's been preparing for.

"It's a very large learning curve, for sure, but I think my experience in acute care is helping."

Chan graduated as a nurse from the University of Manitoba in 2001 and earned his Masters of Nursing in 2009. He worked at HSC as a general duty and acute care nurse up until 2016, when he became manager of patient care at HSC Dialysis. In 2019 he joined MHC as team manager for the Community IV Program.

The biggest challenge coming into his new role as Director of Acute Care has been the logistics of bringing back MHC nursing and support staff that were redeployed to help other facilities during the pandemic. Their return also means surgeries at MHC are returning to pre-pandemic numbers.

"That's the biggest challenge for now, and of course learning all the programs and portfolios, but I'm always up for a challenge. It keeps life interesting."

Chan's life, all 47 years of it spent in Winnipeg, includes his wife, Cherrubie, and their two children. He says the pandemic has driven home the fragility of life and the importance of cherishing relationships with family, friends and colleagues.

He especially sees the importance of making time for his young family. "Kids grow up too fast and you can miss out on the milestones if you don't make the time."

Chan says staff at MHC are also much like a family.

"You know everyone very closely. You're not just a face or a number."



Hugh Chan, Director of Acute Care Programs

NEW HIRES

Andrew Brown, RN, Health Links – Info Santé

Cheick Keita, Client Service Clerk,

Health Links – Info Santé

Christine Bonatsos, Director,

Human Resources

Cornelio Salinas, HCA, C2

Fidele Ntambwe, Client Service Clerk,

Health Links – Info Santé

Gerardo Sarinas, LPN, C5

Jaime Eliarda, HCA, MP2

Jarrod Senman, Summer Student,

Sleep Disorder Centre

Karen Duke, RN, Health Links – Info Santé

Kevin Reyes, HCA, MP1/3 Float Pool

Kristin Bishop, HR Coordinator, PHCC

Lynda Goulet, Communication Clerk,

Telecommunications

Marina Corbillon, Entry Point Screener,

Security

Mason Plischke, Entry Point Screener,

Security

Merlin Joseph, LPN, C6

Navdeep Sandhu, Client Service Clerk,

Health Links – Info Santé

Olutola "Tola" Jegede, Diet Aide,

Food Services

Patricia Huntley, Case Manager, PRIME

Ryan Fernando, ESA, Housekeeping

Sarah Snider, Occupational Therapist,

Rehab Services

Shelley Furtado, HCA, MP3

Tess Hamilton, RN,

Health Links – Info Santé

Taylor Damian, Social Worker,

Social Work

Venus Catuday, Rehab Assistant, PRIME

IN MEMORIAM



Misericordia is mourning long-time volunteer Helen Hill. Helen volunteered for almost 30 years at MHC.

This picture was taken at her long-service celebration marking 25 years of giving back as part of our MHC family.

Helen was a humble, inspiring woman who volunteered more than 5,000 (yes, 5,000) hours in our surgical complex, physiotherapy and education departments as well as training many new volunteers.

Rest in Peace, Helen.

MODERN VIEW



Present-day scene from the roof of the Cornish Building. See page one for the view in 1900.

GET READY FOR ESP SELF SERVICE

Beginning Friday, August 6, all staff that currently use ESP will start using Workforce ESP Self Service (ESS) for viewing schedules and employee availability and reviewing and responding to time off requests. Beginning August 20 ESS will be used for reviewing and responding to shift swap requests.

Employees and managers can look on M-NET for information on how to use ESS and to access training and online support tools.

ACT FAST ON ANTIBIOTIC RESISTANCE

COVID-19 has caused a change in the way we operate. In addition to increasing our auditing and cleaning practices, much of our focus has been on assessing staff and residents for respiratory illness. As we continue to stay on alert for COVID-19, the risk from antibiotic resistant organisms such as *Clostridium difficile* continues.

This risk makes it very important to not let down your guard. If you identify a resident that has diarrhea, place the person on Contact Precautions immediately. Do not wait for the test result as this will increase the risk of spread. The sooner you place the person on precautions, the lower the risk of spreading *Clostridium difficile* to other residents.

Any staff member with doubts or concerns about a possible source of infection are always encouraged to contact Infection Prevention & Control at 204-788-8282.