



Date	Thursday September 21, 2023
Time	6:30 PM EST
Location	Zoom

Topics	
1	<p>Veterans' Health and Well-being</p> <p><u>Annie Robitaille</u>, Commissionaires Ottawa Research Chair of the Centre of Excellence (CoE) in Frailty-Informed Care discussed one project regarding supporting the preferences of older Veterans and families in later life to promote health and well-being.</p> <ul style="list-style-type: none"> • The study is directed towards Veterans and their families, with families whose Veterans have passed also welcomed to join. • An invitation is attached for the many ways to participate. <p>For any inquiry about the CoE activities or more details, families are encouraged to email Michaela Adams, Research Associate, at veteranhealth@perleyhealth.ca or contact Annie directly at arobitai@uottawa.ca or by phone at 514-887-1065.</p>
	<p>Key Contacts</p> <p><u>Mary Boutette</u>, Chief Operating Officer, shared key contacts.</p> <ul style="list-style-type: none"> • For nursing and care matters that are not addressed at the unit level with the registered staff, caregivers and visitors can contact resident care managers at 613-526-7170 and their extension: <ul style="list-style-type: none"> ○ For Gatineau building: Kerry Tubman, ext. 2110. ○ For Rideau building: Samantha Diceman, ext. 2113. ○ For Ottawa building: Stephanie Kim, ext. 2405. <p>They are responsible for daily provision of consistent quality person-centered care. For Director of Nursing, Rachel de Kemp, use ext. 2414.</p>
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General Management Update

Mary Boutette, Chief Operating Officer, also provided an update on staffing, activities and Infection Prevention and Control (IPAC).

- With the goal of having the right people at the bedside, Perley Health **recruitment efforts** have been successful over the summer. A role still in recruitment is registered practical nurses (RPNs). This role is in high demand throughout the community and province. Hospitals have been increasing their staffing at the RPN level of nursing. The labour market for care staff is experiencing higher turnover than before the pandemic. Efforts such as the advertisements using the “What a difference a day makes” are supporting the recruitment.
- **Activities around Perley Health** are now at a level similar to pre-pandemic. This was an important goal for the team to support the residents in their home and provide an improved quality of life. The Therapeutic Recreation team is fully staffed and has been tuning the programming to meet residents’ needs while **balancing IPAC guidelines**. The team was sad to have to cancel some of the Village Fair activities, but it was advisable given that the event was to be open to residents, staff, tenants, volunteers and their families. The Recreation team is taking an event-by-event approach to balance opportunities with risk for all activities.
- IPAC has continued in an active role with risk assessments and has stepped up to the challenge of COVID-19 reappearing earlier than expected. As of the meeting, there are 38 institutions in the Ottawa region with COVID-19 outbreaks. At Perley Health, two (2) units had COVID-19 outbreaks and two (2) had Rhinovirus. Influenza is also circulating in the Ottawa community. The Ministry announced COVID-19 vaccination availability for Ontario. It will be provided between September 25th and October 2nd to long-term care homes. There are also RSV and Influenza vaccinations available. Perley Health is looking to coordinate community facing clinics for caregivers, volunteers, and tenants along with the active **vaccination program for residents**. To prepare, the team is validating that they have appropriate approvals in place. Families may receive a call to update or provide consent.
- On units that have had outbreaks, it is recognized that staff have been working very hard to keep up and extra budget has been allocated for staffing in those areas.

4	<p>Caring for the Caregiver</p>
	<p><u>Jessie Stephenson</u>, Spiritual Health Practitioner, delivered a presentation centered towards caring for the caregiver.</p> <ul style="list-style-type: none"> • An explanation of loss, ambiguous loss, grief and ambiguous grief highlighted how the role of caregiving, and its associated complexity of feelings, can be complicated. • Ideas to manage a person’s level of physiological and psychological activation were shared. The levels can fall under the burnout spectrum, when one is out of their window of tolerance, and include hypoarousal (i.e. passive state or “freeze”) and hyperarousal (i.e. state of heightened alertness or “fight or flight”). • It was noted that the conversation articulated what many participants on the call had been feeling. Care giving requires a lot from the caregiver. It is important to remember to have compassion and acknowledge that the person is doing the best they can. <p>A copy of the presentation will be sent to FFC members. Families and friends are also welcome to consult with the spiritual team in person. Their office is through the double doors, a hallway to the left by the end of the Lupton Hall.</p>
5	<p>Next Meeting</p>
	<p>The next FFC meeting is Wednesday October 18th at 6:30 PM EST.</p>