



# The Future of Caring

## 2020 Q3 Update



The COVID-19 pandemic continues to threaten the health and safety of residents, staff and their families. Minimizing this threat while maximizing resident quality of life remains our top priority. Our success to date results directly from the professionalism, hard work and dedication of our staff. Check our website for the latest information.

The pandemic has affected everyone in different ways. Some have lost loved ones, for instance, while others have been forced into bankruptcy. Hard times such as these are new to many of us. Most of our residents, however, persevered through years of war and hardship. When times were tough, they supported one another. We must follow their example.



### Return of (some) Volunteers

Perley Rideau's dedicated volunteers provide perhaps the best example of supporting one another during hard times. In recent months, we have begun to welcome back a few volunteers who have graciously accepted new or modified roles. These volunteers supported outdoor visits during the summer and early fall, and continue to help with meals, mask distribution, COVID testing, Roman Catholic mass, tenant activities and screening Interprofessional Clinic clients. They also reopened Deborah's Gift Boutique with reduced hours and enhanced infection-control measures. We extend our heartfelt thanks to them and to the volunteers who have supported us from home in a variety of ways, such as with virtual visits and resident tax returns. You are key members of our village!



## Therapeutic Recreation and Creative Arts

Therapeutic Recreation and Creative Arts staff continue to find ways to deliver programming both indoors and outside. Staff artists have recently helped residents sculpt and paint clay flowers, for example, and create canvases using paint-filled water guns. To mark the 75th anniversary of Victory over Japan (VJ Day) musician Trudy Letourneau entertained residents with a performance of period songs. Staff have also taken residents on Trishaw rides around our campus.



## Perley Staff Deployed to other Long-Term Care Homes



In late September, public-health authorities ordered The Ottawa Hospital to take over management of two Ottawa long-term care homes due to large outbreaks of COVID-19. Members of the Perley Rideau team put up their hands to support this effort by sharing leading infection prevention and control practices from the long-term care sector. We thank these staff members for helping to realize our goal of supporting our partners to benefit of the health care system.

Also noteworthy are two other examples of Perley Rideau staff sharing their skills and knowledge to improve long-term care. On September 30, Dr. Robert presented to Ontario's Long Term Care COVID-19 Commission, calling for improvements in long-term care in Ontario, particularly an increased emphasis on frailty and quality of life.

Jen Plant, Perley Rideau's Director of Clinical Practice, contributed to Clinical Nursing Leadership eLearning, a series of online modules delivered in partnership with Algonquin College, Bruyère and Ontario CLRI - Centres for Learning, Research & Innovation in Long-Term Care. CLRI develops, delivers and evaluates educational resources and programs to train the current and future long-term care workforce.

## SeeMe™: Understanding frailty together

The SeeMe™: Understanding frailty together program, developed by Perley Rideau staff, continues to grow more successful.

SeeMe™ assesses frailty as part of a person's overall health, and helps residents and their families to make informed decisions about treatment. In the first year of SeeMe, a recent evaluation found that the number of Perley Rideau residents transferred to hospital decreased by 20%. In August, Andre Liu, Program Lead for Perley Rideau Interprofessional Care, delivered a webinar about SeeMe as part of AdvantAge Ontario's summer school series. The webinar was both well attended and well received.

**SeeMe™**  
Understanding frailty together.

## Centre of Excellence in Frailty-Informed Care™

The Centre of Excellence in Frailty-Informed Care is increasingly busy and successful. In September, the Centre announced that the Journal of the American Medical Directors Association (JAMDA) would publish its evaluative study of the

**CENTRE OF EXCELLENCE**  
IN FRAILTY-INFORMED CARE™

performance of Perley Rideau's SAFE unit. The study compared the outcomes of two groups of patients: those who transfer to the SAFE unit and those who remain in hospital. The study found that SAFE patients had shorter stays in hospital, were more likely to be discharged to home, required less follow-up care, and were no more likely to visit a hospital emergency room or require hospital readmission in the following months.

The Centre of Excellence has several other research projects underway, including a few related to COVID-19. One study, for example, examines how the social isolation resulting from visitation and program restrictions impacts the psychosocial health of residents, caregivers and family members. A second project, a partnership with the Children's Hospital of Eastern Ontario, evaluates the technology that sanitizes used N95 masks. The Centre of Excellence has also enrolled in a new program initiated by the Canadian Foundation for Healthcare Improvement. The LTC+: Acting on Pandemic Learning Together program offers everything from webinars and coaching, to seed funding and research partnerships. Jen Plant, Perley Rideau's Director of Clinical Practice, is one of the program's coaches.

Read the article here: [https://www.jamda.com/article/S1525-8610\(20\)30631-9/fulltext](https://www.jamda.com/article/S1525-8610(20)30631-9/fulltext)

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### **New Director of Nursing**



Perley Rideau is pleased to welcome Rachel de Kemp as Director of Nursing. Rachel has a wealth of experience in nursing leadership and most recently served as the Integrated Vice President of Patient and Resident Services and Chief Nursing Executive at Almonte General Hospital and Carleton Place & District Memorial Hospital. Rachel replaces Doris Jenkins, who recently retired.

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### **Justine Evraire Earns WePRN Award**



The Registered Practical Nurses Association of Ontario has named Perley Rideau's Justine Evraire as the 2020 recipient of the Michael & Werner Geidlinger Excellence in Palliative Care Award. Presented annually, the award recognizes the unique character and tremendous care delivered to patients at the end of life by an RPN, whose efforts demonstrate exemplary palliative care competencies that optimize quality of life and help families cope during illness and bereavement.

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### **New Partnership with Nipissing University**

Perley Rideau forged a new partnership with Nipissing University. Under the partnership, current Registered Practical Nurses study part-time to complete a Bachelor of Science in Nursing degree and qualify as Registered Nurses. Students complete theory-based courses online and some practical courses here at Perley Rideau.



## New Coin Commemorates 75th Anniversary

Three Veteran residents participated in the launch of the Royal Canadian Mint's new coin commemorating the 75th anniversary of the end of the Second World War. The Mint presented a coin to each of the three Veterans: Betty Bell served in the Women's Division of the RCAF; John Commerford served as an artillery gunner; and Carl Reiser was a flying officer in the RCAF. The \$2 coin is now in circulation.



## Expansion Plans Delayed

Efforts to expand the Seniors' Village are on hold due to COVID-19. We continue to explore the possibility of partnering with Algonquin College and Ottawa Community Housing to create a centre that provides long-term care and affordable accommodation for frail seniors while offering training opportunities to students and care professionals.

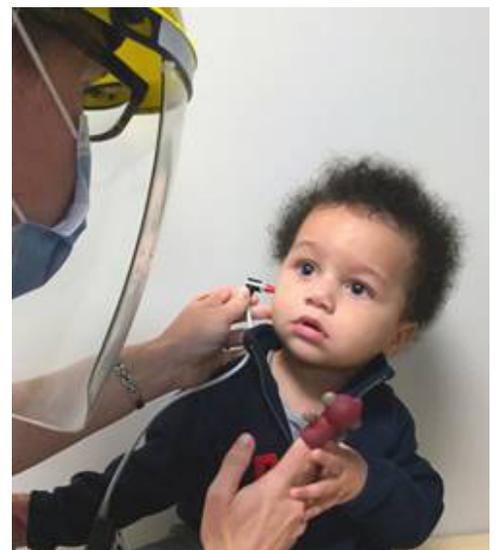
## Interprofessional Clinic Welcomes Newborns

The Interprofessional Clinic at Perley Rideau now supports the Infant Hearing Program of Eastern Ontario. Under the program, Clinic audiologists will screen the hearing of more than 600 newborns by the end of March.

A reminder that during the pandemic, the Clinic is open only to those with appointments. Clinic staff or volunteers screen patients for COVID-19 symptoms before escorting them inside.

For the latest updates, visit our website.

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



## Perley Rideau Foundation

To mark the 75th anniversary of the end of the Second World War, a mass planting of miniature Canadian flags took place on the lawns surrounding the Perley Rideau. Supporters from across the country sponsored a flag to pay tribute and honour to those who have served. The sea of flags greeted Veterans on the morning of November 11th.



Watch the Q3 Update  
[www.PerleyRideau.ca/future-of-caring](http://www.PerleyRideau.ca/future-of-caring)

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[www.PerleyRideau.ca](http://www.PerleyRideau.ca)



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