



ROSS MEMORIAL
HOSPITAL
Kawartha Lakes

Ross Memorial Hospital's report to the community It's *Your* Hospital

At Ross Memorial Hospital,
technology does more
than save time.

It saves lives.

Having the right technology
in the operating room makes
it possible to deal with potentially
life-threatening problems before
they become emergencies.

Surgeons and anaesthetists work together to make sure each patient's surgery is successful and safe. The hospital's anaesthesia machines are a vital part of that vigilance.

Their advanced display and alarm system allow the anaesthetist to customize the workstation for each patient, meaning the right information is presented at the right time to help the team react immediately to changes in the patient's status.

Anaesthesia machines are the most important piece of patient safety equipment in the OR.

Chief of Surgery, Dr. Ali Al-Beer has joined the Ross Memorial Hospital Foundation in its efforts to raise \$170,000 to help with the Hospital's purchase of new anaesthesia machines.

We're hoping that you'll help, too.

Your gift is essential to purchase this life-saving technology that helps us to keep patients safe during surgery.



Accessing Care at Christmas

The onset of flu season and the increase in social gatherings over the holidays means healthcare providers can expect a surge in the number of people seeking care at Christmas time. With physicians' offices closed for the holidays, many of these people seek help from the RMH Emergency Department. It's important to remember, however, that there are other health services available in the community that might be more appropriate, depending on a patient's needs.

Community healthcare providers are working together and have increased their hours of service over the holidays in order to improve access to care without overwhelming the Emergency Department and causing long wait times.

The **CKL Family Health Organization's After Hours Clinic in Lindsay** (55 Angeline Street N.) will be open on the following dates and times:

Dec 21-24 6pm-9pm	Dec 28-31 6pm-9pm
Dec 25 CLOSED	Jan 1 CLOSED
Dec 26-27 9am-noon	Jan 2-3 9am-noon

Regular hours resume Jan 4: Mon-Fri 6pm-9pm
Sat/Sun/9am-noon

The **CKL Family Health Organization's After Hours Clinic in Bobcaygeon** (85 Bolton St.) will be open **Dec 23** 5pm-8pm, **Dec 24** 9am-noon and **Dec 30** 5pm-8pm. Regular hours of operation are Wednesday evenings 5pm-8pm.

The **Kawartha North Family Health Team's After Hours Clinic in Bobcaygeon** (100 East St.) will be open on **Dec 22, 24, 29** and **31** from 5pm-7pm. Regular hours of operation are Tuesday & Thursday evenings 5pm-7pm.

The **Kawartha North Family Health Team's After Hours Clinic in Fenelon Falls** (Pharmasave) will be closed **Dec 25** and **Jan 1**. Regular hours of operation are Fridays 9am-noon.

The **Community Care CKL Community Health Centre in Lindsay** (108 Angeline St. S.) will be open

to see registered patients:	Dec 26, 27 CLOSED
Dec 21 8:30am-7pm	Dec 28 8:30am-7:00pm
Dec 22 8:30am-4:30pm	Dec 29 8:30am-4:30pm
Dec 23 8:30am-4:30pm	Dec 30 8:30am-4:30pm
Dec 24 CLOSED	Dec 31 CLOSED
Dec 25 CLOSED	Jan 1 CLOSED

People may also speak to a **Registered Nurse** (toll-free) by calling **Telehealth at 1-866-797-0000 (TTY: 1-866-797-0007)**

You may also consider calling your family's pharmacist for advice.

Understanding Influenza (The Flu)

Influenza is an acute respiratory illness caused by a virus. Influenza symptoms include fever, cough, weakness, body aches and headache. Influenza can lead to pneumonia.

Most people with the flu are strongly encouraged to avoid the Emergency Department to prevent spreading the flu to others, but it can be difficult to know when and where to seek medical help.

To help people know when to stay home and when to seek help, the Ministry of Health and Long-Term Care developed an online self-screening tool at ontario.ca/flu. The website also offers tips for managing flu symptoms at home, which include drinking lots of fluids and taking basic pain or fever symptom relievers.

When to seek medical help

If you do not start to feel better after a few days or if your symptoms get worse, you should:

- Call your health care provider
- Call Telehealth at **1-866-797-0000** (toll free)
- TTY: 1-866-797-0007**
- Visit one of the local After Hours Clinics

When to come to the hospital

Adults should come to the Emergency Department if they have flu symptoms and have difficulty breathing, can't tolerate fluids or are concerned.

Children should be brought to the Emergency Department if their symptoms improve and then suddenly become worse. In addition, seek care if you notice any of the following signs:

- fast or difficult breathing
- bluish or dark-coloured lips or skin
- drowsiness to the point where he or she cannot be easily wakened
- severe crankiness or not wanting to be held or
- dehydration – not drinking enough fluids and not passing urine regularly.

Protect yourself and others against Influenza

If you haven't been vaccinated, please consider getting the flu shot to protect yourself and your loved ones. Contact your healthcare provider or participating pharmacist.

To help protect patients and the RMH team against the flu, RMH has launched a new policy that strongly encourages all staff, physicians, volunteers and students who are not vaccinated against the flu to **wear a surgical mask while in patient care areas during flu season.**

Please keep this information handy over the holidays

