Welcome to the Selkirk Regional Health Centre

Your new health centre is a hospital built on the principles of promoting well-being, safety and efficiencies in directing the flow of people, information and materials. It is double the size of the previous hospital, in order to provide additional services to the region, and built with durability and longevity at top of mind. The sheer amount of natural light promotes an environment of healing and wellness.

Planning and consultation with community members ensure this new regional health centre reflects the region’s local history and culture to achieve a hospital centred around the patients it serves. Leading practices in health care, gathered from across North America, are incorporated throughout the building to ensure long-term sustainability.

One of the eye catching features in the main reception area of the hospital is the staircase to the second level that encourages people to travel up and down the stairs, promoting wellness and movement. For those who are unable to navigate stairs safely, elevators are available.

Transition teams of staff members met tirelessly over the past year in preparation for the opening of this new facility. This health centre is a testament of our staff’s dedication to their patients and the best health outcomes for community members.

Colour palette chosen to reflect region’s natural beauty

Aqua and warm terra cotta balance out the neutral limestone set in the floors, walls and exterior. The stone and wood found throughout the health centre reflect our region’s natural lakes, rivers, streams, Canadian Shield, fields, forests and grasslands.
**Access to Selkirk Regional Health Centre**

Depending on the reasons for attending the hospital; members of the public can access the building through two entrances:

- The emergency entrance on the northeast side of the building always remains open.
- The main entrance on the southeast side of the building is open between the hours of 6:00 am to 10:00 pm.

### Visiting our facility

Visiting hours are from 10:00 am to 8:00 pm. Visitors who are feeling ill or have a fever or cold are discouraged from visiting.

Two large drop-off areas make patient access easier and no exterior ramps or stairs ensure it’s easier for everyone to enter the building.

### Parking at the facility

The main entrance of this health centre is off of Easton Avenue. There are a total of 161 public parking stalls consisting of:

- 17 stalls and four accessible stalls in the northeast short-term emergency parking lot (for dropping off patients at the emergency department).
- Four accessible stalls in the northeast emergency entrance turn around loop.
- 120 stalls and 16 accessible stalls in the southeast visitor parking lot.

Bus route – the Selkirk Transit stop is located outside the main entrance.

The bus schedule can be found at M/GTA.ca.

Bike racks – bike racks are located at the main and emergency entrances.

Parking lot payment kiosks are located in the lobby of the emergency department and main entrances. All facility entrances are wheelchair accessible and wheelchairs are available for public use at the main entrance.

The Selkirk Regional Health Centre is a free MTS Wi-Fi hotspot.

The health centre has free MTS Wi-Fi available in patient waiting areas, the cafeteria and meeting rooms. All you need is a Wi-Fi enabled device.

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**Minister of Health, Seniors and Active Living**

It is with great pleasure that I welcome patients, staff and the community at large to the new Selkirk Regional Health Centre. This state-of-the-art, environmentally responsible, efficient facility doubles the size of the former hospital, with enhanced clinical services, increased beds, and improved patients safety, comfort and privacy, all with a view to embrace a more holistic approach to patient care and staff well-being. In addition, the facility is designed to support future expansions that may be required to meet the needs of a larger population and provide additional services.

The new Selkirk Regional Health Centre will better accommodate the needs of residents and support health care services and delivery in the region. Thank you to the staff of the Selkirk Regional Health Centre for your professional medical service and support and to all those who helped make this facility a reality.

Sincerely,

Kelvin Goertzen

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**Dr. Alan Lagimodiere**

MLA for Selkirk

Constituency Office
326 Main Street
Selkirk, Manitoba

Contact information
204.482.4955
selkirkmlaoffice@gmail.com
Look for the signs!
The health centre is marked with clear signage to help lead you where you need to go.
Can’t find what you’re looking for? The front receptionist will be happy to help you.

Designated smoking areas
Visitors and staff of the health centre are asked to restrict smoking to the designated areas which are 30 feet from the staff and main entrances. Please use cigarette butt receptacles.

Grab a bite at the Courtyard Café
The café’s indoor seating is bathed with natural light and features a fireplace that will help take the chill out of the air when summer starts to wind down.
The food services at the new health centre provide healthy, nutritious and appetizing meals to patients, visitors and staff.
The cafeteria is open from 8:00 am to 7:00 pm.

Volunteer Gift Shop
Our gift shop is operated by volunteers of the Ladies Auxiliary and is located by the main entrance to the hospital for visitors to stop in and get their loved ones something. Hours vary according to volunteer availability.

Natural landscaping provides sustainable grounds for patients, visitors and staff!
The landscaping on the grounds of our Health Centre reflects Manitoba’s beauty and tranquility. Designed for the enjoyment of patients and staff, it features two grass roofs, a fireplace, an outside eating area, and a courtyard with balconies. A natural concept was important to the project, with many local plants and trees included. The landscape has been built so that water easily percolates back into the soil and excess water drains into graded swales. Rocks have been used to create dry river streams ready to redirect rain or melting snow.

Central courtyard offers more natural light
The central courtyard is key to way finding and filling the hospital with natural sunlight.
If you need a quick breath of fresh air or if you’re looking for a bit of a shortcut through the building, in the middle of the new regional health centre is a landscaped open air courtyard. Surrounded by windows, it brings a wealth of natural light into the building. Patient’s recovery can be positively influenced by exposure to natural light and fresh air from a comfortable environment. Featured in this courtyard is our donor recognition wall. It is lit from within to cast a warm glow as the days get shorter.

Thank you to the volunteers of the Selkirk Hospital Ladies Auxiliary!
The Selkirk Ladies Hospital Auxiliary has a long history of supporting Selkirk’s hospital. These volunteers raise money for various hospital equipment needs that benefit patients and staff in our new facility. The auxiliary has a tradition of donating a welcome package to the family of the hospital’s New Year’s Baby every year.

Among the thousands of dollars invested, the auxiliary has raised money for bilirubin meter which eliminates the need for testing via needles for newborns in our family birthing unit and equipment for the physiotherapy department, to name a few.
New RHA technology for Interlake-Eastern residents

Magnetic Resonance Imaging
In spring 2017, Interlake-Eastern RHA partnered with Diagnostic Services Manitoba to become the home to Manitoba's 12th MRI unit—one of only three outside of Winnipeg. MRI is one of the most advanced diagnostic tests available because it allows doctors to obtain detailed images of the soft tissues in patients' bodies, such as the brain, heart, liver and joints, without any invasive procedures. It is used to diagnose a wide variety of conditions, including brain and spinal cord injuries and abnormalities, tumors and cysts, and other soft tissue injuries.

The health centre was designed with a specialized MRI room that required unique security features to ensure the safety and well-being of patients, health care staff and the public. MRI works by creating pulses of radio wave energy and a magnetic field that is 30,000 times stronger than the Earth's magnetic field—stronger than the magnets used to pick up cars! Getting too close to the equipment with any metal on or in a person can be dangerous, so a highly qualified MRI technologist screens all patients and caregivers for any risk factors before they can enter the area. A security door is also equipped with a ferromagnetic metal detector to alert staff if any ferrous metal is entering the room.

Computed Tomography
Our new health centre is home to the region's only computed tomography (CT) equipment, which is another non-invasive method that a health care provider might use to get a better idea of what is happening inside a patient’s body. CT is a specialized x-ray that creates detailed pictures of the brain, heart, neck, spine, chest, abdomen, pelvis, colon, blood vessels and sinuses. These images are used to guide patient care for cancer, trauma, a variety of health conditions and surgery.

This CT equipment helps to ensure patient safety by keeping radiation exposure to a minimum while capturing high quality images for the reviewing radiologist. It can create 3D images using two X-ray beams, which help to capture the necessary images in a single appointment, saving patients from multiple visits and repeat radiation exposures.

New Interventional Fluoroscopy Room
The new interventional fluoroscopy room offers specialized imaging procedures such as MRI arthrograms, interventional biopsies, tube placements and swallowing assessments for patients who have suffered a brain injury or stroke. Patients can also take comfort from the advanced positioning capabilities of this x-ray tube, which enables capturing the highest quality images from multiple angles without needing to move patients into different positions. The equipment offers the additional benefit of long bone stitching, which enables the radiologist to knit together multiple images for a complete spinal assessment.

The room also has a speech language pathology workstation, which enables a specialized speech language pathologist to view video imagery of the throat in order to diagnose swallowing and feeding disorders in adults and children. The equipment makes it possible for the pathologist to diagnose speech language and swallowing disorders that may be related to other issues such as hearing impairments, traumatic brain injuries, dementia and other genetic, developmental and neurological impairments.

Thank you to the Selkirk & District Lions Club (District 5M11), Stonewall & District Lions Club (District 5M13) and Lions Club International Foundation for the $130,000 donation to Selkirk Regional Health Centre's MRI.
Surgery and operating rooms

Our Selkirk site is the centre of specialty surgical services in the region. New operating rooms featuring state of the art equipment will lead to efficiencies in our operating rooms and contributes to better patient outcomes.

- The health centre’s three operating rooms are identical in layout so that staff who frequent them can maintain the same processes. This saves time, increases staff efficiency and allows for better patient outcomes.

Improving patient outcomes through quiet hospitals

Because of the type of equipment used in the hospital, overhead paging and the many people working in the same space, the noise levels can reach near deafening levels. Studies show that excessive noise in a hospital can not only be disruptive, it can have an adverse effect on patient healing.

To help cut down on noise levels in the Selkirk Regional Health Centre, our staff are communicating with Vocera communication technology. Designated staff wear a Vocera communication badge to instantly connect by voice or secure text, without having to know phone numbers or even names.

Family Birthing Unit promotes healthy babies

The health centre is the region’s birthing centre. Moms travel from their home communities to deliver in Selkirk. Each room is equipped with labour and delivery equipment that folds away behind accordion closet doors when not in use. This means families can stay in the room the baby was born in for the duration of their stay. Less shuffling to different rooms makes it more comfortable for everyone involved. Families will benefit from an extra alcove for a person to stay overnight next to large windows overlooking the extensively landscaped grounds of the new hospital.

The ward also has technology to allow moms to walk around while they are in labour and still have fetal monitoring.

Look out for fossils!

Locally quarried tyndallstone is present both inside and outside the new health centre. If you look closely you can see ancient fossils.

We have it ALL...

Grand Beach
World-class sport fishing
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East Beaches Heritage Wing

Advances in the way we deliver healthcare:

Covered ambulance bays

The regional health centre has a three door drive-through heated ambulance garage in which paramedics can load and unload patients. Patient privacy is improved and comfort is enhanced in the temperature controlled environment, especially during the winter months.
Natural lighting helps patients on their road to recovery

With over 17,000 square feet of windows, natural light promotes a healthy environment for staff and patients. The health centre is designed to let sunlight flow throughout the facility. The building has more exterior surface area than a traditional rectangle which helps surgeons and health care workers to see better when working.

Environmentally conscious health care

Leadership in Energy and Environmental Design (LEED) is a rating system that is recognized as the international marker of excellence for a green building in 150 countries. LEED is important because buildings generate up to 35 per cent of all greenhouse gases, construction and demolition make up 35 per cent of landfill waste activities and 70 per cent of municipal water is consumed in and around buildings. It’s clear that making buildings greener can have a significant impact on larger environmental goals. The Selkirk Regional Health Centre meets LEED Silver Standards, reflecting a facility that is sustainable and efficient. The facility contains many features that contribute to this rating, including:

- High-performance building cladding systems
- Geothermal fields and heat-pump technology
- Recycled content building materials
- Improved indoor air quality measures
- Highly efficient plumbing and lighting fixtures

Increased patient privacy

The in-patient beds in the health centre have increased to 65 from 53 in the former hospital. The beds are positioned so they have a view outside the hospital and each room’s window can open for fresh air. In addition, the health centre is the first in the region to have four bariatric beds for larger adults. Many rooms are equipped with cabinetry that hides patient’s monitoring equipment when not in use to control cleanliness. More than 80 per cent of the rooms are private rooms to improve patient’s safety, comfort and privacy. All patient rooms have a window view, a three piece washroom, night lighting and a wardrobe. Each bed has a bedside terminal that offers patients telephone, television, and internet options.

Same day care - Outpatient centre

New to the health centre is the outpatient clinic that will handle people with health concerns that do not require admittance to the hospital for overnight care. This includes wound management, dressing changes, IV therapy, day surgery, fluoroscopy and other diagnostic testing.

Patient registration

The patient registration process has been streamlined in this health centre to reduce patient wait times. Patients will now be registered in the area of service they are seeking. Registration for different services will occur in the following locations:

- Emergency department/admitting
- Outpatient centre
- Surgical program and day surgery
Larger emergency department

The emergency room is triple the size of the former emergency department. The larger space is better equipped to triage patients quickly and move them through to appropriate care. Patient rooms have glass doors allowing for staff monitoring. The new emergency department also features a minor treatment area, bedside cardiac monitoring and a bariatric room for larger adults. There’s special resources for mental health patients to create an environment of safety and protection from the hustle and bustle of an over stimulating emergency room for patients who have experienced trauma. The department is also equipped with two resuscitation rooms to provide care for acutely ill patients/trauma victims.

Inclusive spiritual health for all our patients

Interlake-Eastern RHA recognizes that spiritual health is an important part of holistic health care that must be considered when exploring patient illness.

Patients of many different cultural backgrounds and beliefs are encouraged to use our spiritual care resources to connect with inner strengths and hope in the face of illness, fear, discouragement and loss, or threat of loss. This spiritual care centre is open to individuals of all religious traditions and spiritual expression. Honouring symbolism in many faith traditions, the centre is circular in shape and oriented to the east. In the custom of many faith traditions, it is from the east that renewal, rebirth and hope dawns. The space is designed to make everyone feel welcome, like they belong, and that they are not alone.

Steps from the spiritual health centre and palliative care family room is a second floor outdoor terrace with doors large enough to wheel a bed through so bedridden patients can enjoy the outdoors. This terrace can also be accessed by the visitor/patient lounge.

The Spiritual Care Centre is equipped to accommodate smudging thanks to a donation provided by the construction community.

More information on SRHC

Don’t forget to check out our webpage on www.iierha.ca called Selkirk Regional Health Centre for more facts and video highlights!

Giving back – Interlake-Eastern Health Foundation

We are committed to improving the quality of life in our communities through philanthropic support. Interlake-Eastern Health Foundation provides financial support to all of the region’s facilities and programs to enhance dedicated patient care.

At 61,000 km² the Interlake-Eastern RHA is one of Manitoba’s largest health regions, home to 126,000 residents, 10 hospitals and 16 personal care homes that provide general and specialized care to a diverse patient population. Interlake-Eastern Health Foundation aims to surpass health care expectations of both our communities and staff by embracing a culture of philanthropy. As a Foundation, we partner with members of the community and our staff to implement a wide variety of fundraising initiatives to achieve this ambitious goal.

The Foundation will build healthier lives and enhance quality of life by improving access to resources through philanthropy.

For more information, please visit www.iehf.ca or contact executive director, Pamela McCallum at 204-785-4722.

“My uncle always commented on how wonderful the staff were at the Selkirk Hospital. As he watched the new hospital from his room he often commented on what a great facility it would be when it opened and how many people would benefit from it well after he was gone.”

- Brent Wynnyk, Nephew of Bill Cholosky (First Endowment Fund opened at the Foundation)

“I am so proud of the work that the Lions Club of Selkirk and District has done with the collaboration of other Lions Clubs and the Interlake-Eastern Health Foundation to improve the lives of people of Manitoba.”

- Lion Gerald Fontaine, IPDG 5M 11- LCIF Grant Administrator
RESTAURANT GUIDE

238 MAIN STREET | SELKIRK

Cruisin’ THE DUB

263 MAIN ST | 1041 MANITOBA AVE | SELKIRK

Tim Hortons

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