



Report from the Leadership Team January 2011

Client Centred Care

Spreading "Flo" on 4 North

The Flo Collaborative Kick Off was held in November with members of the Hospice/Palliative Care team. It was well received and the team will begin work on their Flo white board in preparation for further implementation steps.

Hospice/Palliative Care Assessment Tool

The internally developed Hospice/Palliative Care Assessment Tool (PCAT) was shared with the Palliative Care Clinicians at Thunder Bay Regional Health Sciences Centre (TBRHSC). The tool will be implemented to ensure appropriate referrals to this service as one means of optimizing the use of these inpatient resources.

Pulmonary Rehabilitation Transition

A meeting was held to discuss the transition of clients from the Pulmonary Rehabilitation Program to the Community Exercise Program. Learning needs of the exercise instructors were discussed and a plan developed to ensure they can manage this new population in the community based fitness classes.

Medication Safety

Deb Emery, Manager Pharmacy Services is working with Information Systems staff and TBRHSC Pharmacy Service to test the dose-range checking for medications in the Meditech Medication Module. Work is also nearly complete to improve the design of the Medication Administration Record (MAR). MAR guidelines are being revised to guide nursing practice in the administration of medications, all with a goal of reducing medication errors.

Mental Health Client Christmas Celebrations

Mental Health Rehabilitation (inpatient & outpatient) Christmas parties were held on December 15 and 26, with 69 clients and approximately 53 family, friends, volunteers and staff attending. Older Adult Rehabilitation and Dementia Care clients participated in a Christmas supper at a community restaurant and a city tour of lights. A Christmas party on Friday December 24 was attended by 16 Kinderplace children and clients on Older Adult Rehabilitation and Dementia Care.

Healthy Living Series

The Mental Health Outpatient Rehabilitation Program is offering clients an opportunity to participate in a series of educational sessions entitled "The Healthy Living Series", beginning in January, 2011. The focus of the 6-8 week group sessions will be to provide clients with the opportunity to learn and experience a holistic range of skills to assist in their ongoing recovery. Clients will also have opportunities to connect with other clients with similar issues/concerns during these sessions.

Falls Prevention

New equipment has been purchased for Older Adult Rehabilitation clients to assist with reducing falls and minimizing restraint use. A Hi-Lo bed, body pillows, floor mats, bed alarms and gap covers are being utilized as alternative options for restraint use. Older Adult Rehabilitation team members continue to develop individual treatment plan strategies to reduce falls and minimize restraint use.

Peer Support Certification

Congratulations to Genevieve Landry for completing the Peer Support Certification Course and for her many years of dedicated volunteer service providing a Peer Support Group for clients and former clients of

the Personal Development Program. The Ontario Peer Development Initiative is leading this Provincial project and Genevieve was one of the first 200 Peer Support Workers trained in Ontario.

Gifts from the Heart

Fifteen Gifts from the Heart hampers and twenty Christmas gifts were distributed to Mental Health Outpatient Rehabilitation clients for the Christmas season.

Our People

Physical Rehabilitation Nursing Education

Nine nurses attended the Stroke Best Practices Education for Nurses that was sponsored by the NWO Regional Stroke Network. Eight nurses completed the Acquired Brain Injury (ABI) education modules.

National Pain Week: November 7 – 13th

The Chronic Pain Management Team participated in many activities to promote awareness of chronic pain issues. Mary Donaghy, Psychologist wrote an article for “Touch” and assisted Nancy Engstrom, Occupational Therapist, to develop a press release. Nancy, Brad Beyak, Exercise Specialist, and Kerri Lynn Capulak-Andrychuk, Psychometrist collaborated on an interview done with CBC Radio’s morning show. The rest of the team assisted in hosting a well attended Open House in the department.

Support for Hospice/Palliative Care Staff

Barb Fugelsang, Spiritual Care Associate for Hospice/Palliative Care, conducted the November Remembrance, Renewal and Relaxation staff support session on November 17, 2010. There were 2 sessions offered to allow for as many team members to attend as possible.

Canadian Society of Hospital Pharmacists

Deb Emery, Manager of Pharmacy Services attended the Canadian Society of Hospital Pharmacists (Ontario Branch) Council meetings and Annual General Meeting in Toronto. Deb is continuing in her role on the Executive as Treasurer for the Ontario Branch.

Physiotherapy Self Assessment

Fiona MacLean, Janice Ryan, Olivia Olson and Anita Perri, Physiotherapists at TBRHSC, completed the Professional Issues Self-Assessment for the College of Physiotherapists.

NIHSS Certification

Nicole Potter, Physiotherapist at TBRHSC received her National Institute of Health Stroke Scale (NIHSS) Certification.

Staff Presentations

Fiona MacLean, Physiotherapist, presented to the Rehabilitation and Stroke Teams to share her learnings from the Canadian Stroke Congress conference which she attended in Quebec.

Michelle Addison, Physiotherapist, facilitated the Collaborative Leadership Initiative Evaluation session as part of our client centred care goal of supporting interprofessional practice.

Sue Hay, Physiotherapist at TBRHSC presented at “Take Your Kid to Work Day” at Thunder Bay Regional Health Sciences Centre. In addition, she presented at the PARTY program, a program for high school students demonstrating the effects of drinking and driving.

Collaboration

Chronic Pain Education

Jenna Horan, Social Worker for the Chronic Pain Program, held an education/information session with 25 tenants at PR Cook Apartments. The presentation was titled Chronic Pain from an Elderly Perspective. It was well received and the tenants particularly enjoyed the stress balls!

Help Desk Pilot

The NW LHIN has provided funding for TBRHSC/SJCG to provide a pilot help desk service for a variety of health service providers. The pilot will start in January with a six month timeline and the objective is to learn what works and what does not work related to such a service.

End of Life Care - Thunder Bay Regional Health Sciences Centre

Marianne Larson, Manager of Hospice/Palliative Care, participated in a TBRHSC End of Life Care Focus Group Discussion coordinated by the Critical Care Department and led by Carolyn Frietag Manager of Critical Care. This initiative is being done in partnership with a MOHLTC Critical Care Performance Improvement Coaching Team. Marianne has been asked to sit as a member of a new steering committee that will have the goal of improving end of life care when required within the acute care setting.

Meditech Upgrade

An upgrade to Meditech's version 5.6 is in the planning stages. That project is expected to take most of the next fiscal year and 'go live' is planned for February 2012. While there are no fees from Meditech involved, the internal resources and backfilling required will cost about \$750,000 across the region, with approximately \$136,000 associated to SJCG.

Student Support Leadership Initiative

Recognizing that children with mental health issues will generally not be as successful in school, collaborative programs have been initiated with Children's Centre Thunder Bay to offer support within the schools. Planning is now underway to offer support to parents with mental health or addictions issues, through the schools. The intake coordinator from outpatient mental health programs has been invited to speak to school officials and school officials will then provide parents with information about available services for adults.

Communication & Advocacy

Christmas Teas

Staff /Volunteer Christmas Teas were held at 5 sites in December and were well attended. We are grateful to the staff of Nutrition and Food Services as they work hard to make these events special for everyone. These teas are part of our Employee Recognition Program.

Youth With an OPEN Mind Contest

From November 15 to December 19 *Youth with an OPEN Mind* held a contest for youth to win an iPod. Youth were eligible for the draw by visiting the program's website and completing a short quiz. To promote the contest pamphlets and posters went distributed to fifty elementary and high schools in Thunder Bay. Advertisement was also achieved through mass emails to community partners and posters and pamphlets have been made available at various recreation facilities. Over 250 contestants entered the contest and received information about mental health. Visit www.youthwithanopenmind.com for more information about the program.

Eating Disorders Dressing Room Project Presentation

Karen Degagne, Regional Resource Clinician of the Eating Disorders Program and Janice Piper of the Thunder Bay District Health Unit were invited to present their work on the Dressing Room Project at the Eating Disorders Association of Canada Conference. The Dressing Room Project involves a series of focused body image/self-esteem workshops aimed at the prevention of eating disorders. Through the course of the project, they reached over 400 girls in 19 schools across the Region. The Dressing Room Project has received a grant from the John Andrews Foundation in continued support for this innovative community awareness initiative.

Eating Disorders Movie Trailer

In collaboration with the Thunder Bay District Health Unit, the Eating Disorders Program launched a 30 second trailer viewed at Silver City. This education and awareness initiative will continue through the month of December and occurs at the beginning of every Harry Potter movie. It highlights body image messages created by workshop participants.

Addictions Awareness Week

Addictions and Problem Gambling staff were actively involved in numerous activities designed to raise awareness of addictions and problem gambling issues.

Sobriety Pow-Wow Sister Margaret Smith Centre

Sister Margaret Smith Centre served as a sponsor and host site for a special celebration organized by Ron Kanutski of Children's Centre Thunder Bay in recognition of Addictions Awareness Week. Dilico Anishenawbek Family Care also provided sponsorship for this well attended community event.

Teaching & Research Identities

Mindfulness Based Cognitive Therapy

The Mindfulness Based Cognitive Therapy research project is offering their first client sessions to people who have sustained a Traumatic Brain Injury within the past 5 years and are currently experiencing symptoms of depression. This is part of a larger research project. There will be 10 sessions in total for this first research group. A second group is planned to begin in February.

Rehabilitation Therapy Site Visit

Dr. Terry Krupa and Rosemary Lysaght, Associate Professors in the School of Rehabilitation Therapy at Queens University, completed a site visit to Thunder Bay on December 7th and 8th. They interviewed staff of Employment Options and members of the Team Werks Cooperative. The information gathered over the 2 days will help them understand the key features and benefits of social business to improve employment for people with mental health challenges. The study is part of a larger research project that has received funding from the Mental Health Commission of Canada.

National Safe Driving Week

To raise awareness during National Safe Driving Week (December 1st through 7th), SJCG Research Department staff, Michel Bédard, Scientific Director and Sacha Dubois, Research Statistician contributed to a series of articles featured in the Chronicle Journal. Highlighting research conducted at Lakehead University and SJCG, the series provided information on several safe driving issues such as impairment and distraction.

Wound Care

Fifty-five interprofessional clinicians from SJCG attended a presentation by Dr. Sibbald on wound care that was organized collaboratively by Complex Care and the Community Care Access Centre. The session was live at TBRHSC and videoconferenced at SJCG (all sites) as well as at numerous sites throughout the region. Staff also attended an education clinic by Dr. Sibbald and Dr. Mahler that afternoon as part of efforts to promote best practices in wound care.

Capital Project Updates

Centre of Excellence for Integrated Seniors' Services (CEISS)

A draft Development Agreement has been received from the Ministry of Health and Long-Term Care (MOHLTC) related to the Long-Term Care Home component of the project. We are currently reviewing this agreement and will be working with MOHLTC staff to finalize.

The pre-qualification for the supportive housing aspect of the CEISS project is almost complete, and the General Contractor tender award will occur next month. Activity should begin on-site by March/April of this year, with substantial completion expected by the following summer (2012).

East Wing - Mental Health Rehabilitation Program (MHRP)

Work continues on the submission of a Consolidated Functional Program for the MHRP project in the format requested by the MOHLTC. This will now include additional space for Materiel Management, Security and Pharmacy.

The MOHLTC has also just approved our proceeding to the next phase of work – preparation of an “Early Works” package to allow site preparation and demolition to occur (once approved).