



Report from the Leadership Team March 2012

Client Centred Care

Palliative Approach to Chronic Disease Management

The Palliative Pain & Symptom Consultant for the North West Community Care Access Centre (CCAC), Marg Poling, presented on *A Palliative Approach to Chronic Disease Management vs End-of-Life Care* for long-term care staff. The presentation focused on the distinction between palliative and end-of-life care. Disease-specific markers indicating end of life were also reviewed.

Spiritual Care Support for Physical Rehabilitation

Tea and Talk sessions are being held twice per week for Rehabilitation inpatients. The groups have been successful in fostering social interaction skills and conversation in a group setting; encouragement and support from peers; as well as orientation and reinforcement of life skills.

Management of Advanced Dementia/Alzheimer's Disease in Inpatient Complex Care

Some inpatient units have experienced safety issues whilst caring for clients with advanced dementia/Alzheimer's Disease. In response, the Seniors' Mental Health Program is providing increased support for inpatient Complex Care staff with case-based management strategies and ongoing education.

Peritoneal Dialysis

There has been a significant increase in the number of Complex Care admissions requiring peritoneal dialysis (PD). To manage these changes in our population, nursing staff on 5 South have had access to refresher education on managing peritoneal dialysis and are receiving ongoing case-based support from Thunder Bay Regional Health Sciences Centre Renal Unit.

Client Transitions into Long Term Care

The Seniors' Mental Health Program Team Leader and RPNs have been working in collaboration with the interprofessional teams in Dementia Care and Older Adult Rehabilitation to provide a smooth transition for clients moving into Long Term Care Homes over the next several months.

Improvements for Mental Health Outpatient Intake

Thunder Bay Mental Health Programs has successfully completed Phase One of a Telephone Intake Pilot Project for 80 clients with mild to moderate mental health difficulties. The purpose of the pilot project was to trial a telephone intake screening tool which had the potential to reduce intake wait times, address clients needs sooner, provide interim community resources and increase staff efficiency. Results from the pilot project demonstrated a significant reduction in clinician time devoted to intake activities and a substantial increase in number of intake clients served over the pilot period.

Moving on After Stroke (MOST Program)

The Moving On after Stroke winter session started January 16, 2012. Community participants include one couple in Fort Frances, two stroke survivors and one partner in Red Lake, and six stroke survivors in Thunder Bay. Participants were referred to the program from the Neurology Day Program as well as the inpatient Special Rehabilitation program. These sessions continue into April.

Our People

Ontario Health Libraries Association Appointment

As of February 2012, Sophie Regalado, Manager, Library Services is the President of the Ontario Health Libraries Association. Congratulations Sophie!

Winter Wellness Fun

On behalf of the Wellness Committee, a big thank you to all St. Joseph's Care Group employees who participated in the Winter Wellness Sleigh Ride held on Family Day at Centennial Park. The event was a great success with over 150 employees and family members attending. The evening included sleigh rides and tobogganing, followed by hot chocolate and homemade cookies in the chalet. Thanks to our volunteers who planned this event: Marie Murray, Linda McDonald and Michelle Knudson.

Supporting Inclusion Services

Denise Taylor, Physiotherapist in Special Rehabilitation (3N), facilitated a workshop on supporting people using the Sit Ski at Kamview Nordic Centre through Thunder Bay Inclusion Services.

Open House

Caroline Fanti organized an open house for the Regional Joint Assessment Centre (RJAC) to celebrate 3 years of operation and the opening of their new clinic location. The open house was well attended by senior management from Thunder Bay Regional Health Sciences Centre and St. Joseph's Care Group, physicians and surgeons, staff, and media. Congratulations to Caroline Fanti and Kathy Jarvinen for the successful transition of this clinic into a new professional space.

Stroke Clinical Lead Workshop Contribution

Denise Taylor and Kirsti Reinikka were recently contacted by the Stroke Clinical Lead from Wales about contributing to their national workshop on telemedicine in stroke via the development of a DVD. Unfortunately the tight time lines prohibited Denise and Kirsti contributing; however, it is another example of the international recognition their research and program development has attracted.

Low Intensity Long Duration (Therapy) Program in Complex Care

The Low Intensity Long Duration (LILD) program on 4S has outgrown the multipurpose room on the 4th floor. The 4th floor lounge has been designated as a temporary "group" therapy space. Families and clients are cooperating with this temporary arrangement and the management team is considering how we can continue to provide this service in a suitable environment.

Physician Assistant in Complex Care

Tiffany Oddleifson, Physician Assistant, is transitioning into her new role. Tiffany will be working on 5S/2N with Dr. Cannon for the first few months. Education Huddles have been organized by Staff Education to present this new role to nursing staff to provide clarity about the scope of practice and how this is different than nurse practitioners. Bev Gellert, Director, Inpatient Complex Care, and Tiffany attended the Nursing Quality Practice Committee meeting to provide a short presentation on the Physician Assistant role.

Collaboration

"Party Program" - Youth Addictions

The Youth Addiction Program has joined Thunder Bay Regional Health Sciences Centre in delivering part of a program called the "Party Program". This program is directed at grade 11 students in the area of prevention. Our program will be responsible for delivering education pertaining to Drug and Alcohol use.

Stroke Transition Pathway Review

A joint meeting of Thunder Bay Regional Health Sciences Centre and St. Joseph's Care Group Stroke Teams was held. All three programs: Thunder Bay Regional Health Sciences Centre Inpatient Stroke Program, St. Joseph's Care Group Inpatient Stroke Program and St. Joseph's Care Group Neurology Day Program have been tracking barriers to discharge and potential solutions. Results of a transportation survey were discussed and the results indicate that transportation was not as great a barrier as was perceived. Collaboration between the two organizations has resulted in improved communication and understanding.

Diabetes Services - Thunder Bay

Nicola Novak, Coordinator Diabetes Health, collaborated with Gwen Third, Manager from Thunder Bay Regional Health Sciences Centre Complex Centre for Diabetes Care in promoting both diabetes programs in the community. Recent visits include Spence Clinic physicians, Anishnawbe Mushkiki Nurse Practitioner Led Clinic staff, and Anishnawbe Mushkiki Health Centre staff. The purpose of these sessions was to discuss the differences between the programs and address any confusion regarding referrals.

Liaison Roles

Seniors' Mental Health Program (SMHP) team members remain active in their "Liaison Person" role with designated Long Term Care Homes in Thunder Bay/with the Community Care Access Centre (CCAC) working in collaboration with staff discerning mental health and behavioral issues. The team has also formalized liaison roles with St. Joseph's Hospital and Thunder Bay Regional Health Sciences Centre to support ongoing Home First work.

Communication & Advocacy

Falls Prevention Program – Presentation at Accreditation Canada Quality Conference

Nadia Thatcher, Director of Care, Bethammi Nursing Home, and Shelby Poletti, Manager, Quality and Performance, participated in Accreditation Canada's Quality Conference in Toronto on February 2nd and 3rd. Our poster entitled *Seniors' Community-Wide Falls Prevention Program* was accepted for display at the conference.

Community Response to Changes in OxyContin

St. Joseph's Care Group and Thunder Bay Regional Health Sciences Centre are working in partnership with local and regional health care providers, the Thunder Bay Municipal Drug Strategy and the Crime Prevention Council to respond to the potential impact of recent changes to the manufacturing, distribution and eligibility criteria regarding the prescription pain medication, OxyContin. Over the past several years, OxyContin has been implicated in an identified increase in opiate related deaths and criminal activity within our region. Purdue Pharma announced on February 15th, that OxyContin will no longer be manufactured in Ontario and will be replaced with a new formulation, OxyNeo, which is more difficult to crush and ingest through alternate means such as snorting or injecting. Several meetings have been held since the announcement in order to develop a collaborative community response to the potential impact on individuals and mitigate risks for those who may have difficulty transitioning to the new medication, or for those who may be misusing the medication and at risk of withdrawal, as access to this medication becomes more restricted and supplies are no longer available.

Community Partnerships re: Substance Use Issues

The City of Thunder Bay, in partnership with health, social service, justice and Aboriginal agency partners, is supporting two initiatives to improve the care and support available for people living with substance use issues. One initiative focuses on a comprehensive assessment of the accommodation and other health and social service needs of people living with long term substance use issues. The second initiative is related to the implementation of the Thunder Bay Drug Strategy (March 2011). St. Joseph's Care Group, Thunder Bay Regional Health Sciences Centre, Thunder Bay District Health Unit, Superior North EMS, Thunder Bay Police, District of Thunder Bay Social Services Administration Board, and Fort William First Nation are committed to work together on one or both of these initiatives.

Teaching & Research Identities

Article Publication

Denise Taylor, Esme French and Kirsti Reinikka collaborated with other Physiotherapists on an article entitled "*Self-Management and Physiotherapy: Promoting and Enabling Health through Behaviour Change*". This article was published in the latest issue of the Canadian Physiotherapy Association, Interdivisional Review representing the Neurology Division. The Moving on After Stroke and Tele-Rehabilitation Programs were highlighted as concrete examples of effective self-management strategies for people living with chronic stroke.

Provincial Webinar

The Centre for Addiction and Mental Health (CAMH) has organized a series of webinar presentations throughout the year entitled 'Meeting of the Minds' designed to support knowledge transfer and professional development: Kerry Bourret, Team Leader, was one of the featured presenters on February 14, focusing specifically on the treatment of Eating Disorder in the Northwest. The session can be viewed on the CAMH website at www.camh.net.

Youth Addiction Program

The Youth Addiction Program is involved in a research initiative funded by the Centre for Addiction and Mental Health with Children's Centre Thunder Bay and Thunder Bay Counseling Centre. The research being conducted is the effect of Motivational Interviewing and Dialectical Behavioral Therapy has on Concurrent Disorder youth.

Thunder Bay Regional Health Sciences Centre (TBRHSC) Emergency Department Education

Throughout February and March 2012 TBRHSC hosted full day training sessions for Emergency Department staff to support professional development and team building. Nancy Black, Director of Concurrent Disorders for St. Joseph's Care Group, presented on the topic of Substance Use. The training sessions have been well attended and feedback regarding the session was very favourable.

Regional Conference

Nancy Black presented a keynote address regarding Strength-based Models of Care for Youth at a regional conference sponsored by Dilico Anishinabek Family Care's Mental Health and Addictions Services. The name of the conference was "Revisiting our Journey: Healing Starts at Home" and was attended by more than 250 participants. The conference theme was focused on complementary treatment and healing strategies.

Mental Health – Physicians Winter School

Thunder Bay Mental Health Programs and Sister Margaret Smith Centre were pleased to participate in the Thunder Bay Medical Society's Winter School 2012. This year's theme was Mental Health. Dr. Suzanne Allain and Dr. Paul Mulzer were two of the presenters for this professional development day for physicians. Program displays were featured.

Capital Project Updates

LEED® Gold Award - Sister Margaret Smith Centre

St. Joseph's Care Group is proud to announce that Sister Margaret Smith Centre (SMSC) received *LEED® Canada Gold Certification for New Construction* for its performance as a sustainable building. This is the first Thunder Bay project to receive the Gold Certification, adding to the significance of this achievement. The certification was awarded under the Leadership in Energy and Environmental Design (LEED) rating system overseen by the Canada Green Building Council. LEED® promotes an overall buildings approach to sustainability in five key areas: sustainable site development, water and energy efficiencies, material selection, and indoor environmental quality. The goal of a sustainable building is to reduce the financial costs and increase performance. This means healthier and more productive employees, lower operating costs and reduced impact on the environment. The certification is based on a scoring system where projects receive a credit for obtaining a certain threshold of achievement.

St. Joseph's Hospital – East Wing

Demolition continues on the previous Sister Margaret Smith Centre to make way for the construction of the new East Wing at St. Joseph's Hospital. A working group has been established to manage site logistics; this will become particularly challenging when the parking lot becomes part of the fenced construction site.

We are submitting additional information to the Ministry of Health and Long-Term Care (MOHLTC) in response to questions raised from the Consolidated Functional Program document. Discussions continue with various user groups, as we approach final design stage for the Specialized Mental Health Rehabilitation Program.

Centre of Excellence for Integrated Seniors' Services (CEISS)

Construction of the Sister Leila Greco Apartment complex continues, with a planned completion in late 2012 and planned move-in for tenants next winter (January 2013).

Pomerleau Contractors are finalizing the construction cost estimate for the Long-Term Care Home portion of the CEISS. We will then be in a position to move to the next phase – approval from the MOHLTC with tendering of the work to follow.