

news **WPSH** CENTRE

weekly newsletter of West Parry Sound Health Centre

March 26 to April 1 • 2018



The Auxiliary Easter Bake Sale

Thursday 29 March
starting at 3 p.m.

If you would like to contribute homemade baked goods please contact Lynda Hanna at loubage@gmail.com



**Please note that our
Materials Management Department
will be closed on Tuesday 27 March
and Wednesday 28 March for the
department's annual inventory count.**

North East **LHIN**

Event provides chance to learn more about Home Care opportunities

The North East Local Health Integration Network (NE LHIN) delivers home and community care services to an average of 17,000 northerners each day. On March 27, the NE LHIN is supporting a series of Home Care Recruitment & Information Events, with the help of CarePartners, in 15 communities across the region.

The events are part of the NE LHIN's efforts to increase capacity in northeastern Ontario's home and community care workforce. They will also serve to provide valuable information to people interested in learning more about home and community care services in their communities.



Tuesday 27 March - 10 a.m. to 3 p.m.
Canadore College, Parry Sound

Each event will have interactive activities and different home and community care organizations participating. For job applicants, there will also be the opportunity to take part in on-the-spot interviews and receive feedback on their resumes.

Who should attend?

- High school and post-secondary students, particularly interested in a rewarding career in home support.
- Nurses and nursing students (RN/RPN), personal support workers, and disability support workers
- Northerners of all ages interested in learning more about home and community care services.

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- The NE LHIN funds approximately 110 community health service providers throughout the region and provides services to over 17,000 people across northeastern Ontario. These services include more than one million personal support visits/year.
- CarePartners, as the NE LHIN's largest volume service provider for personal support services and providing services in all sub-regions, has organized these 15 events.

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CLIENT IDENTIFICATION Guidelines

Working in partnership with clients and families, at least two person-specific identifiers are used to confirm that clients receive the service or procedure intended for them.

Examples of person-specific identifiers include patient's full name, home address, date of birth, personal identification number or an accurate photograph.

Test for Compliance

Major: At least two person-specific identifiers are used to confirm that clients receive the service or procedure intended for them, in partnership with clients and families.

Evidence

- Policy NM-II-1200 "Confirming Patient Identity Using Two Patient Identifiers" and Lab Procedure SC-005
- Audited by direct observation of staff during this process
- Utilization of rL solutions event reports to track the number of times an intervention was provided to the incorrect patient and ensure solutions are put in place.
- Feedback on survey from patients and families about concerns where this did not occur during their hospital stay

Required Organizational Practices (ROPs) are evidence-informed practices addressing high-priority areas that are central to quality and safety. Accreditation Canada defines an ROP as an essential practice that organizations must have in place to enhance patient safety and minimize risk.



West Parry Sound Health Centre is proud to be Accredited With Exemplary Standing, the highest measurement awarded by Accreditation Canada.

www.accreditation.ca



Please tell us

Send us your compliments, questions, or concerns. Use the 'contact us' button at

www.wpshec.com



This newsletter and other helpful information can be found on-line at

www.wpshec.com

Contact News Centre editor Jim Hanna
jhanna@wpshec.com

705 746-4540 extension 4144



Local patient care will benefit from show by aerobatic Snowbirds

The Town of Parry Sound council has approved making the West Parry Sound Health Centre Foundation the benefactor from any potential surplus funds from the Snowbirds' air show on June 13.

"We are delighted that this national aerobatics treasure will fly over the Big Sound and we are exceptionally grateful that the foundation of the West Parry Sound Health Centre has been chosen to receive all surplus funds generated in support of this spectacular event," said Foundation Executive Director Lynne Atkinson. "Donations buys all of our new or replacement equipment and that keeps hospital care local."



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"There are plenty of worthy charities out there and we felt the health centre means something to everybody — it's ubiquitous — everybody has a story about someone who was treated there, whose life was saved, or born — we felt this was a good cause to go for because we benefit from the hospital," said Councillor Doug McCann.

The June 13 event is expected to include a charity community barbecue on the town's waterfront with all proceeds going to the show and surplus to the Foundation.

The hour-long show is expected to start at 5 p.m.

From a story by Stephannie Johnson,
Parry Sound North Star - 15 March 2018

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Ontario athletes contribute to a record-breaking performance

Ontario is celebrating the amazing achievements of its para-athletes who helped Canada earn a new national medal record at the 2018 Winter Paralympics Games, with Ontario para-athletes winning six medals in team and single events out of 28 medals for Team Canada.

This year, 21 Ontario athletes were part of the largest Canadian team ever to be sent to a Winter Paralympics -- competing in all five sports in PyeongChang, South Korea.

In total, 16 Ontario para-athletes reached the highest level of their sport by securing a spot on the Paralympic podium for Team Canada.

Provincial favourites who represented Canada on the world stage and won top honours include:

- Mark Ideson from London, Ontario, skip for Team Canada, took home bronze for wheelchair curling.
- Mac Marcoux from Sault Ste. Marie won gold for men's downhill and a bronze in alpine skiing, men's giant slalom.
- Collin Cameron from Sudbury, Ontario became the first Canada para Nordic sit skier ever to medal with bronze in 7.5 km biathlon, 15 km race and 4x2.5 km open relay in cross-country.
- Thirteen out of 17 athletes on the silver-winning para ice hockey team are from Ontario including Corbin Watson, Rob Armstrong, Brad Bowden, Adam Dixon, Tyrone Henry, Billy Bridges, Dominic Cozzolino, Ben Delaney, James Dunn, Tyler McGregor, Bryan Sholomicki, Corbyn Smith, and Greg Westlake.



We all share pride in the Olympic success of Mark Ideson, son of Judy and Terry Ideson. Judy's talent for retail is always evident in the Auxiliary Gift Shop.



Emergency Services
EMS • Fire • Police

Spring Food Drive

Please support the community work of our paramedics and EMS staff by making a donation to the annual Spring Food Drive.

Drop-off bin located in the Cafeteria and locations throughout West Parry Sound.



Whispering Pines Gift Shop



Home Decor • Seasonal Decorations • Jewelry • Books
Fashion • Candles & Lighting • Quilts and Handcrafted Items

Operated by volunteers from the West Parry Sound Health Centre Auxiliary in support of Patient and Family Centred Care

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New 'urgency' classifications support IT response planning



In Touch with IT

Beginning April 2, the Information Technology Department will introduce new Urgency classifications in our Help Desk ticketing system.

The goals are to give our clients within the health centre and Lakeland a better sense of expected response times from the Information Technology Department and to help our department better organize our approach to handling tickets in terms of prioritization and scheduling.

The expected outcome is to decrease the possibility of a ticket being left unattended for a long period of time.

Urgency	IT Resolution Time	Description
Low	14 day resolution	This is for tickets being submitted to the IT department wherein there is no immediate impact on the initiating department's effectiveness but a resolution should be planned to be completed within 14 days.
Medium	7 day resolution	This is for tickets being submitted to the IT department wherein there is no immediate impact on the initiating department's effectiveness but the effectiveness will be impacted if not resolved within 7 days.
High	2 day resolution	This is for tickets being submitted to the IT department wherein the initiating department's functionality is being moderately impacted but the department is still operational.
Urgent	1 day resolution	This is for tickets being submitted to the IT department wherein a critical system is showing signs of beginning to fail.
Critical	4 hour resolution	This is for tickets being submitted to the IT department wherein a problem resolution is required quickly because the department's operational capability is being impacted to the point that functionality has partially ceased.
Emergency	Immediate response	This is for critical systems failures only. This should be used only when department functionality has ceased and/or patient safety is at risk.
Project	Long term (two weeks or more)	This is for updates, upgrades or changes that will require multiple weeks and IT department resources in order to implement.



ELECTRONIC HEALTH RECORDS
TRANSFORMING PATIENT CARE
 WEST PARRY SOUND HEALTH CENTRE

Another Project Fuelled by Donors

*Patient care is improving.
 The way we work is changing.*

Thank you to everyone who is taking on additional work to learn our new system delivering improved Patient and Family Centred Care at West Parry Sound Health Centre and with our partner hospitals.

Thank you generous donors for supporting our delivery of care.

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Driving Safety and Security with CAA Membership

- ✓ CAA Members benefit from Emergency Road Side Assistance 24/7.
- ✓ A CAA Membership is unique: Membership covers you no matter what vehicle you are driving in — even if you are the passenger.
- ✓ Show your CAA Membership card and instantly save at The Source, Joe Fresh, East Side Mario's and so much more!

WEST PARRY SOUND HEALTH CENTRE EMPLOYEE PREFERRED RATES

CAA Plus® Membership

\$88

/year + HST
Reg. \$132⁰⁰ + HST

CAA Plus® Associate Membership

\$66

/year + HST
Reg. \$95⁰⁰ + HST

Corporate Code: #WPSHC

Melanie Sterling, Corporate Account Manager
Toll-free: 1.800.267.8713 Ext. 6297
Mobile: 1.613.299.8494
Corporate Line: 866.220.1205
Email: msterling@caaneo.on.ca

*Offer available only through a CAA Corporate Representative. Offer valid to residents of North & East Ontario. Offer not available on a previously purchased or renewed Membership. Offer cannot be combined with any other promotion or discount. Renewing CAA North & East Ontario Members are eligible. All associate drivers must reside at the same address as the Primary Member. Other restrictions may apply.

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up to 320km available for
additional \$16.50 +HST**

caaneo.ca



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Insurance
Rewards
Auto

LLTC  **SPIRIT**
Living • Individuality • Family • Empowerment

13th Annual Transfusion Medicine Education Videoconference Symposium

PUMPING IRON

Strategies to Manage Iron
Deficient Patients

April 11, 2018

Morning session: 9 am - 12 pm

Afternoon session: 1 pm - 4 pm



Presentation

- ◆ Anemia in the Bariatric Patient
- ◆ Anemia in the Pediatric Population
- ◆ Anemia and Heavy Menstrual Bleeding (HMB)
- ◆ Rapid Referral Clinics

Presented by

Ms. Ivy-Lea Lunau
Ottawa

Dr. Vicky Breakey
McMaster's Children's Hospital

Dr. Menaka Pai
Hamilton Health Sciences

Dr. Alan Tinmouth
The Ottawa Hospital

This FREE education event will be broadcast by videoconference to your site from Oakville Trafalgar Memorial Hospital via the Ontario Telemedicine Network.

Pre-register online at www.transfusionontario.org before March 30, 2018.

Contact your local site moderator or visit www.transfusionontario.org for more information including learning objectives.

Room location and local contact person:

Room 4123
Small Boardroom

Contact: wscarrow@wpshec.com
Ext 3812



Be a Hand Hygiene Leader

use hand sanitizer every
time you enter and leave
the health centre



HAVA JAVA

Coffee kiosk operated by
the WPSHC Auxiliary.
All purchases support
patient care at WPSHC.

WPSHC WEST PARRY SOUND
AUXILIARY HEALTH CENTRE
In service to health care since 1927

**Start your day with
a breakfast sandwich**



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Look what's cooking this week

OUR DAILY LUNCH MENU



MONDAY

Soup: Homemade Turkey Pasta, Split Pea and Ham
Entree: Bacon Cheddar Burger with Onion Rings or Salad

TUESDAY

Soup: Italian Wedding, Cream of Broccoli
Entree: Spaghetti and Meat Sauce w/ Garlic Stick

WEDNESDAY

Soup: Homemade Chicken and Rice, Cream of Mushroom
Entree: Grilled Rueben Sandwich

THURSDAY

Soup: Homemade Hearty Beef Vegetable, Chicken Corn Chowder
Entree: Chinese Food Plate (2 Chicken Balls, Fried Rice, Oriental Vegetable, and Egg Roll)

FRIDAY

Closed for Good Friday

You can pre-order tonight's dinner meal

- All dinner orders must be placed before 2 p.m. by calling extension 2510.
- There will be no custom orders.
- Dinners are \$5, payment due at pick up.
- Pick up is between 4 and 6 in Dietary.

Monday

Chicken Parmesan, Fusilli Noodles,
Italian Mixed Vegetables

Tuesday

Old Fashioned Beef with Gravy,
Mashed Potatoes, Broccoli

Wednesday

Sloppy Joe on a Hamburger Bun
with Sunrise Vegetables

Thursday

Festive Baked Ham, Sweet Potatoes,
Green Beans

Friday

Salisbury Steak, Mashed Potatoes,
Peas and Carrots

Saturday

Beef Stir Fry with Rice

Sunday

Roast Turkey, Mashed Potatoes, Squash

Meals served in our Cafeteria

Hours of operation are:

Monday to Friday - 11 a.m. to 1:30 p.m.



All weekly menus can
be subject to change

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Next week's 50-50 prize:

\$520

Draw will take place on
Thursday 29 March



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IN COTTAGE COUNTRY

Our Foundation's payroll deduction 50/50 draw takes place every two weeks - and you can sign up to participate any time.

- The cost to enter the 50/50 draw will be \$5 per pay - only available through payroll deduction.
- The winning participant and the Foundation equally share the amount of money collected through the entry fee.
- Pick up a form from the Foundation office.

The Foundation's Payroll Prosperity Program is helping to raise thousands of dollars annually for our Foundation to purchase much-needed equipment along with support for the Staff Education Fund... and thousands will be shared by lucky Payroll Prosperity participants.

Consecutive day parking passes for frequent visitors

- Available for purchase in the Finance Department.
- \$4 per day plus \$15 deposit for the visitor parking card.
- Unlimited in-out access during purchase period.
- Deposits are refundable upon return of Visitor parking card.
- The Visitor parking card is transferable among patient and family members.

Presented by the Shawanaga First Nation Healing Centre &
The Community Wellness Development Team of Native Horizons Treatment Centre

Dr. Jim Cullen, PhD., RSW **Opiates and the Addicted Brain**

Come hear how addiction physically effects a person's brain and why we need to change our interactions with our loved ones that are addicted.

A perspective on how addiction is a physical disease and not a moral issue.

Recovery Path is about connecting oneself with identity, the land, healthy friends, family, and community in a good way.

22 & 23 May 2018 • 9 to 4 each day (lunch provided)

Shawanaga Recreation Centre • 2 Village Road, Shawanaga First Nation

To register for training contact: Wendy McNaughton, email: cwdt_wm@nhhc.ca

Deadline for registration is May 16

For more information about this program, call Brenda Tabobondung at 705-774-4686

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www.pedalingforparkinsons.ca

Parkinson's Disease: What we can learn from genetic causes of Parkinson's disease

Welcome Dr. Lorraine Kalia

University of Toronto
Toronto Western Hospital
Krembil Research Institute

Dr. Kalia will discuss her research on Parkinson's disease due to mutations in the LRRK2 gene. Findings from this research are expected to inform our broader understanding of Parkinson's disease.

Thursday APRIL 12th / 2018

6:30pm Register, 7:00pm Start

No cost, donations welcomed.

Canadore College

1 College Dr. Parry Sound

Light refreshments available.

Register Online: pedalingforparkinsons2018.eventbrite.ca or email: pjstvan@gmail.com



In support of:



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March is PHARMACY Awareness Month **Hospital Pharmacists**



SUPPORTING THE MEDICATION SYSTEM

Did you know?

- Pharmacists and pharmacy technicians work behind the scenes to manage medication use and provide drug information, helping to build a medication system that is safe, effective, and efficient.
- Their work helps to inform the decisions of hospital committees responsible for initiating and reviewing programs, policies, guidelines, and other tools to promote safe, appropriate, and cost-effective medication use within the institution.

Drug Information

- Answer requests for drug information
- Topics include:
- current approaches to therapy
 - clinical alternatives (e.g., in response to drug shortages)
 - compatibility and stability of drugs given by injection

Medication Safety

- Analyze data about medication incidents
- Share information to help prevent medication incidents

Pharmacy Informatics

- Focus on how information systems acquire and store data and how those data are analyzed, used, and disseminated in support of high-quality healthcare

Drug Use Evaluation

- Study patterns of medication use (in terms of safety, effectiveness, and economics)
- Develop, implement and evaluate practice changes that promote safe, appropriate, and cost-effective drug use

Procurement and Inventory Management

- Purchase drugs for use in the hospital and ensure that they are kept safe and secure for use
- Find suppliers of alternative drugs in response to drug shortages

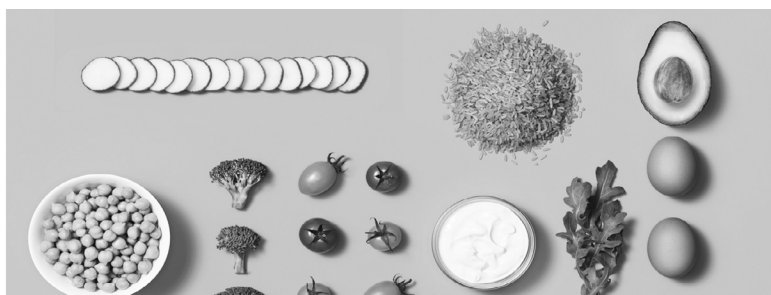
From the
Canadian Society of Hospital Pharmacists
www.cshp.ca

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UNLOCK THE POTENTIAL OF FOOD

Visit NutritionMonth2018.ca



THE POTENTIAL TO BRING US TOGETHER

Enjoy the benefits of bringing families and friends together with food.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Canadians are busy! In a recent Ipsos poll, 30 per cent of Canadians said it's challenging to find time to eat meals with friends and family. But, it's important to share meals, because it opens dialogue, connects people and helps us eat a more balanced diet. It's an enriching experience for people of all ages to share meals -- from children to older adult. This Nutrition Month, dietitians want to remind you of the power of coming together for shared meals.

WHY SHARE MEALS WITH OTHERS?

The biggest barriers to eating together are busy schedules like work and evening activities. It takes creativity to balance busy schedules, but it's worth the effort because everyone benefits when you eat in the company of others!

- Children who eat with their family have more nutritious diets, better academic performance, a lower risk for being overweight and less risk of eating disorders. Plus, children tend to have increased intake of vegetables and fruit, and a decreased intake of sugar-sweetened beverages.
- Teens who share family meals get better grades, and are less likely to smoke, use drugs or alcohol, or to participate in serious fights.



DIETITIAN PRO TIP

Coleen Nolan RD
Halifax, NS

Twelve per cent of Canadians say they look at texts or emails during meals. In our home, we have a "no phones at the table" policy so we can focus on each other's company, sharing highlights from our day. It also allows us time to focus on and enjoy what we're eating, instead of what our friends on Instagram or Snapchat are eating!

TRY THIS!



Spiced chia pudding



Lemony roasted potato & avocado salad



Easy chicken curry

Find all 15 feature recipes at www.NutritionMonth2018.ca



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.



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POTENTIAL TO BRING US TOGETHER

Visit NutritionMonth2018.ca



- Adults who eat with friends and family tend to eat more vegetables and fruits, drink less pop, eat fewer meals at fast food restaurants, and have lower body mass indexes.
- Older adults who eat as part of a group have better diets, improved nutrient intake and lower rates of malnutrition.
- People who come together in communities can eat together at community kitchens, where they learn to cook, share meals, try new foods, have fun and learn about nutrition.

START A CONVERSATION

For many people, sharing meals is a favourite time of day to interact with family and friends. It allows people to connect share traditions, learn, communicate and listen. If you are new to family meals, here are some Do's and don'ts:

1. DO give everyone at the table a chance to speak.
2. DON'T use it as a time to scold or discipline picky eaters.
3. DO ask questions that require more than a "yes" or "no" answer. So, instead of "did you have a good day?" try asking "tell me something interesting that happened today."

Sharing family meals doesn't only mean dinner! If your evening schedule is hectic, share breakfast meals or have brunch together on the weekends. Most studies done on the benefits of family meals start with sharing at least four meals together per week. They all count!

WANT TO UNLOCK THE POTENTIAL OF FOOD?

TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at www.dietitians.ca/find.



Celebrating National Nutrition Month at West Parry Sound Health Centre.

Find all 5 fact sheets at www.NutritionMonth2018.ca

OFFICIAL
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**DIABETES
CANADA**

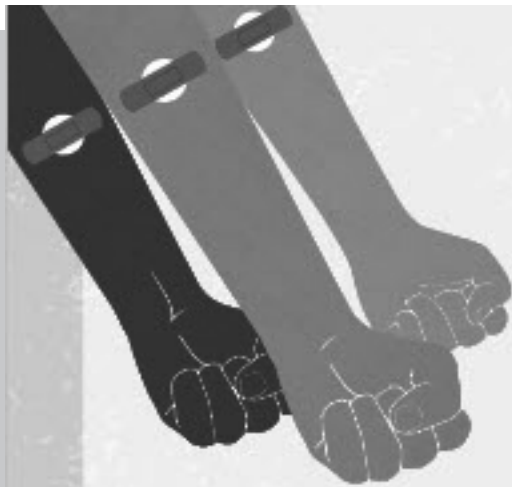
FACT SHEET
SPONSOR:



In support of Nutrition Month - this information is provided by the Diabetes Education Centre at WPSHC.

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YOU HAVE THE POWER TO GIVE LIFE

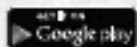
Donate blood and join the movement today.

PARRY SOUND COMMUNITY BLOOD DONOR CLINIC

**Good Friday March 30th
2:00pm - 7:00pm**

**St. Peter's Church - Knights of Columbus Hall
52 Church Street**

Book your appointment at blood.ca



Canadian Blood Services
it's in you to give

**Partners
For Life**

Whenever you donate blood, please register to help WPSHC meet our commitment to support the Partners for Life Campaign.

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