



connections  
APRIL • 2016

## Around the Bay and St. Joe's

### A Winning Team!

On Sunday, April 3rd, the excitement of the 122nd Around the Bay Road Race fuelled runners, walkers and spectators all taking part in North America's oldest road race and fundraising in support of St. Joseph's Healthcare Hamilton.

Whether running the historic 30k, running or walking in the newer 5k event, participating with a relay team or fundraising, the spirit of Team St. Joe's was remarkable!

This year's Bay Race raised a record \$485,149 for our Hospital and the health of the community we're honoured to serve. And, once again this year, Team St. Joe's rose to the challenge with over 250 staff on 18 teams helping to raise an incredible \$120,000!

In fact, many St. Joe's teams raised more than \$10,000 each so they will be eligible to have funds directed back to an approved research project within their own department. Packers' Trackers, Team FIRH, Team HREI and Team ICU all surpassed the \$10,000 goal.

Through the 12-year partnership between the Bay Race and St. Joe's, more than \$2.8 million has been raised for our Hospital. These funds have allowed the purchase of vital equipment like fetal heart monitors for the tiniest patients entrusted to our care, and patient comfort items such as warming blankets for dialysis patients.

The funds have also supported research into mental health and addiction, and diseases of the lung, chest and kidneys, to name just a few. We're making discoveries today that will impact healthcare tomorrow.

St. Joe's and Around the Bay – what a team! ●



in support of

St. Joseph's  
Healthcare Hamilton  
FOUNDATION

Next year's race is March 26, 2017

For more information or questions about Around the Bay please contact, Adam Tillich:

✉ [adam@stjoesfoundation.ca](mailto:adam@stjoesfoundation.ca)

☎ 905.522.1155 ext. 35973



# Thank You!

Walkers, Runners, Fundraisers & Supporters for helping us to raise a record

# \$485,149

to purchase equipment and fund research at St. Joseph's Healthcare Hamilton.



## Dr. Mark Soth Helping foster a culture of organ and tissue donation at St. Joe's

St. Joseph's Healthcare Hamilton's very own Dr. Mark Soth is one of 50 Hospital Donation Physicians (HDPs) working to support organ and tissue donation within hospitals across Ontario. Trillium Gift of Life Network (TGLN), Ontario's organ and tissue donation and transplant agency, recently announced that HDPs are available to staff to provide educational support and share expertise.

Following closely the example set by successful international programs, this is the second phase of a plan to create an integrated network of physicians, both within and external to the hospital. Physician engagement is credited with improving donation rates by encouraging a culture of donation within hospitals.

There are 1,600 people in Ontario waiting for a lifesaving organ transplant, but the reality is, the opportunity for donation is quite rare. Dr. Soth will work with the existing donation team to ensure that when donation is a possibility, families have the knowledge and opportunity to make a lifesaving choice.

The shift to a more integrated network of donation physicians, to provide educational support and share expertise, has already increased the number of potential donors referred to TGLN. One donor can save up to eight lives and improve the lives of up to 75 others through tissue donation.

Along with his role as Chief of the Department of Critical Care where he works as a staff intensivist, Dr. Soth is the physician lead and Co-Chair of the TGLN Steering Committee at St. Joe's, alongside Co-Chair, Jackie Barrett, Director, Clinical Services.



- Dr. Mark Soth, Chief of Critical Care

If you have questions, would like to learn more, or to register to be an organ donor, please visit:

[www.giftoflife.on.ca/en/](http://www.giftoflife.on.ca/en/)

## Join St. Joe's in the Paris to Ancaster A Ride for Research

On Sunday, April 24th, join a St. Joe's team and bike the family-friendly 20k route of the Paris to Ancaster. New this year, the 20k course is challenging yet suitable for all ages and abilities.

Register at the start line at Bishop Tonnos Catholic Secondary School on the morning of the ride.

For information, visit:  
[www.parisancaster.com](http://www.parisancaster.com)

Register to fundraise:  
[www.stjoesfoundation.ca/2016P2Afundraising](http://www.stjoesfoundation.ca/2016P2Afundraising)

For more information or questions, please contact Janine Belzak:

[janine@stjoesfoundation.ca](mailto:janine@stjoesfoundation.ca)

905.522.1155 ext. 32951

**Paris to Ancaster: A Ride for Research and a ride for everyone!**

A RIDE FOR RESEARCH

St. Joseph's Healthcare Hamilton FOUNDATION

Join Canada's spring cycling classic and support ground-breaking healthcare research at St. Joseph's Healthcare Hamilton. Try the challenging 70k or 40k traditional routes, or the NEW 20k family ride.

*There's a ride for everyone!*

SUNDAY, APRIL 24, 2016 | REGISTER TO RIDE & FUNDRAISE > [parisancaster.com](http://parisancaster.com) [stjoesfoundation.ca](http://stjoesfoundation.ca)

## Patient Comfort & Kindness Grants are Back!

Would a little extra support for items like pillows, blankets, or magazine subscriptions make a big difference to the patients cared for in your department? The Foundation is here to help with a new round of Patient Comfort & Kindness Grants!

From April 15th – May 15th, you can apply for funding that will enable your department to purchase those smaller patient comfort items that often have the biggest impact of all.

Grants can range from as little as your department needs to a maximum of \$5,000. The grant request must demonstrate an ability to directly enhance the comfort and care of patients at St. Joe's and should be used for projects or items that simply cannot be covered by operational funding. Grants should also have the ability to impact multiple patients at our Hospital.

Last November, the Foundation provided grants to six departments thanks to the generous support of our donor community. From fleece blankets for dialysis patients to a special sleeper chair for visitors who are spending the night at our Hospital, the grants are already having an incredible impact on the patients we serve!

### Here's what some of our recipients and patients had to say:

*"The sleeper chair has not only allowed me to stay overnight at the Hospital comfortably, it's brought happiness to my wife while she's been ill. Thank you!" - Husband of patient in the Medical Stepdown Unit*

*"The pocket talker communication devices we purchased with our grant have allowed patients to better understand important conversations about their treatment." - Staff member in Nephrology*

*"Thanks to the specialized sling we bought for our mechanical lift, one of our patients was able to safely stand for the first time in four weeks!" - Social Worker*



To download the application form and learn more about the Patient Comfort & Kindness Grants, visit:

[www.stjoesfoundation.ca/comfortandkindnessgrants](http://www.stjoesfoundation.ca/comfortandkindnessgrants)

If you have any questions, please contact Laura Volpe, Annual Giving Officer:

[lvolpe@stjoesfoundation.ca](mailto:lvolpe@stjoesfoundation.ca)

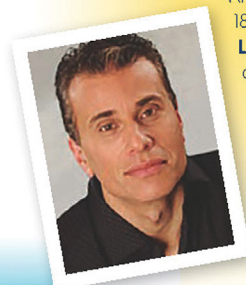
905.522.1155 ext. 35979

YOU'RE INVITED TO:



FEATURING A KEYNOTE ADDRESS  
BY MICHAEL LANDSBERG

After hosting TSN's popular show *Off The Record* for 18 years, Canadian broadcast personality **Michael Landsberg** turned his attention to the off-screen conversation around mental illness. In the same candid way that he takes to social media with his campaign #SickNotWeak, Michael will share his personal story and speak about the issues surrounding depression and mental health. A prominent mental health advocate, Michael was recognized for his dedication to promoting mental health awareness with a 2015 Canadian Screen Awards Humanitarian Award.



WEDNESDAY, MAY 4, 2016 | 7:30 a.m.

THANK YOU TO OUR SPONSORS:



## Budding St. Joseph's Researcher Publishes Work on Probiotics & Mental Health

After completing her PhD in clinical psychology at Ryerson University in 2014, Dr. Matilda Nowakowski began to work as a post-doctoral fellow at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton. She was awarded the TD Grant in Medical Excellence Postdoctoral Fellowship and the Professional Advisory Council Health Professional Research Award to examine the role of the gut microbiome in irritable bowel syndrome and mental health.

Dr. Nowakowski has recently published a review paper funded by these grants that translates research conducted on gut bacteria by microbiologists and immunologists to a mental health audience. The paper was published in Canadian Psychology and may lead to innovative, new treatments for mental health conditions.

"There is increasing research evidence in microbiology and immunology that the gut microbiome can influence behaviour and brain functioning. This is an area that is not often focused on by mental health professionals," explains Dr. Nowakowski. "This review paper helps to explain how these complex, scientific concepts are relevant to the study and treatment of mental illness."

The paper notes that while plenty of animal studies have confirmed the effects of the gut microbiome on the brain, more clinical studies are needed in order to better understand how this research can be applied to patients and can potentially be use in the treatment of mental disorders.

By successfully translating this knowledge from one area of expertise to another, Dr. Nowakowski's research helps to eliminate silos in the complex environment of health research. Fostering an environment of collaboration across disciplines helps researchers and other medical professionals to draw upon each other's work to advance patient care.

Dr. Nowakowski now works as a clinical psychologist at the Pain Clinic (King Campus) and the Anxiety Treatment and Research Clinic (West 5th Campus) at St. Joseph's Healthcare Hamilton and holds an appointment as an Assistant Clinical Professor (Part-Time) with the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

She hopes to continue her research focused on the integration of psychological treatments into medical settings by evaluating the effectiveness and mechanisms of psychological approaches to the management of chronic pain. ●

More about St. Joe's Mental Health & Addiction researchers: [research.stjoes.ca/about-us/mental-health-addiction](http://research.stjoes.ca/about-us/mental-health-addiction)



## Caring for Self, Every Step of the Way Take a break at the 2016 Knowledge Café

Step into the Knowledge Café as we celebrate interdisciplinary and integrated health care partnerships at St. Joe's. The Knowledge Café is an excellent way to learn more about a variety of programs and services across St. Joe's related to this year's theme, "Caring for Self: Every Step of the Way".

All staff, patients and visitors are welcomed to attend to network with colleagues while enjoying refreshments and live music.

- Thursday, May 12
- 2 p.m. – 4 p.m.
- Level 1 Atrium, West 5th Campus

For more information or to be involved please contact, Tanya Lysiak-Globe

[tlysiak@stjoes.ca](mailto:tlysiak@stjoes.ca) 905.522.1155 ext. 36605



## Wellness Story of the Month *Recommit to Fit*



*Just a little farther! Just a little faster! You can do it! The Run/Walk group is an awesome way to meet new friends, improve your running speed and distance, and push your limits.*

*I started off with our Run/Walk group in 2011 from a mere 5km race and worked up to The Road to Hope full marathon. My challenge to you is to come out and run with us, enjoy some fresh air and meet new people!*

*You never know – a full marathon could also be in your running future.*

- Michelle Gillespie, Registered Electromyography Technologist, Electro Diagnostic Services Department, St. Joseph's Healthcare Hamilton

## sneak it in How well can you sneak Wellness into your workday?

From April 6th to May 6th, staff, learners, physicians, and volunteers participated in Employee Wellness' Sneak It In Challenge. Sneak It In encouraged individuals to engage in both informal and formal self-care activities during the workday.

These activities included listening to a Mindfulness meditation on MyStJoes, attending a Wellness class, running with the Walk/Run group, or taking a stretch break with the goal of enhancing well-being and improving health behaviours. ●

To view the contest and prize details, visit the webpage below:

- MyStJoes > Employee Wellness
- [wellness@stjoes.ca](mailto:wellness@stjoes.ca)
- 905.522.1155 ext. 37689



- Dr. David Higgins, President, taking a break to stretch at his desk



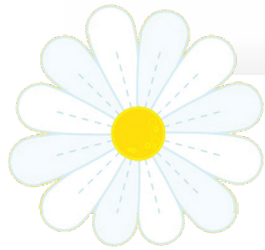
### FOLLOW US!

**@hmecu**

**HMECU**  
Healthcare and Municipal Employees Credit Union™

St. Joseph's Hospital Staff Branch  
Room G1104 or call ext 32910  
[www.hmecu.com](http://www.hmecu.com)

**HOURS OF OPERATION**  
Mon, Tue, Thu, Fri..... 8:30am to 4:30pm  
Wednesdays..... 10:30am to 5:00pm  
Closed daily from..... 1:30pm to 2:30pm



# Celebrating National Volunteer Week 2016



## Two Senior Nephrology Techs volunteer vacation hours for a life-changing trip to Guyana

Prevalence of renal disease is very high in Guyana and there is not a single nephrologist currently working in the country. For those individuals with end stage renal disease, dialysis is their only option and most cannot afford the treatment. Without dialysis, patients die.

Through the Division of Nephrology at McMaster University, St. Joseph's Nephrologists have been supporting The Doobay Medical Centre, a not-for-profit Dialysis Clinic, in Guyana since it opened two years ago. The increasing demand for hemodialysis treatment in the country surpassed the clinic's original capacity initiating the need to expand the space and get more equipment. St. Joseph's Healthcare Hamilton supported the project through the donation of decommissioned dialysis machines that are used to train and treat.

Two Senior Nephrology Technologists at St. Joseph's volunteered their vacation time to support the clinic in person.

Carl Haynes has been with St. Joe's for 17 years and Alex Prine, 10 years, travelled to Guyana together for 10 days to visit the clinic, install the donated dialysis machines, and provide operational instructions to the local nursing staff.

"They were very eager to learn and excited for the new equipment," said Carl, "and provide first class service with minimal equipment." There are currently no trained technologists at the Doobay Medical Centre and Alex, who has been a Senior Tech for four years says, "We were able to resolve some outstanding issues [outside of setting up equipment] which was a big bonus."

St. Joseph's Health System supports the clinic so they can provide dialysis, regardless of the patient's ability to pay, "They work really hard to provide services to those with limited access" explained Alex. When asked about their next visit, both Carl and Alex said, "I can't wait to go back – it was a very rewarding experience!"



- The Doobay Medical Centre, Guyana



- Carl Haynes treats the Clinic's first Dialysis patient



- Karen B. loves volunteering at The Book Nook, West 5th Campus

## St. Joe's volunteer is forever grateful

Karen B. has been volunteering at the West 5th Campus' 'The Book Nook' which she describes as, "a very relaxed environment where patients can take out books, magazines, CDs and DVDs, but most importantly where they can come visit and talk, and we listen to offer them support where we can."

Identifying herself as someone with lived experience, Karen began her journey with St. Joseph's many years ago as a patient. "It is a magical place and I had to give back." She joined the volunteer team two years ago and says, "Volunteer Resources treats you with so much respect and make you feel important; you're not just a volunteer you're staff."

Karen also volunteers with the Burlington Performing Art Centre but believes that there's "a spiritual quality" to volunteering at St. Joe's explaining that, "some patients don't have family or friends to come visit them, and we become somebody special to them."

Always ready to greet you with a smile, Karen plans on continuing with her commitment to St. Joe's saying, "I very much look forward to my volunteer days at the West 5th Campus...it keeps me grounded and I'm forever thankful!"

## TICKETS NOW ON SALE

### Join us at the 15th Annual Nursing Excellence Awards Dinner

Share an evening with colleagues as we honour our nurses at this year's Nursing Excellence Awards Dinner, in celebration of this year's National Nursing Week, May 9-15.

- Wednesday, May 11 | Reception at 6 p.m. | Dinner at 7 p.m.
- Michelangelo Events & Conference Centre
- Ticket are \$40/each

## NATIONAL NURSING WEEK 2016

*Nurses: With you every step of the way*

For ongoing Nursing Week updates, please visit: MyStJoes > Groups/Depts. > Dept. of Nursing > Nursing Practice

To purchase your ticket please contact:

#### Charlton Campus

Joanna Bond  
 905.522.1155 ext. 35201

Kelly LoPresti  
 905.522.1155 ext. 32087

#### King Campus

Heather Radman  
 905.522.1155 ext. 38755

#### West 5th Campus

Karen McLeod  
 905.522.1155 ext. 36771

## WORLD HAND HYGIENE DAY CELEBRATIONS!

May 5th marks the World Health Organization annual campaign, "SAVE LIVES: Clean Your Hands" and the national campaign lead by the Canadian Patient Safety Institute, "STOP! Clean Your Hands Day". On May 3rd, 4th, and 5th, we will be celebrating World Hand Hygiene Day at St. Joe's.

On behalf of the Infection Prevention And Control (IPAC) Department, we want to thank everyone for your continued commitment to hand hygiene, and wish you a Happy World Hand Hygiene Day! We look forward to celebrating clean hands around the world with you!



**King Campus**  
Tuesday, May 3rd  
10 a.m. to 2 p.m.  
Cafeteria Entrance

**Charlton Campus**  
Wednesday, May 4th  
10 a.m. to 2 p.m.  
Main Lobby

**West 5th Campus**  
Thursday, May 5th  
10 a.m. to 2 p.m.  
Level 1 Atrium

To contact the Infection Prevention And Control Department, Central Line for all Campuses:

905.522.1155 ext. 33385

infection@stjoes.ca

## Getting help for Mental Illness A Free Community Event

In collaboration with the Canadian Association of Cognitive and Behavioural Therapies and the Canadian Institutes of Health Research, St. Joseph's Healthcare Hamilton hosts a free community event that aims to raise awareness and inspire solutions to the obstacles people face when trying to access treatment.

- Wednesday, May 4
- 7 p.m. to 9 p.m.
- West 5th Campus, Lower Auditorium, Level 1 Block A

**Parking:** Free parking is available in P1 and P2 lots, located in front of the Outpatient Entrance, off of Fennell Avenue.



**RSVP is Required.**

For questions or to RSVP, please contact Kelsey Gahagan:

kgahagan@stjoes.ca

905.522.1155 ext. 39855

*Mental Health Week is an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.*

STJOES.CA

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For more information about Volunteer Resources or to view more volunteer stories please visit:

[www.joinstjoes.ca/volunteer](http://www.joinstjoes.ca/volunteer)

[voluntee@stjoes.ca](mailto:voluntee@stjoes.ca)

905.522.1155 ext. 31435

# Occupational Health & Safety Week

Join us in celebrating North American Occupational Safety & Health (NAOSH) Week at St. Joseph's Healthcare Hamilton May 2-6, 2016 – an opportunity to focus on and continue to nurture a safe, healthy, and mindful culture. *Thank you* for preventing injury and illness and promoting well-being and self-care - in the workplace, at home and in the community.

You're invited to visit the displays at the three Campuses and connect with Joint Health and Safety Committee representatives.

## King Campus

Tuesday, May 3rd  
11 a.m. to 1 p.m.  
Kemp Auditorium

## West 5th Campus


Wednesday, May 4th  
11 a.m. to 1 p.m.  
Level 1 Atrium


## Charlton Campus

Thursday, May 5th  
11 a.m. to 1 p.m.  
Main Lobby

We will continue to work together for the maintenance and growth of a healthy and safe workplace! ●


For more information about St. Joseph's Occupational Health and Safety Department, contact:

 ohs@stjoes.ca

 905.522.1155 ext. 33649

## NEW Hazard Incident Reporting On-Line COMING SOON!

Occupational Health and Safety Services is making it easier to submit Hazard Incident Reports (HIR) for healthcare workers. In the upcoming weeks Hazard Incident Reports (HIR) will be accessible on-line from every computer. Stay tuned for more information!



Occupational  
Health &  
Safety

### Hazard Incident Report for Healthcare Workers

**Please select A or B to begin:**

**A** Hazard/Incident Report (Not Workplace Violence)    
  **B** Workplace Violence Report

**Reporting and Completion of a Hazard/Incident Report**

1. NOTIFY your manager or their delegate immediately of the incident.
2. COMPLETE the Hazard Incident Report (HIR A or B) with your manager/delegate.
3. SUBMIT a copy of the completed HIR to your manager/delegate.

**Is This a Worker Critical Injury As Per the Occupational Health & Safety Act**

A critical injury is an injury of serious nature that:

(a) places life in jeopardy	(d) involves the fracture of a leg or arm but not a finger or toe
(b) produces unconsciousness	(e) involves the amputation of a leg, arm, hand or foot but not a finger or toe
(c) results in substantial loss of blood	(f) consists of burns to a major portion of the body
	(g) causes the loss of sight in an eye

Refer to [Critical Injury Policy #002-OH&S](#)

St. Joseph's  
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FOUNDATION

**A new season of Payday Payouts is here with more tickets than ever before!**

Visit [stjoesfoundation.ca/paydaylottery](http://stjoesfoundation.ca/paydaylottery) and sign up today for your chance to win over \$8,000!

## PAYDAY PAYOUT LOTTERY WINNERS

**March 24, 2016**  
Lauretta Garside  
Surgical Transplant  
Charlton Campus  
\$8,289.00

**April 8, 2016**  
Holly Charters  
Pre-Assessment Clinic  
Charlton Campus  
\$8,307.00

## connections

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Send your comments, suggestions or story ideas to:  
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[www.stjoes.ca](http://www.stjoes.ca)

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