

connections

OCTOBER • 2015



# After **125 years** caring for our community isn't a habit, it's a promise

**I**n 1890, our founders, the Sisters of St. Joseph of Hamilton opened the doors of a 25-bed general hospital. Now, 125 years later, with over 700 beds and an established reputation as a leading academic, multi-site hospital, St. Joseph's Healthcare Hamilton is celebrating 125 years of caring for our community and beyond.

Our pioneering spirit at St. Joseph's Healthcare began in 1854 when the Sisters arrived to care for those most in need, a commitment that only intensified with the outbreak of cholera. Compassionate care for all is their legacy and this continues to be infused in the foundation of the work that we do each day at St. Joseph's Healthcare Hamilton.

For over 125 years, each one of our employees, physicians, learners and volunteers continue to drive that legacy and focus on collaboration, education, research and partnerships within and around our community. It inspires the future of healing –

the mind, body and spirit - that will renew the promise of health care for the 21st Century as we move forward in today's health care setting. ●

We invite all staff, physicians, learners and volunteers to join us for a celebration with speeches, refreshments and a giveaway as we honour this milestone.

October 8<sup>th</sup> at 1 p.m.  
Charlton Campus, Main lobby

October 19<sup>th</sup> at 11 a.m.  
King Campus, Cafeteria

November 12<sup>th</sup> at 1 p.m.  
West 5th Campus, Level 1 Atrium



[www.stjoes.ca/125Years](http://www.stjoes.ca/125Years)

 re·new  
the  
promise



## St. Joseph’s Healthcare Hamilton and St. Joseph’s Home Care to lead expansion of Integrated Comprehensive Care Model Across the HNHB LHIN

On September 2<sup>nd</sup>, St. Joseph’s Healthcare Hamilton and St. Joseph’s Home Care welcomed Ontario’s Minister of Health and Long-Term Care, Dr. Eric Hoskins, who made a special announcement about expanding access to care in the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN).

Known as the Integrated Comprehensive Care (ICC) project developed by St. Joseph’s Health System, it demonstrates an innovative model of care that directly integrates hospital and home and community care services for patients. Minister Hoskins described the ICC project as a vision for the future of care delivery in the province of Ontario by providing a “bundled” approach to health care that aims to guide patients throughout their entire medical treatment.

*“These new bundled care teams will make it easier for patients to transition out of hospital and receive the care they need at home, where we know they’d rather be,” said Health Minister Hoskins.*

“This kind of care puts patients first by organizing their care team around the specific needs of a patient, delivering better access and better outcomes.”

Since 2012, St. Joseph’s Healthcare Hamilton and St. Joseph’s Home Care (both members of St. Joseph’s Health System), have been collaborating on this important initiative by providing care to the Lung and Esophageal Cancer Programs, Total Joint

Replacements, as well as for patients with Chronic Obstructive Pulmonary Disease (COPD) and Congestive Heart Failure (CHF).

St. Joseph’s Healthcare Hamilton will lead the expansion of St. Joseph’s Health System’s ICC model for COPD and CHF across all HNHB LHIN acute care hospitals, while St. Joseph’s Home Care is the project’s leading Home Care Agency for the HNHB LHIN.

“We have been privileged to contribute to the provincial integrated funding model through the success of the Integrated Comprehensive Care project, and are honoured to work with our partners to extend this model in a way that works best locally for them and throughout the province,” states Dr. Kevin Smith, President and CEO, St. Joseph’s Health System.

The project connects a patient with one Integrated Care Coordinator before, during and after their hospital stay. The Care Coordinator is the link between hospital specialists, but also connects with necessary service providers in the community, that can include a variety of staff including nurses, therapists, personal support workers, but also connects with necessary service providers in the community from home care to palliative care. The use of mobile technology such as tablets allows the teams to communicate with patients at home and cuts down on unnecessary trips to hospital.

Since inception, the ICC model has resulted in shortened hospital stays, improved patient satisfaction and fewer readmissions to the emergency department. The expansion of the ICC model will transform patient care across the HNHB LHIN, providing an innovative, patient-centered, bundled approach to health care. ●



## Toasting the Winners of the 2015 TD Grants in Medical Excellence

On Friday, September 25, 2015 St. Joseph's Healthcare Foundation and TD Bank joined forces to award the 2015 TD Grants in Medical Excellence. Fifteen lucky St. Joe's staff members received grants to help them cover the cost of their continuing healthcare education. This was the thirteenth consecutive year that TD has supported St. Joe's through their namesake grants in medical excellence. Over the duration of the program, TD helped nearly 200 staff members at our Hospital to pursue their educational goals. Ultimately, TD has helped to ensure that the people who live in our region will benefit from the skills of highly trained healthcare professionals who are devoted to compassionate care at St. Joseph's Healthcare Hamilton.

The winners of the 2015 TD Grants in Medical Excellence include: Yolanda Berghegen, Valentina Constantinescu, Jodie Cowell (Lavell), Jamie Hernandez, Donna Johnson, Shaminderjot Kang, Tracey Konig, Barbara L'Ami, Miles LaPenotiere, Natalie Lazier, Sikhulekile Ndlovu, Martin Penkava, Adam Prieur, Barry Spinner and Michelle Zivanovich.

Congratulations to all of our TD grant award winners, past and present! ●



*Photo Caption: St. Joe's Foundation President & CEO, Sera Filice-Armenio, David Kissick, Vice-President, TD Commercial Banking, Kathy Lacasse, Manager, Cash Management for TD, and Deputy Mayor Judi Partridge (at left) are pictured with the 2015 winners of the TD Grants in Medical Excellence. At right are Ms. Winnie Doyle, Vice-President Clinical Services and Chief Nursing Officer, and Dr. David Higgins, President of St. Joseph's Healthcare Hamilton.*

## Painting the Town Black, Gold & Denim

On Friday, September 25, St. Joe's staff at all three campuses came to work decked out in black, gold and denim for a chance to win tickets to the TiCats vs. Roughriders game on Thanksgiving Weekend. Team spirit was in no short supply as staff tweeted and emailed us photos of themselves and their colleagues sporting their Jeans for St. Joe's stickers.

Congratulations to Stephanie Gilbreath of the Pharmacy at our Charlton Campus on your lucky win and thanks to all of our colleagues who dressed up, submitted photos, and supported St. Joe's!

To participate in Jeans for St. Joe's, visit [stjoesfoundation.ca/JeansForStJoes](http://stjoesfoundation.ca/JeansForStJoes) and be sure to keep an eye on your inbox for future denim day fun! ●





# Research determines impact of redesigned West 5th facility

The Margaret & Charles Juravinski Centre for Integrated Healthcare was designed to promote healing and recovery. Certain design elements in the new West 5th facility – such as single-patient rooms, substantial amounts of natural light, and novel security zones – were included specifically to create an atmosphere that was safe, welcoming and stigma-free. The research question was whether this sizable investment improved safety, quality of care and staff engagement.

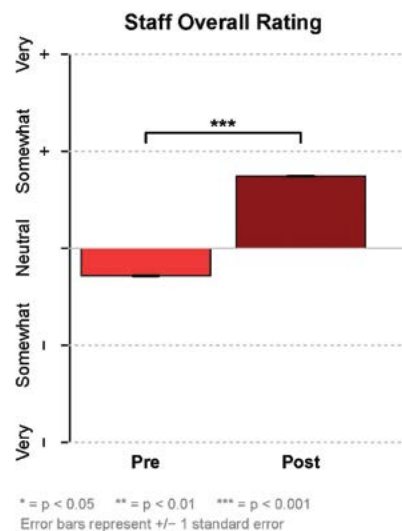
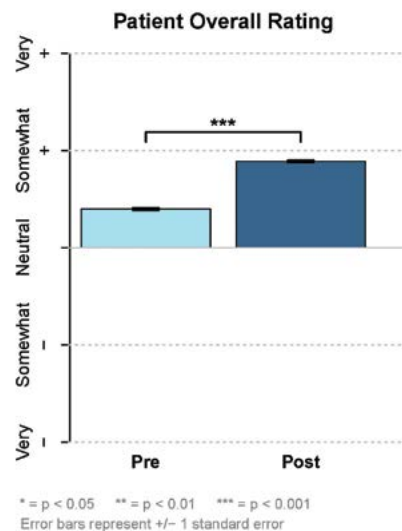
The research team has found that these changes have indeed created a safer, more therapeutic and more welcoming environment for everyone who uses the facility, as well as improving inpatients' sleep. Inpatients and other facility users – including staff, physicians, learners, volunteers and visitors – rated the new facility significantly better as compared to the old facility.

*“There is significant improvement comparing data from before and after moving into the new facility based on all the different ways used to gather information,”* says Catherine Ahern, Project Manager.

The project is being led by Karen Langstaff, Peter Bieling, Margaret McKinnon, Heather McNeely.

The research team has also found that the new building helped nurses to engage more with patients and their jobs. For example, our West 5th nurses are giving patients more of their time during informal interactions on the units and have reduced their need to spend time off. The full results of the study will be appearing in the Health Environments Research and Design journal and at the October 15th Mental Health and Addiction Program Rounds in the West 5th Lower Auditorium.

A big thank you to everyone who helped out with this important study! It will serve to advance evidence-based design and demonstrates St. Joe's commitment to providing the best possible care. ●



WHO	HOW	RESULTS	BETTER?
Inpatients	Overall rating of the spaces	Statistically significant change	✓
	Qualitative experience	The facility is a “godsend” as described by one client	✓
	Sleep quality	Statistically significant improved sleep efficiency	✓
Other Users	Overall rating of the spaces	Statistically significant change	✓
Nurses	Nursing sick time	Statistically significant reduction in sick time	✓

## Spiritual Care Launches New E-Learning Module

Chances are you have already cared for somebody's spirit today; the Spiritual Care Department wants to help you in that work. To practice professional collaborative care, the Spiritual Care Department is launching a new e-learning module.

"Over the last year one of our department's quality initiatives was to develop a concise introduction to the discipline of spiritual care," says Interim Manager Gary Payne. "This module recognizes and affirms the spiritual aspect of each interdisciplinary team member's work; it also gives guidance for making referral to Spiritual Care professionals for specialized interventions."

This new E-Learning module offers an opportunity to explore: what is spiritual care? By addressing what spiritual care is and what it is not, the department is hoping to foster enhanced interdisciplinary collaboration. This module aligns with St. Joseph's core vision of collaborative care for the whole person.

The E-Learning involves several video contributions including a physician, a patient, a recreation therapist and a professional spiritual care provider, all offering their experience of spiritual care as part of the healing work of St. Joseph's.

You can experience the Spiritual Care E-Learning Module for yourself at [www.stjoes.ca/SpiritualCare](http://www.stjoes.ca/SpiritualCare). The module will take 20 minutes to complete or it can be done in sections as you have time. You can also find the module at the Spiritual Care MyStJoes page or simply visit the e-learning studio. This module is open to all staff, physicians, learners, volunteers, patients, their families and visitors. ●

## Health Professionals at St. Joe's Honoured with Awards of Excellence

In a workplace full of excellent health professionals, some are simply outstanding. Some individuals or teams lead with exception, go above and beyond their calling and demonstrate excellence in health care on a daily basis. The Professional Advisory Committee of St. Joseph's Healthcare Hamilton would like to recognize these extraordinary health professionals by hosting the annual Health Professionals Excellence in Practice Awards.


These awards recognize nominees and award recipients for their outstanding work in eight professional practice categories, while celebrating each profession's contribution to excellence.

1. Clinical Service Award (One individual and one team award)
2. Teaching Award (one individual and one team award)
3. Research Award (one individual and one team award)
4. Leadership Award (one individual and one team award)
5. Innovation in Professional Practice Award (one individual and one team award)

Join us for an award ceremony followed by a reception, as we celebrate our colleagues for their outstanding work. ●

**Tuesday, November 10<sup>th</sup> at 2 p.m.**  
**Frank Charles Miller Amphitheatre, Charlton Campus**

For more information, please contact:  
Monica Alderson, Vice Chair,  
Professional Advisory Committee

 905.522.1155 ext. 33440 or 34127

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

# At work, home or play, taking care of ourselves matters!

Healthy Workplace Month, October 1 - 31

At St. Joseph's Healthcare Hamilton we are committed to creating a healthy workplace where the wellbeing of our staff, physicians, learners and volunteers is paramount. We recognize this commitment to a healthy workplace helps drive our ultimate goals of delivering compassionate care and achieving excellence in healthcare.

We understand the value of helping our people improve their health and wellbeing, and to that end we are dedicated to developing a wellness culture within the St. Joe's community. The goals of our employee wellness strategy and programming is to:

1. Increase awareness of the need for a comprehensive approach to workplace health at St. Joe's that is influenced by the four elements of a healthy workplace:
  - Healthy Lifestyles
  - Workplace Culture and Mental Health
  - Physical Environment
  - Corporate Social Responsibility.
2. Providing an online platform for healthy workplace tools, resources and best practice examples.
3. Providing a space that is designed within our organization that is fundamental to the culture creation.

Physical activity classes, mindfulness meditation sessions, seminars, opportunities to connect with the St. Joe's Foundation, resources, and more are available each month. Whether you work at one of our three campuses, out in the community or in the larger integrated healthcare system, we encourage you to connect with the Employee Wellness Program for more balance in your life and inspiration at work. ●

For further information or questions, please contact Tiffany Wong, Wellness Coordinator,

905.522.1155 ext. 37689

wellness@stjoes.ca

MyStJoes/Corporate Initiatives/Employee Wellness

# November is national falls prevention month!

## National Falls Prevention Month Celebration

Date: November 17<sup>th</sup>, 12:30 p.m. - 4:00 p.m.

Location: West 5th Campus,  
Ruth and Lewis Sherman Auditorium

Join us for this free community event as we celebrate falls prevention month with our partners featuring poster boards, presentations and speakers. ●

For more information contact Joanna Bond

905.522.1155 ext. 35201

jbond@stjoes.ca



Purchase your tickets to this year's Starry Night Annual Holiday Dinner Dance. Tickets can be purchased at Michelangelo's in-person or by phoning 905-575-9955.

This event is open to staff, physicians, learners and volunteers. Invite your family and friends; staff can bring up to 3 guests.

This year's event will be held on Saturday, November 14, 2015 at Michelangelo's Banquet Centre at 5 p.m., and tickets cost \$50 each.

# Continuing the conversation on the airways to break down stigma associated with mental illness and addiction

*Wellness Wednesday, a weekly radio talk series*

**E**liminating the stigma often associated with mental illness and addiction begins with an open, honest discussion. This is why St. Joseph's Healthcare Hamilton is a proud sponsor of Wellness Wednesday, a weekly talk series hosted by Ted Michaels on AM900 CHML radio. Each show offers exclusive interviews with people sharing their lived experiences with various mental health or addiction concerns, including; anxiety, suicidal ideation, depression, substance use and more. Tune in beginning at 7 p.m. each Wednesday on AM900 CHML and listen live.

In support of Mental Illness Awareness Week, our very own healthcare experts from St. Joe's will join each week throughout the month of October to share insight, stories and advice. We encourage our community to be a part of the conversations and follow the live discussion on Twitter by using the hashtag *#WellnessWednesday* and by following **@STJOESHAMILTON**, **@TEDCHML** and **@AM900CHML**.

## Mental Health Care Support

Remember, if you or someone you know is looking for support or more information regarding mental health services, visit our website at [www.stjoes.ca](http://www.stjoes.ca). If you are a youth, or know a young person who is looking for help you can also outreach to our Youth Wellness Centre by visiting, [www.stjoes.ca/YouthWellnessCentre](http://www.stjoes.ca/YouthWellnessCentre). ●



## October is National Breast Cancer Awareness Month

*Book your mammogram at St. Joe's today!*

**C**ancer Care Ontario has declared October 21st as "Day of the Mammogram" during national breast cancer awareness month. St. Joseph's Healthcare Hamilton's Diagnostic Imaging Department is supporting this cause and recommends all women over the age of 50 have screening mammograms on a regular basis as part of the Ontario Breast Screening Program (OBSP). "1 in 8 women in North America will be diagnosed with breast cancer in their lifetime," explains Dr. Colm Boylan, Chief of the Diagnostic Imaging Department, St. Joseph's Healthcare Hamilton. "When breast cancer is detected in its early stage and in a localized form the five year survival approaches 100%."

The Diagnostic Imaging Department will also be asking all mammography patients to encourage a friend or family member to have one, "Women still benefit from a strategy for early detection of Breast Cancer," states Dr. Boylan. "Screening mammography is the best available method of detecting breast cancer at an early stage in a symptomatic woman."

In addition, the OBSP also provides a specialist screening service for women at high risk of developing breast cancer. These are women who because of a known genetic predisposition to developing breast cancer, or having a strong family history of breast cancer or ovarian cancer, or because of previous radiation therapy below the age of 30, are at increased risk of developing breast cancer. Women who fit these categories should ask their family physicians to refer them to the OBSP High Risk Screening Program.

The Women's Health Centres at Charlton Campus and King Campus offer the OBSP program as well as needed follow-up interventional care. The Charlton site is also a "high-risk" breast imaging centre that offers breast imaging with mammograms, ultrasound and MRI. ●

To book an exam, contact 905-522-1155 ext. 38309



# October is National OCCUPATIONAL THERAPY MONTH

Occupational therapy focuses on helping individuals live healthier and more satisfying lives through engagement and participation in meaningful occupations. Occupational therapists define occupation as everything that people do over the course of a day which are often categorized into self-care (getting dressed, bathing, cooking, eating, housework), productivity (paid work, volunteer activities, school) and leisure (hobbies, sports, social activities). At St. Joe's, occupational therapists and occupational therapy/physiotherapy assistants work as part of the healthcare team within the hospital and community setting.

Occupational therapists are university-trained, regulated health professionals. They have graduated from an accredited university program with a master's degree in occupational therapy;

successfully completed a minimum of 1000 hours of fieldwork education; and passed the certification examination administered by the Canadian Association of Occupational Therapists or met provincial registration qualifications. Occupational therapy/physiotherapy assistants complete a two-year combined diploma program and work under the supervision of an occupational therapist and/or physiotherapist.

Occupational therapists work in the community (home care, schools, community health centres, mental health teams, government); workplaces with employee assistance programs; private practice; and institutions (acute care hospitals, rehabilitation centres, mental health centres, long-term care facilities).

Please help us to celebrate the profession by coming to our scheduled activities.

## Charlton Campus

Week of October 19 -23  
12 – 1 p.m., Main Lobby  
*Poster Display and a chance to win prizes*

## West 5th Campus

Tuesday, October 6, 2015  
11 a.m. - 1 p.m., Level 1 Atrium  
*Poster Display*

Thursday, October 8, 2015  
12 – 1 p.m., West 5th Lower Auditorium  
*Mental Health and Addiction Program Rounds O.T.ed. Talks—4 Powerful Talks from OT's at West 5th discussing OT Innovations in Transitioning Clients throughout the Continuum of Care*

We look forward to celebrating Occupational Therapy with you! ●

St. Joseph's  
Healthcare Hamilton  
FOUNDATION

## Payday Payouts is now sold out!

More tickets will be available in April, so stay tuned for next year's enrollment form.

## PAYDAY PAYOUT LOTTERY WINNERS

### September 11, 2015

Gregory Toth  
Dialysis  
Brantford  
\$8,713.50

### September 25, 2015

Michelle Zivanovich  
Peritoneal Dialysis  
King Campus  
\$8,709.00

## connections

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suggestions or story ideas to:  
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