



connections  
JUNE • 2016



## Harbour Spiritual Centre Mural Unveiled

*My faith, my strength, my vision, my recovery*

An accomplished artist, April Mansilla's work has earned accolades. Numerous paintings show enormous talent and depth. Yet the walls of her home are empty. She has never hung a finished piece. Through April's eyes, each brushstroke serves to only magnify a mind unwell.

Improving her mental health has been a gradual process guided by the experts at St. Joe's and surprisingly, through the use of a paintbrush.

In May 2015, April was asked to share her artistic skills with three other patients. The group was invited to assist the Spiritual Care Team in outfitting an inpatient space that had intentionally been left void of any decor. West 5th Campus's Harbour Spiritual Centre, a space for meditation and prayer contained only a piano. Patient feedback told them the space needed colour and the ability to resonate with everyone.

"It's very important for us to incorporate many different religious and spiritual expressions in this space," said Janet Young, a staff chaplain at the West 5th Campus.

There were few parameters, and no deadline. The group spent weeks brainstorming and sought inspiration from the imagery of stained glass windows. Existing lighting in the space aided the design process. Nature themed names on the inpatient units led the vision and produced ample colour.

The collaborative effort took just over 400 hours and was celebrated with an unveiling this past spring. For those who orchestrated this project and the artists who shared in its development, this painting is much more than a completed task. It's been an experience that has helped restore a sense of purpose.

"Being a part of something like this really gives people a sense of hope," said April. And for the first time in her career, it's a piece she'd gladly hang in her home. ●

For more information or questions about the Spiritual Care Department, contact:

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

 905.522.1155 ext. 33263 **Charlton Campus Spiritual Care Reception**

 905.522.1155 ext. 39342 **West 5th Campus Spiritual Care Reception**

# Building Services & Redevelopment

## A Year in Review

It has been an exciting year for the Building Services and Redevelopment Departments! Many of their activities have taken place, "behind the scenes," to ensure reliable operations for years to come. Although there are ongoing projects to complete we are pleased to share our successes over the past year.

Recognizing that any team's strongest resource is their staff, there have been some additions to the departments over the past year. Kellen Mowat joined the team of supervisors, and is leading the Plumbing and Mechanical teams. A Fire Alarm Project Co-ordinator, Larry Geoghegan, was also hired and has reduced external contract costs. Jamie Wraight is now on board as the full-time Redevelopment Project Manager and Rob Walsh, HVAC Technician, also joined the team.

In addition to new team members, the departments defined their Building Services Work Flow Process in preparation for the launch of the new Computerized Maintenance Management System (CMMS). This new system will enable Building Services to store a variety of work efforts in one electronic location, while enabling planning, scheduling, and performance analysis of departmental work efforts and resources, which will result in improved efficiency and effectiveness.

A Call Back Process has also been created with the help clinical partners to identify equipment and building issues that require Building Services support after work hours. More details still to come.

Building Services and Redevelopment have been working diligently to chart out a new course, and look forward to further future improvements and collaboration with all St. Joseph's Healthcare Hamilton colleagues!



- Charlton Campus



- King Campus



- West 5th Campus

# TELUS Ride for Dad Funds Prostate Cancer Research at St. Joe's

For a second year in a row, the Prostate Cancer Fight Foundation (PCFF) and St. Joseph's Healthcare Hamilton have joined forces in the fight to save men's lives through prostate cancer research!

On June 2nd, supporters, donors and friends gathered in the Spiritual Garden at St. Joe's Charlton Campus where PCFF presented a cheque for \$8,140 to the Hospital. The generous gift is a result of funds raised by volunteers and supporters of the Golden Horseshoe Chapter of the 2015 TELUS Ride For Dad. The event also kicked off a month-long fundraising campaign for the 2016 TELUS Ride for Dad, which leads up to the Ride event on June 18th.

With one in seven men diagnosed with prostate cancer in his lifetime, it's the most commonly diagnosed cancer in Canadian men. And these funds will directly support research in this area.

St. Joe's is the regional leader for prostate cancer surgery, and our physicians, researchers and surgeons are finding ground-breaking treatment options for prostate cancer, including less invasive robotic surgery. Dr. Bobby Sheyegan, Head of Urology, Cancer Surgery, and the Chair of Robotic Surgery at St. Joe's, performs the most robotic surgeries in Canada. He and his team are constantly learning more about this disease with the support of gifts like the one from PCFF.

Together, we're changing how prostate cancer is treated for patients within our community and beyond.



- Jim Summers from the local Ride for Dad chapter presenting cheque to research team Dr. Bobby Shayegan, Dr. Rick Austin, Ali Al-Hashimi and Jen Hoogenes, and from St. Joe's Foundation Dana Visocchi Rice

For more information about St. Joseph's Healthcare Foundation:

- [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca)
- [info@stjoesfoundation.ca](mailto:info@stjoesfoundation.ca)
- 905.521.6036

### The following list includes some of the equipment upgrades and projects that have taken place this year;

#### Charlton Campus

- Exterior Painting Program – ongoing
- Parking Ramp P3 Fire Stand Piping Upgrade
- Roof Replacements – Womankind, Fontbonne, 224 James St., Mary Grace Roof Deck, & 49 Charlton Ave
- Renovations – Mother Baby Unit, Out Patient Dep't, Special Care Nursery, Spiritual Care, Kitchen, Urgent Care, & Endoscopy
- New Emergency Psychiatry Services Entrance
- Martha Entrance Beautification
- New Interventional Angio Suite – in progress
- Pre-Op Assessment & Neurology Transformation & Relocation Projects

- Fontbonne Building Main Secondary Breaker Replacement
- Marian & Martha Wings Dialysis Supplemental HVAC Install
- Marian / Martha Wing Drain Repairs with Fiberglass Lining
- JIT Emergency Power Repairs
- JIT Hot Water Mixing Valve Replacement
- Mary Grace Patient Room Lighting
- Mary Grace Substation Replacement – in progress
- Boiler House – Tube System Station Installation
- Entrance Ramp & Stair infrastructure repairs – in progress
- Mary Grace 7th floor Patient Room Upgrades – in progress

- 224 James St. Foundation Repairs
- Fire Alarm Panel Modernization at the Charlton Campus & 224 James St.

#### King Campus

- Hot Water Tank Reline
- Solar Panel Installation / Roof Rental
- Roof Replacement

#### West 5th Campus

- Elevators - #10 & 11 Upgrades – in progress
- Elevators - #13 & 14 Control System Upgrades –in progress
- Solar Panel Installation / Roof Rental – in progress

**Jeans FOR St. Joe's**

EVERY FRIDAY!

**You asked. We listened!**  
St. Joseph's Healthcare Foundation is pleased to offer

On Fridays, staff and volunteers can wear jeans to work for a \$2 donation. Funds raised support staff initiatives and people programming at the Hospital.

**There are just 3 steps to Denim Day Success:**

- 1 Donate \$2 and receive your Jeans for St. Joe's sticker from one of the following locations  
**Charlton Campus:** Information Desk (cash only)  
 Conveniently Yours & Gift Shop (cash, credit or debit)  
**King Campus:** Information Desk (cash only)  
**West 5th Campus:** Administration Office on Level 3, Block B (cash only)
- 2 Ensure that the other half of your denim day apparel is professional and in keeping with the new professional image standard posted on MyStJoes.
- 3 On Fridays, wear your sticker, your ID badge (for patient safety), and your denim proudly!

While individual donations of \$2 are not eligible for tax receipts, if an employee would like to participate in multiple denim days throughout the year, they can make a single lump-sum donation to St. Joe's Foundation, receive stickers for the corresponding amount of denim days they are participating in, and receive a charitable tax receipt for income tax purposes.

## St. Joseph's Research

### Discovering Bleeding Risk Factors for Patients with Chronic Kidney Disease

Chronic kidney disease is defined by kidney damage that generally results in a loss of kidney function. Scientists estimate that approximately a quarter of people over the age of 64 develop chronic kidney disease.

For some patients, this disease will eventually progress to end-stage kidney disease – where they will have to undergo dialysis or receive a kidney transplant in order to survive. Patients with end stage kidney disease needing dialysis have an increased risk of serious bleeding. The risk of bleeding in patients with chronic kidney disease that does not require dialysis is not as well described.

A new study led by Dr. Amber Molnar has uncovered two risk factors that are linked with major bleeding in patients with chronic kidney disease: the severity of the loss in kidney function and the amount of protein found in urine are both factors that predict the patients' risk of bleeding. The research team analyzed database records of patients across Ontario who met the study criteria to develop their findings.

"Our study found that the risk of bleeding increased in a graded fashion as kidney function declined and protein in the urine increased," says Dr. Amber Molnar, Nephrologist at St. Joseph's Healthcare Hamilton and Assistant Professor at McMaster University. "Measuring kidney function and urinary protein can help clinicians determine bleeding risk in these patients." In particular, urinary protein, which can be reduced and treated, could serve as a new therapeutic target for preventing bleeding events in patients with chronic kidney disease. This is an area that requires further study.

By working to anticipate and prevent disease complications, researchers at St. Joseph's Healthcare Hamilton are helping to improve the quality of care provided to patients. ●



 - Dr. Amber Molnar, Nephrologist at St. Joseph's Healthcare Hamilton

 For more information about research at St. Joe's, visit: [research.stjoes.ca](http://research.stjoes.ca)

St. Joseph's Healthcare Hamilton | The Research Institute of St. Joe's Hamilton

## ST. JOE'S GENERATES RENEWABLE POWER TO OVER 100 HAMILTON HOMES

St. Joseph's Healthcare Hamilton has leased roof space to Hamilton-based solar development company QPA Solar Inc. to install a 500-kilowatt power generating system. The City of Hamilton issued a \$1.32-million construct permit for the project last December, and installation has already been completed at King Campus with the project wrapping up in July for West 5th Campus.

The two Campuses will have a combined 3000 solar panels installed as a new revenue generating initiative for the hospital, but also ties into St. Joe's commitment to environmental sustainability. The Environmental Co-Operative (ECO) Program Committee is an interdisciplinary group with a mandate to advance environmental sustainability and stewardship across St. Joseph's Healthcare Hamilton.

Applying and supporting the four pillars of environmental sustainability in healthcare (Environmental, Social, Economic and Health), the ECO Committee creates and advances an organizational Sustainability Roadmap. It is the ECO Program's goal to align this roadmap with St. Joe's mission, vision, and values when assessing environmental, social and economic impacts on healthcare, and the community.

QPA Solar Inc. shared a video of the King Campus solar panel installation on YouTube. ●



 - Aerial View of St. Joseph's King Campus solar panel installation

To view the King Campus solar panel installation, and for more information, visit:

 [www.qpasolar.com](http://www.qpasolar.com)

## Wellness Story of the Month

### Do It Yourself (DIY) Wellness



*"I am a Registered Nurse with the Hamilton Assertive Community Treatment Team. We specialize in assisting clients with schizophrenia and co-morbid illnesses to strive for recovery and to live a full life in the community."*

*As health care providers it's top priority that we maintain peak physical, mental and emotional well-being in order to sustain a high level of performance. This can be really difficult to achieve on your own so our team created "Workout Wednesdays" and "Fresh Fruit Fridays" as a way to commit to our health and well-being. The "Sneak It In" contest in May was a great reminder of small steps we can take on a daily basis. Consistency is key!"*

 - Kyle Landry, RN, BScN  
Hamilton Assertive Community Treatment Team (ACTT 2), St. Joseph's Healthcare Hamilton

## Inspired by Do-It-Yourself (DIY) Wellness?

### Enter the DIY Wellness Photo Contest!

Employee Wellness wants to help promote the activities you and/or your team is doing that prioritizes health and well-being. Submit a photo and blurb to [wellness@stjoes.ca](mailto:wellness@stjoes.ca) such as the photo to the right for a chance to win some prizes!

Need some DIY Wellness ideas? Start your workday with a warm-up stretch, implement stand or stretch breaks during a meeting, start a Fit Bit challenge with your co-workers, organize a bowling night, have a salad "sundae" potluck (bring healthy toppings, greens, and salad dressings)... the sky is the limit! ●



 - ACTT 2 staff during "Workout Wednesday" at the escarpment stairs

St. Joseph's Healthcare Hamilton | Employee Wellness Program

For additional scheduling and resources:

 MyStJoes > Employee Wellness

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

 905.522.1155 ext. 37689



QUALITY HEALTHCARE  
WORKPLACE AWARD  
GOLD  
2015



## Students & Parents!

You are invited to **apply** for one of HMECU's "Focusing on our Future" scholarship awards including the

**Charlie Collura Student Leadership Award**

**Submission deadline is July 5<sup>th</sup>, 2016**  
\* Conditions apply. Visit our website for details.

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

**HMECU**  
St. Joseph's Healthcare Hamilton Branch  
Charlton Campus, Room G1104, X 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

## Getting close is a risk worth taking for ICU nurses at St. Joe's

It can be difficult to make an emotional connection with a patient who is too ill to stay awake, or whose speech is hampered by breathing tubes. These are scenarios found every day in the Intensive Care Unit at St. Joseph's Healthcare Hamilton. All the technology being used can create a distance between patients and the professionals looking after them. Yet, what about the spouse who sits tearfully at the bedside? Or the daughter who raced across four provinces to shore up her ailing parents?

"I went into nursing because I want to know about the patient. I want to know about the family," says Tammy French, a St. Joe's ICU nurse with two decades of experience. "I want to be that caring person that we all strive to be." It was a palliative care conference two years ago that inspired French, and fellow nurse Neala Hoad to bring more personalized care to St. Joe's ICU. For those unable to communicate, it would be up to families to provide the back story, the person's 'footprints' leading up to St. Joe's. ICU staff came together to help develop a list of questions that would define the person rather than the patient.

"The questions themselves go from practical, like do they need a hearing aid, do they wear dentures, do they need a cane, to something like where did they grow up? Do they have beliefs or practices that are spiritual in nature?" says Hoad.

The 'Footprints Form' is given to families shortly after arrival in the ICU. They can share as much information as they choose. Key, relevant responses are written on a Footprints whiteboard in the patient's room for all staff to see at a glance. 'He prefers Bill over William. He has seven grandkids. He loves fishing.' Families are also asked to bring a picture for the whiteboard. "It gives us a chance to reflect on them as an individual as opposed to a person with a disease or a person with an illness," says Hoad. "Footprints has humanized our care, and that was really the goal of the project." It's made a difference to families, hearing a nurse talk to their loved one about the family dog or playoff standings.

It's made a difference for staff too, adds French. "I think it's made me a better nurse."



- Tammy French and Neala Hoad bring a more personalized care to St. Joe's ICU

## Celebrating a Lifetime at St. Joseph's



- Linda Lico, Medical Lab Technologist, Charlton Campus

Very few people can say that they have been a part of the St. Joe's family for a "lifetime." Linda Lico, who currently works in our department of Transfusion Medicine, is one of those few. Linda, a self-described "St. Joe's baby," has been a part of the family for almost 50 years! This month, Linda will be trading in her badge to enjoy the life of a retiree.

Her career journey at St. Joe's began on September 6th, 1967 where she started working at the hospital as a student on a sponsorship program, and on September 1st, 1969 she became an official employee. During her time at St. Joe's, Linda was a part of the mentoring program, participated in teaching for the department, and always enjoyed being an important piece of the patient care puzzle.

After working in Transfusion Medicine for almost 50 years, Linda is proud to call her colleagues family. She has fond memories of the many wonderful people she met along the way through the employee wellness program, specifically Boot Camp, Zumba, and spinning.

Retirement will give Linda the chance to spend more time doing things she loves such as gardening, volunteering at Sackville Hill Seniors Recreation Centre, helping at her church, crocheting blankets, and fixing things around her house.

Reminiscing about her time at St. Joe's, Linda mentions she is "someone that doesn't dwell on things, and is always found looking on the bright side. It is important in life to stay happy and active, and to create your own happiness instead of waiting for it to happen to you."

## Environmental Services & Housekeeping Appreciation Week 2016

The first week of June was a busy week of celebration for Environmental Services. June 5th was World Environment Day and June 6th marked the beginning of Environmental Services (EVS) & Housekeeping Appreciation Week.

EVS celebrated these events simultaneously at all three of St. Joseph's Campuses on Thursday, June 9th. The celebrations consisted of Environmental Services information booths which outlined the contributions made by the EVS staff, vendor partner presentations, and multiple prizes were raffled off.

Environmental Services would like to thank those who participated in the events and congratulate the winners of the raffle prizes. The team is looking forward to making this an annual event!

### USSP & HOUSEKEEPING 2015-16 QUICK STATS:

- Helped St. Joe's Achieve a 47% Waste Diversion Rate
- Diverted 650 Metric Tonnes of Recycling
- Completed 38,803 Bed Clean Requests

### PATIENT PORTERING 2015-16 QUICK STATS:

- Completed 82,500 Central Pool Portering Requests
- Delivered 3,917,000 Pieces of Linen
- Delivered 17,800 Linen Carts



Tracey Cain - Vendor, HMECU, Christen Jackson - Vendor, The Clorox Company, Mark Smith EVS Manager, Clyde Coventry - EVS Director, Brenda Dalli - EVS USSP, David Keen - EVS Supervisor, Lystra Dawson EVS Supervisor, Dan VanHoek - EVS Porter, Frances Flynn - EVS Portering Supervisor, Ian Jennings - Vendor, Daniels Sharps Smart

For more information about Environmental Services & Housekeeping:

MyStJoes > Groups/Departments > Environmental Services



## National Physiotherapy Month #PhysioSavesLives

May marked National Physiotherapy Month, a time to celebrate the profession and recognize the expertise and care that physiotherapists offer to promote good health, prevent injuries and improve the fitness and wellness of Canadians by addressing a range of issues.

Physiotherapists (PTs) are university trained professionals and are regulated by standards of practice, evidence based research, and the code of ethics as defined by The College of Physiotherapists of Ontario. Physiotherapists analyze the impact of injury, disease, disorders, or lifestyle on movement and function. Their unique contribution to health care is to promote, restore and prolong physical independence by enhancing a client's functional capacity. Physiotherapists encourage clients to assume responsibility for their health and participate in team approaches to health service delivery.

Physiotherapy Assistants (PTAs) are college trained professionals and are supervised by a Physiotherapist. PTs and PTAs are key members of a patient's health care team while in hospital and when transitioning back home.

To celebrate and promote Physiotherapy in May, St. Joseph's Physiotherapy Department organized several events starting the month with a coffee break and baked treats to show appreciation for our hard working Physiotherapists, Physiotherapist Assistants, Administrative Staff and Researchers. Other events included a joint potluck lunch with the Hospital's Social Work Department and actively performing "Random Acts of Kindness" throughout the month.



- The Physiotherapy Department pictured together at the Charlton Campus in celebration of National Physiotherapy Month.

Physiotherapy can help you, your family and friends recover from a range of ailments. For information about different health care conditions, tips to avoid injury and how your physiotherapist can get you back to full function visit:

www.physiocanhelp.ca

To find a Physiotherapist in your area, visit:

www.opa.on.ca

For more information about St. Joseph's Physiotherapy Department contact, Beverley Cole:

bcole@stjoes.ca

905.522.1155 ext. 33355

# Spotlight on Library Services

## Cochrane Library: The database of choice

If you're looking for a review of clinical research of a clinical condition, the Cochrane Library is the database of choice. The Cochrane Library conducts systematic reviews and publishes them in the Cochrane Library Database. Cochrane is a worldwide collaboration consisting of 37,000 volunteers in more than 130 countries. Cochrane is indexed in Medline and Dynamed and includes:

- Cochrane Database of Systematic Reviews (Prepared by Review Groups)
- Database of Abstracts of Reviews of Effects (Other reviews that have been quality assessed)
- Cochrane Central Register of Controlled Trials (Clinical Trials)
- Cochrane Methodology Register (A bibliography of publications that report on methods used in the conduct of controlled trials)



For more information contact Library Services:

 MyStJoes > Library

### Charlton Campus

 905.522.1155 ext. 33440

 library@stjoes.ca

### West 5th Campus

 905.522.1155 ext. 36322

 cmhslib@stjoes.ca



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Healthcare Hamilton  
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

June 3, 2016

Gail Magarrey  
Recreation Therapy  
Charlton Campus  
\$9,208.50

## connections

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suggestions or story ideas to:  
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