

President's Message



The priorities of both the province and St. Joe's have established 2012 as a year of very important planning and decision making. At the provincial level, extensive planning is taking place to address the significant impending strain on Ontario's health-care system. The Ontario Action Plan for Healthcare was released by Health Minister Deb Matthews on January 30th and described the provincial action plan for the healthcare system. I encourage you all to read the plan as it provides information on past achievements, current state and future plans and important signals as to the approach of the Ministry of Health and Long-Term Care over the next three to four years. We know there will be changes in how hospitals are funded, how care in the community will be delivered and an emphasis on quality, safety and careful utilization of resources. I believe we are well placed to address these likely significant changes but we await more details and will update you all when we have more news.

Recognizing that we exist in a rapidly changing world, we are working on our new Strategic Plan to replace our successful Compass 2012 Plan which is coming to its end. We have sought wide input and are developing our key strategies in order to ensure we are ready for the coming changes. We will remain true to our mission and as

Cont'd on Pg. 4

St. Joe's appoints new Vice President RESEARCH



We are very pleased to announce the appointment of Dr. Mark Crowther as Vice President of Research at both St. Joseph's Health System (SJHS) and St. Joseph's Healthcare Hamilton (SJHH).

An expert clinician, educator, and academic program leader who is known locally, nationally and internationally for his research in Hematology and Thromboembolism, Dr. Crowther is currently the Chief, Hamilton Regional Laboratory Medicine Program and has served as Acting Lead, Research over the past eight months with distinction. A professor of Medicine and Pathology and Molecular Medicine at McMaster University, he has published almost 300 peer-reviewed papers in prominent research journals, and is a sought-after speaker and lecturer internationally.

Reporting to both Dr. Kevin Smith, President and CEO of St. Joseph's Health System and Dr. David Higgins, President of St. Joseph's Healthcare Hamilton, Dr. Crowther will be working closely with colleagues within the research community to advance the significant role of research at SJHH and SJHS. Dr. Crowther also plays a vital role in the System's International Outreach Program and is a respected member of the Board of Directors of St. Joseph's Healthcare Foundation.

"I am thrilled with this new role and excited for what the future holds in research at St. Joseph's Healthcare and within the System," says Dr. Crowther. "The research undertaken at St. Joseph's Healthcare Hamilton is nothing short of exemplary in its innovation and impact to patient care and treatment. From the groundbreaking research in our Mental Health program to the lifesaving research in our Nephrology program, this is truly exciting work that deserves its advancement."

Flu vaccines still available

Influenza is still rampant in our community so if you haven't already received your flu vaccine, there is still time! **Get yours today!** Call St. Joe's Occupational Health & Safety Dept. at ext. 33344 (Charlton and King Campuses) or ext. 36361 (West 5th Campus).



Early colon cancer screening can be a life saver!

The second leading cause of cancer-related deaths in the U.S. and Canada, colorectal cancer - cancer of the colon or rectum - is also considered one of the most commonly diagnosed cancers. More than 90% of cases occur in people over the age of 50 as developing this type of cancer increases with age.

Statistics show that most colorectal cancer deaths could be prevented if both men and women aged 50 years and older were screened routinely. Screening tests can find abnormal growths in the colon or rectum, therefore providing the opportunity for them to be removed before they turn into cancer. In most cases, colorectal cancer develops from these growths (precancerous polyps). Screening tests also can find colorectal cancer early, when treatment works best.

Colorectal screening should begin after turning 50, and should continue

at regularly scheduled intervals. However, testing may have to be done earlier if:

- You or a close relative have had colorectal polyps or colorectal cancer; or
- You have inflammatory bowel disease.

Several tests are available to screen for colorectal cancer. The Nurse Performed Flexible Sigmoidoscopy Program here at St. Joseph's Healthcare is a Cancer Care Ontario initiative. The focus is to provide colorectal cancer screening for the average risk person between the ages of 50 -74. The inclusion criteria other than age are as follows:

Patient must have no history of colon cancer, no previous bowel cancer, no history of inflammatory bowel disease (i.e.: Crohn's, colitis) and have had no previous adenomatous polyps.

Screening for colorectal cancer in this age group is done using a short flexible scope which allows visualization of the mucous

membrane in the lower third of the colon where polyps are known to develop. This brief procedure is done with a minimum of discomfort and a minimum of preparation on the patients' part.

Access to the program can be made by referral from your family doctor or nurse practitioner.



March is Colon Cancer Awareness Month. Stay tuned to MyStJoes to find out what St. Joe's is doing!

Join the Driven to Quit Challenge! Help someone quit!

Did you know that 62% of Ontarians who smoke want to quit? Smoking is a hard addiction to break but with positive support, many who try can be successful at being smoke-free for good.

The Canadian Cancer Society Smokers' Helpline offers free, personalized and non-judgmental support, advice and information by phone, online and text messaging. The service is available in English and French and in over 100 languages through an interpreter by phone.

This time of year marks the annual Driven to Quit Challenge. The Challenge encourages smokers who remain tobacco free for the month of March the chance to win their choice of a brand new environmentally friendly vehicle or \$25,000 in other prizes.

Each participant in the Challenge is required to have a "support buddy", who is not only there to provide them with excellent support throughout their quit process, but also to assist in confirming that they have remained tobacco-free. Be a "support buddy" to someone you know and you can win a \$200 cash prize!

Healthcare practitioners are encouraged to spread the word to patients and clients to give them some extra incentive to make a quit attempt and to equip them with the tools they need to be successful.

For more information about the free materials and resources available from Smokers' Helpline or the Driven to Quit Challenge, feel free to contact Monica Bennett at mbennett@ontario.cancer.ca or (905) 387-4322 x5644. To register for the Driven to Quit Challenge, please visit driventoquit.ca today. Registration closes February 29th!

*Submitted by Monica Bennett
Senior Coordinator, Smoker's Helpline - Canadian Cancer Society*

THE DRIVEN TO QUIT CHALLENGE

QUIT SMOKING AND YOU COULD WIN

CHOOSE 1 OF 2 NEW CARS PLUS OVER \$25,000 IN OTHER PRIZES

Register at DrivenToQuit.ca by February 29, 2012.

PRESENTED BY:

Canadian Cancer Society / Société canadienne du cancer

SMOKE FREE ONTARIO / McNeil Nicoretter



Honouring our exemplary medical staff

Each year, the St. Joseph's Healthcare Emergency Physician Group chooses a consultant who best exemplifies the attributes of the ideal consultant. These attributes include availability, approachability, collegiality, expertise in his/her field and commitment to helping the emergency physician provide the best care for the patient. Named after the late Dr. Peder Larsen who was always particularly eager to discuss interesting patient scenarios with consultants and used the interaction as a learning and teaching opportunity, the focus of this award is placed on consultants who are also eager and willing to engage in this type of interaction.

Congratulations to Dr. Ryan Rebello (*left*), recipient of the 2011 Peder Larsen Memorial Award for Excellence in Consultation Services. This award was presented to Dr. Rebello by Dr. Agostino Bellissimo, Chief of Emergency (*right*), at the Annual Meeting and Dinner of the St. Joseph's Healthcare Medical Staff Association held on January 13th at the Hamilton Golf and Country Club. Dr. Rebello has been on active staff at St. Joe's since 2004 and is the Director of MRI.

Past Recipients include Dr. Joe McMullin (2009) from Internal Medicine and Dr. Lou Saunders (2010) from Orthopedic Surgery.

*Submitted by Kim Harper
Administrative Coordinator, Diagnostic Imaging Dept., SJHH*

Accreditation Canada changes decision levels

Effective January 1, 2012, Accreditation Canada revised its accreditation decision levels and as such, client organizations now receive one of four decisions following their on-site survey:

"Accredited with Exemplary Standing", "Accredited with Commendation", "Accredited" and "Not Accredited".

These decisions are calculated based on the organization's compliance with the standards, high-priority criteria, Required Organizational Practice (ROP) tests for compliance and survey instrument sample size thresholds.

Since the new accreditation decision levels are retroactive to surveys that took place in 2011, we are pleased to have recently learned that St. Joe's has been *"Accredited with Exemplary Standing"*.



United Way
of Burlington & Greater Hamilton

St. Joe's United Way Campaign a success!

Through the generosity of our staff, physicians and volunteers, St. Joseph's Healthcare Hamilton raised a total of \$26,272.35 to support the 2011 United Way of Burlington and Greater Hamilton.

This support will help fund many vital agencies and programs that make a difference in the lives of those within our community.

Thank you to everyone who helped make this year's campaign a success and to those who helped organize it, your contributions are tremendously appreciated.

Congratulations to the following lucky winners of our campaign incentive prizes:

Free parking
Dr. Alan Eppel

Vacation Day
Carolyn Frydrych
Mary Walihura

St. Joe's Watch
Robin Gagnon
Wendy Matthews
Catherine Vos

Carriage Clock
Maritza Orozco
Jean Maragno

"A community is not truly great until it is great for everyone."



The Ontario Health Study (OHS) is an ongoing research study investigating risk factors that cause diseases such as cancer, diabetes, heart disease, asthma and Alzheimer's disease. As a resident of Ontario, over the age of 18, you are eligible to take part in this study by filling out health-related questionnaires online. Researchers will use this health information to study how our lifestyle, environment and family history affect our health over time and to develop strategies for the prevention, early detection and eventual treatment of many chronic diseases.

To learn more about the study, please visit:

www.ontariohealthstudy.ca

Smart daily DEALS that give back to St. Joseph's Healthcare!

St. Joseph's Healthcare Foundation is thrilled to announce an exciting new partnership with *Smart Betty*, a community-driven daily deal site offering spectacular discounts to St. Joe's staff members of 50% to 90% off community goods and services.

Smart Betty uniquely caters to local consumers by offering deals from local businesses not found on most other social buying websites. The benefit to you is obvious – great deals on products and services that you already know and love!

Better yet, every time you buy a *Smart Betty* deal, 10% of *Smart Betty's* revenue share from that deal will be donated to the Foundation when you designate us as your charity of choice.

Visit www.stjosephs.smartbetty.com to sign up today and start saving while supporting St. Joseph's Healthcare Foundation!

50% to
90% off
and still
support

**St. Joseph's
Healthcare
Foundation**



smartBetty.com

President's Message

Cont'd from Page 1

always the legacy of our Founders will guide us. We will continue on our path to provide high quality, safer healthcare and to support our staff to do their job effectively. We have much to be proud about and our recent redevelopments are a testament to the faith the community has in our hospital and our staff. We need to plan to use these wonderful facilities to the best advantage of all but in particular, in these times, we will not lose our focus on caring for the disadvantaged and marginalized in our region.

It would be naive to imagine that the provincial budget will not have an impact on our hospital. In early February, I sent an email update to St. Joe's staff regarding some of the issues and resulting implications for our hospital. The Drummond Report was recently released and as such, we await the impact this will have on the provincial budget in March 2012. We need to produce our budget for 2012-13 and will announce our targets in the very near future but we are still unaware of the precise funding envelope we will receive for the coming year so we need to plan based on best estimates. We will continue our dedication to the processes and projects that not only ensure we are an efficient hospital, strengthen and support our key programs but also prepare St. Joe's to meet future demands. As we become aware of new information and requirements, I will update all staff so we can develop optimal solutions together. I encourage you to send your suggestions at brightideas@stjoes.ca, or "Ask David and Leadership Team" on MyStJoes.

It is with great pride that I congratulate those St. Joe's staff who helped raise close to \$30,000 for the 2011 United Way Campaign in support of those less fortunate in our community. Your donations will undoubtedly make a positive difference in our community in challenging times.

On another note, as co-captain of this year's Around the Bay Road Race, I encourage you to show your support by participating as we come together to support patient care and research at St. Joe's on Sunday, March 25th.

Dr. David Higgins,
President, St. Joseph's Healthcare Hamilton

Are You Code Ready?

A Code White should be called when an immediate response is required to assist in managing episodes involving a violent person or situation.

A Code White will be activated following attempts to de-escalate threatening behaviour perceived by staff or immediately when staff safety is compromised.

The main objectives of initiating a Code White are:

1. To provide a standard response for staff to follow to obtain assistance in managing episodes involving a violent person;
2. To preserve the safety of staff, clients and other building occupants;
3. To communicate an episode of violence to other staff members working in the building;
4. To assist persons displaying violence to regain control over their behaviour.

In the event of a Code White, please call Switchboard at ext. 7777.

*Submitted by Stephanie Trowbridge
Emergency Preparedness Manager, SJHH*

Firestone Nurse recognized for work in Respiratory Care and Education

Congratulations to Ann Bartlett, Clinical Nurse Specialist at the Firestone Institute for Respiratory Health who was recently honoured with the A. Les McDonald Award for Innovation and Excellence in Respiratory Care and Education by the Canadian Network for Respiratory Care (CNRC).

The A. Les McDonald Award for Innovation and Excellence in Respiratory Care and Education was created in 2004 to honour the late Les McDonald, who served as Executive Director from 1994 to 2004 and had a long and distinguished career as a health educator. This award was designed to recognize a healthcare professional who has made an outstanding contribution to respiratory care and education locally and/or internationally through their practice and/or research.

Ann has co-authored with the Registered Nurses' Association of Ontario in the development and revisions of the Adult Asthma Care Guidelines for Nurses: Promoting Control of Asthma and Nursing Care of Dyspnea: The 6th Vital Sign in Individuals with Chronic Obstructive Pulmonary Disease (COPD) Best Practice Guidelines. She has been actively involved in presenting at local and national conferences and writing articles for various respiratory publications.

Ann is also a part-time Assistant Clinical Professor in the School of Nursing, Faculty of Health Sciences at McMaster University. She received an Ontario Respiratory Care Society (ORCS) Fellowship to complete her Master of Science (MSc) degree in Respiratory Care at Oxford University and is one of the researchers profiled in the ORCS's 2011 Research Review publication.

For the past 25 years, Ann has volunteered for the ORCS South Central Ontario Region and is a founding member of the Respiratory Health Educators Interest Group Executive Team. She has served on many CNRC committees and currently serves as a member of its Board of Directors. As a past facilitator and tutor in The Michener Institute's Asthma Educator Program, Ann was part of the team that developed the Michener COPD Educator Program. She now facilitates and tutors RespTrec's Asthma and COPD courses.

"I am really thrilled and honoured to receive this award," says Ann. "It truly reflects my passion to advance respiratory education and improve the delivery of healthcare to our clients."

Congratulations, Ann!



HMECU Healthcare and
Municipal Employees'
Credit Union™

**St. Joseph's Hospital Staff
Credit Union Branch**

Don't Keep Us a Secret!
Scan the Code to find a
location near you



Come by and visit us in
Room G1104 or call ext 32910

Ask Us How You Can Earn **\$100**

Body Watch

Submitted by the Dietitians at St. Joe's



The Confusion about Vitamin D

Vitamin D is often called the sunshine vitamin so during the long winter months, many wonder if it's a good time to take a Vitamin D supplement.

Should we take a Vitamin D supplement?

There are different guidelines depending on your age and other health factors. Health Canada's Food Guide recommends that all Canadians over the age of 50, even if they drink enough milk, take 400 IU of Vitamin D daily – all year round.

What did Health Canada base their recommendations on?

As we get older, our skin's ability to use the sun to help make Vitamin D declines. We also spend less time outdoors. In Canada, between October and March the sun is not strong enough to help our bodies make the necessary amount of Vitamin D. During the summer months, most of us use sunscreen which blocks the skin's ability to make Vitamin D.

A Stats Canada survey conducted in 2008 estimated that the average milk consumption has been declining for the past 20 years and is now only ½ cup per day. Although we are eating more yogurt and cheese, they are still not as reliable a source of Vitamin D.

What are the benefits of taking more than 400IU of Vitamin D?

The Institute of Medicine has revised and increased the recommendation for people ages 2-70 to 600 IU a day for bone health as the link between bone health and Vitamin D intake is strong.



Study shows benefits of Cognitive Behavioural Therapy on Anxiety and Irritable Bowel Syndrome

New research out of St. Joseph's Healthcare Hamilton has shown how the gold standard for treating those with depression and anxiety can also reduce their symptoms of Irritable Bowel Syndrome (IBS).

Cognitive Behavior Therapy (CBT) is a type of psychotherapeutic treatment or "talking therapy" that helps patients in understanding the thoughts and feelings that influence behaviors. CBT is commonly used to treat a wide range of disorders, including phobias, addiction, depression and anxiety. This recent study was undertaken to investigate the influence of CBT on patients suffering from panic disorders and anxiety with IBS symptoms. After the patients completed intake assessments and CBT treatment sessions, results showed significant reductions in their IBS symptoms.

"This study puts yet another spotlight on the important link between a person's brain and their gut," says Randi McCabe, Director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare Hamilton. "Interestingly, what it also shows is the vital part that CBT has within this relationship. Many patients who suffer from panic disorders and anxiety also present with IBS, and CBT has shown to be a valid form of treatment for those dealing with both disorders."



Irritable Bowel Syndrome is characterized by chronic abdominal pain, discomfort, bloating and variations of bowel habits. Medical conditions, such as chronic fatigue syndrome and depression have been shown to appear with much greater frequency in patients diagnosed with IBS.

This was a collaborative study between St. Joseph's, the Department of Psychiatry and Behavioural Neurosciences at McMaster University, the Department of Psychology at Ryerson University in Toronto, the Department of Psychiatry and Behavioural Sciences in the Medical University of South Carolina, and the Mental Health Service in South Carolina.



"This study puts yet another spotlight on the important link between a person's brain and their gut."

***Randi McCabe - Director
Anxiety Treatment and Research Centre***

Firestone researchers to investigate cat vaccine

Up to 10% of the Canadian population suffers from an allergy to cats. Cats secrete a protein which is spread all over their body when they lick their fur. This is the “allergen” that people who are allergic to cats react to. The body sends out antibodies to attack this allergen and this leads to the itchy, watery eyes and sneezing.

Researchers from St. Joe’s Firestone Institute for Respiratory Health are currently recruiting patients for a new investigational cat allergy vaccine. This vaccine contains only small pieces of this allergen so once introduced to the body, the theory is that the immune system will not notice the small pieces of the allergen and the cells that cause the itchy, watery eyes and sneezing will not respond. In contrast, the vaccine was designed to activate a new set of protective immune cells that allow the body to tolerate cat allergens. Results from previous Phase II studies suggest that the vaccine is effective.

If you are allergic to cats, live with a cat or have regular exposure to cats and are looking for relief from your symptoms, perhaps you will be able to participate in this research study. Participants must be 18 to 65 years of age. All eligible participants will receive this investigative cat allergy vaccine and will be reimbursed for their time. Please call 905-522-1155, ext. 33565 or email us at:

PURR@stjoes.ca



*Submitted by Tammy Villeneuve
Administrative Trial Coordinator,
Research and Business Development -
Firestone Institute for Respiratory Health, SJHH*

Hardening the target: Your role in preventing crimes of opportunity

Many thefts can be considered “crimes of opportunity”. Thieves aim for easy targets, and will often bypass a secure/locked area hoping to find an easier target somewhere else. Theft is costly to all of us. Victims of thefts may be required to change house and vehicle locks if personal keys are stolen. Perhaps above all, there is a negative impact to our sense of safety and well being.

Everyone can help in the protection of personal and hospital property by taking initiative and following a few simple safety precautions:

Office Security

- Purses and wallets should not be left unattended in offices.
- Staff should keep offices locked/secure when they are working after hours.
- Never leave your office unlocked and or unattended, even for a short period of time.
- Never leave ground floor windows unlocked.
- Staff should advise the Security Dept. when they are working late and request an escort prior to leaving.
- Staff can carry a personal alarm device which is available through the Occupational Health and Safety dept. if requested.
- Don’t assume that the stranger wandering in office areas is a staff member or lost. If you are not sure, ask them if you can assist them or contact Security to investigate.
- Do not leave visitors or patients in your office unattended.
- Don’t assume that everyone is as honest as you are. Take care of your property.

Vehicle Security

- Never leave your vehicle unlocked or your windows rolled down.
- Valuables should always be kept out of sight or locked in the trunk.
- Never leave your vehicle running or your keys in it, even for a moment.
- Keep all keys in your possession. A thief knows all of the “secret” hiding places.
- Don’t leave documents visible that display personal information as identity theft is on the rise.
- Lock your vehicle as soon as you are inside, and keep windows and doors secure while driving.
- Keep your vehicle in good repair; a stalled vehicle is an opportunity.
- Suspicious people loitering near vehicles should be reported immediately to the Security Dept.

Personal Safety

- It is imperative that staff wear/display appropriate hospital ID while on the property at all times.
- When going to or from your vehicle after dark, travel in groups or request a security escort.
- Be aware of your surroundings, this includes checking your back seat before entering your vehicle and not walking blindly around corners.
- Always have your keys in your hand while approaching your vehicle.

Remember: Security and safety is everybody’s responsibility. In the event of an emergency situation, please call a Code White by dialing ext. 7777. For other questions or additional information, feel free to contact Charlton Campus Security at ext. 34051, West 5th Campus Security at ext. 36204 or King Campus Security at ext. 38500.

*Submitted by John Scozzari
Coordinator, Security Services, SJHH*

Payday Payouts Lottery

Winners!

Winner: Mary-Ann Bucci
Department: Telecommunications
Draw Date: February 2nd, 2012
Prize Amount: \$6,015.00

Winner: Kelly Stevenson
Department: Acute Psychiatry
Draw Date: January 19th, 2012
Prize Amount: \$6,063.00

A new season of the **Payday Payouts** lottery will begin in April 2012 and we will be printing more tickets than ever before. Players currently enrolled will automatically receive new tickets, but soon applications from new players will be accepted.

Visit stjoesfoundation.ca and click on the staff programs section of the website for full details on the lottery.

Creating a Culture of Attendance @ St. Joe's

Since the inception of this Attendance Management section in *Connections*, we have been focusing on awareness and accountability by providing you with the average sick day information at the hospital. This month, we would like to focus on the practical action that can be taken to improve your health and the health of our organization.

Take Action...

- Provide us with your ideas to improve overall attendance, health and wellness at St. Joe's,
- Sign up for one of the Wellness sessions to improve your personal health,
- Bring suggestions/ideas to your manager to discuss how your unit's attendance and overall wellness can be improved.



We are excited to roll out the schedule for the Spring 2012 Health & Wellness Program beginning February 28th which will include Yoga, Tai Chi, Guided Meditation, Weight Watchers support and much more!

Please go to our Wellness page on the intranet (MyStJoes/ departments/ HR/ Pages/Wellness) and look at our calendar of events. You can also send a message or feedback to our Wellness Coordinator, Che Marville, by email at wellness@stjoes.ca or cmarvill@stjoes.ca.

Mental Health and Addictions Program
Vocational Practice Council Presents...

Vocational Rehabilitation Day

- Poster board display
- Learn about our growing discipline
- Learn about SJHH programs and services
- Enter to win raffle prizes
- Talk to voc rehabilitation professionals
- Have questions answered

Thursday, March 22, 2012
9:00 am - 2:00 pm
All About You Cafeteria
West 5th Campus

Wanted...

Bright Ideas

We are looking for new and innovative ways to enhance patient care, reduce waste and utilize resources more efficiently and ultimately deliver on our commitment to patient safety, quality and satisfaction.

Please send your ideas to brightideas@stjoes.ca



Connections is published monthly by the St. Joseph's Healthcare Public Affairs Department.

We want to hear from you!

Please send us your comments, suggestions, story ideas or submissions. The Public Affairs Department reserves the right to edit and print your submissions as space permits. Submissions are subject to approval. Submissions must be received by the 10th of each month prior.

Public Affairs Department
225 James Street South, Level 1
Telephone: (905) 522-1155 ext. 33423 Fax: (905) 540-6531 Email: kdebreau@stjoes.ca