



TEAM ST. JOE'S

connections

APRIL • 2015

Bigger & Better than Ever at This Year's Bay Race

The weather might have been a little brisk for the 121st running of the Around the Bay Road Race, (about -5° at the start line) but 11,500 participants stayed warm by walking, running, relaying and supporting each other along the 5k and 30k routes. This year, St. Joseph's Healthcare Foundation is thrilled to announce that more hospital staff, patients and volunteers took part in this historic event supporting St. Joe's than ever before.

200+ members of our St. Joe's family (pictured above) took part either individually or as a part of a record-breaking 13 departmental teams! This year's race raised an incredible \$475,500, and it was thanks in large part to the work of Team St. Joe's, who contributed over \$120,000 to that tally!

Here are some highlights of our top St. Joe's fundraising teams:

St. Joe's: Board of Governors **\$17,345.00**

St. Joe's: Team ICU **\$16,893.00**

St. Joe's: Regional Eye Institute **\$16,018.75**

St. Joe's: Team Firestone Institute for Respiratory Health **\$15,352.00**

St. Joe's: Foundation Board **\$11,642.00**

All St. Joe's teams who raised \$10,000 or more were given the opportunity to designate those funds to supporting research in their clinical area. Tammy Robinson, a Nurse Manager and part of the team from the Hamilton Regional Eye Institute said,

"Knowing that the funds we raised would support research in the area where we work was very inspirational. It pushed our team to new heights and we're very proud of what we raised."

In addition to an admirable showing from our St. Joe's community, more than 30 local organizations and corporations also entered corporate teams in the Bay Race, including a team from CARSTAR Canada led by Foundation Board Member and St. Joe's baby, Michael Macaluso. As our community champion, Michael and his team of colleagues and peers raised \$56,508 for St. Joe's. Other top fundraisers included the teams from ArcelorMittal Dofasco, Scotiabank and Meridian Credit Union.

Foundation President & CEO, Sera Filice-Armenio explains, "With the support of so many people and organizations in our community, the Around the Bay Road

Race has become our largest signature fundraising event. We're so excited to see our own Hospital staff embracing the Bay Race as a team building opportunity and a way to give back to the Hospital where they are proud to work."

Funds raised through the 2015 Around the Bay Road Race are earmarked to support research at St. Joe's and equipment purchases too. To everyone who walked or ran, cheered or pledged their colleague or loved one, we just want to say, THANK YOU! Rest assured that every step you took and every donation you made will support Hope, Healing and Discovery at our Hospital. ●



Team St. Joe's at the 121st Around the Bay Road Race!

TEAM ST. JOE'S





Planning for **YOUR** Healthcare

“How do you want to live your life?”

“What matters to you?”

“What are your values?”

Throughout your life there are some important questions that need to be reflected upon and discussed with someone close to you like a family member, partner or friend. The answers to these questions, “will guide you whenever you need healthcare and will let you live how you want to when you come to the end of life,” states Anne Woods, Palliative Care Physician, St. Joseph’s Healthcare Hamilton.

Advance Care Planning is looking at the future and planning for your healthcare. There are two moments of Advance Care Planning; the first is when you are well and think about your health in the future. “It is important to take a look at your life and think about what makes most sense for you, states Dr. Woods. “Discuss what you would hope for in certain situations with those close to you so that your values will be honoured.” The second moment is not as advanced. An unexpected health issue can lead to families having to make decisions quickly with physicians. “We don’t know things ahead of time, but if you have a sense of who the person is, what he/she wants and would choose, in that moment you can help them choose better and protect their autonomy,” explains Dr. Woods. “Some people want to continue life at all costs, while others want to spend their last days outside of hospital. These are personal choices and people choose differently.”

Helene Hamilton has been volunteering with St. Joe’s for the past two years as a member of the Internal Medicine Quality Council and has recently joined the Patient and Family Advisory Council. Helene’s personal experiences have led her to become an advocate for Advance Care Planning. Helene’s mother suddenly passed away at age 54. “We were not prepared and there were no previous discussions about what she would have wanted,” shares Helene. “This was a real eye opener for us

as a family to start having conversations, first with my father and then for ourselves as adult children about the future of our healthcare.” Helene explains that these conversations can cause anxiety and be stressful, but get easier over time and provide comfort. “There is so much peace of mind for us as children holding Power of Attorney for our father, we know we can advocate in the way he wants us to because we have had conversations about what is important to him and what he wants for himself,” states Helene.

Jean Robertson has been volunteering at St. Joe’s as a member of the Patient and Family Advisory Council since it started in 2009 and is a part of the End of Life Committee. Jean is also an advocate for Advance Care Planning, “it’s important to have the tools in place not only for yourself, but for those you care about as well,” explains Jean. “Have Powers of Attorney for Personal Care and Finances drawn up as well as a will. Express to your substitute decision maker, as well as family members, your feelings regarding end of life interventions in different situations. This allows those directing your care to follow your wishes, not theirs.” Learning from a recent experience Jean lost a close family member who up until a couple of months before passing did not have the paper work in order. “Once this was completed it was a tremendous relief,” says Jean. “As soon as you have assets and others who are dependent upon you, it’s important to start putting plans in place to take care of them and appoint someone who will act for you that has your best interest in mind.” ●



Helene Hamilton, Dr. Anne Woods, Palliative Care Physician, St. Joseph’s Healthcare Hamilton and Jean Robertson.

Visit www.stjoes.ca/choosingwisely to learn more.

FIND THE SUPERHERO IN YOU!



Keri Foster, UNIT SUPPORT SERVICE PROVIDER

FANTASTIC FLOW

Tara Coffin-Simpson, NURSE MANAGER

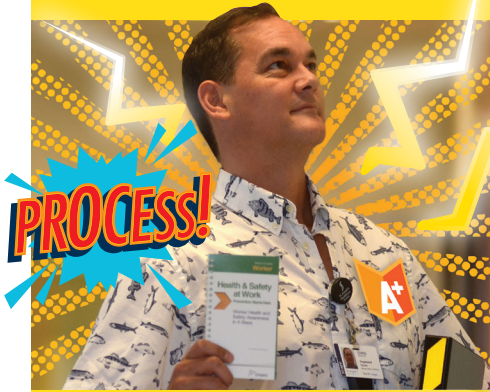


THE LEAGUE OF EARLY INFECTION DETECTORS

Linda Gandy, NURSE EDUCATOR Angela Grieter, NURSE EDUCATOR
Sandra Ireland, DIRECTOR, NURSING PRACTICE Dr. Fred Baxter



WITH SEPSIS, TIME IS LIFE!



SONIC STAFF SAFETY

Chris Walker, REGISTERED NURSE

QUALITY!



THE MEDICATION MARVELS

Dr. Stewart Pugsley, RESPIROLOGIST
Barbara L'Ami, NURSE PRACTITIONER
Sonya O'Sullivan, PHARMACY ASSISTANT
Sharleen Treleaven, PHARMACIST
Stacy Charlton, PATIENT

REDUCE

PRESSURE ULCER ERADICATOR

Amanda Capoferri, REGISTERED NURSE



MANAGE!

THE INCREDIBLE INFORMATION INTERCHANGE



PATIENT SAFETY SHADOW

Gary Halyk, PATIENT AND VOLUNTEER

PREVENTION!



THE MIGHTY METRIC MEASURER

Tammy Keddy, CHARGE NURSE

WHAT'S NEW IN EMERGENCY PREPAREDNESS?

St. Joseph's Healthcare Hamilton is committed to reviewing and updating St. Joe's Emergency Colour Codes on an ongoing basis. All Colour Codes have been reviewed by experts across St. Joe's continuum with recommendations to support accurate and evidence based protocols, resulting in a Corporate Refresh of Emergency Preparedness. While some Code Policies have very little changes, others experienced significant reconstruction outlined below.



What's New?

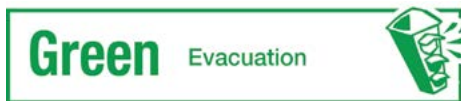
- New Code Aqua protocol is now applicable to all campuses: Charlton, King and West 5th.
- Remember, a Code Aqua should only be called in response to an overwhelming uncontrolled quantity of water deemed to be a physical, health or environmental hazard.

To learn more about Code Aqua click on any of the following links:

[Code Aqua Algorithm](#)

[Code Aqua Education](#)

[Code Aqua Kardex-quick guide response sheet](#)



What's New or has changed?

- The policy clearly delineates the four response phases to Code Green: Alert, STAT, In-Effect, and All Clear.
- New addition of a Quick Response Guide/Checklist for Code Green STAT.
- New understanding Code Green general principles (e.g. prioritizing and triaging patients for evacuation).

To learn more about Code Green click on any of the following links:

[Code Green Kardex –quick guide response sheet](#)

[Code Green policy](#)



What's New?

- New Code Purple policy has been written to mirror language used in the Code Silver policy and procedure.

To learn more about Code Purple click on any of the following links:

[Code Purple Education](#)

[Code Purple Kardex](#)

[Code Purple Policy](#)



Code Yellow: What's New?

- Revised policy and procedure supports a standardized approach to Code Yellow for all St. Joe's campuses
- Addition of definitions that intertwine with Code Yellow
- Section devoted to Patient-Risk assessment. Risk should always be addressed on admission and ongoing as patients' level of risk can change throughout their hospitalization based on a variety of factors
- Expanded section regarding patient photographs and how they can be used to support the safe return of a missing patient/person
- **New** section delineating between patients who leave against medical advice and authorized or unauthorized leaves of absence
- **New** Failure to Return from Therapeutic Pass Protocol
- **New** addition of Code Yellow End. When the patient/person is not located following all reasonable measures, the decision

may be made to end the active search and allow the hospital to resume normal activities. This does not suggest that active searching by Hamilton Police Services is not continuing in the community

- Revised Code Yellow Algorithm
- **New** Consent for Patient Photograph

To learn more about Code Yellow click on any of the following links:

[Code Yellow Algorithm](#)

[Code Yellow Policy](#)

[Code Yellow Presentation](#)

[Failure to Return from Therapeutic Pass Protocol](#)



Code Amber: What's New?

- Policy has been written to mirror Code Yellow Policy
- Code Amber is now only 1 (one) Stage
- Revised Code Amber Algorithm
- **New** addition of Code Amber End

To learn more about Code Amber click on any of the following links:

[Code Amber Algorithm](#)

[Code Amber Policy](#)

[Code Amber Presentation](#)

Incident Management System (IMS)

The Incident Management System (IMS) framework is designed to ensure that those in charge establish quickly and safely, command and control, safety and quality of care, communications, coordination of resources, and supply chain management in an emergency response. When an incident or emergency situation happens, a series of steps occur, starting with recognizing the incident and understanding the organizational policy for dealing with that type of emergency (e.g. Emergency Colour Codes; notification to telecommunications using emergency extension 7777).

In the event of formal activation of the Incident Management System (IMS) Command Centre all information and decisions associated with the incident must be vetted formally through the Incident Management System. All decisions and directives will be shared with the organization via the scheduled communication cycle. All St. Joe's staff regardless of title or role will follow directions and directives as outlined by the Incident Manager and Incident Management System (IMS).

What's New?

- Incident Management Guidelines

To learn more about the Incident Management System (IMS) click on the following link:

[Incident Management System Guidelines](#)

Celebrate Earth Week

..... HIGHLIGHTS

- 12pm Speaker Presentation Series
- Free Coffee with a Reusable Mug
- ECO Q&A Prize Wheel Game

..... ON

April 23rd from 11am to 1pm

Charlton Campus' Main Lobby

..... WITH

The ECO Program

Our Community Partners

& St Joe's Leadership

LEARN MORE

EMAIL: eco@stjoes.ca ATTEND: ECO Allies Meetings (posted on MyStJoes)

EXPLORE: [MyStJoes > Corporate Initiatives > ECO Program](#)

Spotlight on Library Services

Apps, apps, and more apps!

Everywhere you look there are people accessing information on their smartphones.

Through an informal poll, it was found that hospital staff access a number of popular apps on their smart devices daily. Two of the top rated apps on MedicalAppJournal.com include Medscape and Epocrates; both used to access valuable health information and medication information.

Recent nursing graduates are using

apps introduced to them at Momac and the McMaster School of Nursing to add value to patient care. These apps include a Blood Test Guide that shows examples of normal blood values, as well as a Health Canada Drug Product Database and an app focused around Cognitive Behavioural Therapy (CBT) for practicing meditation, relaxation therapy and CBT specific articles.

The explosion of apps over the last several years has made information

readily available to healthcare providers. The Library services department provides access to two databases, Dynamed (clinical information) and Micromedex (pharmacology databases); both databases have free apps that are available to all staff for download. If you would like to download one of these apps please contact the Library at the West 5th or Charlton Campus at ext. 36322/33440. ●

Reviews for many of the apps can be found on:

www.facebook.com/MedAppJournal

www.twitter.com/cmedappjournal

DynaMed



MOBILE ACCESS



St. Joseph's
Healthcare Hamilton
FOUNDATION

A new season of the lottery is here with more tickets than ever before!

Visit stjoesfoundation.ca and click on 'Staff Programs' to download the enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

March 27, 2015

Ayr Goodale
Concurrent Disorders – M1
West 5th Campus
\$8,224.50

April 10, 2015

Neala Hoad
Intensive Care Unit
Charlton Campus
\$8,266.50

connections

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Send your comments,
suggestions or story ideas to:

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