
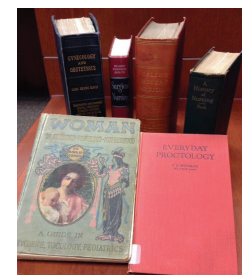




lovely gift basket generously donated by Kushies Baby • Bébé, along with items from Baby World and St. Joe's Retail Services Department.

To learn more about the Celebration of Life Suites, click here or visit the Women's and Infants' section on www.stjoes.ca.

 Baby boy, Weston Heaney, with his mother, father and older brother (Kelly, Matthew and Brayden Heaney).



Rare Book Collection

*A letter from Jean Maragno,
Director, Library Services*

Did you know that Sherman Library, located at the Charlton Campus and the Library Resource Centre, located at West 5th Campus have rare book collections?

There are many subject areas from mental health, nursing, women's health and surgery. Many of you may not be aware that a surgeon, Dr. Fredrick B. Bowman, born in 1883 in Dundas, Ontario was a physician at St. Joseph's Hospital from 1920 – 1976. He was an artist, writer, inventor, pathologist and surgeon. He also served in WWII.

I had the honour of meeting Dr. Bowman and have a collection of his hand painted Christmas cards in my office. Dr. Bowman was a very interesting man with many stories. He also published, "Everyday Proctology" edited in 1941 which explains everything you needed to know about constipation, abscesses, anal pruritus and haemorrhoids.

Please feel free to drop by the Library and browse our rare book collections.

New Year's Baby at St. Joe's!

St. Joseph's Healthcare Hamilton was proud to announce the first baby born at the hospital in the New Year delivered at the Charlton Campus.

A baby boy, named Weston Thomas Heaney, was born at 00:01:48 weighing 8lb 3oz. The parents, Kelly and Matt Heaney of Ancaster, are doing well and excited about the special addition to their family. This is the second baby for the Heaney family and a second time Kelly has delivered at St. Joseph's Healthcare Hamilton. Weston is welcomed into the family by his proud older brother, Brayden Heaney, who is 2.5 years old.

"Our second experience at St. Joe's has been great", says Kelly Heaney. "Weston is a few days early and we were surprised he was born naturally so early in the New Year."

The new mom and baby settled nicely in our cozy Celebration of Life Suite, which was graciously donated by the St. Joseph's Healthcare Foundation. The baby's mother was provided with a



connections

JANUARY • 2015

St. Joe's is Choosing Wisely

St. Joseph's Healthcare Hamilton is an early adopter of Choosing Wisely Canada, a national campaign aimed at encouraging physicians and patients to engage in healthy conversations about their healthcare. When it comes to your health, more medical tests, treatments and procedures are not always better. In fact, sometimes they are unnecessary and could do more harm than good. Choosing Wisely Canada focuses on areas where evidence overwhelmingly shows that a test, treatment or procedure provides little to no benefit to a patient and encourages physicians and patients to have a healthy conversation about the topic.

Over the past few months and moving into the near future, St. Joe's is adopting Choosing Wisely Canada's recommendations that are applicable to the healthcare our hospital provides including, palliative care, kidney and urinary care, imaging testing and


preoperative testing, just to name a few.

"Choosing Wisely Canada provides us with a pragmatic platform to reshape physician and patient choices, and expectations," says Dr. Tamar Packer, Quality Lead, Medical Advisory Council and Medical Director, Newborn Care and leader of the *St. Joe's is Choosing Wisely* initiative. "It encourages a questioning approach which can potentially impact quality of care for our patients and the community as whole."

St. Joe's is Choosing Wisely encourages our patients to engage in conversations with their physicians, clinicians and healthcare providers. "Investigations and treatments should only be undertaken if they are both prudent and of value to the patient," states Dr. Hugh Fuller, Vice President, Medical and Academic Affairs at St. Joseph's Healthcare Hamilton. St. Joe's is committed to ensuring high-quality, compassionate care for our

patients and we hope by participating in this initiative St. Joe's will assist our patients and healthcare providers in making informed, effective choices together.

Next time you see your doctor, have a conversation. Learn how you can become engaged in your healthcare through *St. Joe's is Choosing Wisely* by visiting: stjoes.ca/choosingwisely

 Dr. Tamar Packer, Quality Lead, Medical Advisory Council and Medical Director, Newborn Care.

Choosing Wisely Canada
In partnership with the Canadian Medical Association

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

November 21, 2014	December 5, 2014	December 19, 2014
Sarah Krikorian Nursing Admin Charlton Campus \$8,145.00	Rosemarie Bier Neonatal ICU Charlton Campus \$8,158.50	Leah Fidanza Hemodialysis King Campus \$8,148.00

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

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 **TorontoStar** @TorontoStar • Dec 15 2014
"I can't go to the police. I can't trust anyone."
Doing mental health care differently:
on.thestar.com/1x1h1kd

 **Peter Power** @PJPeterPower • Dec 15 2014
Pt 2 @TorontoStar story: Prgm to treat
#addiction #mentalhealth @STJOESHAMILTON
by @MarcoOved on.thestar.com/12UIXpC

Innovative Clinic Increases Time at Home for Cancer Patients Near End of Life

St. Joseph's Healthcare Hamilton wins Quality Award for Pleural Space Clinic



While living with end-stage lung cancer Mary Weibe, an 86 year old Stoney Creek resident, set off on an airplane for a family wedding in Winnipeg. Without the new home-based treatment and coordinated care offered by the innovative Pleural Spaces Clinic at St. Joseph's Healthcare Hamilton, Mary wouldn't be able to spend more than a few short days away from the hospital before fluid begins building up in her lungs. Mrs. Weibe and her husband have come to terms with her lung cancer diagnosis and treatment, but they wouldn't be able to enjoy this time together at home or breathe easy during travel if it wasn't for an award winning care team.


"My nurse came for a routine home visit with a student and she was showing her my lung catheter, and the nursing student was impressed with the new and improved home-based treatment. She had never seen anything like it before," says Mary. "When fluid builds up in your lungs, you can barely breathe. I couldn't imagine how difficult it would be for my husband and I to go to the hospital multiple times a week to drain the fluid." Some patients with advanced-stage cancer of the lung, breast and ovary, and lymphoma, may experience malignant pleural effusions (MPEs), a condition where cancer causes fluid to collect in the chest cavity. This condition can severely impact a patient's quality of life, with symptoms such as shortness of breath, coughing and chest pain. Previously, this condition led to hospitalization or frequent visits to the hospital for lengthy draining sessions.

St. Joe's recognized the opportunity to provide improved care for patients with MPEs. The result was the Pleural Spaces

Clinic, a collaborative effort with the Lung Diagnostic Assessment Program and the Integrated Comprehensive Care Project, aimed to help improve patients' quality of life and control symptoms related to their end-stage cancer. The clinic, located at Firestone Institute for Respiratory Health at St. Joseph's Healthcare Hamilton's Charlton Campus, has just been awarded a Cancer Quality Council Ontario (CQCO) 2014 Quality Award.

"The Pleural Spaces Clinic allows the thoracic surgery and respirology teams to work together with patients to coordinate a patient and family-centered care plan that addresses comfort and improves symptom control while minimizing the time patients spend in hospital and away from home," says Dr. Jacob Gelberg, Respirologist at St. Joseph's Healthcare Hamilton. "Mary's story is a great example of how our team's innovation and compassionate care model is helping improve the quality of life for our patients with end-stage cancer."

"I've lived an interesting life filled with love. Although I know my time left is limited, I've decided to focus on the positives, which is easier to do because I barely notice my lung catheter," remarks Mary. "I can spend time at home, as well as travel and enjoy my family. I've also met some of the most amazing healthcare professionals. I want to thank them for giving me the gift of going to a special family wedding all the way in Winnipeg!"


 The Pleural Spaces Clinic Team at St. Joseph's Healthcare Hamilton.

Horizon Utilities applauds conservation efforts at St. Joe's West 5th Campus

Providing an innovative model of care, St. Joe's West 5th Campus was created with the patient experience in mind in order to provide the best environment for healing and recovery. Part of providing a positive experience involves integrating energy efficiency into the building for a sustainable cost effective approach to saving energy costs over the long-term. The West 5th Campus was constructed and maintained using environmentally friendly materials and systems.

"It's gratifying to know that a building that was designed to support excellent patient care also supports a sustainable environment,"

states Karen Langstaff, Chief Planning Officer, St. Joseph's Healthcare Hamilton.

 Karen Langstaff, Chief Planning Officer, St. Joseph's Healthcare Hamilton, Brian Smith, Chief Conservation Officer, Horizon Utilities & Brian (Buzz) Blaszyński, Key Account Manager, Conservation and Demand Management, Horizon Utilities.



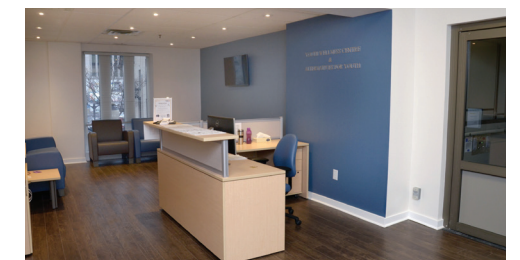
Horizon Utilities' Chief Conservation Officer Brian Smith presented Karen Langstaff, Chief Planning Officer of St. Joseph's Healthcare Hamilton with a \$348,400.00 cheque for participating in the Ontario Power Authority saveONenergy "High Performance New Construction" program during the redevelopment of the West 5th Campus. This initiative provides design assistance and incentives for building owners and planners who implement energy efficient equipment within new buildings. St. Joe's is proud to provide an environmentally sustainable facility for our patients, staff and visitors.

Coming Soon: Youth Wellness Centre (YWC)

The Youth Wellness Centre (YWC) will be opening in February 2015. Located in the heart of downtown Hamilton at 38 James Street South – the iconic Piggott Building, it will share space with Alternatives for Youth (AY). AY provides community based substance use treatment to youth ages 12 – 22 and their families in the Hamilton-Wentworth region.

The Youth Wellness Centre is established as an independent youth-based clinic within St. Joseph's Healthcare Hamilton that focuses on youth experiencing emerging mental health difficulties from the ages of 17 to 24. Two main services the YWC will

provide are early intervention for youth struggling with mental health and addiction difficulties for the first time, and support for youth transitioning from child and youth mental health and addiction services to adult services. The YWC will be linked to both primary care and community referral sources, and specialized mental health services, including inpatient bedded services.




Southern Ontario's "Queen of Continence": Clinics Celebrate Milestone



Over 3 million Canadians know the discomfort and embarrassment of a leaky bladder. Many of them believe it's an unpleasant side effect of aging. Dr. Jennifer Skelly knows better. St. Joseph's Healthcare Hamilton's "Queen of Continence" says no scenario is exactly the same. Each of her patients requires an individualized treatment solution. That could be daunting as a Nurse Continence Advisor, but Skelly embraces the challenge. "Each person is like a new puzzle," says the specialist. "Finding the right treatment is like finding a missing puzzle piece."

Her Continence Care Clinic operating at St. Joseph's Healthcare Hamilton's King Campus is celebrating a milestone anniversary. For 20 years, Skelly's expertise has helped

thousands of women and men overcome their bladder troubles and regain control. During those decades, she has also trained hundreds of Canadian nurses to broach the touchy subject and provide continence therapy. Five spinoff clinics in southern Ontario are also marking five year anniversaries. Clinics in St. Catharines, Simcoe, Dundas, Brantford and Hamilton are funded by the Local Health Integration Network (LHIN) through St. Joe's and staffed with specially trained nurse continence advisors who ease anxiety and seek out non-invasive treatment for continence issues. All clinics operate through self-referral by calling 1-877-490-2732. ●

 Dr. Jennifer Skelly, Continence Program, St. Joseph's Healthcare Hamilton

St. Joe's would like to extend a warm welcome to Erin Booth, who has taken on the role of Facility Manager with Honeywell at our West 5th Campus. Recently, we sat down with Erin to get to know her a little better and here are some of the things we learned:

How do you like to spend your time outside of work?

Aside from spending time with my family, I sit on the Board of Directors for the local chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT), which is a non-profit, self-governing association and the certifying body for engineering and applied science technicians and technologists in Ontario.

What accomplishments are you particularly proud of?

Through my career accomplishments and my work with OACETT, I was very honoured to receive the annual Provincial Women in Technology Award in 2013.

 Erin Booth, Facility Manager, Honeywell

Five Questions with Erin Booth

What is your role with Honeywell at St. Joe's?

It's my job to oversee the operation of the new building at West 5th and the team that maintains all aspects of our facilities to ensure we are operating in a safe and efficient manner.

Have you previously worked in a healthcare setting?

When I was 23 years old, I worked as a medical laboratory technologist in Windsor. It was right around the time that information was starting to move away from paper records and transition to computers, and the more I began to work with technology, the more inspired I was to pursue a different career path.

From there I started working in design and civil engineering technology and ultimately that path evolved and lead me to facilities management.

Can you tell us more about your family and where you are from?


I'm married with 3 kids – two sons who are 14 and 3, and a 4-year old daughter. I'm originally from the Kitchener-Waterloo area but have been in the Hamilton area since about 2008, first in Beamsville and then more recently on the Hamilton Mountain.

The Bay Race is Back!

Looking to shed those pesky few pounds from the holidays? What better way than by training for the 121st running of the Around the Bay Road Race in support of St. Joe's!

Registration is open now at www.bayrace.com. Last year we had more than 170 St. Joe's staff take part in the race, and this year we're hoping even more people will become a part of the Bay Race phenomenon. When you sign up, don't forget to

join Team St. Joe's to walk or run with your friends and colleagues while raising funds to support research and equipment at our very own Hospital. The race will take place on Sunday, March 29, 2015. ●

 For more information visit: www.stjoesfoundation.ca/aroundthebay



A New Year Brings A New Way to Support St. Joe's!

Introducing CUP of JOE...in the Community

Beginning on Monday, January 5th, 2015, and every Monday thereafter for the whole year, you can fuel up and do good! Get your Monday morning coffee (cup of joe!) at one of these three famous local coffee houses and a portion of sales will support St. Joe's! Better yet, when you share where you got your #CupOfJoe on Facebook, Twitter or Instagram, you'll be entered

into a draw to win a \$100 coffee gift card! On Monday morning you know you're going to need a coffee, so why not fuel up and do good at the same time with Cup of Joe? ●

 Full details at www.stjoesfoundation.ca/cupofjoe

DEMOCRACY*

202 Locke St. S.
Hamilton

STJOES.CA



1020 King St. W.
Hamilton



193 James St. N.
Hamilton

PATIENT SAFETY SUPERHEROES
IN THE INCREDIBLE INFORMATION INTERCHANGE

In an academic healthcare setting, accurate patient information must move at the speed of light to keep our patients safe.

Working together across units, disciplines, and campuses, the way our people transfer information with precision is nothing short of heroic.



We're following "Patient X" as he enters the hospital through the Emergency Department at Charlton Campus, uncovering the secret identities of superheroes in our midst. Keep your eyes peeled for the super powers your many team members reveal as they do all the little things that add up to exceptional quality and compassionate care for our patients.

UNIT ADMISSION AT SHOCKING SPEEDS

Upon Patient X's arrival to one of our clinical teaching units, Jaye Kingsbury, RN enters important patient information (like vital status and frequency of checks) into Acuity Spark, a shared digital tool that her team can access.

With the latest of Patient X's information handy from Acuity Spark, Tara Hayes, Charge Nurse enters Rapid Rounds where she is happy to report that Patient X's hypertensive crisis is resolved after being provided the proper dosage of his medication.

Ganine Davies, Recreation Therapist, Shirley Gow, Physiotherapist and Dr. Rajendar Hanmiah put their heads together to develop next steps for the care plan.

RAPID ROUNDS

Shirley Gow, our Physiotherapist, reports Patient X may also be experiencing a mobility issue, which may be interfering with self-care at home. All reported that Patient X exhibited signs and symptoms of depression during their assessments.



Working with Dr. Hanmiah today is Emily Sokolov, Physician Assistant. She calls the Consultation Liaison for a mental health assessment.

Cindy Kington, Clinical Nurse Specialist coordinates Patient X's mental health assessment.

The psychiatrist consulted determines the patient should receive treatment as an inpatient in Mood Disorders Unit at West 5th Campus.

Both doctor on the clinical teaching unit and psychiatrist agree that the patient should go for a CT scan before being transferred.

IT'S TELE-PORTERING TIME!

Our environmental services team is quick to bring Patient X to his appointment at Diagnostic Imaging.

Anna Sacchini, the CT Lead, has booked Patient X's scan for that hour and receives the patient upon arrival.



HOLY RADIOLOGY BATMAN!



Dr. Colm Boylan reviews Patient X's scan and dictates a report using PACS so all relevant or required clinical team members across all campuses can access it.

PACS REPORT COMPLETE

Before Patient X is transferred to West 5th, report between nurses takes place over the phone and Elizabeth Jordan, Charge Nurse on the Mood Disorders Unit prepares for his arrival.



BEEP!

Matt Jodoin, Nurse Practitioner on the Mood Disorders Unit assesses Patient X, reviewing all previous reports in his chart. He connects with Deborah Weusten-Smith, Occupational Therapist, asking her to develop a plan to address some of Patient X's mobility and self-care challenges.



During Patient X's treatment on the Mood Disorders unit, nurses like Homan Ganji conduct quick assessments at intervals, checking where he is and monitoring how he is doing.

TOA!

At the end of her shift, Jennifer Lowe RN, conducts Transfer of Accountability (aka T.O.A.) with Heather Sholer RPN, who is coming in for her shift. They follow a checklist to ensure all of Patient X's important information is shared.

DISCHARGE PLAN ACTIVATED!

Patient X played an active role in his recovery after being diagnosed with depression. He worked closely with Terri Ann Tabak, Social Worker and Dr. Steven Wesley, Psychiatrist to set and meet goals, and develop a discharge plan. Patient X feels supported as he prepares for his discharge meeting.

Patient X has a hidden super power, too; his ability to share his experience with us to help improve care in the future and to inspire other patients during their stay.



Before discharge he creates a Legacy Box filled with messages of hope and wisdom. Patient X leaves the box in his room to support the next patient.

THE END