

connections

October/November 2012

Top **3** ways you can get involved in the 2012 St. Joseph's United Way Campaign!

It's official! St. Joseph's Healthcare Hamilton's 2012 United Way Employee Giving Campaign has launched! This Fall, there are a number of exciting ways for you to get involved and show our community that change really does start here at St. Joe's.

*Here are our **Top 3** picks:*

1. Join in the Fun at our Pumpkin Pageant & Fall Fair

Come out and see the creative pumpkin creations your fellow staff have made and support the United Way by placing a bid for your favorite pumpkin on Monday, October 29th. All pumpkins will be auctioned off to the highest bidder and bids will start at \$5 with all proceeds supporting the United Way. Pumpkins will be displayed in the Main Lobby at both the Charlton and King Campuses and outside the cafeteria at the West 5th Campus. Kernels popcorn, candy apples and extra pumpkins will also be available for sale!

2. Make Giving a Family Affair at Movie Night in the Miller Amphitheatre

Watch *Ice Age 4 - Continental Drift* in the Miller Amphitheatre and teach your family about philanthropy at the same time! On November 8th, we're hosting the premiere *Movie Night in the Miller* with a movie that has yet to be released on video! For just \$2 per person, or \$10 for a family pack of six tickets, you can have one of the best seats in the house (or hospital as the case may be!) for this family-friendly tale. *Movie Night in the Miller* is a fraction of the cost of going to the theatres, and best of all, all funds raised will support the United Way! Concession stands will be open selling pop and popcorn. Reserve your tickets today by emailing us at unitedway@stjoes.ca or calling Carrie at ext. 34341.

Cont'd on Pg. 5



Thoughts from our President

The month of October has in particular, highlighted the staff dedication we enjoy at St. Joe's. On October 10th, we were advised that for the third year in a row, St. Joe's has been named as one of Canada's Top 100 Employers for 2013. I am very proud of this achievement as it is due to our great staff, physicians and volunteers that we were able to once again capture this honour. This is a significant accomplishment as we join only three hospitals in Ontario on this year's list. There were a number of initiatives that contributed to this success including educational programs, our international outreach program in Uganda and Haiti, and employee benefits.

In particular, we have received much positive feedback on the new Employee Wellness Program. The Program has been expanded since its inception and now provides programming at all three Campuses. The Yoga classes and running club provide staff with an opportunity for a work - life balance which greatly contributes to overall health.

In keeping with our mission and values, St. Joe's staff continue to support the greater community, in particular those less fortunate. I encourage you all to participate in and contribute to the United Way Campaign which funds programs for over 70 agencies in our community of Burlington and the Greater Hamilton area. By the end of the campaign, St. Joe's hopes to raise a total of \$35,000 in organizational donations. Also, I hope to see you at the fun events planned by our dedicated United Way Committee including the premiere **Movie Night in the Miller** scheduled for November 8th. We recognize that times are hard for all but please consider donating what you can to support and exceed our goal. Remember, to achieve our goal would mean only an average contribution of about \$8 per staff.

I invite you to read more about these important initiatives in this issue of *Connections!*

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

Get the flu shot! NOT the flu!

By the Occupational Health & Safety Dept., According to the National Advisory Committee on Immunization (NACI), the provision of the influenza vaccine for healthcare workers who have direct patient contact is an essential component of the standard of care for the protection of their patients. Health care workers who have direct patient contact should consider it their responsibility to provide the highest standard of care, which includes undergoing annual influenza vaccination. In the absence of contraindications, refusal of healthcare workers who have direct patient contact to be immunized against influenza implies failure in their duty of care to their patients.

"Protect your patients and loved ones. Please get your influenza vaccine every year," says Dr. Christine Lee, Medical Director for Infection Prevention and Control at St. Joe's. "Multiple studies have shown that there is significant reduction of influenza risk for patients when healthcare workers receive the vaccine."

Visit the MyStJoes **Occupational Health & Safety** page for information about influenza caravans and clinics.

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St. Joseph's Hospital Staff Branch
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www.hmecu.com

HOURS OF OPERATION
Mon, Tues, Thurs, Fri... 8:30am to 4:30pm
Wednesdays..... 10:30am to 5:00pm
Closed Daily from..... 1:30pm to 2:30pm



Celebrating the importance of Occupational Therapy at St. Joe's

By the Occupational Therapy Dept.

St. Joe's Occupational Therapists and Occupational Therapy/Physiotherapy Assistants work as part of the healthcare team, both within the hospital and out in the community to help people live healthier and more satisfying lives by helping to provide solutions that contribute to their overall well-being.

An Occupational Therapist works with individuals who have difficulty doing occupations that are important to them which are defined as self-care (getting dressed, bathing, cooking, eating, housework), productivity (paid work, volunteer activities, school) and leisure (hobbies, sports, social activities).

Occupational Therapists are university-trained, regulated health professionals having graduated from an accredited university program with a baccalaureate or 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. All Occupational Therapy/Physiotherapy Assistants complete a two-year combined diploma program and work under the supervision of an Occupational Therapist and/or Physiotherapist.



Front (L to R): Monica Alderson, Yan Jno-Baptiste, Michelle Fung, Andrea Scott, Amanda Holding, Daphne Haramule, Jodie Lavell, Leanne Bradbury, Kathy Rount, Monica Columbro

Back (L to R): Olivera Kapelj, Sarah Kuzub, Tarin Moesker, Lina Cuellar, Sandra Crawford, Leanne Vanderburg, Helen Francis, Shari Duxbury, Irene Kwasney, Elizabeth Buhler, Janice Jackson



From L to R: Monica Alderson, Jennifer Drenth, Deborah Weusten-Smith, Evelyn DiFrancesco, Coralie Hecker, Stephanie Mehlenbacher, Kathryn Litke

Third time is a charm!



We are happy to announce that St. Joe's has been recognized, for the third time, as a top Canadian employer.

St. Joe's was one of only three hospitals in Ontario to be named to this year's list, and joins a group of only five healthcare organizations across the country to receive the coveted title. Employers are evaluated

by the editors of Canada's Top 100 Employers using eight key areas, which have remained consistent since the project's inception: physical workplace; work atmosphere and social; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

This achievement reflects a great deal of work that our staff showcase every day in providing compassionate sensitive care to our patients and their families, as well as the local and international community," says Dr. David Higgins. "This is truly a celebration of our staff."

Congratulations to St. Joe's

AUDIOLOGY SERVICE

Platinum Award Winner
in Hearing Services Category
of the
2012 Hamilton Spectator
Reader's Choice Awards

Thank you
to everyone who voted!

Research Makes Drug-Free Menopause Relief A Reality

By Sebastian Dobosz | Research Administration Intern

Staff members within the Women's Health Concern's Clinic and the Anxiety Treatment and Research Centre have authored a workbook which guides women through the use of cognitive and behavioural techniques to relieve menopausal symptoms.

The Cognitive Behavioral Workbook for Menopause: A Step-By-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression and Other Symptoms is co-authored by Dr. Sheryl Green,

In 2007, Dr. Green was the recipient of the St. Joseph's Healthcare Father Sean O'Sullivan Novice Researcher Award for her work involving the development and implementation of a cognitive-behavioural intervention for symptoms of menopause. "The Father Sean O'Sullivan Research Centre (FSORC) Award made my research possible," states Dr. Green. "Without this support, I wouldn't have been able to conduct my research that formed the basis of our book."

Dr. Green's findings have noted that cognitive-behavioral therapy, or CBT, helps to alleviate both the physical and emotional symptoms that are associated with menopause. CBT is an approach that addresses dysfunctional emotions, cognitions, and behaviors through a systematic process. However, it has been shown to alleviate the physical symptoms of menopause as well as medication or prescribed treatments. While Hormone Replacement Therapy remains the most popular treatment for menopausal symptoms, studies suggest

that it may present risks with long-term use – such as elevated risks of cardiovascular problems and breast cancer for some women.

As such, an alternative approach was necessary in order to relieve menopausal symptoms for women who are unable or unwilling to use hormones, women who prefer a non-medicinal treatment approach or women who need to combine different treatment options to improve their quality of life and overall wellbeing.

In addition, cognitive-behavioral therapy successfully treats the mood swings, anxiety, depression and sexual concerns that can be associated with menopause. As a result, research participants have indicated a significant improvement in their quality of life after attending the CBT treatment program.

Dr. Green was surprised at just how beneficial the research participants found the CBT approach. "Participants had a significant reduction of both physical and emotional symptoms related to menopause, indicated that they were highly satisfied with the results of the program, and would recommend this CBT approach to others with similar symptoms."

The Cognitive Behavioral Workbook for Menopause demonstrates how the research conducted at St. Joseph's Healthcare Hamilton directly improves patient care. Furthermore, it now has the ability to reach a global audience and thus greatly increase the number of people who will benefit from this research.



"The workbook works well in conjunction with one's treating clinician. However, this book can reach women at home and offer relief from some their symptoms before they enter the clinic," explains Dr. Green.

The Cognitive Behavioral Workbook for Menopause: A Step-By-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression will be re-released on November 1st, 2012 and be distributed through major retailers such as Amazon, Chapters-Indigo, Barnes & Noble, and Walmart.



Congratulations to Anika Matko of Environmental Services who was recently awarded the Medical Staff Associations' Exemplary Service Award. Presented by Dr. Samih Salama in October, Anika is the 8th recipient of this award which is presented to staff who perform their everyday duties while providing added value with their enthusiasm, compassion, initiative and skill.

United Way *Cont'd from Pg. 1*

3. Pay it Forward with Payroll Deduction

One of the easiest ways you can support the United Way is through a small donation amount being automatically deducted from your pay cheque through payroll deduction. It's fast, simple, and you won't even miss the few dollars from your cheque, but at the end of the pledge period, your collective donation will make a big difference in the lives of hundreds of thousands of people who access United Way funded services each and every year. Give at any time for a chance to win great prizes such as a vacation day, a three-month parking pass, gift baskets and more!

Drop off your completed donation form at the following locations:

Charlton Campus

Patient Accounts, Information Desk from 8:00 a.m. – 4:00 p.m.

King Campus

Nola McPhee, Administration Office from 9:00 a.m. – 2:00 p.m.

West 5th Campus

Lori Spadafora, Finance Office from 8:00 a.m. – 4:00 p.m.

Do you have questions or need more information? Please visit the United Way page on MyStJoe's or email us at unitedway@stjoes.ca.

Professional Advisory Committee's

Health Professional's Excellence in Practice Awards

Join Us... Tuesday, November 6th, 2012 2pm-4pm

Cafeteria - West 5th Campus

Reception to Follow

Body watch

by the dietitians of St. Joseph's Healthcare Hamilton

A portion size is the amount of a food eaten at one time. The portion sizes of food in restaurants, grocery stores and even at home has increased in the last few decades.

The average size of a muffin has doubled in the last 20 years and the average bagel has doubled in diameter since the 1980s. At home, the size of bowls, plates and glasses have increased significantly. For example, dinner plates are 30% larger than they were 40 years ago so naturally the portion size and calorie content of the meal has increased as well. Many restaurant and grocery store portions have been 'supersized' which give customers more food for a lower price. For example, a large-sized bag of popcorn (20 cups) at the movie theatre is 42% larger, but costs only 16 cents more than a medium-sized bag of popcorn (14 cups). Since the price difference is so small, it's not surprising that many consumers select the large popcorn. As well, bottles of soda (20 ounce/591ml) have become more available to buy compared to the smaller 12 ounce/355ml cans.

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A Woman's Write: Strong and Free

On October 10th, the Womankind Addiction Service at St. Joseph's Healthcare hosted a book launch for **A Woman's Write: Strong and Free** - a print collection of poems, prose, and art by clients of the Womankind Addiction Service. The launch, which took place in the Joey and Toby Tanenbaum Pavilion at the Art Gallery of Hamilton (AGH), featured the authors themselves reading excerpts from their work.

The second book to be published by authors from the Womankind Addiction Service Creative Writing Program, **A Woman's Write: Strong and Free** is a journey through which women found their voice and documented their experiences while dealing with substances and recovery. The authors featured in **A Women's Write: Strong and Free** come from all life experiences and, in some cases, have little in common other than their substance use and their love of writing.

All profits from the sale of the book will be returned to the Womankind Foundation, to support continuing education and the promotion of independence, self-esteem and confidence. The book is available to purchase through Indigo.ca, amazon.ca, Bryan Prince's Bookstore, Hamilton and at A Different Drummer Books, Burlington.

Patients and families come first

By Patient Relations

St. Joe's Patient Relations is pleased to announce that St. Joseph's has now gone live with a new Virtual Patient Feedback Group (VPFG).

This new patient and family-centred initiative is based on the University Health Network's (UHN) model, whereby patients and family members have the opportunity to register online to receive surveys/questionnaires from the hospital regarding various hospital initiatives. This is yet another example of St. Joe's commitment of ensuring that the patient and family perspective or 'voice' is heard and valued'.

The information received through the VPFG will assist St. Joe's programs and departments in successfully implementing new services and initiatives. Please contact Karen Jeffrey in Patient Relations at ext. 33838 for more info.

Patients and family members may register with the VPFG by visiting: www.stjoes.ca/patientrelations

Interventional Radiology Patient Safety Screening (IRPaSS)

By Sriharsha Athreya | Lead Radiologist – Angio Interventional Program

A novel Patient Safety Checklist for use in all image guided intervention was implemented in our Diagnostic Imaging (DI) Department in September 2010. The implementation of this procedure Safety Checklist in DI created standardization for documentation and patient record retention across all interventional modalities/services within Diagnostics. This Safety Checklist has been shared with other hospitals within our LHIN and there has been an interest in adopting this change in practice to enhance patient safety and improve outcomes. One other LHIN site has implemented a customized version of this Checklist.

Based on the recent few published literature, the current checklist has been modified to suit our practice.

**Join us!
Stay informed!**

*Staff
Forums*

with Dr. Higgins

November 27, 2012

Charlton Campus
Frank Charles Miller Amphitheatre
12:00pm-1:00pm

December 19, 2012

King Campus
Kemp Auditorium
12:00pm-1:00pm

Scotiabank Building 'Bridge to Recovery' with \$300,000 gift to St. Joe's

By Helen Powers | Communications & Annual Giving Officer, SJHF

Scotiabank is joining St. Joe's in promoting the fullest recovery of people living with mental illness. On September 20th, Hamilton-Niagara region representatives of this generous financial institution announced a gift of \$300,000 to support the St. Joe's *Timeless Care, Tomorrow's Discoveries* Campaign. The gift was announced at St. Joseph's West 5th Campus, where a massive rebuild is taking place to create a new integrated mental health and medical care facility.

As the new home for St. Joseph's regional Mental Health and Addictions Program, and a home for clinical and diagnostic imaging programs also, the new Margaret and Charles Juravinski Centre for Integrated Healthcare on St. Joseph's West 5th Campus will be a visionary centre designed to eradicate the stigma surrounding mental illness. By blending medical care and mental health services in one brand new centre, we are communicating our belief that mental illness is just that, an illness, like any other. Scotiabank heard our message loud and clear.

"All of us at Scotiabank are so inspired by the way that St. Joseph's is changing the landscape of mental healthcare in our region, both physically through this new building, and metaphorically through their visionary approach to eradicating stigma," said Shawn Goddard, District VP, Hamilton and Niagara District for Scotiabank. "Through our Bright Future philanthropic program, we are pleased to support the Hospital that serves more than two million people in the region we live and work in.



Healthcare is an important pillar of our giving program and we are hopeful that our gift will enhance the lives and the care of people living with mental illness."

To recognize the bank's generosity, St. Joseph's is proud to name the Scotiabank Bridge to Recovery Area. *The Bridge to Recovery Program* focuses on those clients recently discharged from hospital or who have presented in our Emergency Psychiatry Service. They are given collaborative mental health care by a multi-disciplinary team and also through peer support. By learning new coping strategies and skills, clients are able to work towards recovery goals while transitioning back into the community.

Dr. Joseph Ferencz, Interim Chief of Psychiatry at St. Joseph's, offered his own thanks to Scotiabank when the donation was announced. "The *Bridge to Recovery Program* is an

essential piece of our recovery-focused treatment model at St. Joe's. It is the bridge that helps to guide our clients from intensive treatment towards individualized recovery goals. We're honoured to associate the Scotiabank name with the area of our new building that will house this inspiring program," he said.

"The tide is turning where mental health care is concerned. No longer is this an area of medicine that people shy away from talking about, or philanthropically supporting. It is now an area that leading organizations and financial institutions are proud to place their support squarely behind, and we're honoured that Scotiabank selected our organization, and our leading Mental Health and Addictions Program, as the grateful recipients of their generous donation," concluded Sera Filice-Armenio, President and CEO of St. Joseph's Healthcare Foundation.

PHOTO - From L to R Dr. David Higgins, President, St. Joseph's Healthcare Hamilton; Dr. Joseph Ferencz, Interim Chief of Psychiatry; Mr. Bob Beckerson, Director, Scotia Private Client Group; Ms. Sera Filice-Armenio, President & CEO, St. Joseph's Healthcare Foundation; and Mr. Shawn Goddard, Vice-President, Hamilton-Niagara Region, Scotiabank.

Payday payouts

August 30th
Wayne Brewster
Materials Management
\$6,553.50

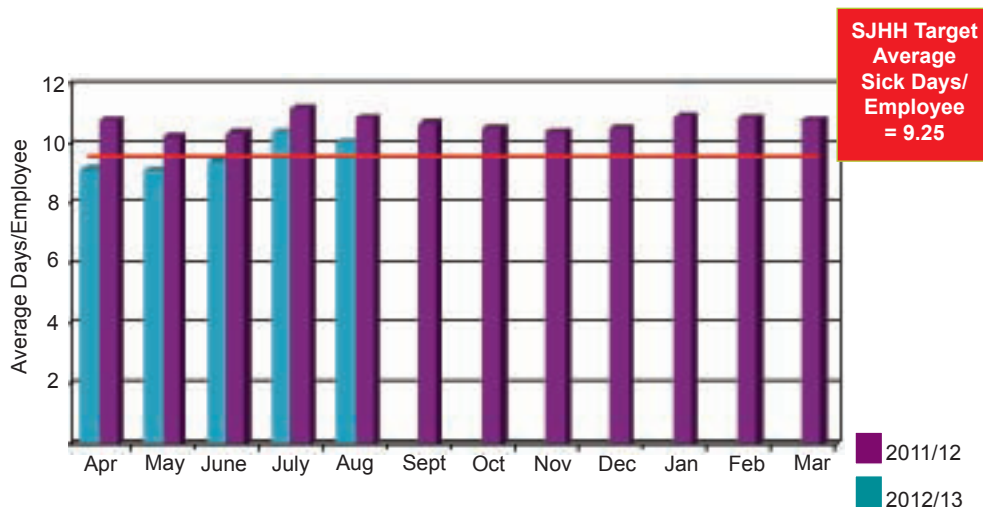
September 13th
Adian-Alexandru Balojin
General Radiology
\$6,543.00

September 27th
Sandra Taylor
Emergency Department
\$6,520.50

October 11th
Susan DeMatteo
Operating Rooms
\$6,495.50

October 25th
Joseph Scozzari
Housekeeping
\$6,531.00

Attendance management at st. joseph's healthcare



Overall, our projected sick time for this year is 8% lower compared to this time last year. The total average sick days as of August of this year was 10.10 average sick days, compared to 10.89 days as of August 2011. We decreased average sick days slightly from 10.41 average days over the previous month. The above graph displays the month over month comparison showing a consistent improvement when we compare this year to last year. We would like to thank you for your continued efforts in maintaining your personal health as we were able to dip under the St. Joe's target of 9.25 over the early summer months. Please take advantage of our renewed St. Joe's Wellness Program classes and supports which can be found at: MyStJoes/Departments/Human Resources/Wellness Activity Calendar.

BodyWatch *Cont'd from Pg. 5*

The increase in food portion sizes has a direct affect on the amount of calories consumed. Research shows that people eat and drink 30% more when given a larger portion. They may be unaware that they have eaten more and may not even feel fuller despite eating a larger portion of food. This is one of many factors that have contributed to the increase incidence

of obesity among adults and children. What can you do to reduce your portion sizes at home and when eating out?

- ❑ Use smaller plates, bowls, glasses and cups at home.
- ❑ Share restaurant meals when you know the portions will be large.
- ❑ Choose snacks, drinks and meals based on portion size not price.
- ❑ Avoid upsizing to large or extra large drinks and snacks.

- ❑ Eat meals and snacks slowly.
- ❑ Find out what a healthy portion size is and learn how to estimate portions sizes when serving meals at home or eating out.

For more information on reducing your food portions to a healthy size, visit EatRightOntario.ca and look for the Healthy Portion Link.

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Send your comments, suggestions, story ideas or submissions to:
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