

connections

FEBRUARY • 2016

# Psychology Month A Speaker Series

Psychology is a broad scientific field that focuses on human thoughts, feelings, and actions. While some Psychology professionals conduct research and develop theories, others work closely with organizations, communities, and individuals to implement these theories and help others to function better.

Psychology Month is celebrated each February to inform Canadians about how psychology works to help create happier and healthier communities, improved workplace environments, and the development of positive government policies. Approximately one in five Canadians will personally experience a mental illness in their lifetime, and it can affect people of all ages. It is estimated that up to 20 percent of Canadian youth are also affected by mental health issues, with suicide among the leading causes of death for Canadians aged 15 to 24 years.

St. Joseph's Healthcare Hamilton, Hamilton Health Sciences, and the Hamilton Public Library have collaborated to present a Psychology Month speaker series during February that is open to the public. Mental Health experts are discussing adult and child and youth psychology topics including, "Strategies for managing stress," "Childhood Anxiety," and, "Solutions to deal with procrastination." To accompany the Speaker Series, the Hamilton Public Library created a reading list alligning with Psychology Month based on the recommendations of St. Joseph's psychologists and researchers.

Speaker series organizer, and St. Joe's Youth Wellness Centre Clinical Psychologist, Dr. Juliana Tobon says, "Partnerships forged with the Hamilton Public Library and McMaster Children's Hospital increase our reach into the community to promote mental well-being through public education." The Psychology Month speaker series is taking place at multiple Hamilton Library locations and concludes Saturday, February 27. Dr. Tobon hopes to make this an annual event.

Psychology Month speaker series is another way that St. Joseph's is working towards rejecting stigma, and increasing acceptance of others. "In Our House, Everyone is Family." ●

For more information about Psychology Month contact Juliana Tobon:

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

 905.522.1155 ext. 39167

For the complete list of topics, dates, registration and locations:

 [www.stjoes.ca/PsychologyMonth](http://www.stjoes.ca/PsychologyMonth)

For the Hamilton Public Library Reading List:

 [www.hpl.ca/news/february-psychology-month](http://www.hpl.ca/news/february-psychology-month)



## St. Joe's is Baby-Friendly

*Everyone has a role to play*

Did you know that St. Joseph's Healthcare Hamilton is currently engaged in the pre-assessment process for re-designation as a Baby-Friendly Initiative (BFI) organization?

In 2003, St. Joe's was the first hospital in Ontario and only the second in Canada to achieve this prestigious designation, and remains one of just three hospitals in Ontario to hold the Baby Friendly designation.

The BFI is a global health initiative started in the early 1990s by the World Health Organization (WHO) and UNICEF. The principles of the Baby Friendly designation are normalizing breastfeeding through the promotion, support and protection of breastfeeding and providing support and education to families so they can make informed infant feeding choices.

St. Joseph's Healthcare Hamilton supports skin-to-skin contact between mothers and babies after birth, and has a Zero Separation model of care where mothers and babies room in and remain together at all times. The BFI also means that St. Joe's adheres to the WHO's International Code of Marketing of Breast-milk substitutes, where information and education is free from commercial influences such as advertising or free samples.



While leadership for the BFI is focused in the Women's & Infants' Program, St. Joe's BFI designation applies to the entire organization and all staff, physicians, learners and volunteers have a role to play in supporting the BFI at all three Campuses:

- Ensure that all mothers know they are welcome to breastfeed their babies anywhere within the three Campuses. If a private space is requested, best efforts will be made to provide this. If assistance is required, please contact the Mother Baby Unit at ext. 33314.
- Know where to direct mothers who may be having breastfeeding problems. The Breastfeeding and Newborn Assessment (BANA) Clinic is available for support 7 days per week from 8-4 p.m., at ext. 34998. The BANA Clinic is also available to support staff who are returning to work following maternity leave and may require assistance with accessing a breast pump.
- St. Joe's has a corporate policy (048-ADM) Admission of Mothers with Breastfeeding Infants outside of the Women's & Infants' Program.

Thank you for supporting mothers, babies, and families at St. Joe's! •

For more information contact Kimberley Felker, Nurse Manager:

[www.stjoes.ca/BabyFriendly](http://www.stjoes.ca/BabyFriendly) 905.522.1155 ext. 33582 [kfelker@stjoes.ca](mailto:kfelker@stjoes.ca)

Eat Well. Do Good.

### Feast for St. Joseph's

February 19th - March 19th, 2016

Seven fabulous local restaurants are joining forces to support St. Joe's.

Dine at one of our partner restaurants and 10% of food sales will support St. Joe's.










Check out [www.stjoesfoundation.ca/feast](http://www.stjoesfoundation.ca/feast)

## Walk, Run, or Ride With Team St. Joe's



 Team St. Joe's at Around the Bay Road Race 2015

We are extremely fortunate to be so strongly supported by our hospital staff – over \$125K was raised by hospital teams in the Around the Bay Road Race in 2015! Thank you and congratulations!

As we continue to raise funds for St. Joseph's Healthcare Hamilton, we are putting the call out for department teams and individuals to register and fundraise in our flagship Around the Bay event, and/or in our newest fundraising event, Paris to Ancaster: A Ride for Research.



Did you know that teams that raise \$10K or more – like Team ICU, Team FIRH and Team HREI did last year – can have funds raised through Around the Bay or Paris to Ancaster directed back to their own department for an approved research project? After raising \$15,000 last year, Team FIRH created five student scholarships towards one of their current research projects. •

Fundraise and win great incentive prizes!





in support of  
**St. Joseph's**  
Healthcare Hamilton  
FOUNDATION

Sunday, April 3, 2016

-  Register for the race:  
[www.bayrace.com](http://www.bayrace.com)
-  Register to fundraise:  
[www.stjoesfoundation.ca/2016ATBfundraising](http://www.stjoesfoundation.ca/2016ATBfundraising)



For more information or questions, please contact Adam Tillich:

 [adam@stjoesfoundation.ca](mailto:adam@stjoesfoundation.ca)  
 905.522.1155 ext. 35973





in support of  
**St. Joseph's**  
Healthcare Hamilton  
FOUNDATION

Sunday, April 24, 2016

-  Register for the race:  
[www.parisancaster.com](http://www.parisancaster.com)
-  Register to fundraise:  
[www.stjoesfoundation.ca/2016P2Afundraising](http://www.stjoesfoundation.ca/2016P2Afundraising)

For more information or questions, please contact Janine Belzak:

 [janine@stjoesfoundation.ca](mailto:janine@stjoesfoundation.ca)  
 905.522.1155 ext. 32951



## Eating Disorders Awareness Week 2016

### An annual effort to educate and celebrate

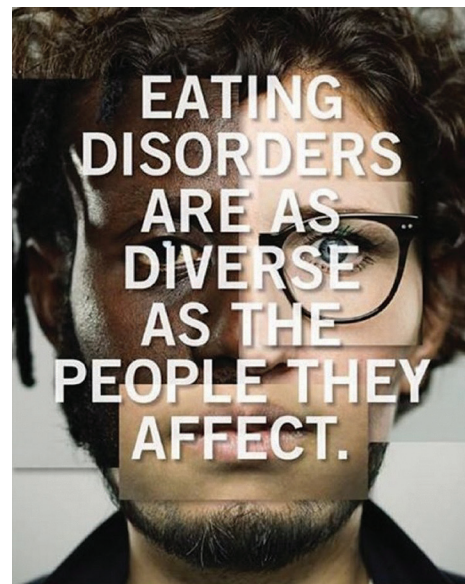
Eating Disorders Awareness Week (EDAW) is an annual effort made by groups across Canada, the U.S., Europe and Australasia to educate the public on the relationship between dieting, body dissatisfaction and eating disorders. Held the first week of February each year in Canada, the campaign has had national success in promoting healthy body image and increasing awareness of the factors that cause individuals to develop disorders like anorexia, bulimia and weight preoccupation.

The Eating Disorders Program at St. Joseph's Healthcare Hamilton's West 5th Campus has a multidisciplinary care team made up of clinical psychologists, a psychiatrist, dietitians, a nurse practitioner, as well as students and trainees from these disciplines. The Outpatient program supports and guides adults suffering from eating disorders who are capable of making independent changes to their eating and activities.

The St. Joe's Eating Disorders Program is truly one of a kind in Ontario. Since original funding in 2000, it is the only program in the province to treat Binge Eating Disorder. Psychologist and Program Clinical Lead Dr. Michele Laliberte developed a Cognitive Behavioural Therapy treatment program with her team that focused on treating the disorder, which is now an official diagnosis with Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The team is pioneering programs across the province that offer other health care organizations training using Dr. Laliberte's manuals. A new diagnostic system is currently in development that identifies patients within the St. Joe's Bariatric Program who are at risk for binge eating, especially after surgery. The goal is to develop a cost-effective treatment protocol that keeps high-risk patients from weight restoration.

The program is also taking the lead in treating transition aged youths (16 – 22 years) after receiving funding just over a year ago when it was recognized that the drop-out rate for this group was double that of older patients. The program is in its early stages of development with health care groups collaborating across Ontario, but preliminary results suggest that St. Joe's program has halved the drop-out rate, and treatment success is in the range consistent with research literature.

At St. Joseph's we continually rethink health care to provide services as diverse as our patients ●



For more information about the Eating Disorders Program visit:

[www.stjoes.ca/eating-disorders-program](http://www.stjoes.ca/eating-disorders-program)

or contact Jennifer Crooks, Program Secretary:

[jcrooks@stjoes.ca](mailto:jcrooks@stjoes.ca) 905.522.1155 ext. 33433

For more information about National Eating Disorders Awareness Week:

[www.nedic.ca](http://www.nedic.ca)

## Glaucoma Awareness Breakfast It's gonna be BIG

Take in an expert's view on Glaucoma at the BIG (*Beat Invisible Glaucoma*) BREAKFAST. Learn the symptoms as well as the risk factors, and what you can do to keep your eyes healthy. Invite your friends and family for an early morning meal and awareness session.

- Wednesday, March 9th
- 8 -9:30 a.m. \*Registration starts at 7:30 a.m.
- King Campus Cafeteria

For more information about the BIG Breakfast contact:

905.522.1155 ext. 38311



The event is free. Donations to St. Joseph's Healthcare Foundation gratefully accepted. ●

## Wellness Story of the Month *Coping with Stress*

St. Joe's offers a robust Employee Wellness Program designed to support all staff, physicians, learners and volunteers with inspiration and wellness support on-site and online. No matter where you live or what your role in life is, the pressures of everyday living can have an impact on your wellbeing. Coping well with stress is a combined effort from mind, body, and spirit.

The Employee Wellness Program can support you in these three areas through:

### Mind

- Registering for "Boosting your Positive Outlook" on February 25th 12 p.m.
- Watch Dr. David Posen's video series on "Stress Mastery." Details can be found on our webpage below.

### Body

- Prioritize healthy eating through resources from [www.dieticians.ca](http://www.dieticians.ca), under the "Your Health" tab.

### Spirit

- Assess your current stress level from [www.cmha.ca](http://www.cmha.ca) by searching "stress index."
- Visit the Mental Wellness page from our webpage below.

This month Lucene Charles shares how she maintains a work-life balance. ●



*"Being a full-time working single mother, I am always striving for work-life balance and self-care strategies. I have personally benefited from participating in Wellness classes like yoga and mindful meditation, and the Wellness School Seminars about nutrition and budgeting.*

*It's not always possible to attend some of the scheduled sessions but there are many other options to connect with on your own time such as, the online Lifespeak sessions, the 15-minute massage chairs available at all three Campuses, or visiting the chapel or the Spiritual Care Centre.*

*I am so grateful that Leadership recognizes the importance of employee wellness and the provision of learning opportunities to support your mind, body and spirit. //*

- Lucene Charles, Administrative Assistant, Therapeutics & Community Partnerships, Charlton Campus

Find a list of resources and schedules at:

[MyStJoes > Employee Wellness](#)

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

905.522.1155 ext. 37689

St. Joseph's Healthcare Hamilton Employee Wellness Program



### Deposit Special

**1.75%\***  
15 Month Term

\*New Money Only

We offer **MORE** than a **GREAT RATE!**



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

HMECU  
St. Joseph's Hospital Staff Branch  
Room G1104 or call ext 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



## ST. JOSEPH'S RESEARCH

### Participating in St. Joe's Studies

Research at St. Joe's not only involves researchers and their teams, but it also depends on the involvement of clinicians, allied health professionals, patients and healthy volunteers. By taking part in research at St. Joe's, participants are helping improve the quality of life of patients within our hospital and around the world. Studies that involve research participants are performed only after laboratory evidence indicates that new medications or treatments are safe to use.

Clinical studies often try to evaluate:

- If a certain drug is useful in treating a given illness.
- If the treatment of an illness improves with a different dose of medication.
- If a drug that is already available can also treat another illness.
- If a new therapy or practice is effective at treating a specific condition.
- If participant responses and involvement can help researchers to better understand the causes and effects of illnesses.

The activities asked of research participants can vary greatly depending on the study. Some studies ask participants to fill out questionnaires or participate in diagnostic tests, while others evaluate the effectiveness of new medications or treatments compared to existing ones.



Dr. Martin Kolb and Peter Cushing, study participant

All clinical research studies at St. Joseph's Healthcare Hamilton must be approved by the Hamilton Integrated Research Ethics Board (HIREB) to ensure the safety and well-being of all participants involved. HIREB is composed of scientists, clinicians and ethicists who review the ethical and scientific merits of any study involving humans. ●



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

## The Rainbow's End Bistro

### The Newest Eatery & Catering Option at the West 5th Campus

Rainbow's End Bistro is the newest eatery for our staff, patients, families, visitors and community partners alike at the West 5th Campus. The Bistro is a social enterprise developed by Rainbow's End that provides meaningful employment opportunities to individuals with a lived experience of a mental illness or addiction.

The Bistro offers a variety of tasty options for breakfast (fresh pastries, omelets, bacon and eggs), lunch (soups, salads and sandwiches), serving freshly ground coffee and more. The food is freshly prepared in full view of customers and suggestions for new menu items are encouraged. ●

Give the Bistro a try for yourself:

- Monday - Friday
- 7:30 a.m. - 3 p.m.
- Level 0, beside Tim Hortons, near the Outpatient Entrance



#### Catering

There are now two options for catering your meeting or special event held at the West 5th Campus:

For Tim Hortons beverages and baked goods, please contact Dawn Good:

[caterser@stjoes.ca](mailto:caterser@stjoes.ca) 905.522.1155 ext. 35428

For all other catering needs, please contact Maribeth Chabot of Rainbow's End:

[mchabot@stjoes.ca](mailto:mchabot@stjoes.ca) 905.522.1155 ext. 39370

## St. Joe's Staff Spotlight

### Advanced Practice Nursing

As an organization we place a high degree of importance on our people as we recognize that our dedicated team of staff, physicians, learners, and volunteers are responsible for building the tradition of excellence in healthcare that St. Joe's is renowned for.

Pat Ford is *Connections'* first Advanced Practice Nurse (APN) to be featured in St. Joe's Staff Spotlight. Pat's career began serendipitously in choosing a Gerontology elective in 1979; her study of Gerontology had begun in earnest! Soon after, she was hired as a Gerontological Nurse Clinician in her hometown of Montreal. In 1988 Pat was wooed to Hamilton for a newly developed role as a Geriatric Nurse Clinician at St. Joe's, and soon found a mentor in Mary Buzzell with whom she credits shaping her gerontological career.

Continuing her education, Pat completed her Masters in 1996, her Acute Care Nurse Practitioner specialty in 1997, her CNA, Gerontological Nursing certificate in 1999, and her Registered Nurse Extended Class in 2009. Pat has an impressive 25 peer-reviewed publications and presentations, two faculty appointments, and represents nursing for several professional organizations and committees. Pat wasn't always keen on school; upon finishing grade 1 Sister Rosarita asked her to look after the class guppies for the summer. Sadly, a guppy died each day until there were none; overcome with grief and worry Pat pleaded with her mother to let her quit school. It is a good thing mother thought otherwise!

Pat is a wealth of knowledge and easily shares with any willing to listen. She will tell you that nursing continues to excite her because "every day is different, every patient is different, and I have yet to see it all". Congratulations Pat on your achievements! ●



Pat Ford, Clinical Nurse Specialist, RN (EC) Geriatric Services, Charlton Campus

For more information about the St. Joseph's Nursing:

[www.stjoes.ca/about/nursing](http://www.stjoes.ca/about/nursing)

To learn more about CNA certification:

[www.nurseone.ca/en/certification](http://www.nurseone.ca/en/certification)



### NEW POSTER SUBMISSION NOTICE

*Have information to share with your colleagues? Or an event you'd like them to attend?*

The Public Affairs Department is pleased to post information related to St. Joseph's Healthcare Hamilton's events, announcements, and any community healthcare related information.

All St. Joe's related communication must be displayed by using the St. Joe's corporate poster template. Once completed, please send **30 hardcopies** 8.5" x 11" sized flyers to:

**New Mailing Address:**  
West 5th Campus, Lvl 1 Welcome Centre, ATTN: Public Affairs  
St. Joseph's Healthcare Hamilton  
100 West 5th Street  
Hamilton ON L8N 3K7

For more information and to download our corporate templates visit:

MyStJoes > PublicAffairs > Frequently Used Templates

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

905.522.1155 ext. 39152

Submissions are due **Wednesday** by 2 p.m.

Posting is every **Thursday** morning at each Campus.

# A SPOTLIGHT ON LIBRARY SERVICES

## BMJ Clinical Evidence

The British Medical Journal (BMJ) is an international peer reviewed medical journal and a fully, “online first,” publication. The BMJ features an online database that showcases the best evidence available about common clinical interventions.

The evidence is based on thorough and rigorous searches and appraisal of the literature including systematic reviews, Randomized Controlled Trials, and observational studies where appropriate. Approximately 250 important clinical conditions have been summarized to include interventions, patient information, guidelines for best practice, references, and more. ●

Unique features of this database include the following:

- Content is driven by key clinical questions rather than the availability of research evidence.
- Not only answers ‘what’ the best evidence is, but also ‘why’ it might be the best.
- Identifies ‘gaps’ in the evidence.
- States benefits and harms of clinical interventions using the following ‘Efficacy Categorizations.’

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

Intervention	ICON	Description
Beneficial		For which effectiveness has been demonstrated by clear evidence from systematic reviews, RCTs, or the best alternative source of information, and for which expectation of harms is small compared with the benefits.
Likely to be beneficial		For which effectiveness is less well established than for those listed under “beneficial”.
Trade off between benefits and harms		For which clinicians and patients should weigh up the beneficial and harmful effects according to individual circumstances and priorities.
Unknown effectiveness		For which there are currently insufficient data or data of inadequate quality.
Unlikely to be beneficial		For which lack of effectiveness is less well established than for those listed under “likely to be ineffective or harmful”.
Likely to be ineffective or harmful		For which ineffectiveness or associated harm has been demonstrated by clear evidence.

 A screenshot of the BMJ Evidence Database coding system

St. Joseph's  
Healthcare Hamilton  
FOUNDATION

### Payday Payouts is now sold out!

More tickets will be available in April, so stay tuned for the new enrollment form.

## PAYDAY PAYOUT LOTTERY WINNERS

January 15, 2016

Katherine Phillips  
Womankind Addiction Service  
West 5th Campus  
\$8,538.00

January 29, 2016

Jacqueline Demers  
Patient Food Services  
Charlton Campus  
\$8,485.50

## connections

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Send your comments,  
suggestions or story ideas to:  
Public Affairs Department  
Tel: 905.522.1155 ext. 39152  
Email: dmclory@stjoes.ca

Connect with us:  
www.stjoes.ca

