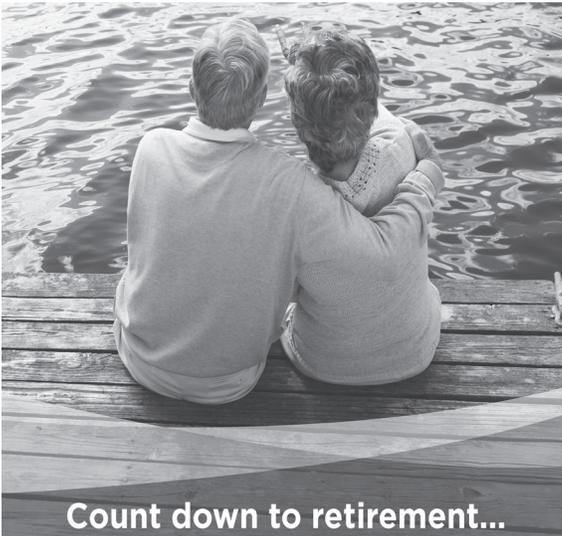


news **WPSHC** CENTRE

weekly newsletter of West Parry Sound Health Centre

March 27 to April 2 • 2017



Count down to retirement...

IF YOU'RE WITHIN 5 YEARS OF RETIRING,
THIS SESSION IS FOR YOU

A HOOPP expert will be onsite to provide important information about
your options - and answer your questions.

HOOPP Retirement Seminars

WPSHC Classroom, second floor
March 31 - noon and 2 p.m.



*In Celebration of 90 Years of Service
to Health Care in Our Community*

Fashion Show Celebration

& Silent Auction

27 April 2017
**Parry Sound Golf
& Country Club**

Social 5:30
Dinner 6:30
Fashion Show 8

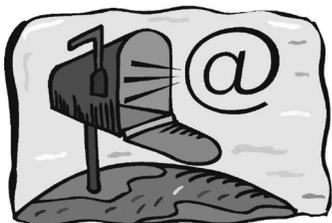
Limited tickets \$40 on sale
at Whispering Pines Gift Shop

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety



West Parry Sound Health Centre is proud to be Accredited With Exemplary Standing, the highest measurement awarded by Accreditation Canada.
www.accreditation.ca



Please tell us

Send us your compliments, questions, or concerns. Use the 'contact us' button at

www.wpshec.com



This newsletter and other helpful information can be found on-line at
www.wpshec.com

Contact News Centre editor Jim Hanna
 jhanna@wpshec.com
 705 746-4540 extension 4144

Materials Management closing two days this week for annual inventory count

Be advised that the Materials Management Department will be closed on March 30 and 31 for the department's annual inventory count. All regular inventory orders were to be received in the department last Friday so that staff could fill all orders prior to the count.

•••••

Thank you for your assistance, should you have any questions or concerns feel free to call Ext. 2640.

EASTER TEA



APRIL 12TH

STARTING AT 3:00 PM

Easter Treats, Coffee, Tea and an Easter Egg Hunt!



GARDENS OF PARRY SOUND
 RETIREMENT RESIDENCE

Location:
 12 COLLEGE DR. PARRY SOUND

Call Us Today: 705.746.8558
GARDENSOFPARRYSOUND.CA

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

Health care privacy in the news

Large fine for conviction of privacy breach

A Master's of Social Work student who was on an educational placement with a family health team in Central Huron, has been ordered to pay a \$20,000 fine and a \$5,000 victim surcharge for accessing personal health information without authorization. This is the highest fine to date for a health privacy breach in Canada, according to Ontario's Information and Privacy Commissioner (IPC).

The student pled guilty to willfully accessing the personal health information of five individuals. As part of her plea, she agreed that she accessed the personal health information of 139 individuals without authorization between September 9, 2014 and March 5, 2015.

In March 2015, the IPC was advised that the individual was found to have been illegally accessing the records of family, friends, local politicians, staff of the clinic, and other individuals in the community.

Following an investigation, the IPC referred the matter to the Attorney

General of Ontario for prosecution.

This is the fourth person convicted under the Personal Health Information Protection Act (PHIPA). Previous convictions include two radiation therapists at the University Health Network and a registration clerk at a regional hospital.

"Health care professionals need to know that this kind of behaviour, whether it's snooping out of curiosity or for personal gain, is completely unacceptable and has serious consequences. This judgement sends a message through Ontario's health care system that unauthorized access will not be tolerated. Further, there is an obligation to ensure that proper safeguards are in place to prevent this kind of activity. Patient privacy is vital if Ontarians are to have confidence in their health care system," said a statement released from Information and Privacy Commissioner Brian Beamish.

In delivering her reasons for sentence, the Justice of the Peace stated that:

"Overall, the victim impact statements reveal a lack of trust and a sense of reluctance to share information with future health care providers. I believe this is a truly significant factor, given that we all must believe that when we go to the doctor for our physical illnesses and our mental health illnesses, that we will be able to trust our own health care practitioners and their team, and that what we tell them will be respected and held in confidence so we receive the treatment and care we deserve."

From the Information and Privacy Commissioner

www.ipc.on.ca



We all share our commitment to privacy
A promise to patients, families, and each other.

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

Take the Fight out of Food!

Visit NutritionMonth2017.ca



Eating and Stress: Help! I eat when I'm stressed!



Samuel

Meet Samuel. He works full time while raising a family, and has a typical busy lifestyle. He's frustrated because he often makes poor food choices to cope with stress. He wants to find the right tools to deal with stress and negative emotions without relying on comfort food, so he tries the three-step approach:

Spot the problem.

Samuel says "When I'm stressed at work or frustrated at home, I turn to food for comfort. I want to learn better eating habits."

Get the facts.

Samuel calls a dietitian at his provincial dietitian contact centre. He learns that craving food when you feel stressed instead of hungry is called emotional eating. He recognizes some of his own patterns in the information the dietitian tells him, such as:

- Eating too much without realizing it
- Craving foods that are high in calories, fat and sugar
- Feeling even more stress and anxiety after eating too much

Samuel learns about mindful eating as a way to manage his eating habits. It involves paying attention to eating using all senses: really seeing, tasting, hearing, smelling and feeling food.



Dietitian Pro Tip

Amy Yiu
RD

- Instead of turning to comfort food, fight stress by doing something you enjoy. Listen to music, take a walk, talk to a friend, exercise, cuddle your pet or read a book.
- Emotional hunger craves fatty foods or sugary snacks, such as chips or baked goods.
- Better choices are nutrient-dense foods that nourish our body and mind. Try fruit, yogurt, veggie sticks with hummus, nuts or whole grain crackers.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Avocado and Grapefruit Winter Salad



Broccoli Lentil Salad with Tumeric Yogurt Dressing



Bean-Stuffed Cabbage Rolls



Egg, Tomato and Cheese Breakfast Pizzas

Find all 12 feature recipes at www.NutritionMonth2017.ca



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.



WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety



Get the facts (cont'd).

So instead of eating a whole bag of chips when he's stressed, he can learn to be more mindful of his choice – perhaps eat a smaller portion or choose a more nutritious snack. Mindful eating can help him become more aware of the reason why he's eating, so he eats when he's hungry and stops when he feels full.

Samuel learns that with the help of a dietitian, he can become more aware of his emotional and physical responses to food. With training, he can manage his stress-related eating and pay more attention in the present moment when he's making food choices.

Seek support.

Samuel learns that many dietitians are coaches who offer mindful eating principles during individual or group counselling sessions. He decides to find a dietitian at www.dietitians.ca/find to help with stress reduction techniques and mindful eating.

Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

1. Spot the problem.

Define what's causing your fight with food first.

2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Find all 5 fact sheets at www.NutritionMonth2017.ca

Official Sponsors:



Fact Sheet Sponsors:



This fact sheet is distributed compliments of:
The Diabetes Education Centre at WPSHC

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

CONTINUING MEDICAL EDUCATION

West Parry Sound Grand Rounds

The Expanding Universe of Prions

Presented by: Dr. Joel Watts



CGXWP-01605-A
Friday, April 7, 2017
12:00 p.m. – 1:00 p.m. EST



OBJECTIVES

By the end of the program, participants will be able to:

- Identify the pathological and biochemical hallmarks of neurodegenerative diseases.
- Differentiate between prion diseases and prion-like disorders.

PROGRAM DESCRIPTION

West Parry Sound Health Centre Grand Rounds are one-hour sessions on the first Friday of each month, from November 2016 to June 2017. Grand Rounds provide didactic lectures (45 minutes) followed by 15 minutes of question and answer from the audience.

PRESENTER

Dr. Joel Watts received his PhD from The University of Toronto and conducted his postdoctoral studies in Stanley Prusiner's lab at the University of California San Francisco. In 2014, Dr. Watts was appointed as Assistant Professor at the Tanz Centre for Research in Neurodegenerative Diseases within the University of Toronto. The Watts lab focuses on developing mouse and cellular models of neurodegenerative disorders such as Alzheimer's and Parkinson's disease that can be used to study the biology of these illnesses and as tools for developing novel therapeutics.

LOCATION

West Parry Sound Health Centre
Parry Sound, ON

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1.0 Mainpro+ credits.

Claiming your credits: Please submit your credits for this activity online at www.cfpc.ca/login. Please retain proof of your participation for six (6) years in case you are selected to participate in credit validation or auditing.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1 hour(s).



CEPD Office phone: 1-807-766-7464

Website: nosm.ca/cepd



nosm.ca/cepd

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

News from the neighbourhood

Muskoka Algonquin introduces Interim Chief of Medical Staff

Evelyn Brown, Chair of the Board of Directors, is pleased to announce the selection of Dr. Biagio Iannantuono as interim Chief of Medical Staff for Muskoka Algonquin Healthcare (MAHC).

MAHC started a comprehensive recruitment for a new Chief of Staff when the current Chief of Staff, Dr. Jan Goossens, informed the Board that he would be stepping down from the position at the end of his contracted term. Recognizing Dr. Goossens was keen to move on to new endeavours, Dr. Iannantuono graciously stepped forward to assist the organization in the interim while recruitment efforts for a permanent Chief of Staff continue.

Dr. Iannantuono has been appointed by the Board of Directors to a one-year term as Chief of Staff effective March 13, 2017. Dr. Iannantuono is a general surgeon who has been practising in Bracebridge for 20 years. He has been involved in teaching residents and medical students from the Northern Ontario School of Medicine for nearly 10 years and was formally appointed to the NOSM faculty in 2013. He is a medical graduate of the University of Western Ontario in London, his hometown, and completed his general surgery residency at McMaster University.

Throughout his career, Dr. Iannantuono has held leadership roles including President of the Medical Staff, and has been an active member on a number of hospital committees at MAHC. He has also served as a Board member of the South Muskoka Hospital Foundation.

The Chief of Staff is a member of the Administration team and is accountable to the Board of Directors. Through the Medical Advisory Committee, the Chief of Staff provides leadership to the medical staff to ensure quality care to all patients in accordance with policies established by the Board.

“I am looking forward to the valuable experience this leadership position will provide and the opportunity to work with my hospital colleagues in a different capacity,” said Dr. Iannantuono. “My first priority is to maintain the highest quality medical care here in Muskoka, and to ensure we have the appropriate physician resources. I hope to also focus on innovation in clinical practice and physician recruitment.”

Dr. Iannantuono lives in Bracebridge with his wife Dr. Tina Kappos and their three children, and also plans to continue his local surgical practice.

Information from Muskoka Algonquin Healthcare
www.mahc.ca

LIFE at Lakeland

Events this week at Lakeland LTC

Friday March 31

Matinee Monster Bingo
2 p.m. in the Celebration Room

Non-Denominational Church Service

Sunday, April 2 at 2:30
Celebration Room
Hosted by the Parry Sound Pentecostal Church



Calling all Paddlers!

Dragon Boats are just around the corner and Lakeland needs you!

If you are interested in joining this year's amazing team, please contact Sarah Allan at extension 1072.

All staff, volunteers, family and friends of Lakeland and WPSHC are welcome.

The Dragon Boat Festival will be held on 24 June at the Parry Sound Town Beach.

spirit
Lakeland

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

PHARMACY SERVICES



SUPPORTING THE MEDICATION SYSTEM

Did you know?

- Pharmacists and pharmacy technicians work behind the scenes to manage medication use and provide drug information, helping to build a medication system that is safe, effective, and efficient.
- Their work helps to inform the decisions of hospital committees responsible for initiating and reviewing programs, policies, guidelines, and other tools to promote safe, appropriate, and cost-effective medication use within the institution.

Drug Information

- Answer requests for drug information
- Topics include:
- current approaches to therapy
 - clinical alternatives (e.g., in response to drug shortages)
 - compatibility and stability of drugs given by injection

Medication Safety

- Analyze data about medication incidents
- Share information to help prevent medication incidents

Pharmacy Informatics

- Focus on how information systems acquire and store data and how those data are analyzed, used, and disseminated in support of high-quality healthcare

Drug Use Evaluation

- Study patterns of medication use (in terms of safety, effectiveness, and economics)
- Develop, implement and evaluate practice changes that promote safe, appropriate, and cost-effective drug use

Procurement and Inventory Management

- Purchase drugs for use in the hospital and ensure that they are kept safe and secure for use
- Find suppliers of alternative drugs in response to drug shortages

MARCH
is Pharmacy
Awareness Month



Canadian Society of Hospital Pharmacists
Soci t  canadienne des pharmaciens d'h pitaux

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

North East **LHIN**

LHIN encourages online cultural safety training

Six months after launching Northern Ontario’s first-ever Health Care Reconciliation Action Plan, the North East Local Health Integration Network (NE LHIN) continues its work to expand culturally appropriate health care services to build a stronger system of care for Aboriginal northerners.

In the past year alone, the NE LHIN has supported Indigenous cultural safety training for more than 400 northerners working in health care. The eight-week online training course is designed to broaden understanding of the history of Aboriginal Canadians, and strengthen the skills of practitioners working with Aboriginal people.

“Our vision continues to support the healing process of Aboriginal Northerners so that future generations never have to suffer from uncontrolled poor health and well-being,” said Gloria Daybutch, chair of the NE LHIN’s Local Aboriginal Health Committee and Executive Director of Mamaweswen North Shore Tribal Council.

The CEO of the NE LHIN, Louise Paquette, notes that the LHIN applies health equity and cultural sensitivity approach in all of its work to better meet the health care needs of fellow northerners.

“A designated group of LHIN staff work in partnership with federal and provincial partners, as well as our health service providers, to strengthen the relationships and services needed to better support the needs of Aboriginal northerners today and for generations to come,” said Paquette. “This is part of our shared journey towards reconciliation.”

The NE LHIN team includes Carol Philbin Jolette, Senior Advisor to the James and Hudson Bay Coast; Debbie Szymanski, Aboriginal Officer; and new to the team is Darlene Orton, a member of the Dokis First Nation. Earlier this year, Pam Williamson, Executive

Director of Noojmowin Teg Health Centre and a member of the LHIN’s Aboriginal Health Committee, was named Co-Chair of the NE LHIN Mental Health and Addiction Advisory Council. The Council holds the important responsibility of implementing the recommendations outlined in Dr. Brian Rush’s Review of Addictions Services in Northeastern Ontario.

The report was commissioned by the NE LHIN and found themes of access, coordination, and system sustainability faced by northerners accessing addiction services, which are in keeping with the NE LHIN’s current priorities for enhanced patient care across northeastern Ontario.

•••••

- The strategies of the LHIN’s Reconciliation Action Plan are developed around the directions of the cultural medicine wheel: Opportunities (East), Relationships (South), Knowledge and Understanding (West), and Sustainability and Evaluation (North) – a widely recognized approach that represents wholeness, balance and interconnectedness.
- The plan is aligned with the priorities of the NE LHIN’s Integrated Health Service Plan for 2016-2019, the Truth and Reconciliation Commission Report (which includes 94 calls to action to aid in the reconciliation of the legacy of Canada’s residential school system), and Ontario’s First Nations Health Action Plan.
- The Aboriginal population within Northeastern Ontario is approximately 11 percent of the total population; in general, Aboriginal people experience a lower health status than other northerners.

Information from the North East Local Health Integration Network - www.nelhin.on.ca

Lunch and Learn will focus on new cleaning product

All staff members are invited to a Lunch and Learn on Thursday 30 March from 11:30 a.m. to 1 p.m. in the Classroom. The topic is Complete 6000, our new cleaning chemical being used at WPSHC. This is not mandatory for staff to attend.

Barb Cockwell, Manager of Environmental and Linen Services

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

What's cooking this week...

OUR DAILY LUNCH MENU



MONDAY

Soup: Homemade beef noodle, Pea
Entree: Chicken fingers with French fries

TUESDAY

Soup: Mushroom, Chicken Rice
Entree: Steak melt sandwich with sautéed peppers and onions

WEDNESDAY

Soup: Tomato macaroni, Cream of broccoli and cheese
Entree: Macaroni and cheese

THURSDAY

Soup: Cream of potato, Beef barley
Entree: Taco pie

FRIDAY

Soup: Bean and bacon, Chicken noodle
Entree: Fish and fries

You can pre-order tonight's dinner meal

- All dinner orders must be placed before 2 p.m. by calling extension 2510.
- There will be no custom orders.
- Dinners are \$5, payment due at pick up.
- Pick up is between 4 and 6 in Dietary.

Monday

Swiss steak, mashed potatoes and green beans

Tuesday

Parmesan chicken, mashed potatoes and glazed carrots

Wednesday

Oriental beef vegetables with rice

Thursday

Maple chicken, mashed potatoes and mixed vegetables

Friday

Turkey pot pie, mashed potatoes and PEI mixed vegetables

Saturday

Salisbury steak with roast potatoes and peas

Sunday

Roast beef with roast potatoes and squash

Meals served in our Cafeteria

Hours of operation are:

Monday to Friday - 11 a.m. to 1:30 p.m.



All weekly menus can be subject to change

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety



Emergency Services

EMS • Fire • Police

Spring Food Drive

During the month of April please join with our EMS coworkers by filling the donation box in our Cafeteria to support local Food Banks.

Sales of no-slip socks support patient safety



Whispering Pines Gift Shop



Frequent visitor parking passes are available for purchase in the Finance Department

- **5-day pass** - \$20 plus \$15 deposit.
- **10-day pass** - \$40 plus \$15 deposit.
- **30-day pass** - \$120 plus \$15 deposit.
- Unlimited in-out access during purchase period.
- Deposits are refundable upon return of Visitor parking card.
- The Visitor parking card is transferable among patient and family members.



You should be a Hand Hygiene Leader

Use hand sanitizer every time you enter and leave the health centre.

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety

2017

YOUTH BALL HOCKEY TOURNAMENT

Keeping Hospital Care Local

BOBBY ORR COMMUNITY CENTRE SATURDAY, APRIL 29, 2017

COST PER PLAYER: \$50 TEAMS AGED: 6 - 15 PLEDGES: INCENTIVE PRIZES

Opportunity for 144 kids to play at the Bobby Orr Community Centre.

MINIMUM PLAYERS: 1 goalie and 5 players. Teams with more than 8 players should consider 2 teams for more 'ice' time for players.



HOCKEY OUTDOORS!

WAIVERS & PLEDGES: Please return all team packages with waivers and pledges to the Foundation office by Friday, April 21st, 2017.

HELP BUY: Revenues will buy a \$14,000 timing system to sync transport monitors to our anesthetic machines

COACH & PLAYER PACKAGES AVAILABLE AT THE FOUNDATION OFFICE
INCENTIVE PRIZES FOR PLAYERS THAT GO THE EXTRA MILE IN FUNDRAISING!

Thank you for your generosity and support!

A Ball Hockey Tournament to Support Patient Care.
Helping to Keep Hospital Care Local!

FOUNDATION OFFICE
6 Albert Street, Parry Sound
1.888.262.0436
705.746.4540 x3348
www.wpshcf.com



west parry sound
health centre
FOUNDATION
CARING FOR YOU
IN COTTAGE COUNTRY

PLEASE CONTACT:
Brooks Smith — 705-746-4540 x 3345 — bsmith@wpshc.com
MAKE CHEQUES PAYABLE TO:
WPSHC Foundation

WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety