Can you “spare” some time for this year’s Bowlathon?

Staff members from Hamilton Health Sciences, St. Joseph’s Healthcare and Hamilton Community Care Access Centre are joining forces to raise money for the United Way of Burlington & Greater Hamilton.

This year’s Bowlathon is scheduled for Thursday, September 16, 2010 at Split Stage Entertainment. Last year, 34 teams raised more than $15,000. The participants had a fabulous time and had the opportunity to win great prizes.

Our United Way’s mission is to develop resources, raise funds, improve lives and strengthen our diverse community. The three funding priorities are poverty prevention/reduction, strengthening neighbourhoods and supporting our seniors.

United Way funds more than 150 social and health related programs in almost 70 agencies in our communities. Programs serve people across all age and socioeconomic demographics. Last year, more than 218,000 lives were positively impacted.

To find out how to register for this year’s Bowlathon, visit the News/Events section of the HHS Intranet.

An expanded role for HHS’ Chief of Dietetics

Lesia Kicak, Chief of Dietetics

Lesia Kicak, Hamilton Health Sciences’ Chief of Dietetics has been elected President of the College of Dietitians of Ontario. The College ensures safe, ethical and competent food and nutrition services by setting and monitoring standards and providing support for Registered Dietitians.

Through this one-year volunteer position, Lesia will begin work on implementing legislated changes to the scope of the Registered Dietitian role, and participate in vision and goal planning for the College as it embarks on a strategic plan that will guide its work over the next five years. She will maintain her position as Chief of Dietetics at HHS and looks forward to integrating the work she does at the College with the work she does at HHS.

“I’m really excited and feel honoured that I was elected,” said Lesia. “I’m enthusiastic and eager to get to work. It’s a very exciting time to be President.”

“We’re proud of Lesia for the work she does as a leader at HHS and for representing our organization so well on a provincial level. This is a significant role and I know she’ll have a great impact on the Dietetic profession during the term of her presidency,” said Nancy Farn, Vice President Professional Affairs & Chief Nursing Executive.

He’s an A student. He plays the violin. He runs and laughs. He loves to talk.

At six years old, Jarod Gratton is already viewed as wildly successful by his mom. But there is more than mother’s pride speaking.

“If it wasn’t for the expertise of the doctors at McMaster Children’s Hospital, Jarod’s story would not have been the success it is,” said Nicky Gratton.

Three years ago, an ambulance took Jarod to McMaster’s Emergency Department from the Emergency Department at a smaller community hospital. Doctors there recognized the need for children’s specialists after a seemingly healthy Jarod collapsed for no apparent reason.

Pediatric doctors at McMaster questioned and tested Jarod for two days before an MRI revealed the clue. This three-year-old had suffered a stroke.

Nicky Gratton told this story and thanked McMaster Children’s Hospital at its kick-off celebration for a $10 million Emergency Department redevelopment. The massive renovations will provide the space and opportunity to treat an increasing number of patients. It means the 600,000 children in the south-central area of Ontario served by McMaster Children’s Hospital, explained at the August 4 kick-off event that the construction itself is the bricks and mortar portion of this project. The massive renovations will provide the space and opportunity to treat an increasing number of patients. It means the 600,000 children in the south-central area of Ontario served by McMaster Children’s Hospital.

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Twelve high school students are on their way to realizing their dreams of becoming doctors and health researchers. For the seventh consecutive year, Hamilton Health Sciences, in partnership with St. Joseph’s Healthcare Hamilton and McMaster University Faculty of Health Sciences, provided students an opportunity to work shoulder-to-shoulder with health scientists and their research teams during the summer to learn the ins and outs of research.

These exceptional students were nominated by their science department heads from high schools across Ontario. Besides having the opportunity to work in a lab with world-class researchers, the students each receive a $1,500 bursary. Funding is provided by the Ministry of Research and Innovation, corporate sponsors (Tripemco Burlington Insurance and Aviva Traders), as well as Hamilton Health Sciences, St. Joseph’s Healthcare Hamilton, and McMaster University Faculty of Health Sciences.

“This program not only gives students invaluable hands-on experience, it also gives them a jump-start to a career in medicine or health research, allowing them to direct their future education,” said Dr. Salim Yusuf, Vice President Research, Hamilton Health Sciences.

“Health research is synonymous with hope for so many people who endure chronic conditions,” said Dylan DeMarco, a graduate of Bishop Tonnos Catholic Secondary School in Ancaster. “What particularly interests me about health research is its ability to contribute to a larger group of people and over a longer period of time compared to primary care. Physicians, for instance, can only help their patients over their working careers whereas an invention like insulin can help the entire world for all time.”

Dylan worked with Dr. Geoff Wentstock and his team in the Thrombosis and Atherosclerosis Research Institute this summer. He contributed to research focused on understanding why individuals with diabetes are predisposed to cardiovascular disease.

“I learned a lot and I gained experience and skills that will be greatly beneficial to my future,” said Dylan, who will be starting the Bachelor of Health Sciences Program at McMaster University this fall. “It’s one thing to read about lab procedures in a textbook, but to actually observe and participate in them gives you an entirely new dimension of understanding.”
It was an early morning for the approximate 100 Hamilton Health Sciences staff members who had a role to play in moving patients from the former Henderson Hospital into the new Juravinski Hospital facility on Sunday, August 1, 2010.

The move began at 6 a.m. with the transfer of Emergency Department (ED) activity from the old ED to the new ED at the east end of the new Juravinski Hospital.

At 7:30 a.m., hospital staff and members of Health Care Relocations, a Canadian company that specializes in moving hospitals, gathered in the Juravinski Cancer Centre lecture theatre to go over the patient move roster and get pumped up for the day ahead. Each move team, including a transport team, patient sending team, patient receiving team, clean team, etc. was wearing a different colour t-shirt to make them easily recognizable during the move process.

Dr. Bill Evans, President of the Juravinski Cancer Centre and JHCC Executive Site Lead, gave the move teams a pep talk before the inpatient moves got started. “We’ve had a countdown of 100 days and today is it!” exclaimed Bill. “There are probably many of you in this room who were cynical that we’d ever get a new hospital, but now you see it and it looks terrific. We’re moving the sickest of sick patients, so let’s be safe as we do these transfers and make it as good an experience as possible for them.”

“We have one patient moving to the new hospital every three minutes,” said Cathy Lovett, Site Lead, Capital Development. “We’ve planned, practiced, and organized ourselves so this goes smoothly. We also have the incredible expertise of Health Care Relocations, who have done these types of moves hundreds of times. I’m confident it will go smoothly.”

The first unit to be moved, starting at 8 a.m., was the ICU. This was followed by CCU, E3 Oncology, F3 Hematology, and A3 Medicine. The final unit to be moved was the 3Z Blood Disorders Unit from McMaster University Medical Centre, which joined the other cancer services already provided at the Juravinski site.

Although being moved from one hospital to another through a joining corridor isn’t something that happens often for patients, they handled the day well and were cooperative during the transfers. Veronica Allen, who was diagnosed with ovarian cancer seven years ago, has spent a lot of time in hospital over the years. “They call me the frequent flyer because I’m always in here with infections,” she jokes. Veronica had spent two weeks on the E3 Oncology Unit prior to the move and was looking forward to the new environment. Once she arrived in her new room, she was even more excited.

“I just absolutely love this place! When I came in to the room it was just like a burst of sunlight,” said Veronica. “I just can’t get over the size of the rooms – the nurses will be able to get around so easily. And I think the view is wonderful. It will be nice to sit on that big chair and have my dinner while looking out the window – and it will give my husband something to look at while he’s sitting here for hours on end visiting me.”

In total, 91 patients were successfully moved to the new Juravinski Hospital. “The patients were all relocated safely and it all went as planned,” said Cathy. “This was a big job that required lots of people, so a big thanks goes out to everyone that played a part in making this a success.”

New labs, physician offices, conference rooms and renovated patient units will follow in Phase 1B, in which two wings in the old hospital will be torn down to make room for the new addition, including a grand lobby with a scenic view of the escarpment brow.
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THE BIMONTHLY NEWSLETTER OF HAMILTON HEALTH SCIENCES

Helping ‘Mac Kids Grow Up’ healthier and happier

A 2008 report indicated that 20 per cent of North American teens have a serious health problem. This same report encouraged health care professionals to build a trusting and ongoing relationship with teens. Paying heed to this report, a group of multidisciplinary health care professionals from McMaster Children’s Hospital (MCH) gathered in the fall of 2008 to investigate MCH’s service for teens (ages 10-18) and brainstorm ways to improve those services.

The response from staff was overwhelming and the conference, entitled “Mac Kids Grow Up”, was fully booked. The conference co-chairs were Drs. Sheri Findlay from Adolescent Medicine and Teresa Carter from Developmental Pediatrics.

The conference covered topics such as the ethical care of teenagers, providing care to teens with chronic illness, transition planning, healthy relationships, and hospitalization of teens. After being inspired by informative speakers, participants split off into groups to discuss certain topics and create “tasks” that would help address those topics. A total of 10 tasks were presented and, following the conference, the “Mac Kids Grow Up” steering committee chose some of the tasks to begin work on.

These tasks include:
1. Creating an “Is your clinic teen-friendly?” brochure for staff. This is a checklist that could be used by the clinic staff to ensure that from the beginning to the end of the patient’s visit, a teen felt that they were welcome, and that the care was set up with them in mind.
2. Creating a pamphlet about teens’ rights and responsibilities. This pamphlet will be used in an outpatient setting and will outline the parameters of confidentiality and consent; the youth’s role in making health care decisions; the role of family members; and the importance of asking questions.
3. Designing a pamphlet for parents of teens that outlines their rights and responsibilities as part of the health care team. The pamphlet will include topics such as confidentiality and consent; explaining why health care professionals will meet with teens alone; the youth’s role in making health care decisions; the role of family members; and the importance of asking questions, etc.
5. Launching a survey, produced by Bloorview MacMillan Children’s Centre ©, called Giving Youth a Voice, in all outpatient clinics in May 2009. The majority of the adolescents’ responses were positive. However, the survey indicated that teens are not seen by clinical staff without their parents often enough. Other notable scores included: 52% reported that their “right to privacy” had been explained to them; 84% thought the clinic environment was “teen friendly and welcoming” to them; only 20% reported that their “rights as a patient” had been explained to them; while 50% felt that the staff enjoyed working with adolescents.

“Teens face many challenges,” said Dr. Sheri Findlay. “It is the Mac Kids Grow Up steering committee’s hope that the work done by the group and through the conference can help to address some of these challenges. We are grateful for the continued support of McMaster Children’s Hospital and are planning a second conference on May 4, 2011.”

The theme for the second “Mac Kids Grow Up” conference will be “Transition of Youth with Chronic Conditions.” The Co-Chairs for the academic portion of the day will be Drs. Christina Grant and Jan Willem Gorter – both McMaster Children’s Hospital experts in Transition.

Social media at Hamilton Health Sciences

Tweet tweet!

Want to know what’s happening at Hamilton Health Sciences? You can now follow us on Twitter, Facebook and YouTube.

Sharing accurate and timely information has always been a priority. With these social media platforms, we now have the ability to provide information in real time to even more people.

“Social media is simply another opportunity to extend our everyday interaction with staff, patients, media and the public at large,” explains Jeff Valletin, Vice President of Communications and Stakeholder Relations. “It serves as another point of contact and will allow us to further enhance and expand our relationships.”

You don’t need a Facebook or Twitter account to view our pages. Just go to the HHS homepage at www.hamiltonhealthsciences.ca and click on the Twitter, Facebook and YouTube icons. (Note: due to security reasons, these sites are not accessible on work computers.)

Tell your family members and friends to check us out on these sites as well. If you already have a Facebook or Twitter account, be sure to follow HHS.

Please note, the Public Relations and Communications (PR&C) team moderates all content and reserves the right to remove any comments. PR&C also reserves the right to block or remove access to any repeat offenders.

An in-depth social media policy is under development and will be shared shortly.

Interesting facts:
• If Facebook were a country, it would be the third largest in the world based on the number of online members.
• Twitter users send 55 million tweets a day.
• Thursday and Friday are the most active days on Twitter.
• It would take you more than 1,000 years to watch all the videos currently posted on YouTube.
• If YouTube was Hollywood, it would have enough material to release 60,000 new films every week.