

Prevention is the Best Medicine



Dr. Anna Fu, Gastroenterologist, presents at the Colorectal Cancer Awareness Community Open House at the hospital.

“When you consider that most people could potentially survive colorectal cancer if they simply took a screening test early on, it’s an even greater tragedy and loss of life,” says Dr. Patrick Whelan, Chief of Surgery.

Dr. Whelan is referring to recent statistics compiled by the Colorectal Cancer Association of Canada which show that in 2008 an estimated 8,000 Ontarians were diagnosed with colorectal cancer and over 3,000 of them subsequently died from it.

In an effort to encourage people to learn more about the disease and its prevention, Dr. Whelan, along with Dr. Anna Fu, Dr. Angelo Vivona, Dr. Agatha Lau, Dr. Crystal Pallister and Dr. Michal Selucky, participated in the hospital’s Colorectal Cancer Awareness Community Open House on March 24th.

Over 40 residents from the local community showed up to learn more about colorectal cancer, take part in

a tour of the hospital’s Surgical Endoscopy Suite and listen to a presentation by Dr. Fu, one of the hospital’s Gastroenterologists.

“The colorectal awareness event was very important in helping us get our message out,” says Dr. Whelan. “We were able to sit down with people from the community and let them know that one of the most important ways to beat colon cancer is to get screened and prevent the disease before it starts.”

The Open House also gave staff from the Surgical Endoscopy Suite a chance to profile their department and interact with patients in a non-clinical setting. Residents were able to speak with doctors and nurses one-on-one about the disease and ask questions about colorectal screening.

“This event was a fabulous opportunity for us to showcase the quality of our programs and services and the equipment we use in treating

patients,” says Vicky Noguera, Clinical Manager of the Operating Room and Surgical Endoscopy Suite. “Our staff was very excited to be the ambassadors of our department and show people the kind of work that we do.”

Colorectal cancer is a disease that begins in the cells lining the inside of the colon or rectum. Without early detection and treatment, the cancer can eventually spread throughout a person’s body, making treatment and recovery nearly impossible.

People at the highest risk for colorectal cancer are those 50 years of age or older who have a poor diet, eat a lot of red meat and do little exercise. Individuals with a family history of colorectal cancer or those who have had a history of inflammatory bowel diseases like Crohn’s disease are also at high risk.

The March 24th community event was a great opportunity for the hospital to meet and educate residents on how to further protect and improve their health.

“Our physicians and staff members really came through for us by being a part of this event and being available to the public,” says Vicky. “It was really a coordinated effort from everyone involved that helped make the event such a success.”

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Message from Janet Beed, President & CEO



Spring is here, a time of rebirth and revitalization, and there is no better time to reach out to our community and showcase the exceptional care we provide.

The recent Colorectal Cancer Awareness Community Open House was a great example of how we can connect with community members, patients and family members.

As health-care providers, many of us are used to providing care behind the scenes and it is important that we take the time to share and interact with members of our community to talk about the programs and services we

provide here at the hospital.

Events like these are also great opportunities to help prevent illnesses by educating our community members about their health and how they can protect themselves.

Spring has brought with it some great developments in our expansion project as we work towards our shovel in the ground date of 2010. Take a moment to read the Expansion Update and look at the latest architectural renderings on the Intranet. It is truly exciting to see our plans come together.

Spring is also a great time to come together with coworkers, family and friends to enjoy the warm weather and participate in some of our exciting upcoming events.

The foundations from both of our sites have organized some great events coming up over the next month. I encourage you all to come

out to these events and show your support.

The Legacy 5K Run/Walk is coming up on April 26th and as a member of the administration team, the West Wing eXpanders, I challenge your department to get together as many coworkers, friends and family members as you can to come enjoy a great day of exercise, food and fun.

The Uxbridge Cottage Hospital Auxiliary is also holding a 21.1K Half Marathon and 5K Family Run/Walk on May 3rd in support of the Uxbridge site. The course runs through scenic trails in Elgin Park and the event is a great opportunity for both novices and athletes alike.

For more information on the foundations' events, visit the Intranet and the hospital's website, www.msh.on.ca, and read the Foundation Update in this newsletter.

Board Profile on...Belinda Tang

"I decided to focus my work in giving back to the community in the health care and education areas," Belinda Tang says. "The hospital has been a terrific opportunity for me personally to offer my experience and make a difference in this critical need in my community."

Belinda Tang is the Vice President of Learning and Knowledge Management for IBM's Global Business Services and has been a member of the Board since 2001. Having served as Chair of both the Strategic Planning Committee as well as the Nominating Committee of the Board, Belinda currently sits on the Executive Committee of the Board.

"Belinda's leadership on our Board and on numerous committees of the Board has been invaluable to the hospital," says Janet Beed, President and CEO. "Belinda brings her years of experience in human development, organizational effectiveness and strategic alignment to every discussion we have. Her value to the Board of



Directors and therefore to the hospital is measured by the frequency with which her opinions and guidance are sought by the Executive Committee."

Belinda's involvement on the Board has been focused on the hospital's strategic directions and human resources management and she has also been working as a liaison with the Central LHIN Board and is involved in succession planning for the Board.

"Prior to being on the MSH Board, I was on the Markham Public Library Board," explains Belinda, who is

dedicated to serving the Markham area.

As a volunteer for other organizations in Markham, Belinda also serves on the parents advisory councils of her children's elementary and high schools.

Belinda sees her work in Markham as important in many respects including professionally in her position at IBM, as she explains, "IBM is the largest employer in Markham and many IBMers call Markham their home."

A graduate from the University of Toronto, Belinda completed the two-year CICA In-depth Tax Program and attended the Managing Human Capital and Advanced Business Strategy programs at the Harvard School of Business.

In her free time, Belinda enjoys travelling and working on home decorating projects.

Protecting Our Patients One Checklist at a Time



Dr. Patrick Whelan, Chief of Surgery and Tracie Scott, Professional Practice Leader, Perioperative and Surgical Endoscopy Suites

The hospital has recently adopted the World Health Organization (WHO)'s Surgical Safety Checklist which, as Sharon Moore, Clinical Director, Surgical Services explains, "gives surgical teams time to pause and make sure they engage in essential double-checks."

The Surgical Safety Checklist is a tool designed by leaders in surgery, anesthesia, nursing and quality improvement through the Canadian Safe Surgery Saves Lives challenge. It includes critical discussion points to be used during Sign In, Time Out (Surgical Pause) and Sign Out and is evidence-based and endorsed by the Canadian Patient Safety Institute.

The checklist is used as a communication tool and it provides an opportunity for surgeons and nurses to share information about a patient's condition and risk factors at critical points before, during and after surgery while encouraging critical thinking.

The hospital not only adopted the checklist, but also added an additional section, Nursing Handoff. As Sharon explains, "We saw this as an opportunity to take something that was already good and improve on it in our own way so that it would meet the unique needs of the hospital."

Based on literature and input from

surgeons and surgical nurses, staff developed an additional 17-item Nursing Handoff section for the Surgical Safety Checklist. This section includes discussion points for use during the handoff between the circulating nurse and the relief nurse during surgery. "We wanted to build on the checklist to make sure that patient safety is not compromised during this transition period," says Sharon.

Surgical staff members have been very supportive of the new checklist. "Our staff members believe that this is the right thing to do," says Sharon. "The surgical team members feel confident knowing we are taking this extra step to make surgery as safe as possible for our patients."

The first step in implementing the new checklist was to create a small team of champions including the Chief of Surgery, Dr. Patrick Whelan, Facilitating Nurse, Grace Crawford and Surgical Nurses, Lynn Pedersen and Dave Chevrette. These champions are leading the way and helping orient staff to the new checklist which is now posted in every operating room in the hospital.

"The checklist is a natural extension of the Surgical Pause, which we already use here at the hospital" explains Sharon. The Surgical Pause is

the last moment before the first incision is made, when surgeons, anaesthesiologists and nurses take the time to confirm that the correct surgery is being performed on the correct patient at the correct surgical site. It is also when any specific patient or equipment concerns are discussed.

Through the Ministry of Health and Long-Term Care's Late Career Nurse Funding Initiative, an experienced nurse at the hospital has also been evaluating the entire surgical process from start to finish to identify other opportunities to engage in double-checks. As Sharon explains, "The checklist is a great tool, but ensuring patient safety begins long before the patient is escorted into the operating room." The process begins in the surgeon's office and continues through to the Surgical Assessment Clinic, patient registration and Day Surgery areas.

NURSING HANDOFF

Prior to exiting the surgical suite, the circulating nurse must relay:

- Patient's name
- Review of the consent
- Review pre-operative diagnosis
- Allergies
- Co-morbidities pertaining to the procedure
- Patient deficits
- Briefing of surgery to this point
- Review of surgical plan
- Equipment needs for procedure
- Medications on the sterile set-up
- Specimens
- Counts as completed and to be completed
- Blood loss and products infused
- Implants
- Irrigation solutions
- Post-operative care area
- Patient belongings

Hospital-developed Nursing Handoff section of the Surgical Safety Checklist

Expansion Update



Preliminary Architectural Rendering

The hospital's Schematic Design was recently submitted to the Ministry of Health and Long-Term Care and the expansion team is one month ahead of schedule.

The next stage in the expansion process is Design Development, which allows all departments to finalize space and function in more detail and to confirm what will go into each room. User Group Meetings will begin again shortly and the team is looking forward to hearing staff feedback.

As part of the overall expansion project, the hospital has also submitted to the Ministry what is referred to as an "Enabling Works" project. This project includes the work that must begin before the overall larger project to prepare the site for construction. The project scope will include the infill of the last interior courtyard beside the Emergency Department as well as some parking and site works. The courtyard infill will be utilized on a temporary basis for the Rapid Assessment Zone (RAZ) area of the Emer-

gency Department and will be designed to reflect the future ambulatory function.

Two parking lots will be constructed on the north side of Church Street to allow for the new building site to be cleared for construction. There will be some road work, along with associated site services, in order to permit the building expansion to begin quickly next year and to allow for a future separate entrance for the contractor during construction.

Message from the UCH Foundation



Tracy Evans,
President, UCH Foundation

Upcoming Events on April 25, 2009 at Wooden Sticks

2nd Annual Swing into Spring Golf Tournament

Registration at www.woodensticks.com

The \$200 entry fee includes gifts valued at \$130, breakfast, buffet dinner and a day on one of the most beautiful courses in the area.

Walk Down Memory Lane

An elegant evening celebrating 50 years of health care in Uxbridge

Tickets are \$75 per person and doors open at 7:30 p.m.

For further details, please contact the UCH Foundation office at 905-852-9771 ext. 5286



Uxbridge Cottage Hospital Foundation

Contact Us:

Is something great going on in your department? Do you have an idea for a story?

Let us know!

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