

# news **WPSHC** CENTRE

weekly newsletter of West Parry Sound Health Centre

January 26 to February 1 - 2015

## New General Surgeon welcomed to team at WPSHC

On behalf of the West Parry Sound Health Centre (WPSHC), it gives us great pleasure to welcome General Surgeon Dr. Claudia Soto and husband Esteban Camargo to our community. Dr. Soto will be joining our perioperative team in the coming weeks.

Over the past months, the health centre has been engaged in a national search for an additional general surgeon to join with Drs. Decker and Foster in the provision of a robust general surgical program. In addition to meeting with clinical and administrative leaders, Dr. Soto has completed a locum here at WPSHC and spent time with the surgical team as part of a rigorous selection process.

Claudia's training, skills, and personal experiences will make her a great part of our team. In addition to her surgical abilities, she demonstrates a personal and compassionate approach to patient and family centred care that will benefit the communities that together we are privileged to serve.

Claudia is looking forward to her arrival here with husband Esteban, who has trained as a Culinary Manager. Dr. Soto is a graduate of the Faculty of Medicine at Universidad Nacional de Colombia, Bogotá, and she has completed her five-year surgical residency at the University of Ottawa. She has spent time serving in rural

Colombia and maintains an interest in aboriginal cultures. Claudia and Esteban enjoy visual arts, travel, the outdoors, and a wide variety of culinary experiences.



*Please join us in extending a warm West Parry Sound welcome to Claudia & Esteban.*

*Yours sincerely,*

**Terence Fargher MD**  
Chief of Medical Staff

**Donald Sanderson**  
Chief Executive Officer



**Please attend this  
week's Wellness Fair**

*Inspiring healthy  
lifestyle choices*

**Read more back page**

**WE CARE FOR PEOPLE**  
Compassion • Accountability • Rights & responsibilities • Excellence



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

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



### Please tell us

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

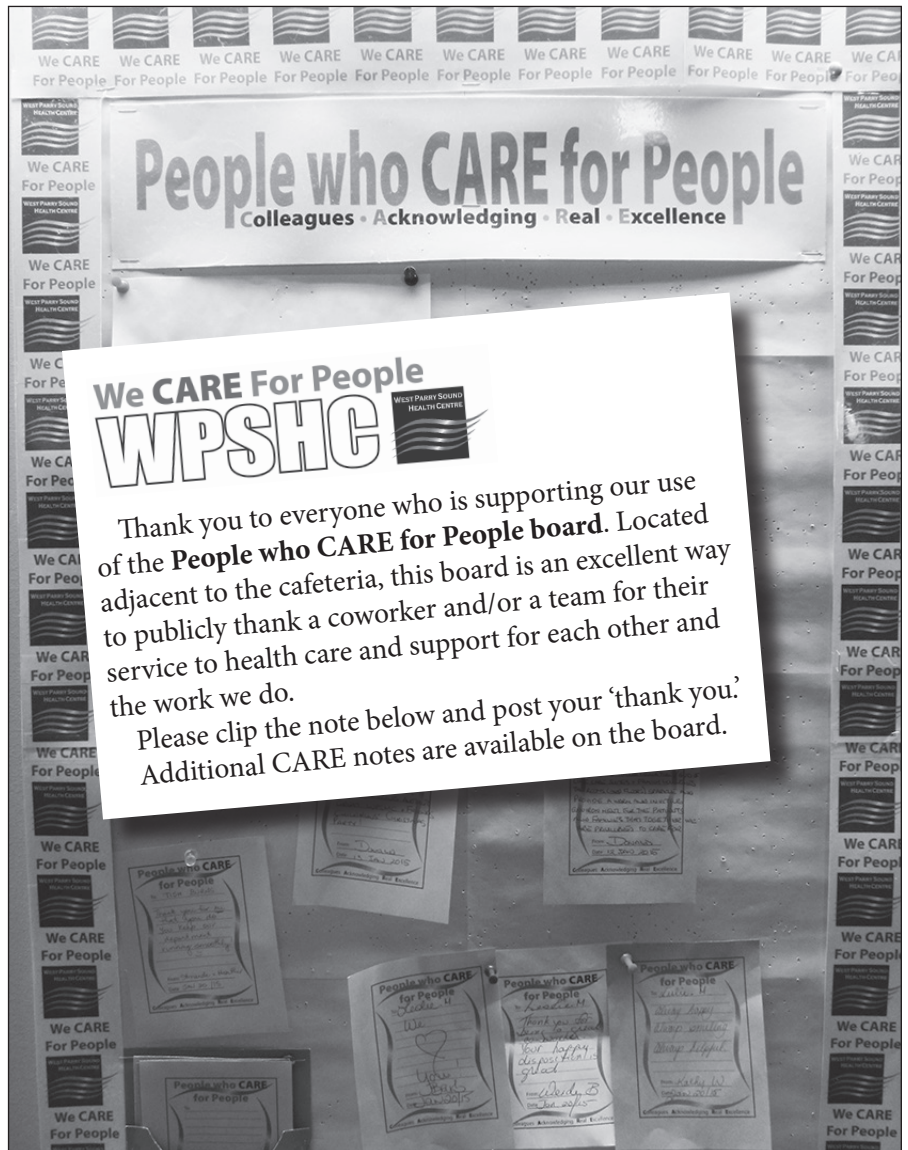
[www.wpshc.com](http://www.wpshc.com)



This newsletter and other helpful information can be found on-line at

[www.wpshc.com](http://www.wpshc.com)

Contact News Centre editor Jim Hanna  
jhanna@wpshc.com



### We CARE For People WPSHC

Thank you to everyone who is supporting our use of the **People who CARE for People** board. Located adjacent to the cafeteria, this board is an excellent way to publicly thank a coworker and/or a team for their service to health care and support for each other and the work we do.

Please clip the note below and post your 'thank you.' Additional CARE notes are available on the board.

Colleagues Acknowledging Real Excellence

People who CARE for People

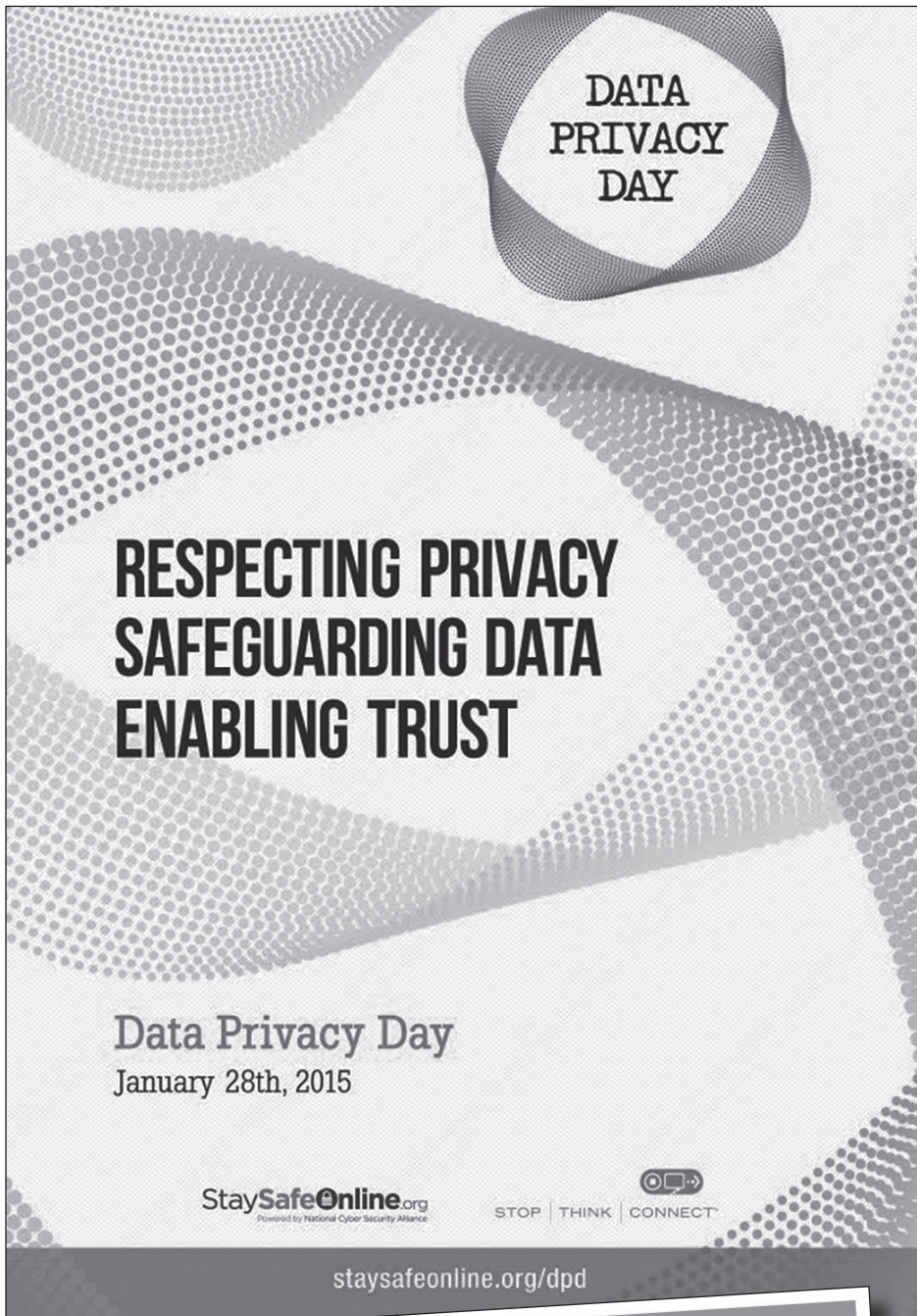
To: \_\_\_\_\_

From: \_\_\_\_\_

Date: \_\_\_\_\_



Clip and post a 'thank you' note



## January 28 is International Data Privacy Day

Data Privacy Day (DPD) is an international effort centered on respecting privacy, safeguarding data, and enabling trust.

Data Privacy Day's goals are to:

- Raise awareness and educate consumers to better understand how their personal information may be collected and the benefits and risks of sharing personal data.
- Empower consumers to express their expectations for the use, protection and management of their personal data.
- Inspire consumers through concrete, simple and actionable tips to more actively manage their online lives.
- Encourage and motivate consumers to consider the privacy implications of their online actions for themselves and others.
- Encourage businesses to be data stewards by being open and honest about how they collect, use and share personal information and clearly communicating any available privacy and security controls.

•••••

*Data Privacy Day began in the United States and Canada in January 2008 as an extension of the Data Protection Day celebration in Europe. Data Protection Day commemorates the January 28, 1981, signing of Convention 108, the first legally binding international treaty dealing with privacy and data protection.*

*Data Privacy Day is now a celebration for everyone, observed annually on January 28.*

**Information from**  
[www.staysafeonline.org](http://www.staysafeonline.org)





**OUR DAILY LUNCH MENU** 🍴

# What's cooking this week...

Open for lunch service from  
11:30 a.m. to 1:30 p.m.

**MONDAY**

*Soup:* Tomato macaroni soup • Cream of chicken  
*Entree:* Cabbage rolls • Turkey pot pie

**TUESDAY**

*Soup:* Cream of carrot • Hearty beef vegetable  
*Entree:* Little Charlie's pizza • Shepherd's pie

**WEDNESDAY**

*Soup:* Meatball and spinach • Low-sodium turkey vegetable  
*Entree:* BBQ pulled pork on a bun • Salad bar

**THURSDAY**

*Soup:* Pasta fagioli • Bean & bacon  
*Entree:* Chicken finger wrap • Chili hot dog

**FRIDAY**

*Soup:* French onion • Cream of cauliflower  
*Entree:* Fish & fries • Salad bar

**SATURDAY**

*Soup:* Minestrone  
*Entree:* Chicken burger

**SUNDAY**

*Soup:* Cream of vegetable  
*Entree:* Pizza



**DINNER menu**

Open for dinner service  
from 5 to 7 p.m.

**MONDAY**

Honey mustard  
pork drummies  
Lemon rice  
Broccoli

**TUESDAY**

Turkey dressing casserole  
Seasoned green beans

**WEDNESDAY**

Hot beef sandwich  
Peas

**THURSDAY**

Baked glazed ham  
Scalloped potatoes  
Vegetable medley

**FRIDAY**

Chicken stir-fry  
Rice

**SATURDAY**

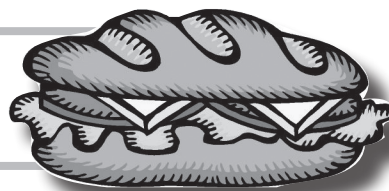
Turkey schnitzel  
Roasted potatoes  
Carrots

**SUNDAY**

Honey garlic chicken  
Rice pilaf  
Seasoned asparagus

*All weekly menus  
can be subject to change*

Delicious selection of made-to-order  
sandwiches available at our Sandwich Bar  
during lunch hours Monday to Friday



*Meal Cards can be purchased in the Cafeteria, or from the Finance Department  
during regular office hours - Monday to Friday - 8 a.m. to 4 p.m.*

# THE GREAT ESCAPE PARTY



## WIN A

### 7 DAY ALL INCLUSIVE TRIP

~ Valued at \$2,000 ~

DESTINATION OF YOUR CHOICE

OR

### A \$500 VOUCHER FOR THE

### DESTINATION OF YOUR CHOICE

## FEBRUARY 28, 2015

Doors open 7:30 pm – Draws start at 8:00 pm

AT THE BOBBY ORR COMMUNITY CENTRE

\$60 PER COUPLE (friend, spouse, partner etc)

Food, spot dances, prizes and more!!!

\* Prize for best costume \*



Call Sherry 705-773-9112 to reserve your tickets

Licensed Event • Proceeds going to West Parry Sound Health Centre Foundation

# WE CARE FOR PEOPLE

Compassion •

Accountability • Rights & responsibilities • Excellence

## Important deadline to renew College of Nursing membership

Nurses must complete their Ontario College of Nurses renewal form and pay all fees by February 17, 2015. The College will suspend memberships on February 18, 2015. Nurses do not have to send me a copy of their registration, as the last couple of years I have done it electronically through the Automated Annual Verification of Renewal process with the College of Nurses.

*Thank you, Rachel Larocque, Administrative Assistant  
Department of Patient and Family Centred Care  
extension 4142 - rlarocque@wpshc.com*



*It's never too late  
to get your flu shot*

## CPR training program

A CPR training program has been scheduled for February 23 starting at 1800hrs in the classroom.

The cost is \$27.

Please contact [education@wpshc.com](mailto:education@wpshc.com) if you are interested in attending.



Fragrances don't smell beautiful to everyone.

## Over one million Canadians feel sick when exposed to fragrances

*Staff and Volunteers...*

***We have a Scent Reduction Policy***

*Please respect it*

*Home Decor • Seasonal Decorations • Jewellery  
Fashion • Quilts & Handmade Items • Books • Candles and Lighting*

## Whispering Pines Gift Shop



*In service to health care since 1927*

**During January...  
50% off  
clothing and  
Christmas items**

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## Helping people lead healthier, more active lives

During last week's celebration of National Non-Smoking Week, our provincial government recognized the top 10 achievements of its Smoke-Free Strategy:

- Banning smoking in all enclosed public places and all enclosed work places in May 2006.
- Restricting the retail promotion of tobacco products in May 2006 and imposing a ban on the display of tobacco products in May 2008.
- Banning smoking in motor vehicles with passengers under the age of 16 in January 2009.
- Introducing prohibitions on the sale of flavoured cigarillos and establishing regulations for cigarillo packaging in July 2010.
- Introducing stronger controls over all types of raw leaf tobacco grown in or imported into Ontario in June 2011.
- Banning smoking on and around children's playgrounds and publicly owned sports fields and surfaces as of January 1, 2015.
- Banning smoking on bar and restaurant patios as of January 1, 2015.
- Banning the sale of tobacco on university and college campuses as of January 1, 2015.
- Introducing legislation that, if passed, would limit the use and sale of e-cigarettes, including banning the sale of e-cigarettes to minors.
- Introducing legislation that, if passed, would ban the sale of flavoured tobacco products.

*Despite significant progress in curbing the use of tobacco products, 13,000 Ontarians still die each year as a result of tobacco-related diseases. Tobacco-related disease costs Ontario's health care system an estimated \$2.2 billion in direct health care costs and an additional \$5.3 billion in indirect costs such as lost productivity, according to 2011 data.*

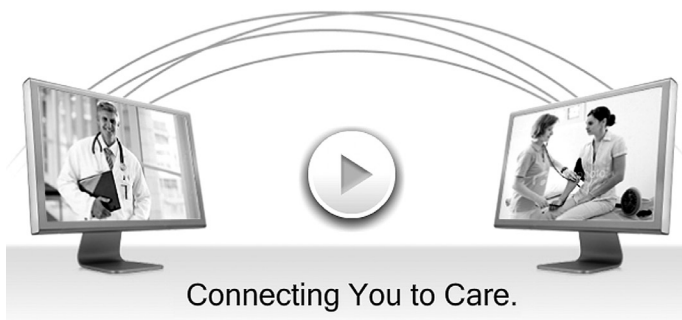
From [www.health.gov.on.ca](http://www.health.gov.on.ca)

You can find smoking cessation support at this week's Wellness Fair

*We are providing a healthier environment for everyone*

The entire property at West Parry Sound Health Centre has been smoke-free since January 1, 2010

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# 2015 Patient Education

*Offered by WPSHC OTN Department*

## **Osteoporosis education workshop**

Designed to assist those diagnosed with osteoporosis/osteopenia.

- Presented by Southlake Regional Health Centre
- Presentations by a Rheumatologist, Pharmacist, Dietician, Occupational Therapist and Kinesiologist
- Classes throughout the year
- Cost - \$35 for workbook

## **Fibromyalgia education program**

Designed to assist those diagnosed with fibromyalgia

- Presented by Southlake Regional Health Centre TAP team
- Presentations by various health care disciplines
- Physiotherapist on site to assist
- Classes are eight weeks – beginning in March and October on Friday afternoons
- Cost - \$35 for workbook

## **Weight management program**

Designed to assist individuals in making lifestyle changes

- Presented by Southlake Regional Health Centre
- Presentations by Registered Dietitian
- Classes are seven weeks – offered throughout the year
- Cost - \$35

## **Craving Change - workshop to better manage emotional eating**

- Presented by Southlake Regional Health Centre
- Presentations by Registered Dietitian
- Classes are four weeks – beginning in January, April and October on Monday mornings
- Cost - \$10 for workbook

**WPSHC Telemedicine Coordinator Kathy Hamer**  
Phone: ( 705 ) 746 - 4540 extension 1403  
khamer@wpshc.com

## **Osteoarthritis education series**

Designed to teach people about osteoarthritis and how to manage their condition

- Presented by Southlake Regional Health Centre TAP program
- Presentations by various health care disciplines
- Classes are six weeks long – beginning in March and August on Thursday afternoons
- Cost - \$50 for workbook

## **Mood Matters workshop**

Designed to address common emotional challenges that people with a chronic illness face, such as sadness, depression, frustration, worry and anxiety

- Presented by Southlake Regional Health Centre
- Supportive group facilitated by a Social Worker
- Classes are four weeks long – beginning in January and April
- Cost – free

## **Stress Management workshop**

Designed to enhance your ability to reduce the intensity and impact of stress

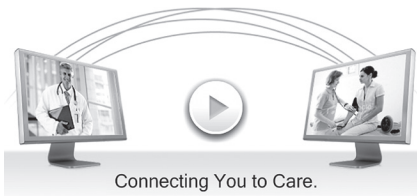
- Presented by Southlake Regional Health Centre
- Presentations by Social Worker
- Classes are four weeks long – beginning in March and May
- Cost – free

## **Mindfulness Based Chronic Pain Management course**

Level 1 – assists patients with chronic physical or emotional pain/disease learn principles of mindfulness meditation

- Presented by Sudbury East Community Health Centre
- Classes are 13 weeks long – beginning January 15 0900hrs to 1145.
- Cost \$75 for workbook and cd





## Osteoarthritis Education Series

*Join us for this free education opportunity from 1 to 3:30 p.m.*

- Tuesday, March 31
- Tuesday, April 14
- Tuesday, April 28
- Tuesday, May 12
- Tuesday, May 26

The sessions are facilitated by Jocelyne Murdoch, Occupational Therapist with The Arthritis Society with advanced training in rheumatology from Sudbury, Ontario. The classes are designed to teach patients with a confirmed or suspected diagnosis of osteoarthritis about the disease and how to manage their condition.

### OA series topics:

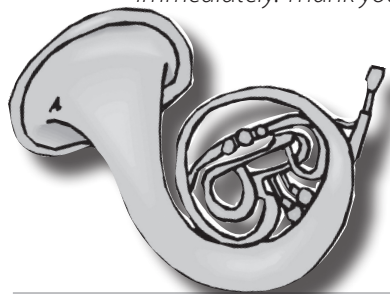
- What is osteoarthritis (OA)?
- How is it diagnosed?
- What medications can be used?
- Supplements for osteoarthritis
- Exercising to manage OA
- Diet and nutrition to manage arthritis
- Protecting your joints
- Managing pain
- Resources for arthritis

*Exercises for each part of the body commonly affected by OA will be taught at the end of each session.*

## Do you play one of these instruments?

The Foundation is looking for staff members or volunteers who either: a) are in the community band, or b) play one of the following instruments: violin, tuba, French horn, trumpet, clarinet, flute, sax, drums. Wind instruments are key.

*Please contact Lynne immediately. Thank you.*



## Celebrating CARE

*“No one looks forward to surgery and a hospital stay, but your skilled and caring staff made my experience very positive.”*

**Celebrating CARE** is a weekly feature presenting comments received from patients and families served by WPSHC.

A Cornerstone  
for Change

The rights, privileges and attention accorded to offenders far outweigh those of victims. To correct that imbalance we must lend more weight to the concerns and needs of victims.  
**WE MUST, IN EFFECT, SHIFT THE CONVERSATION.**

**Pushing for Further Change:**  
Federal Ombudsman for Victims of Crime  
**Sue O'Sullivan**  
In a conversation about  
**Bill C-32, Victims' Bill of Rights Act.**

Tuesday, February 10, 2015

Location: DSSAB, 1 Beechwood Drive, Parry Sound  
Time: 9:30 to noon  
To register please call Victim Services at 705-746-0508  
or email [vcars@vianet.ca](mailto:vcars@vianet.ca)



### Walk with caution

- Please walk with care, remain on designated walkways, and avoid shortcuts that are not maintained.
- Proper footwear must be worn outside when on breaks, and when walking to and from your vehicle.
- Prepare to travel safely during cold and snowy conditions.

# Influenza is active at WPSHC and in our community

## Masks are required for all non-immunized health care workers, volunteers, and visitors



**Protecting  
our vulnerable  
patients  
and keeping us safe**

Masking is regularly an important part of best-practice patient centred care

*Excerpts from the West Parry Sound Health Centre Occupational Health and Safety Manual*

## Influenza vaccination policy

• Since unimmunized HCWs have the potential to acquire or transmit influenza within the health centre, during a community outbreak or increased flu activity in the community/ER, unimmunized staff/students/volunteers will be required to wear surgical/procedural masks to protect their co-workers and patients. If it has been less than 14 days since immunization occurred, a mask must be worn for 14 days to allow immunity to develop.

**MASK POLICY  
IS CURRENTLY  
ACTIVATED**

- Only written documentation from physician/provider of receipt of immunization will be accepted as proof of influenza immunization from another source.
- Health care workers (HCWs) who refuse to provide documentation of receipt of vaccine will be managed as unimmunized.
- All HCWs, volunteers and students must receive their influenza vaccination or sign a Declination Form and provide it to the Manager of Infection Control.

**Never too late to get your flu shot**



**Wearing a procedure mask**

They are used for ‘respiratory etiquette’ to prevent people from spreading germs via talking, coughing, or sneezing. Procedure masks have ear loops for quick donning.

**How long is my face mask effective?**

The filtration efficiency and protective ability of a face mask is compromised when the mask becomes wet, torn, or dislodged. Generally speaking, the higher protection value of a mask the longer it will maintain filtration, however there is no set rule for how long a mask should be worn as it depends on humidity levels, respiration rate, nasal discharge, talking, etc. If a mask gets wet or soiled it should be replaced.

**Why is the fit of a mask important?**

A mask is only as effective as its fit. There should be no gaps along the side, around the nose or under the chin that would allow air and droplets to bypass the filter medium. The mask should always be properly adjusted to fully cover both the mouth and nose. A well-fitting mask stays in place over the nose and cheeks and even a regular mask will prevent fogging of eyeglasses if it fits properly. Masks should not be worn underneath the nose or dangling around the neck – they should either be fully on, or disposed of.

**How do I ensure a good fit?**

There are several things that contribute to a good fit. The most important consideration is the nose piece. It should mold over the nose and cheeks and maintain its shape over time. It should not kink or break when adjusted.

**What is the difference between a medical mask and a respirator?**

Medical masks (surgical/procedure masks) are loose fitting masks that cover the mouth and nose. They are designed to stop large droplets and splashes or sprays, but are not designed to seal tightly to the face or filter small airborne contaminants.

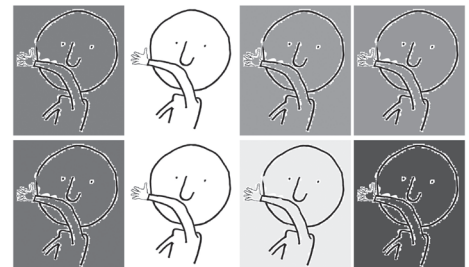
A respirator is an item of PPE designed to reduce exposure to airborne contaminants. Known airborne pathogens include TB, SARS, Anthrax, and Hanta virus. Respirators must be individually selected to fit the wearers face and shown to provide a good seal. They also must be certified by NIOSH, and used within a comprehensive respiratory program including fit testing and training.

*Facemasks help limit the spread of germs. When someone talks, coughs, or sneezes they may release tiny drops into the air that can infect others. If someone is ill a face masks can reduce the number of germs that the wearer releases and can protect other people from becoming sick.*



**Our current compliance rate**

**84.55%**



**SPREAD THE ETIQUETTE**



**NOT YOUR GERMS**



Compliance rate = immunization or declination form.

# Wellness Fair

*Inspiring lifestyle changes and continued healthful choices by West Parry Sound Health Centre and Lakeland Long Term Care employees, volunteers, patients and families, residents, and visitors.*

## Information Displays • January 27

Canadore College • Active Transportation

Healthy Aging in Our Community

Diabetes Education Centre • Medication Safety

Public Access Defibrillator Training • Weight Watchers

Staff Gym Information • YMCA programs • Taoist Tia Chi

Wasauksing First Nation • Volunteerism at WPSHC

Ontario Telemedicine Network

WPSHC Employee Assistance (EAP) Resource Information

North Bay Parry Sound District Health Unit

Stay on Your Feet & Smoking Cessation & Hand Hygiene & Influenza Immunization



PARTICIPATE... STAFF GYM  
OPEN HOUSE AT NOON

Quality Worklife Initiatives Committee

# QWIC

*Improving  
your worklife experience*

**TUESDAY - main lobby**

*11 a.m. to 2:30 p.m.*

**Complete  
an evaluation form  
for a chance to win!**

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