

# news WPSHC CENTRE

weekly newsletter of West Parry Sound Health Centre

February 15 to 21 - 2016

## Patient celebrated for 50 years of success

Today, only one out of 5,000 to 10,000 chemical compounds makes it to the pharmacy, and the process can take between 11 and 12 years, and can cost \$1.3 billion.

While significant breakthroughs in medicine and innovations in science occur each day, “only once or twice in a generation does a miracle drug” come about that changes the way humans live and physicians practice.

We refer to these products as “blockbuster medications.”

Yet with so many advances occurring so rapidly we often forget the birth of the first blockbuster medication: injectable insulin, which was finally isolated in 1921 by a team of squabbling Canadians.

When insulin was finally isolated in Canada at the University of Toronto by Frederick Banting and his assistant Charles Best in 1921, everything changed.

Eventually a partnership was formed between academia, individual physicians and the pharmaceutical industry and large-scale insulin production began.

If it were not for this partnership, eight percent of our population would still be suffering today.

Despite the wonderful Canadian invention of insulin, having diabetes still requires effort. Chuck DeBruge is a shining example of an individual who has taken care and control of his diabetes for over 50 years. Chuck was 13 months old when first diagnosed with Type 1 diabetes.

Chuck is someone who is active in his daily life and knows how to succeed. Chuck enjoys hunting and fishing and is dedicated to his family. Chuck does not let his diabetes define him.

We feel privileged that Chuck has allowed our team to participate in his journey over the past few years.

Our warmest congratulations!

*Diabetes Education Centre staff,  
Amanda Mathieu, RN CDE & Heather Fisher, RD CDE*

Some information above taken from the book entitled  
‘Breakthrough: The Miracle of Insulin.’



A recognition event for Charles (Chuck) DeBruge took place here in January to mark his 50 years as an insulin user. Family and friends attended as well as staff from the Diabetes Education Centre (DEC) and representatives from WPSHC.

The numbered print of The Banting Museum was presented from Novo Nordisk, the company manufactures insulin and gives out the award to anyone who has used insulin for 50 years - whether it is their product or not. A representative from the company was also present. The DEC believes that Chuck might be the youngest recipient at 53 years old. He was diagnosed with Type 1 diabetes at the age of 13 months.

Also during the ceremony, congratulatory letters were read from Chuck’s Family Physician Dr. Rob Donevan and his specialist from Huntsville, Dr. M. Wilson.

*Parry Sound North Star photo*

**Diabetes Education Centre • WPSHC**  
**705-746-5461 • www.wpshc.com**

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# A special evening to celebrate YOU!

Please join us at the Charles W. Stockey Centre

**FRIDAY, MARCH 11, 2016**

6:00 Social

6:30 Dinner

7:30 Interactive Presentation

by Liz Radzick

*Communicating with Confidence:*

*Mastering Personality Styles*

Tickets are only \$25.00

The event is catered, please **reserve by MARCH 7**

**Contact Susan:** 705-746-4455

Susan@cbdc.parrysound.on.ca

*Become a GBWN member and reap the rewards!*

*For over 18 years Liz Radzick has delivered innovative, engaging workshops and communication skills coaching to thousands of individuals in Canada, the U.S. and Italy. With a unique background in classical music, dance and comedy improv, Liz's approach is both creative and bottom-line.*



LADIES ONLY  
On the 105th anniversary  
of International Women's Day



Supported by the Parry Sound Area  
Community Business & Development Centre Inc.  
1A Church St., Parry Sound 705-746-4455  
A Community Futures Development Corporation  
Helping small business succeed

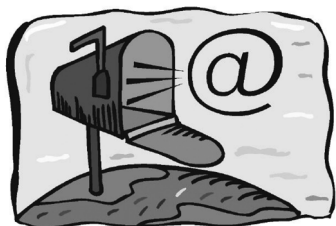
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West Parry Sound Health Centre is proud to be Accredited With Exemplary Standing, the highest measurement awarded by Accreditation Canada.

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



## Please tell us

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

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



This newsletter and other helpful information can be found on-line at [www.wpshec.com](http://www.wpshec.com)

Contact News Centre editor Jim Hanna  
jhanna@wpshec.com

705 746-4540 extension 4144

## Parkinson's Disease

The Relevance of Pre-Motor Symptoms in Parkinson's Disease

Presented by: Dr. Naomi Visanji

EXTERNAL EVENT

**April 27** **CJXPW-01501-A**  
Wednesday, April 27, 2016  
6:30 p.m. Registration  
7:00 p.m. Start



### OBJECTIVES

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

- Describe the pre-motor symptoms of Parkinson's Disease.
- Recognize the prevalence of each pre-motor symptom of Parkinson's Disease.
- Assess problems relating to sensitivity and specificity when using pre-motor symptoms to identify early Parkinson's Disease.
- Identify the different patient cohorts that can be studied to gain insight into the relevance of pre-motor symptoms.
- Apply the relevance of pre-motor symptoms for the design of future disease modifying clinical trials.

### PROGRAM DESCRIPTION

This two hour, interactive event will review several pre-motor symptoms of Parkinson's Disease and their relevance with respect to the increasingly vital early detection of the disease.

Identifying individuals at the earliest stage will likely be critical to preventing the pathological progression of Parkinson's, highlighting the relevance of pre-motor symptoms in the future treatment of the disease.

### PRESENTER

**Dr. Naomi Visanji B.Sc., Ph.D** is a neuroscientist specializing in Parkinson's Disease. Dr. Visanji received her Honours BSc in Neuroscience at the University of Nottingham in the UK in the Department of Biomedical Science. She completed her PhD in Pharmacology at the University of London. From 2004-2007 Dr. Visanji was a Post Doctoral Fellow at the Toronto Western Research Institute. Dr. Visanji is currently training under the supervision of Dr. Anurag Tandon at the University of Toronto.

### LOCATION

Canadore College  
1 College Drive  
Parry Sound, ON  
Room: Lounge

Face to Face Event

### DEADLINE TO REGISTER

Tuesday, April 26, 2016

### CONTACT

Dr. Peter Istvan  
pistvan@cogeco.ca

**REGISTER NOW**

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to **2 Mainpro-M1 credit(s)** as approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine.



[nosm.ca/cepd](http://nosm.ca/cepd)



## WPSHC CARES

*"My wife works at a hospital in the city and we had the best service you could ever have."*

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

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ATTENTION: EMS & Clinical Staff  
(DI, Lab, Nurses, Pharmacy, Personal Support  
Workers, Rehabilitation, Ward Clerks)

## Looking to upgrade your knowledge or skills?

## Apply for the Clinical Education Bursary

Generously donated by the Iron City Fishing Club  
through the West Parry Sound Health Centre Foundation  
**Application Deadline: 24 March 2016**



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



To apply, contact:  
Milly Thomson, Nurse Educator  
Ext. 2327, [mthomson@wpshc.com](mailto:mthomson@wpshc.com)

## Seeking new donors



Right now the Canadian Blood Service has a special need for ethnic and Aboriginal males aged 17 to 35 to join the movement and be the match.

At any given time, there are hundreds of Canadian patients looking for a stem cell match. Fewer than 25 percent of patients who need stem cell transplants are able to find a match within their own families - meaning 75 percent have to rely on the generosity of volunteer donors who want to Give Life.

The genetic markers used to match donors to patients occur with different frequency in different populations. For this reason, a person's best chance of finding a matching donor is among those with similar ancestry.

That's why the Canadian Blood Service needs

donors from as many communities as possible: for diverse representation that meets the needs of all Canadian patients.

Today, three out of four stem cell donors chosen to help give life are male, half of them under the age of 36. With younger, ethnically diverse males registering to donate, CBS can better meet patients' needs and increase the likelihood of successful transplants.

For that reason, CBS focuses on registering ethnically diverse male donors between the ages of 17 and 35.

Joining the OneMatch Stem Cell and Marrow Network is simple. If you're between the ages of 17 and 35 and in good general health, you're eligible to sign up.

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From now until March 31, the Canadian Blood Service goal is to have 20,000 people join the movement and consider donating blood for the first time. This is the GIVE LIFE TEAM challenge. A new microsite was created to help spread the word because we know it can be hard to find the time to let everyone know why it's important to donate blood and what you need to know about the process.

We get it... it's a lot to cover.

### Why are new donors so important?

- In 2016, about 100,000 new blood donors will be needed to meet the needs of Canadian patients who require blood transfusions.
- One in two Canadians will either need blood or know someone who will at some point in their lives. One in two people are eligible to donate, yet only one in 60 actually does.
- That means four percent of Canadians sustain the blood system for 100 percent of Canadians.

Partners<sup>🔥</sup>  
For Life

*Whenever you donate blood,  
please register to help WPSHC  
meet our commitment  
to support the*

**Partners for Life Campaign.**

  
Canadian Blood Services  
*it's in you to give*

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# What's cooking this week...



## OUR DAILY LUNCH MENU

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

### MONDAY - HAPPY FAMILY DAY

Soup: Beef Barley, Potato Bacon  
 Entree: Beef Dip Sandwich, Pork Souvlaki with Rice and Vegetables

### TUESDAY

Soup: Mushroom, Tomato Ravioli  
 Entree: Clubhouse Wraps, Popcorn Shrimp with Onion Rings

### WEDNESDAY

Soup: Low Sodium Chicken Vegetable, Beef Vegetable  
 Entree: Chicken Broccoli Noodle Casserole, Salad Bar

### THURSDAY

Soup: Cream of Broccoli, Italian Wedding  
 Entree: Taco Pie, Turkey Pot Pie

### FRIDAY

Soup: Chicken Wild Rice, Pea  
 Entree: Fish & Fries, Salad Bar

### SATURDAY

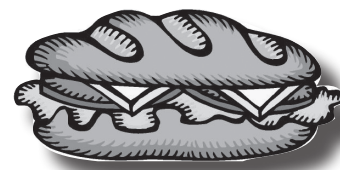
Soup: Carrot  
 Entree: Chicken Burgers

### SUNDAY

Soup: French Onion  
 Entree: Hamburger



All weekly menus can be subject to change



A 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.

## DINNER menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Farmer's Sausage	Cabbage Rolls	Spaghetti Meat Sauce	Pork Chops Mushroom Sauce	Roast Beef with Gravy	Chicken Broccoli Alfredo	Roast Turkey with Gravy
Mashed Potatoes	Tea Biscuit	Garlic Bread	Mashed Potatoes	O'Brien Potatoes	Herbed Potatoes	Garlic Mashed Potatoes
French Cut Green Beans			Peas	Carrot Coins	Buttered Corn	Herbed Green Beans

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# Workplace Safety



Safety News and Information

## Training scheduled in preparation for annual MIPP Month

Dear MIPP Trainers,

Starting March 1, 2016 MIPP (Musculoskeletal Injury Prevention) will be running again. Your contribution to the program is very much appreciated!

We have arranged our MIPP “Train the Trainer” day to ensure your MIPP knowledge is up to date, and that you feel prepared for your role of training staff members. You must attend the training in order to be a trainer.

The MIPP Train the Trainer day is scheduled for Tuesday, February 23 in the Classroom on second floor.

If you have any questions at all, please let me know, and I will get back to you quickly. Everyone is required to be at the training from at least 9 a.m. to noon. Clinical trainers and the Housekeeping/Laundry department trainer is required to stay until 2 p.m.

More information will be communicated soon.

*Thank you, Wendy Haskim  
Human Resource Advisor - [whaskim@wpshc.com](mailto:whaskim@wpshc.com)*

**Let's all work together to prevent Musculoskeletal Disorders**

*Be aware of the risks  
Always use safe work skills*

## Workplace Hazardous Material Information System education

Mandatory WHMIS training for all staff members must be completed by March 1, 2016.

Go to the Education Folder in the desktop shortcuts and click on the WHMIS folder. In that folder you will find:

- the training checklist,
- the education presentation,
- and a quiz.



Return a hard copy of the completed quiz and the signed checklist to our Human Resources Department.

## Why was WHMIS developed?

The purpose of WHMIS is to give all working Canadians a uniform and appropriate quantity and quality of information about hazardous materials used in the workplace.

By setting standards for the type and amount of information to be given to the users of hazardous materials, it is expected that accidents and diseases caused by hazardous materials in the workplace will be reduced.

*Information from [www.labour.gov.on.ca](http://www.labour.gov.on.ca)*



Be a **Hand Hygiene Leader** by using hand sanitizer every time you enter and leave the health centre.



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## North East **LHIN**

# It's time... to have your say in building a stronger system of care for northerners

Louise Paquette, CEO  
North East Local Health Integration Network (LHIN)

Dear Northerners,

Suzanne Salituri has first-hand experience with the health care system. She is a Northern caregiver. Since her 80-year-old mother, Fernande LeClair, was diagnosed with vascular dementia seven months ago, Suzanne has accompanied her to 93 medical and home care appointments, five visits to the emergency department, spent hours by her hospital bedside, helped her through a convalescent care program, and now helps care for her in a long-term care home.

Through this process, Suzanne and Fernande have experienced nearly all care aspects of our health care system – primary, hospital, community and long-term. Like many caregivers, Suzanne has advocated on behalf of her ‘maman’ to receive the best coordinated care possible -- and in her case, trying to get services in French. The family has also been fortunate to have other caregivers within their family, such as Suzanne’s sister Micheline, and is grateful for the support the Alzheimer Society of Sault Ste. Marie & Algoma District has provided.

Throughout the journey, Suzanne has remained positive about her role as caregiver, cherishing the small moments of shared laughter and the smiles that offer glimpses of the person she once knew.

“I’m not sure how much longer this journey will last, but I know my decision to take a caregiver leave from work has been a blessing and I will hold my Maman’s hand all the way through this journey of vascular dementia,” Suzanne said.

Suzanne reminds us of the need to make our health care system more focused on people’s needs. Her positive outlook is admirable, but we still need a stronger system of care here in northeastern Ontario – one that is more coordinated and focused on what patients need along their health care journey.

As a LHIN we’re calling on all Northerners – caregivers, family members, patients, clients, and providers -- to comment on a provincial proposal to transform the health care system. This past December, Minister Dr. Eric Hoskins, released a discussion paper, which proposes ways to strengthen care across Ontario.

The Patients First Proposal details four key components to reform the system:

- More effective integration of services and greater equity.
- More timely access to primary care, and seamless links between primary care and other services.
- More consistent and accessible home and community care.
- Stronger links between population and public health and other health services.

I encourage you to read the paper and offer your thoughts. This is the time to have your say in how to make our health care system stronger so that people like Suzanne and Fernande can focus on their moments together and not have to worry about organizing care for the next part of their journey.

Please take the time to tell us what you think. We will be asking and listening over the month of February. We will then roll up Northerners’ input to send to the Ministry of Health and Long-Term Care for their consideration, and to help us in our NE LHIN efforts to continue to strengthen the system here in northeastern Ontario.

You can email us at [engagingwithyou@lhins.on.ca](mailto:engagingwithyou@lhins.on.ca) or complete our survey online at [www.nelhin.on.ca](http://www.nelhin.on.ca). You can also come out to one our community and health service provider engagement sessions across the region.

I look forward to hearing from you and perhaps seeing you at one of our sessions. Together, we Northerners have what it takes to make our health care system better so that we, our parents, our children, and our grandchildren, can live healthy and well in our beautiful part of the province.

For more information about the North East Local Health Integration Network visit [www.nelhin.on.ca](http://www.nelhin.on.ca)

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# *I would like to participate in WPSHC's Patient Experience Forum*

Name:

Contact information

telephone:

email:

Read the back page  
in this week's edition  
for more information  
about our  
Patient Experience  
Forum.

Please check the appropriate box:

- Patient
- Family member
- Care provider

Please complete this form and provide it to our Administration Office on the fourth floor at West Parry Sound Health Centre.

Interested participants can also register on-line or by telephone.  
See information on reverse side of this notice.

*"Thank you" for your interest in supporting  
quality improvement at WPSHC.*

# We're looking for patients and families who want to tell us about their experience at WPSHC

We seek the opinions of our patients and families every day at West Parry Sound Health Centre. That message is in patient rooms. It's on our website and in every edition of our newsletter.

It's clearly stated in our Quality Improvement Plan: "When we deliver exceptional care we want to do better. Tell us about your positive experiences... you may be curious or dismayed. You can help us improve by explaining where and how we might have fallen short of your expectation."

We appreciate the contribution made by patients and families who take time to tell us about their health care experiences, and now we want to do something more.

We're looking for patients, family members, and care providers who want to participate constructively and respectfully in a Patient Experience Forum. Later this month we're hoping to gather a small group of people who are willing to confidentially describe their health care experience with us and each other. This should give a more active voice to the people we serve and we are hoping to hear about suggested improvements or perhaps ways that more people can experience the same level of satisfaction.

The Patient Experience Forum will be facilitated by Chief Patient and Family Centred Care - Nursing Officer Deborah Randall-Wood. What we hear during the Patient Experience Forum will help to inform the development of our 2016-2017 Quality Improvement Plan.

"We share a very important role in the health care journey experienced by our patients and families, but we can never truly walk in their shoes," said Deborah, who has professional experience with patient engagement, particularly during her work at St. Michael's Hospital in Toronto. "We can only get closer to directly understanding a patient's or family's journey by sitting down and talking with the people who went through those experiences."

CEO Donald Sanderson sees this as an exciting learning opportunity. "I am proud of the programs and services we deliver and I'm very confident that everyone is working to provide excellent patient and family centred care. We have been accredited with exemplary standing and we receive positive feedback from our patient satisfaction surveys. Hosting a Patient Experience Forum will provide us with an additional form of feedback. This is a new way for us to be responsive to the communities we are privileged to serve."

Interested participants can provide contact information using the previous page of this newsletter.



Patients, families, and care providers wanting to participate in the Patient Experience Forum can provide us with their contact information by using the 'contact us' button on our website [www.wpshec.com](http://www.wpshec.com).

Interested participants can also contact us by telephone at 705 746-4540 extension 4132, or visit the fourth floor administration office at WPSHC.

**The Patient Experience Forum will take place on Tuesday, February 23 starting at 6 p.m. Interested participants must register with us by Friday, February 19.**