



connections

A newsletter for the staff, physicians, volunteers, residents and students of St. Joseph's Health Centre

FEBRUARY 1, 2010

Creating a Culture of Inquiry and Innovation

Lead Exposure Among Canadians: A Pilot Study

by Jessica Tyrwhitt, Research Assistant

Since September 2009, the Research Department at St. Joseph's Health Centre has been conducting a study to measure current and past lead exposure in members of our local community, including staff, volunteers, patients and families. To date we have measured approximately 165 individuals between one and 85 years of age. We are currently looking participants between one and 19 years of age (male and female) as well as male participants between 51 and 85 years of age to be included in this study.

What is lead?

Lead is a metal that we are all exposed to through soil, dust, air and water. Once lead enters the body it is absorbed into the blood and stored in bones where it can stay for decades. The lead measured in your blood indicates more recent exposures (weeks to months) while the lead in your bones reflects long-term exposures (years to decades).

Why is this study being done?

Today, lead exposure is much lower than it was 30 years ago due to the banning of leaded gasoline and restrictions on lead in paint. However, exposures may still occur through some consumer products, lead in paint from older buildings, occupations, hobbies

and use of imported health remedies, pottery or cosmetics.

This small-scale study, being conducted at St. Joseph's Health Centre, is being conducted to test the methods for a potential national survey of lead exposure in Canadians of all ages. The study was designed by researchers to better understand how much lead Canadians are exposed to and whether that exposure is recent or occurred years ago. Although measuring lead in bones has been frequently used in workers exposed to lead, this study is unusual in that it will measure lead in bones from the average Canadian.

Who can participate?

Who are we Recruiting?		
Age	Male	Female
1 to 5	Open	Open
6 to 10	Open	Open
11 to 19	Open	Open
20 to 35	Closed	Closed
36 to 50	Closed	Closed
51 to 64	Open	Closed
65 to 85	Open	Closed

Healthy, English-speaking volunteers with the ability to consent, assent or have a parent/guardian consent for

them are eligible for this study. People who have a chronic disease, known occupational exposure to lead, or are currently pregnant are not eligible for this study.

What is involved in this study?

If you agree to participate you (or your child) will be asked to:

1. Complete a questionnaire.
2. Have a bone XRF scan (like an x-ray on your shin and heel).
3. Provide a small blood sample (10mL or two teaspoons).

We expect that this will take about one hour of your time.

How can I participate?

To book an appointment or receive more information about this study, please contact Jessica at 416-530-6089.

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Using Resources Wisely to Put Patients First

Releasing Time to Care is Coming to a Unit Near You!

by Sabrina Divell, Chief, Corporate Communications & Public Affairs



Releasing Time to Care[®] (RTC[®]) is a new initiative that St. Joseph's Health Centre is rolling out to all of our inpatient units over the coming months. You may have heard a little bit about this new program already because it's currently in progress on our 4East unit.

So what is it? It's a program that was developed by the National Health Service Institute for Innovation and Improvement in England. It has been applied to large health care organizations in the UK and is being adopted in Australia and Saskatchewan. The program is a patient-centred approach to improving the quality of care on patient care units by helping to free up caregivers' time for more direct patient care.

What's the goal of this program? It is a staff driven, leadership supported program that provides staff with the tools to identify and implement improvement ideas. It helps staff see their work environment with fresh eyes, to examine their day to day processes and strip out what does not add value. It also provides patient outcomes information, such as patient falls and hospital acquired infections, in real time right on the unit. Staff use this information to reflect on care processes and identify opportunities for improvement. In the end, the work environment and unit processes will be based on what staff need to

be able to provide safe, effective patient care. Time saved by stripping out the things that do not add value is channeled back into direct patient care and care planning.

What does this mean for our patients? By providing patient outcomes information, eliminating unnecessary steps and waste from our processes, staff will be able to apply that additional time back into caring for our patients. St. Joseph's Health Centre is aiming to reduce adverse events (anything that may cause harm to the patient while receiving care here) by 50% by March 2011. RTC[®] is one initiative that will help us be successful at achieving our "Big Aim".

How does it work? The program is built around three foundational and eight process modules (see the diagram for a description of these).

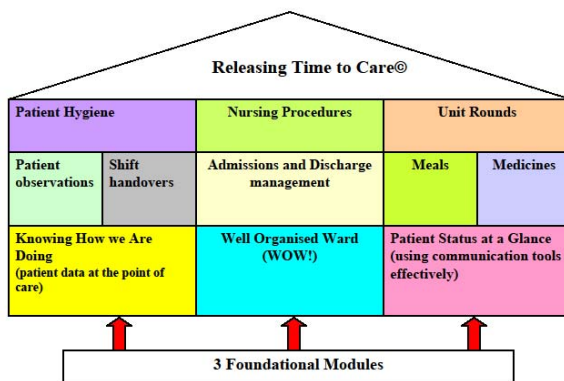
all unit staff will be involved in the initiative at SJHC. Partner services such as facilities, dietary staff, pharmacy, and many others will also have an important role to play in implementing this initiative.

RTC[®] ultimately improves the overall quality of care for patients and improves work life for staff. The outcomes that have been realized in the UK are beginning to demonstrate safer and more reliable care - reductions in hospital acquired infections like C. Difficile, reductions in falls, appropriate reductions in length of stay and reductions in medication errors - as well as improvements in patient and staff satisfaction.

SJHC was one of four sites (Markham Stouffville Hospital, Trillium Health Centre and Bluewater Health) selected by the Centre for Health Quality Improvement (CHQI), which provided our improvement team with the training and tools to adopt this initiative, starting with 4 East.

We are committed to providing safe, quality care for our patients. To this end, St. Joseph's Health Centre has identified reducing adverse events by 50% by March 2011 as its "Big Aim". RTC[®] is one of the initiatives that will support the Health Centre to achieve this aim as it rolls out to every unit across the Health Centre.

What is RTC[®] anyway??



Although RTC[®] was originally designed around nursing processes,

Enhancing the Health of the Communities we Serve

Randy Cousins and Family continue to support SJHC Foundation

Randy Cousins, a High Park and Bloor West resident for over 20 years, has been supporting St. Joseph's Health Centre since December 2002. Once again, he has generously supported the Health Centre by donating \$40,000 towards Dr. Nicholas Leyland's Obstetrics and Gynaecology Minimally Invasive Surgery Fellowship. Randy's generosity in support of St. Joe's now totals \$110,000.

St. Joseph's Health Centre has been there for Randy, his wife Anne, their two children and his parents, as their community hospital. The Cousins have relied on the Just for Kids and Chemotherapy Clinics and are grateful for the continuum of care St. Joe's has provided for

the entire family. Randy's decision to support SJHC stems from the excellent care his mother had received during her treatment for lung cancer.

More recently, his father has been a patient at St Joe's. As Randy observed, "Once again, I have been impressed by the excellent care provided by the entire team at St. Joes."

In reflecting upon his most recent donation to the SJHC Foundation, Randy notes "There are many worthwhile causes looking for financial support. I choose to give to St. Joseph's Health Centre not only because it is my community hospital, but also because St Joe's is focused on continuous improvement."

You're invited to see '25 Days', a show created to benefit St. Joseph's Health Centre's Neonatal Intensive Care Unit featuring some of Toronto's most talented and experienced 40-and-over dance, theatre and circus artists.

Organized and assembled by Alisa Walton, whose youngest son's life was save by the NICU team, 25 days refers to the number of days her child spent in the hospital. Please support this great event!

Tickets:
General Admission- \$30,
Ticket and VIP reception - \$60
Friday, February 19th, 2010 - 8:00 p.m.
The Assembly Hall
1 Colonel Samuel Smith Park Drive
www.brownpapertickets.com
1-800-838-3006, press 1

Upcoming Events

The Centre for Clinical Ethics, St. Joseph's Health Centre, invites you to attend:

Ethics Grand Rounds

Topic: The Religious Significance in End of Life Care: A Roman Catholic Perspective in Conversation with Judaism and Islam

Date: Thursday, February 4

Time: 12:00 p.m. to 1:00 p.m.

Place: Education Centre A

Presenter:

Christine Jamieson, PhD
Clinical Ethics Fellow,
Centre for Clinical Ethics
and University of
Toronto Joint Centre for
Bioethics

Learning Objectives:

1. To understand the significance of faith in relation to death and dying.
2. To explore some key similarities and differences between Judaism, Islam and Catholicism in dealing with and caring for those at the end stage of life.

*All are welcome
Bring your lunch*

Putting Patients First and Inspiring Our People

Mental Health & Addictions Program, along with Community Partners, Celebrates and Promotes National Non-Smoking Week

The Tobacco Reduction Strategy presents an opportunity to engage the clients of the Mental Health and Addiction program in the least threatening manner. The pilot project is in partnership with the Canadian Cancer Society, Registered Nurses Association of Ontario, University of Ottawa Heart Institute, Toronto Public Health and Pfizer, and capitalizes on the existing expertise within the program.

To help promote the initiative and the valuable connections with our community partners, an information booth was set up in the Cafeteria during National Non-Smoking Week, January 18th - 22nd. A number of activities were planned to provide our staff, physicians, volunteers, students, patients and their families with information and resources to go smoke free.

The pilot, implemented on November 2nd, 2009, is modeled after the Ottawa Heart Model and takes clients through a two stage screening process. In the first stage the client is asked about their tobacco use and their interest in speaking with a health care professional about their use. If the answers are yes, the client is referred to an Addiction Service worker for a more comprehensive screening which will determine the need for nicotine replacement therapy and/or brief psycho-social intervention.

After discharge from the hospital, the client is connected to Smokers Helpline for follow up and is encouraged

to attend a weekly support group that is facilitated at and by St. Joseph's. The Tobacco Reduction Self Help meeting takes place every Wednesday at St. Joseph's Health Centre.

The provincial government is actively encouraging health care providers to take a more active role in promoting a smoke free province. Tobacco-related diseases cost the Ontario economy approximately \$1.6 billion in health care annually, \$4.4 billion in productivity losses and account for at least 500,000 hospital days each year. Tobacco use is the biggest preventable cause of death and disease in Ontario and accounts for 13,000 deaths in Ontario each year.



Poster made to show the collaboration with our partners.



Connections is the official newsletter for the staff, physicians, volunteers, students and residents of St. Joseph's Health Centre. This is your newsletter and we'd like your feedback. For comments or questions about this issue, or if you would like to contribute to a future issue, please contact the editor, Gillian Brunning, Junior Associate, Corporate Communication & Public Affairs, via e-mail at brunning@stjoe.on.ca

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St. Joseph's Health Centre
30 The Queensway, Toronto, Ontario M6R 1B5
T: 416-530-6000 W: www.stjoe.on.ca