



connections

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

JANUARY 4, 2010

Using Our Resources Wisely while Putting Our Patients First

Parking Garage Elevator is Currently Out of Service

The elevator in the above ground parking garage - located at the corner of The Queensway and Sunnyside Avenue - is out of service.

When booking appointments for patients it is important that you tell them the elevator in our parking garage is out of service.

Patients and visitors coming to the hospital will have to use the stairs in our parking garage to enter the Health Centre. If you are not able to use the stairs, please tell the attendant in the main parking booth located at the entrance to our parking garage that you require accessible parking and alternative arrangements will be made for you.

During off hours when an attendant is not available and you are unable to use the stairs please park on the first level of the parking garage to access the Health Centre through the Main Entrance or you may park on the third level of the parking garage to access the ramp connecting to Health Centre.

We also encourage all staff to please not park on the first and third levels in the parking garage to help save those spots for patients who are unable to use the stairs.

Thank you for helping us to Put Our Patients First.

We appreciate your understanding and cooperation with this matter as we work to resolve these problems.



On Monday, December 21st Scott Hartman and Ana Milicevic from Toronto Community News brought in stuffed animals for all of our patients in the Paediatric department and the Child and Adolescent Mental Health Unit as part of the Beary Merry Christmas campaign. Pictured to the left, they pose with little Kimly and her mom as she receives her pink dog.

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Putting Patients First and Inspiring Our People

New Footwear Policy - Ensure Your Feet are Protected!

St. Joseph's Health Centre is committed to ensuring all workers (a worker includes all employees, contract employees, students, physicians, dentists, residents, interprofessional staff, volunteers, suppliers, contractors, consultants, vendors and tenants) utilize safe and appropriate footwear to address the hazards of foot injury which exist throughout the workplace.

Healthcare presents both common and unique workplace foot hazards including but not limited to the following:

- Biohazardous blood-borne disease hazards associated with spills and splashes of blood, body fluids and dropped instruments
- Exposure to hazardous materials associated with spills and splashes during work in areas such as the laboratory, pharmacy and patient care areas
- Crush/impact hazards associated with material handling and maintenance activities
- Electrical hazards associated with electrical maintenance activities
- Exposure to slip hazards

The Footwear Policy has been approved and can be found on SJNet in the Administrative Manual. The corporate standard for footwear reflects the results of the risk assessment to ensure workers are appropriately protected from foot-related hazards in the workplace as required by the Occupational Health and Safety Act and Ontario Regulation 67/93 (as amended) regarding Health Care and Residential Facilities.

Appropriate Footwear

An appropriate boot or shoe provides the wearer with a degree of protection against injury.

Appropriate footwear typically consists of a closed toe and closed heel with no more than a one and half inch (38 mm) heel and at least a 1/8 inch (5 mm) slip resistant sole (most sports shoes fall into this category). Therefore, no open-toe shoes (including styles like crocs) or sling back shoes (including styles like clogs) will be permitted in patient care areas.

The Health Centre requires workers to wear appropriate footwear while performing work in the following areas:

1. Clinical Programs and Services
2. Laboratory, Pharmacy, Nutrition and Environmental Services
3. Non-Clinical and Administrative Services: when required to enter the Patient Care Environment.

Safety Footwear

A safety boot or shoe provides the wearer with a degree of protection against injury. Safety footwear typically incorporate features such as a protective toecap, protective sole and metatarsal protector, but may also include Electric-Shock-Resistant Footwear and Conductive Footwear.

Workers will wear Grade 1 Safety Footwear (green tag) when working in the following areas:

1. Security and Plant Operations and Maintenance
2. Stores, Receiving and Print Shop

3. Environmental Services - Portering and Custodians as designated by the Health Centre.

Supervisor/Managers/Directors

- Ensure all workers wear appropriate footwear or safety footwear based on the hazard(s) present.
- Ensure that appropriate or safety footwear is worn where required.
- Provide employees with written instructions on known foot safety hazards in their workplace, and special precautions required to perform work in the presence of foot hazards.
- Work with OH&S to select appropriate or safety footwear, as required.
- Monitor employee compliance and proper work procedures.

Workers

- Comply with proper work practices and wear appropriate or safety footwear where required.
- Report hazardous situations and all incidents involving actual or potential foot injuries to his/her Supervisor, Manager and/or Director and OH&S.
- Check appropriate footwear before and after use. If there are any cracks in the soles, breaks in the leather, damaged shoe laces or excessive wear the footwear should be repaired and/or replaced.
- Check safety footwear before and after use. If there are any cracks in the soles, breaks in the leather, exposed toecaps, or damage that reduces the protective qualities of the footwear, the footwear should be replaced.

Health & Wellness

Resolution Solutions

Lose weight, eat right, stop biting nails, quit smoking - the new year, for many people, means a new slew of positive changes or - more likely - the recycling of resolutions that didn't make it past February last year. The tips below can help strengthen your resolve to stay on track and turn over a new (or old) leaf once and for all.

Chose carefully.

Make sure changes you resolve to make are ones you're prepared to stick out in good times and in bad.

Don't resolve your life away!

Examine your lifestyle and choose one or two things that you'd really like to change or accomplish. Limiting resolutions will help keep your energy focused and positive.

Draw up an action plan.

Many people blurt out resolutions without any idea about how they're going to actualize them. Lay out a list of specific changes to get you to your goal. If you've decided to drop some weight in the New Year, for example, your action plan may include taking the stairs instead of the elevator, substituting fruit for your morning donut, or switching from cream to milk in your coffee. Putting pen to paper reinforces your desire to change, pushes you to think deeply about it, and can help make your resolution a reality.

Set smaller, obtainable goals.

If the only exercise you've done in recent years is the walk from the TV to the fridge, don't vow to cross the finish line of a marathon by Valentine's Day. Be realistic and establish a series of 'mini goals' on route to your ultimate 'big picture' triumph.

Avoid telling naysayers at all costs!

Negative friends and family - especially those with whom you shared the bad habit you're trying to break - may try to persuade you to fall off the resolution wagon. Changing your usual routine can help you stay away from these challenging situations. If you used to indulge in a coffee and smoke break with a colleague, steer clear of the coffee shop and go for a walk instead - at least until you're feeling less vulnerable.

Don't go it alone.

Share your desire to change with someone you know will support you in your quest for self-improvement. Confiding in an encouraging friend or family member will help you stay on course. Whether you promise to get your finances in order, or decide to eat healthier, getting advice and information from a professional can get your resolution off on the right foot.

Source: Shepell • fgi

Upcoming Events



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

Ethics Grand Rounds

Topic: Justice and Critical Care Resource Allocation in a Pandemic

Date: Thursday, January 7, 2010

Time: 1:00 p.m. to 2:00 p.m.

Place: Education Centre A
(Back of cafeteria)

Presenter:

Eoin Connolly, MA
Clinical Ethicist, Centre for Clinical Ethics

Learning Objectives:

1. Outline the ethical dilemmas related to critical care triaging.
2. Explore the concept of "Justice" in relation to Resource Allocation.
3. Discuss the difficult ethical decisions that might need to be made.

All are welcome.
Bring your lunch.

Enhance the Health of the Communities we Serve

SJHC Foundation Thank You and Upcoming Events

Thank You

Thank you to all staff members who signed on to contributed through payroll deduction! Your investment in building a culture of philanthropy is vital to St. Joseph's Health Centre. Your support makes it possible to Put Patients First while Enhancing the Health of the Communities we Serve.

Upcoming Events

'25 Days' - A Benefit for NICU

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

'25 Days' is a series of short acrobatic, juggling, clown and dance pieces, punctuated by stories of children whose lives were saved by the NICU team at St. Joe's. Organized and assembled by Alisa Walton, whose youngest son's life was saved 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
www.brownpapertickets.com
1-800-838-3006, press 1

Are you interested in organizing a fundraising event to support St. Joe's? We'd love to hear from you. Call the Foundation at 416-530-6704 to discuss your ideas.

Project Hope Brings Joy and Presents to our Patients



For the 6th straight year, Jane Watson (pictured above with her daughter Sarah) along with her family brought Project Hope to St. Joseph's on Christmas Eve in honour of her son, who was rushed to our Emergency department and tragically passed away several years ago.

Giving back to their local community hospital through Project Hope has been a way for Jane and her family to cope with their loss, but also to say thank you for the great care they received. "It's all about giving back," said Watson. "St. Joe's was wonderful to my family during a very difficult time. The staff was so compassionate. We have never forgotten that."

To read the full article, please visit www.stjoe.on.ca.