



# connections

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

NOVEMBER 3, 2008

## Interprofessional Skills Fair Shines in the Spotlight of Breakfast Television

On Tuesday, October 28 as part of Interprofessional Education Week, St. Joseph's Health Centre welcomed Jennifer Valentyne and the Live Eye Crew from Breakfast Television to our Interprofessional Skills Fair (ISF), a quarterly event that began in 2005 on a much smaller scale.

code blue and to speak with the members of the response team working on the 'patient'; she learned how to suture an orange; found out just how important Hand Hygiene is to fighting off infections; and assisted with a videoscope-guided intubation of a mannequin among many other exciting things.

Vision, to be Canada's Best Community Teaching Hospital and thank you for your ongoing commitment to promoting excellence in education.

Watch all the action on our website: <http://www.stjoe.on.ca/education/events.php>



Jenn Valentyne takes part in a mock code blue to the beat of "Stayin Alive".

Over the past three years the ISF has grown to incorporate numerous members of the interprofessional team in the Health Centre, providing a great venue for skill and knowledge transfer and a safe environment to practice new or rarely used techniques.

While Jennifer was onsite she had the opportunity to witness a mock

Thank you to those of you who made special arrangements to be present and to all of you who contributed your time, making this a truly successful event! This special ISF garnered an unprecedented 344 attendees, more than doubling the attendance at the June Fair.



Some of the many fantastic displays that took over the entire Cafeteria.

Congratulations to everyone for such an amazing display of our



Teaching Toronto about the importance of good Hand Hygiene!

### INSIDE

Decision Support Insert	
Sharing the Spirit of Christmas	2
Pension Self Services	2
What is Osteoporosis?	3
Clinical Day 2008	3
Annual Community Meeting	4

# Enhance the Health of the Communities we Serve

## Sharing the Spirit of Christmas Campaign Kicks Off

The Women's Health Centre (WHC) is asking for your support once again to make this holiday season a very special one for families in our community by supporting the Sharing the Spirit of Christmas Campaign.

Patricia Maher, Administrative Assistant for Information Services and long time "helper" of the Sharing the Spirit of Christmas Campaign has this advice for those thinking about contributing to this year's initiative, "Give. It is a win-win situation. Studies have shown there is a correlation between gratitude and well-being. We can be grateful that we are able to give to something and we can be grateful to receive."

Contributions can be monetary or in the form of Loblaws/No Frills food vouchers. Money raised will go directly to the families in the form of a voucher, which can be exchanged for food and other basic needs items.

"The amount does not matter, the act of giving does. If all staff gave a little it would mean a lot. I strongly encourage everyone to participate because collectively we can help many people," said Patricia.

Last year your generous contributions to the Sharing the Spirit of Christmas Campaign raised just over \$8,500! The Women's Health Centre provided food vouchers to 195 families and 300 children who participated in their prenatal and postnatal programs and received counselling services.

A receipt for tax deduction purposes is available upon request for donations of \$10 or more. Cheques may be made out to the SJHC Foundation/Sharing the Spirit of Christmas Campaign. Please give your donation by Friday, December 5 to the contact person in your department or call ext. 6850 to find out more on how to contribute.

---

## Inspire Our People

### Mercer OneView - Pension Self Services

All employees who have been a member of the pension plan prior to December 31, 2007 have access to Mercer OneView. This website allows you to access information about your St. Joseph's Health Centre Pension Plan.

1. View your personal pension profile
2. Run your own Retirement Estimate (including projections for salary increases)
3. Run your own Termination Estimate
4. View Info Zone - learn more about the St. Joseph's Health Centre Pension Plan, Government Pension Programs (Canada Pension Plan and Old Age Security), RRSPs, and Locked-In Retirement Savings Plans
5. View FAQ's - contains generic questions and answers about pension plans

You can access Mercer OneView by visiting [www.merceroneview.com/sjhc](http://www.merceroneview.com/sjhc) or through the SJHC Intranet/Human Resources/Services/Benefits and Pension/Mercer OneView.

The data presented on Mercer OneView is protected through the use of a User ID and password. Passwords were initially sent to employees in 2005. Pension plan members who joined after 2005 had their passwords sent to them with their annual pension statement in the year following their enrolment in the plan.

If you need your password reset, please contact Heather King, Benefits and Pension Coordinator at [kingh@stjoe.on.ca](mailto:kingh@stjoe.on.ca), or ext. 3061.

## Health & Wellness

Submitted by Amy Kuchinsky, Facility Coordinator.  
Source: Osteoporosis Canada: [www.osteoporosis.ca](http://www.osteoporosis.ca)

### WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture (broken bones), particularly of the hip, spine and wrist. Osteoporosis is often known as "the silent thief" because bone loss occurs without symptoms. Osteoporosis is sometimes confused with osteoarthritis, because the names are similar. Osteoporosis is a bone disease; osteoarthritis is a disease of the joints and surrounding tissue.

One in four women over the age of 50 has osteoporosis. At least one in eight men over 50 also has the disease. However, the disease can strike at any age.

The reduced quality of life for those with osteoporosis is enormous. Osteoporosis can result in disfigurement, lowered self-esteem, reduction or loss of mobility, and decreased independence.

#### Physical Activity

Physical activity is an important factor in the risk reduction and treatment of osteoporosis. Physical activity assists in building and maintaining healthy bones, improving muscle strength, posture, balance and coordination, and reducing the risk of falls and broken bones (fractures). Physical activity also contributes to a sense of well-being and an overall improvement in quality of life.

For healthy bones we need to achieve an ample peak bone mass when we are young, and maintain it as we age. Physical activity places an increased "load" or force on our bones. Our bones respond by forming new bone and remodelling the bone to be stronger. Key bones, like the bones in our legs,

back and wrist, need to be stimulated by physical activity -- so we need to be active in different ways in order to "load" or stimulate these bones and maintain their structural competence and strength.

Physical activity doesn't only affect bone mass. It improves our balance and coordination which, in turn, reduces our risk of falling -- falls that can result in fractures. In addition, improved strength, flexibility and posture can reduce pain and enable people with osteoporosis to do daily tasks more easily.

#### Calcium: An Essential Element for Bone Health

Calcium is crucial to maintain life. Just about every cell in the body, including those in the heart, nerves and muscles, relies on calcium to function properly. Bones require calcium to maintain their strength.

Because calcium is so important, the body has a carefully regulated system to ensure that a good supply is always - and immediately - available. The body does this in three ways:

- It absorbs calcium directly from the food we eat.
- It takes calcium from our bones if there is not enough available. When this happens, the bones become less dense and more fragile.
- It slows down the amount of calcium that leaves the body in the urine by returning some to the blood stream where it remains available to organs and cells.

The main goal of good calcium nutrition is to maintain an adequate supply so that our bodies do not have to dip into our only calcium reservoir - our bones.

### Upcoming Event

**53rd Annual Clinical Day  
November 14, 2008**

***Don't miss out,  
register today...***

Clinical Day serves to bring together clinicians and staff from St. Joseph's and our community for a rewarding, educational experience.

This year's keynote speaker is Marc Kielburger. Marc is the Chief Executive Director of 'Free The Children,' an international development organization that has built in excess of 500 schools in marginalized regions worldwide, providing daily education to more than 50,000 children. Marc is the co-author of national bestsellers including "Me to We: Finding Meaning in a Material World" and a recipient of the Order of Canada.

His presentation will address "Me to We: Living a healthier life through social involvement, volunteerism and service to others."

The closing session includes presentations from Health Centre staff and physicians addressing the following topics:

- Wound Care for the Bedside: A Web Based Interdisciplinary Educational and Clinical Tool
- Primary Percutaneous Coronary Intervention (PCI) for STEMI: A Community Approach, and
- Darkest Africa: Teaching Surgery in Botswana

For more information or to register, please call Medical Affairs at tel: 416-530-6731 or e-mail [dapontp@stjoe.on.ca](mailto:dapontp@stjoe.on.ca).

# Create a Culture of Inquiry and Innovation

## St. Joseph's Health Centre's Annual Community Meeting

Carolyn:

On behalf of Chief Farr and Deputy Chief Lock, I would like to take a moment to thank you for inviting Toronto Emergency Medical Services (EMS) to the community meeting at St. Joseph's last night.

The working relationship that our organizations share is built on a foundation of mutual respect. While the strategic statement "Putting Patients First" is new, it's simply articulating what has been in practice at St. Joe's for years. From the perspective of Toronto EMS, that respect is built on years of observing your staff put that guiding principle into practice.

As a manager, it is a pleasure to work with some key members of your team. Most frequently, I work with Donna Hess, Sandy Foster and (to a lesser degree) Marko Duic in the E.D. Through the construction project, Tom Kelly and I have worked together and managed to steer us through a number of challenges that could have been disasters without cooperation.

More important than my relationships as a manager, the rank and file paramedics who regularly come to St. Joe's always speak very positively the E.D. team and the efforts to care for patients and clear EMS units quickly.

On a parting note, there was an interesting twist of irony last evening. You spoke about the STEMI strategy with the same enthusiasm that any of us have as we witness the spectacular outcomes our patients are having. When I got into the car to go home, I looked at the computer. At the very moment you were speaking about the STEMI initiative, an ambulance was downstairs picking up a Code STEMI patient to be transported to the PCI lab at St. Mikes! I didn't delve into the details of the call or outcome, but it's fitting that it was happening even as you told the community about it.

Thanks again for last evening, and I wish you and the entire team at St. Joe's well on your path forward.

Roy

Roy Suthons  
Manager, EMS Operations



*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](mailto:brunning@stjoe.on.ca)

*Connections* is published on a monthly basis by the Corporate Communications & Public Affairs department.

**St. Joseph's Health Centre**  
30 The Queensway, Toronto, Ontario M6R 1B5  
T: 416-530-6000 W: [www.stjoe.on.ca](http://www.stjoe.on.ca)