



From the CEO

Penny Gilson, CEO
Prairie Mountain Health

Teamwork

Summer can be a challenging time in the world of health care. While many other fields of work are slowing down we are dealing with maintaining coverage and services while affording staff much needed and well-deserved vacation time. There can be pressure from colleagues and communities to not take a break and, while I appreciate the commitment, I also know that looking after ourselves is important as well as looking after others.

Vacations can relieve stress and improve mental function by allowing our minds time to rest and recharge. The same is true for our bodies. The physical benefits of catching up on

continued on page 2



Fire Drills

Did you know that the Manitoba Fire Code requires each acute care and long-term care site in Manitoba to perform and show evidence of monthly fire drills? Fire drills are an opportunity for staff to learn and practice their roles in the event of a Code Red- Fire and Code Green- Evacuation. Drills also test emergency plans and procedures to ensure they are applicable to the work site.

Every acute care and long-term care site in Prairie Mountain Health now has a team of fire drill facilitators responsible for planning, initiating, observing, evaluating, and documenting the monthly fire drill for their site. The size of the fire drill facilitator team is dependent on the size of the site. Facilitator teams allow for more thorough observation of the drills, more opportunities for staff education and participation, and further discussion around emergency procedures.

Throughout April and May, The Disaster and Emergency Preparedness Program (DEPP) trained over 350 staff in their new role as fire drill facilitators, and provided sites with standardized resources like the fire drill prop

(pictured), which alerts staff to the drill and directs staff to initiate Code Red.

Thanks to everyone who volunteered (or was volun-told!) to participate. Your desire to continue promoting a culture of safety and preparedness in Prairie Mountain Health is greatly appreciated.



THIS ISSUE

Pathology Team	2
ORNAC	3
Around the Region	3
Physician Assistant	4
Nursing Skills Blitz	7
Alzheimers Walk	7
Check it Out	8



From the CEO

continued from page 1

sleep and taking time to go for a hike, ride a bike or do some yoga can do a great deal to improving our physical well-being.

The other thing vacation time can do is strengthen family ties. We all work better when we have a supportive network around us. Strengthening these relationships can provide much needed balance in our lives.

I also think you can never underestimate the work benefit of enjoying life. I think when we take time to enjoy life to the fullest it creates energy and enthusiasm for everything we do.

For those who take your breaks in the colder months I know the same benefits apply. I also know that sometimes even a weekend enjoying the sun and the people we love can recharge the batteries for weeks.

Enjoy your summer and be safe.

Penny

For Your Eyes Only

Maintaining Privacy and Confidentiality



PMH has a responsibility to protect all confidential information and use reasonable safeguards to ensure the confidentiality and security of the information during collection, use, disclosure, storage and destruction



CAP Accreditation

The knowledge, engagement and dedication of Westman Laboratory's Pathology team did not go unnoticed in a recent College of American Pathologists (CAP) accreditation inspection.

Westman's Pathology Lab maintained full accreditation status under the stringent standards of CAP's Laboratory Accreditation Program and the Senior Inspection Specialist praised staff for their commitment to patient care and quality and stated "there is no compromising of patient safety here."

"Our staff demonstrated their commitment to the highest levels of quality possible in their open and honest dialogue with the accreditation team," said Diagnostic Services of Manitoba's (DSM) Chief Executive Officer, Jim Slater. "They showed that not only did they want to meet the complex and rigorous requirements of CAP Accreditation, but that they wanted what was best for Manitoba patients."

A CAP inspection team spent a week this February touring all of DSM's CAP accredited labs as part of their two-year accreditation cycle. DSM's Provincial Pathology Program, including the Pathology Labs at Westman Laboratory, the Health Sciences Centre, St. Boniface Hospital, Seven Oaks General Hospital, Victoria General Hospital and Grace Hospital, has held CAP accreditation since 2013.

Over the past several years, as DSM has undertaken CAP's gold-standard accreditation program, efforts have also been made to strengthen the organization's provincial approach to quality and safety - an approach that extends to each of DSM's more than 70 laboratory sites. CAP has acknowledged these efforts and made special reference to DSM's integrated and comprehensive quality management approach.

The comments from the CAP accreditation team further reaffirm that DSM is leading the province's diagnostic services in the right direction and continuing to provide Manitoba physicians, clinicians and patients with a consistent standard of quality service from all facilities across the province, including the 30 lab sites within the Prairie Mountain Health Region.

The next steps in DSM's CAP accreditation cycle are a required self-inspection this fall and inspection by a CAP accreditation team in winter 2016/2017.

2015 ORNAC Standards

The Operating Room Nurses Association of Canada (ORNAC) is a professional organization dedicated to the promotion and advancement of excellence in perioperative nursing care. To support the provision of safe, skilled, and ethical perioperative nursing, ORNAC has established national Standards for Perioperative Registered Nursing Practice (ORNAC Standards). Regularly reviewed and updated to reflect best practices, ongoing developments, and emerging evidence, these standards determine benchmarks for professional competencies and conduct, inform the development of education, training and orientation programs, and provide baselines for evaluation and continuous quality improvement in perioperative nursing services.

Following a full revision and the addition of in-text citations, the 2015 edition of the ORNAC

Standards for Perioperative Registered Nursing Practice have recently been released. This edition will be used by Accreditation Canada as a reference in establishing performance and practice criteria for Canadian operating rooms. Validation studies to establish the credibility of the standards and assess their impact on patient care and perioperative nursing practice are underway.

Congratulations to Dawn Affleck, RN, BScN, CPN(C), Clinical Educator for the Surgical Suite at Brandon Regional Health Centre, and Heather Tornblom, BA (Hons.), Library Technician for the Health Resource Centre, for their efforts toward the development of the 2015 ORNAC Standards for Perioperative Registered Nursing Practice! As a member of ORNAC Standards Committee, Dawn has made an invaluable impact on perioperative nursing practice

by contributing her expertise, experience, and commitment to quality perioperative patient care to the revision of the ORNAC standards. Acknowledgments to Heather for the literature review and reference assistance she has provided in support of the evaluation of evidence and identification of new research and trends in surgical nursing care. Their contributions are a fine example of the talent, skill and dedication to patient care of Prairie Mountain Health staff.

To provide patients within Prairie Mountain Health with access to the highest quality of care and ensure compliance with best practices, copies of the ORNAC Standards have been distributed to the Surgical Programs in Brandon, Dauphin, Minnedosa, and Neepawa. Prairie Mountain Health staff and students are also welcome to borrow a copy from the Health Resource Centre.

Around the Region

1) DRHC Cancer Care Hub program staff- Prairie Mountain Health (PMH) and the Dauphin Regional Health Centre (DRHC) Cancer Care Unit held an informal event on June 10, 2015 to recognize the Cancer Care Hub at the DRHC. Since being named as one of 'two regional hubs' within the health region in December 2013, CancerCare Manitoba and PMH have worked towards providing additional resources to improve a patients' journey through cancer care. The resources have allowed for a few new positions, including, the staff currently in those roles. They are, from left, Dr. Trina Mathison, (family physician in oncology), Kristin Tischinski (cancer care community engagement Liaison,), Kirsten Eskildsen (psychosocial oncology) and

Audrey Warkentin (cancer care nurse navigator). Program staff also recognized contributions from the Dauphin Ladies Auxiliary, which resulted in the recent purchase of treatment chairs, cabinets and over-bed tables for the Cancer Care Unit.

2) Rivers Rehab addition- Construction is now underway on the 1500 square foot addition to the Rivers Health Centre. The expansion will mean more room for the dining room and activities area. The estimated \$600-thousand project is being partially funded by the Riverdale Health Services District Foundation, which is contributing \$300-thousand towards the construction. It's anticipated the project will be completed by the end of September 2015.





Brandon University Health Studies Research Spotlight: Housing and Support in the Community of Choice

Dr. Renee Robinson, Brent White, Katherine Pachkowski

This study was a partnership between Prairie Mountain Health, Brandon University, and the Brandon Neighborhood Renewal Corporation. A wide range of stakeholders in Brandon and surrounding communities were engaged in identifying factors contributing to migration and homelessness, and to initiate actions to support people to live successfully in their community of choice. These stakeholders included health and social service providers, and people who experienced homelessness.

Moving to access health and social services is common. People also move because of factors such as lack of personal skills leading to challenges in employment or housing; family breakdown; and lack of housing in the home community. Enabling people to live in their community of origin can be facilitated by developing or maintaining rural resources; providing access to transportation to enable access to out-of-community resources; building personal skills and resources; and providing family support.

For people who decide to relocate and are vulnerable to homelessness, a number of strategies can provide support to become established.

Providing transition support, such as connecting people to needed resources and supports, is helpful. Landlords value agency support, so active involvement in assisting clients to obtain and maintain housing is also helpful.

Access to affordable and appropriate housing is critical in both small and large communities. Most communities are experiencing acute housing shortages, and vulnerable people are the first to be affected by shortages. Discrimination based on factors such as ethnocultural background, gender, age, and family composition, will

both cause people to move and pose challenges to becoming established in a new community. Increasing the stock of affordable housing and building inclusive communities is essential.

Some of the surprises for participants were the size of the youth population, the number of children and families experiencing homelessness, the nature of underlying issues leading to shelter needs, and where people are coming from.

Service providers who participated in the study reported that the study led to changes in how they worked with clients, increased awareness of community resources, improved coordination of service delivery, and strengthened existing networks. The study also led to development of additional resources, such as the tenancy support resources developed by Chris Reid, Housing Resource Worker at the 7th Street Health Access Centre.

At the community level the study led to revision of the Brandon Community Plan to focus on youth homelessness, and contributed to selection of Brandon as a pilot community for a national initiative, Mobilizing Local Capacity to End Youth Homelessness.

At the policy level, the study increased awareness of the broader context of homelessness, and the need to address homelessness on a regional level.

More information on this project can be obtained from <https://www.brandonu.ca/health-studies/files/2011/09/Housing-and-Support-Report-July-2014.pdf> For more information about BU Health Studies research, contact Donna Epp, Research Facilitator, at eppd@brandonu.ca or 204-571-8532.

Physician Assistant

This spring, a new type of health care provider started working at the Melita and Deloraine Medical Clinics. Jacob John, a Physician Assistant, began working under Dr. Beauchamp at the Melita Medical Clinic and Dr. Brackenreed at the Deloraine Medical Clinic. Physician Assistants (PA) are a newer type of health care provider in Manitoba. They can be described as a ‘physician extender’ working with some independence, under the supervision of the physician supervisor.

Prairie Mountain Health (PMH) is excited to have the opportunity for Jacob John to work in the communities of Melita and Deloraine. Physician Assistants are not new to Prairie Mountain Health; there are several working in Brandon and Dauphin in areas of surgery and nephrology. However, this is the first opportunity in the southern part of the PMH region, excluding Brandon, to have a Physician Assistant working in primary care.

“Having a Physician Assistant working in primary care is a newer model that addresses a current need in two communities that are experiencing shortages of physicians,” states Michelle McKay, Director Medical Services Administration for PMH.

Jacob moved to Melita, after working in a specialty area in Winnipeg, to practice in a primary care setting. Melita and Deloraine are different than where he was born and raised, a tiny island in the Persian Gulf called Bahrain. Jacob appreciates the quiet and peaceful rural communities, stating ‘the people are so welcoming and friendly.’

Before completing his Masters in Medical Science and certification as a Physician Assistant in Chicago, Jacob practiced as a physician in primary care in India. He then moved to the United States where he worked for several years as a Patient Care Coordinator, while raising two boys with his wife.



U of M Brandon Satellite Program

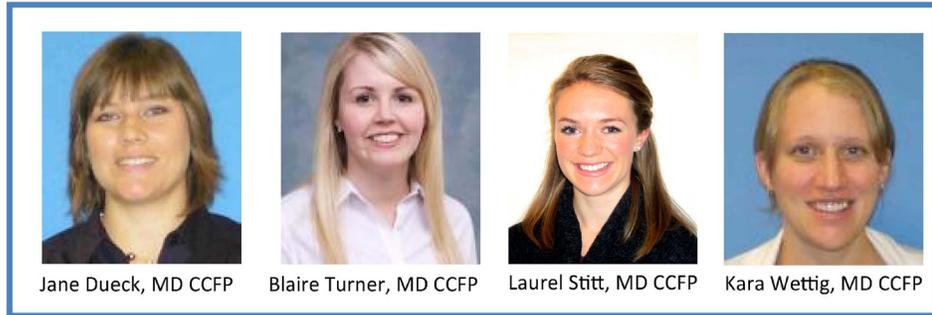
Introducing the residents in the U of M Brandon Satellite Program for 2015-16. Congratulations to those completing their training this year. Best wishes in your new careers.

We are very excited to be expanding the program with an Enhanced Skills Program for third year family medicine residents in Emergency and the first year of a five year FRCP residency in Anaesthesia.

(R - Resident, 1-2-3 - year of residency).

Completing training
in 2015

FAMILY MEDICINE



Jane Dueck, MD CCFP

Blaire Turner, MD CCFP

Laurel Stitt, MD CCFP

Kara Wettig, MD CCFP



Aaron Jattan, R1



Darrin Nichol, R1



Kelby Treloar, R1



Kristen Wareham, R1



Allison Stasiuk, R1/2



Laurie Boon, R2



Kathryn Martin, R2



Jamie Rist, R2



Jocelyne Rondeau, R2
Chief Resident



Jonathan Saper, R2

FAMILY MEDICINE—Emergency Medicine



Stephen Smith, R3



Colin Yardley, R3

ANAESTHESIA



Peter Benoit, R1



Are you working and providing care to a relative/friend with dementia?

If so, please consider participating in our study.

Phase 1 of study

The first phase of this study is a preliminary examination of the experience and needs of dementia caregivers living in rural communities in Nova Scotia and Manitoba. It will explore the barriers and facilitators associated with juggling caregiving and work duties that may be unique to caregivers living in remote/rural communities. The aim is to develop a rich story of experiences about the challenges and opportunities faced by this subset of caregivers and gain an understanding of how and if they access help and support for themselves.

Your time commitment to this interview is 45-60 minutes.

To participate, please contact:

Pamela Gulay
Manager
Seniors Mental Health South including
Centre for Geriatric Psychiatry
T: 204.578.4563
Email: PGulay@pmh-mb.ca

Sonia Meerai, MSW
Project Coordinator
The Cyril & Dorothy, Joel & Jill Reitman
Centre for Alzheimer's Support &
Training, Mount Sinai Hospital
T: 416.586.4800 Ext 5624
Email: smeerai@mtsinai.on.ca

Phase 2 of study

You may participate in the 8-week Reitman Centre Working CARERS Program (RCWCP), which includes 2-hour group sessions of education, Problem Solving Techniques and you will be provided with information about dementia and information regarding community resources.

You will also receive hands-on skills training and coaching in effective behavioral techniques to manage interpersonal interactions with the care recipient (such as responding to aggressive behaviors) with scenario-based simulated situations with standardized patients.

Upon completion of RCWCP, you may participate in a focus group to:

- provide your input on balancing work and caregiving;
- discuss what has been learned from RCWCP that works well;
- discuss possible improvement to how the intervention may be delivered and circulated to other communities;
- discuss community preparedness to support employed informal dementia carers

Your time commitment to this focus group is 75-90 minutes.

This study is funded by the Canadian Institutes of Health Research (CIHR) and is part of the Canadian Consortium on Neurodegeneration in Aging. It has been reviewed and cleared by Mount Sinai Hospital Research Ethics Board and University of Manitoba Research Ethics Board.





Nursing Skills Blitz

Prairie Mountain Health Nursing Staff and Health Care Providers participated in a Nursing Skills Blitz held in Brandon May 12, 13 & 14 and Dauphin May 26 & 27. Stations included CVAD's, Code Blue, Wound Prevention and Management, Chest Tubes, eLearning S.P.O.T., Infection Control, Mental Health Awareness, Lab Values, Hand Hygiene, Pediatrics, Birthing 101, Diabetes, Pain Management, Health Resource Centre, RANA Respiratory Care Group, Palliative Care, Tube Feeds for LTC, Tobacco Dependence, Lung Health, Dialysis, BiPap/CPap/Optiflo/Oxygen therapy, Mosby's Skills, Micromedex, COPPS and Fire Extinguisher Training. Each day the same stations were presented and staff dropped-in as time permitted or they made a day of it, visiting stations at their own pace and preference. Over 363 staff participated! Prizes were awarded each day. The PMH Nursing Skills Blitz planning team would like to thank the Nursing Recruitment and Retention Fund for their support in this initiative; Tannis Birnie and Ventures for assistance with the Nursing Skills Blitz Passports; Monica Truffyn and Carey Solomon for taking pictures; Volunteer Services for helping with registrations and Dispatch, Facility Engineering, and ICT for all their assistance. We would also like to extend a special thank you to all of the staff who attended and to the presenters who helped make the event such a success.

PMH Nursing Skills Blitz Prize Winners

Brandon – Daniel Njusuna – Garden basket and gift certificate to the Green Spot

Dauphin – Iwan VanVeen - Dinner cruise for Clear Lake, Manitoba

Other prizes were awarded each day! Congratulations to all of the winners!

Alzheimers Walk



Bayside Personal care Home in Killarney held their second annual Memory walk on June 09, 2015. Over 60 participants attended the walk, doubling the amount from last year to raise awareness for Dementia. Residents and volunteers walked to the Centennial Park, where they had refreshments, and then walked back. It was a beautiful day and the walk was enjoyed by all who attended.



Check It Out!

Health Resource Centre

The **Health Resource Centre** is open to physicians, staff and anyone living in the Prairie Mountain Health region. The Centre is located on the main floor of the Brandon Regional Health Centre and is open Monday to Friday from 8:00 a.m. to 4:30 p.m. The Centre can be reached by phone at 204-578-4080 or by emailing library@pmh-mb.ca.

Long Term Care DVDs

More Than Words: Successful Ways to Care & Communicate with Persons Who Have Dementia (Runtime: 25 minutes) - This culture-changing DVD demonstrates through real interactions how person-centered care and knowledge of the resident can reduce dementia-related episodes, such as sundowning, aggressive-protective reactions when bathing, and wanting to leave. The crucial role of the nursing assistant as caregiver and friend is highlighted to show the importance of creating a true relationship with persons with dementia, communicating directly, accepting their reality and personal preferences, and boosting self-esteem by encouraging use of remaining abilities.

“Bob, I’m Really Busy”: The Impact of Impersonal Care on the Well-Being of Persons Living with Dementia (Runtime: 12 minutes) - Through five short trigger scenarios involving assistance for a person living with dementia, this DVD presents care situations that will open up discussion on how best to provide resident-specific support and assistance. Each brief scenario is designed to demonstrate the impact of a caregiver’s tone, actions, and level of sensitivity to the resident’s needs. The accompanying Viewer’s Guide outlines each scenario and provides thought-provoking suggestions on how to improve the outcomes. This up-close-and-personal look at caregiving will give caregivers a chance to dissect and analyze how they provide care and foster a deeper understanding of how to interact positively with persons living with dementia.

Bathing Without a Battle: Creating a Better Bathing Experience for Persons with Alzheimer’s Disease and Related Dementias (Runtime: 1 hour) - This award-winning program was developed using over 10-years of research into improving bathing for persons with dementia. The program combines person-centered techniques with simple, practical approaches to make showering, tub bathing, in-room bathing, and hair washing safe and comfortable for the persons giving and receiving care. Bathing Without a Battle also teaches methods for changing policies to promote and support person-centered care. This program is intended for all caregivers of persons with dementia, as well as anyone committed to quality, person-centered care.

Maximizing Cognitive and Functional Abilities (Runtime: 40 minutes) - Deteriorating abilities to maintain independence are a hallmark of dementia, but they need not lead directly to helplessness. With simple changes to the environment, facility staff can maximize functional independence and minimize excess disabilities for older adults with dementia. Here is a step-by-step process for identifying barriers and finding respectful, supportive solutions. Through individual profiles of residents, viewers learn to apply this sensible problem-solving method to some of the common challenges presented by toileting, dressing, and mealtime activities in long-term care facilities.

Minimizing Disruptive Behaviors (Runtime: 21 minutes) - Professional caregiving staff deal regularly with disruptive behaviors in residents with dementia but often do not have adequate tools to decipher the underlying causes of these behaviors. Through this video, viewers will learn to evaluate all aspects of the caregiving environment before working on individualized solutions. This video profiles several residents who are exhibiting common problematic behaviors, including leaving the unit and rummaging. It takes viewers step-by-step through a problem-solving process that can effectively reduce or even eliminate many kinds of disruptive behaviors.



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

Pulse is the monthly newsletter for staff of Prairie Mountain Health. Submissions and ideas for future articles, including photos in digital format (JPG preferred), may be sent by email to lcann@pmh-mb.ca. All submissions are subject to editing for length, clarity and content. The inclusion of any article is at the discretion of the editor.