



**NHH**

Northumberland  
Hills Hospital

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# Senior Leadership Report to the Board

**Our Shared Purpose: People First**

**Our Values: Integrity, Quality, Respect,  
Compassion and Teamwork**

December 2023

# Connected care close to home

## **Palliative and end-of-life care update**

In step with the continued rise in our community's need for palliative and end-of-life care, a multi-year palliative care strategy has been completed at NHH over the past year, in consultation with community partners and providers.

With input from a cross-section of internal and external stakeholder groups, including Drs. Kate Everdell and Francesco Mule (NHH's Palliative Care physician leads), front-line staff, Patient and Family Advisory Council representatives and volunteers, education has emerged as a foundational element to the strategy.

Upwards of 30 point-of-care staff received palliative care education in fiscal year 2022/23, thanks to funding support provided through NHH's relationship with the Durham Regional Cancer Centre (DRCC). NHH learned recently that we will also have the opportunity to access designated funds for palliative care education through the DRCC in the coming fiscal year as well, to build on the prior investment and enhance skills training for additional staff. Additional funding sources are also being pursued.

With 80 per cent of NHH's nursing staff novice to the profession, and patients benefiting from palliative care interventions long before end of life, this education will answer an express need identified by staff within the Palliative Care Unit and throughout the organization.

At a recent Town Hall with staff, Chief Nursing Executive Kate Zimmerman confirmed the education investment, noting that end-of-life patients and families will continue to be cared for at NHH in the six-bed Palliative Care Unit on the main floor in addition to inpatient units throughout the hospital, both acute and post-acute, wherever patient need and staffing complement dictates is most appropriate.

## **New Obstetrician-Gynecologist joins NHH medical team**

NHH is pleased to announce the recent arrival of Dr. Emmanuel Udoeyop, who joins the hospital's growing Obstetrics-Gynecology (OB-GYN) division, which also includes Department Head Dr. Nassar Abu Awad and Dr. Asiya Hameed.

"Dr. Udoeyop's specialized skillset and expertise will be of great benefit to the growing community of west Northumberland County," said Susan Walsh,

NHH President and CEO, in the [November 21 news release](#) announcing Dr. Udoeyop's arrival. "The addition of a third OB-GYN to the NHH medical team is the result of a proactive recruitment effort aligned with our strategic plan and we are so pleased to be welcoming Dr. Udoeyop to the team at this time."

"On behalf of NHH's medical staff, I am very pleased to welcome Dr. Udoeyop to NHH," said Dr. Mukesh Bhargava, Chief of Staff. "Dr. Udoeyop possesses an impressive wealth of knowledge that will allow us to continue expanding and developing the specialized scope of practice offered by our talented OB-GYN team."

Dr. Udoeyop brings over 25 years of experience as an Obstetrician-Gynecologist (OB-GYN) with a special interest in urogynecology and Minimally Invasive Gynecological Surgeries (MIGS), a specialty he introduced as a Consultant OB-GYN with Lakeridge Health Oshawa. In addition to acting as a Lead Physician and Trainer for MIGS at Lakeridge, he is also a trained Colposcopist and Member of the American Society for Colposcopy and Cervical Pathology (ASCCP).

Throughout his career, Dr. Udoeyop has gained valuable experience working with OB-GYN departments across Canada and internationally, including Royal Bournemouth Hospital (Bournemouth, England), Victoria Hospital (Prince Albert, Saskatchewan), Cornwall Community Hospital (Cornwall, Ontario), and most recently, Lakeridge Health Oshawa (Oshawa, Ontario).

He has also served as a Lecturer and Consultant with the College of Medicine, University of Jos in Nigeria and is currently a Clinical Assistant Professor in Obstetrics-Gynecology, Department of Family Medicine program at Queen's University in Kingston, Ontario.

"NHH is a very pleasant place to work," said Dr. Udoeyop. "Everyone's friendly. I've met friends here, and it feels like home already."

### **Northumberland PACE Speaker Series hosts November virtual conversation, 'How to Slow your PACE of Aging'**

The Northumberland PACE Speakers Series hosted its November virtual conversation, **'How to Slow your PACE of Aging,'** on **Thursday, November 30** with guest speaker Greg Macpherson, founder of Science Research Wellness (SRW) Laboratories, a next-generation nutraceutical company in Auckland, New Zealand. This session saw one of the largest turnouts for a PACE Talk to date with over 80 participants tuning in to the discussion.

Moderated by local physician Dr. Anuja Sharma, an internal medicine specialist and co-founder of IM Care, the November talk combined Dr. Sharma's interest in wellness and health, with the pharmacological perspectives of Greg Macpherson, offering another interesting virtual event on a topic of interest to many.

A pharmacist, biotechnologist, futurist, and founder of SRW Laboratories, Greg pioneers holistic nutraceuticals aimed to empower individuals to optimize their cellular health as they age.

Greg's passion for overcoming health challenges began with his early career as a pharmacist. Over the last 10 years, he has spent thousands of hours researching cellular aging and meeting with global anti-aging experts to slowly unpack the reasons our cells age.

Recently, his company SRW Laboratories partnered with a drug discovery company, Insilico Medicine, to harness Artificial Intelligence (AI) to identify natural products that modulate the aging process.

In 2020, Greg became a published author with *Harnessing the Nine Hallmarks of Aging*, which simplifies the latest science behind why we age, making the knowledge that has come from these breakthroughs accessible to all.

Greg's virtual discussion explored important questions about the process of aging, including "Why do we age?", "Why do some people age slower than others?", "Is there anything proven to slow aging and if yes, by how much?", "What can I do to slow the aging of joints, skin, hair, hearing, and vision?", and "When is it too late to do anything about aging?"

Since 2018, The Northumberland PACE partners have been hosting free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a variety of questions and perspectives.

Lasting an hour in length, each PACE talk consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary. Recordings of previous talks are shared at [www.pacetalks.com](http://www.pacetalks.com). The recording of the latest session will be available later this month!

## Accountable care

### **NHH introduces new Clinical Scholars program**

We are excited to introduce NHH's Clinical Scholars, Penny Baird, Rebecca Short, and Bailey Bevan.

The Clinical Scholar program is an initiative launched this year by the Ministry of Health to support new graduate nurses in their nursing practice and integration into the clinical area.

The Clinical Scholar role is specifically for support at the bedside with skills, problem solving, and critical thinking.

Since the start of NHH's program in September, the three Scholars have supported over 300 interactions, which has included countless hours of nursing skills, assessments, medication-related activities, patient deterioration and care prioritization.

### **Epic Arch Collaborative Survey**

Implementing and adopting our new Clinical Information System (Epic) has taken NHH on a transformative journey aimed at improving patient safety and providing a higher quality of care, by enabling clinicians to make decisions based on a more complete view of each patient's health.

Clinicians across all seven hospitals within the Central East Clinical Information System (CIS) partnership, including NHH, are being given an opportunity this month to take a few minutes to give candid feedback about their experiences with Epic thus far through a tool funded this year by the Ministry of Health, the Epic Arch Collaborative Survey.

In addition to offering insight into our performance to date, the results will be benchmarked across all Ontario Epic sites, providing valuable insight into progress made and opportunities ahead.

## Responsive and healthy work environment

### **Equity, Diversity and Inclusion Advisory Committee Activities – November 2023**

NHH's Equity, Diversity and Inclusion Advisory Committee (EDIAC) welcomed the opportunity to host a hybrid lunch and learn session, "What does it mean

to be an Ally?” with Professor Dean Smith in recognition of Truth and Reconciliation month.

Hosted in the Mary T. Smith Community Education Centre, Professor Smith spoke to staff, physicians, midwives and volunteers about the importance and responsibility of allyship as both an individual and organization.

In addition to allyship, Professor Smith highlighted supportive and healthy tactics that can be used to help dismantle the harmful legacy left by the residential school system in Canada. He placed emphasis on the importance of self-education and self-reflection, especially as we analyze our own understanding about what truth and reconciliation means, not only to Indigenous Peoples, but to our organization.

Professor Smith generously offered to supply NHH with resources from credible and verified Indigenous scholars to help expand and support our organizational knowledgebase, as we continue down the path to building awareness about truth and reconciliation.

### **NHH EDIAC and Senior Leadership Team visits the Alderville Black Oak Savanna**

In October, members of NHH’s EDIAC and Senior Leadership Team visited Alderville Black Oak Savanna to learn firsthand about the preservation, restoration, and expansion of these rare grassland habitats.

The Black Oak Savanna site is a flagship, 81-hectare grassland restoration site located in Alderville First Nation.

It is also home to an Ecology Centre, Gitigaan and Mitigomin Native Plant Nursery.

Over the past 20 years, the Alderville Black Oak Savanna team has transformed this property from what was, at the time, a series of agricultural fields in cash crop rotation.

Today, the Black Oak Savanna property boasts a thriving grassland restoration site with an abundance of rare and at-risk plant and animal species. The site now plays a key role in the future restoration of this unique eco-region by acting as a pristine source for native plants and seeds.

To learn more about the Black Oak Savanna or book a tour, please visit: <https://aldervillesavanna.ca/>

# Exceptional care, every time, for every person

## **Masking and food guidelines – reminder to all visitors to NHH**

Masking requirements remain in place throughout NHH’s clinical and patient care areas, including Community Mental Health offices. Masking is optional in common areas and non-patient care areas (Main Street Bistro, corridors) but we remain a very mask-friendly organization and encourage all who choose to wear a mask throughout their visit to please do so as an added layer of protection for themselves and those they are visiting.

Visitors continue to have access to free masks on entry. Please remember: while treats from home are a pleasure to share with your loved one in hospital, they are not permitted in inpatient rooms at this time. No eating or drinking is permitted by visitors in patient rooms at this time due to the infection risk that this could pose.

For additional information, and latest news, please see our Visiting Guidelines on our website [here](#). Thank you to all for the continued cooperation and support.

## **New national 9-8-8 suicide-prevention line launched**

9-8-8 is a new national suicide crisis helpline. Support is free and available 24/7 through the new three-digit service. Effective November 30<sup>th</sup>, 2023, if someone is thinking about suicide or is worried that someone they care for is thinking about suicide, they can now call 9-8-8 for suicide-prevention support any time of the day.

Led by and coordinated by Toronto-based Centre for Addiction and Mental Health, with funding from Public Health Agency of Canada, the new 9-8-8 service connects callers to trained responders from 39 partner agencies in every province and territory. Locally, the CMHA HKPR has been selected as our 9-8-8 partner. Individuals who call from a local area code in Peterborough, Haliburton, Kawartha Lakes, or Northumberland will have their calls routed to CMHA HKPR’s call centre and be connected with supports in the appropriate area.

NHH is in the process of updating all references to CMHA HKPR’s previous “Four County Crisis” or “4CC” line. Calls that would have been made to 4CC in the past will now go to 9-8-8, simplifying the process for those who need to access help swiftly and ensuring consistency from coast to coast to coast.