



NORTHUMBERLAND HILLS HOSPITAL

Senior Management Report to the Board February 2020

Quality and Safety

Working together to prevent spread of seasonal illness and novel coronavirus

Healthcare partners in our community, including the health unit, hospitals, primary care providers, and Emergency Medicine Services, are working with each other and with the Ministry of Health to ensure residents are protected from the potential spread of the 2019-Novel Coronavirus (2019-nCoV).

“The Health Unit has always worked with our local hospitals regarding the implementation of infection prevention and control measures and case and contact management related to reportable diseases,” said Dr. Lynn Noseworthy, Medical Officer of Health for the HKPR District Health Unit, in a joint media release issued January 30th with all hospitals in the Health Unit’s catchment area. “With the introduction of the novel coronavirus, and Ontario’s identification of it as a new reportable disease, we have heightened our communication to ensure we continue to share the information and resources needed to protect the public’s health.”

At this time of year, there are many respiratory viruses and other illnesses circulating in our community, and the steps to protect yourself from those illnesses are also effective protection against 2019-nCoV.

What is the 2019-nCoV?

Coronaviruses are a large group of viruses. They can cause diseases ranging from the common cold to more severe illnesses such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Human coronaviruses are common throughout the world. In rare cases, animal coronaviruses can evolve and infect people and then spread between people. This was the case with SARS and MERS and with the 2019-nCoV novel coronavirus that originated in Wuhan, Hubei Province, China.

How are local healthcare partners prepared?

Although the risk continues to be low, staff from the Haliburton, Kawartha, Pine Ridge District Health Unit, Northumberland Hills Hospital, Ross Memorial Hospital, Campbellford Memorial Hospital, Haliburton Highlands Health Services and primary care partners have implemented precautionary measures required to ensure the safety of patients, visitors, and health care workers, including thorough symptom and travel screenings.

As a reportable disease, healthcare partners are now required to report a suspected case of the novel coronavirus to their local medical officer of health. If a suspected case of novel coronavirus was to be identified in this area, the Health Unit would work with the Ministry of Health, Public Health Ontario Laboratory, and local hospitals in the management of the case and potential contacts.

Where can you find the most reliable and up-to-date information?

It’s important to check credible sources of information about 2019-nCoV, including daily updates on:

- ontario.ca/coronavirus
- canada.ca/coronavirus

The Health Unit is monitoring the situation and sharing information with its partners and the public through its website. Residents with questions can visit the Health Unit's website at hkpr.on.ca or call 1-866-888-4577.

Flu season

A number of respiratory illnesses, including some common coronaviruses, are circulating at this time of year and it is peak flu season. Most people with common coronavirus illness will recover on their own. Your health care provider may recommend steps you can take to relieve symptoms.

The best way to protect yourself and others from circulating respiratory illnesses:

- Get your flu shot
- Wash your hands frequently and thoroughly with soap and water, or use an alcohol-based hand sanitizer
- Cover your mouth and nose when you cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands
- Cough or sneeze into your sleeve or arm if you don't have a tissue
- Stay home if you or a family member are ill. Avoid visiting people in the hospital or long-term care homes if you are ill.

What to do if feeling ill, with recent travel history to China

Be prepared to identify your travel history and/or potential contact history with novel coronavirus so that paramedics and/or the health care provider are appropriately prepared to assist you.

- Call your local health unit or health care provider if you become sick with a cough and fever AND have returned from Hubei province in China in the past 14 days or have had close contact with an ill person who is either under investigation for novel coronavirus or is a confirmed case.
- If you have severe respiratory symptoms, call 911 and explain both your travel history and symptoms to arrange swift and safe transport.

Norovirus outbreak lifted on 2A

The norovirus outbreak identified on NHH's 2A medical/surgical unit has been lifted.

The outbreak was identified January 20th, and an update issued January 23rd extended visitor restrictions to the adjacent Maternal/Child unit as a precaution. With no new cases reported over the required period, NHH's infection prevention and control practitioners confirmed with representatives from the Haliburton, Kawartha, Pine Ridge District Health Unit that patient-to-patient transmission had been successfully stopped.

Admissions to the unit resumed January 27. An updated Public Notice was shared January 28, reminding all visitors of the importance of routine infection prevention practices, particularly proper hand hygiene. Hand washing remains one of the most important infection prevention and control practices to stop transmission of gastrointestinal illness and other infectious diseases both within the hospital environment and in the community.

Great Place to Work and Volunteer

Education fair for staff this month to support completion of mandatory education

I 'Heart' Education will be taking place at NHH the week of February 10th to provide all staff with a supportive learning environment and hands-on opportunity to complete mandatory education through a fun and encouraging education fair.

Training will be offered from **7:00am-5:00pm on February 10th through 15th** in the Community Education Centre, with booths set up to cover topics like Core Competencies for Infection Prevention and Control, WHMIS, Fire Training, Emergency Measures, Patient Identification, and more. Attendees will receive a package to use as they tour the Education Centres to track their completion of the various education booths.

Coordinated by NHH's Human Resources department in collaboration with an interprofessional planning committee, this week-long program will be an 'education blitz' that will not only allow all staff to complete compulsory education relevant to their role and responsibilities in a timely manner, but will also present optional education opportunities to consider.

Collaborative Community Partnerships

Northumberland PACE talks continue February 19th at NHH with a panel discussion on 'Integrative Medicine'

This month the PACE partners will welcome a panel of four--two Naturopaths (Dr. Sarah Vosburgh and Dr. Barbara Weiss); a Chiropractor (Dr. Alban Merepeza); and an Ayurvedic practitioner and Allopathic Cardiologist (Dr. Vineeta Ahooja)—to discuss the topic of integrative medicine, which incorporates a mind-body-spirit connection to examine the patient as a whole and offers the integrated use of conventional and complementary practices and therapies for healing.

Inspired by the popular TED Talks, PACE (an acronym for Personalized Assessment and Change Education) aims to share information and spark discussion around a broad range of health and wellness topics that are top of mind with local audiences. We have now had five very engaging talks this season, with close to 400 in-person attendees and many more accessing the video and audio recordings.

Initiated in 2015 by Dr. Mukesh Bhargava, the series was expanded in the fall of 2018 to involve a larger planning group of local health-care partners and patients with an interest in education and knowledge building around health and wellness. In addition to Dr. Bhargava, the planning table now includes: NHH, the NHH Foundation, the Northumberland Family Health Team (NFHT) and the Community Health Centres of Northumberland (CHCN, together with patient/caregiver representation from NHH's Patient and Family Advisory Council (PFAC). Thanks to a great collaboration with students at Loyalist College, sessions are recorded for viewing via the PACE website, www.pacetalks.com. Richards Printing generously supports printing costs.

Lasting approximately one hour in length, the format for the free, monthly PACE events is simple: a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary. Tickets are FREE, but must be reserved in advance in order to manage room occupancy. Sessions rotate monthly between the community education rooms at the Community Health Centres of Northumberland (99 Toronto Road, in Port Hope) and Northumberland Hills Hospital (1000 DePalma Drive, Cobourg).

Seats fill up quickly. To register for the Integrative Medicine discussion, a listing of all the talks planned for the balance of the 2019/20 season, and video/audio files of past talks, please visit the PACE website at www.pacetalks.com.

NHH and Friends team formed for Coldest Night of the Year – Walk with us or consider sponsoring!

For the fourth year in a row, NHH staff, physicians and volunteers will be participating in Port Hope's *Coldest Night of the Year* walk.

A fun, family-friendly fundraiser raising money and awareness for hungry, homeless, and hurting people across Canada, the event will take place this year on **Saturday, February 22nd**. Join our team as we walk through Port

Hope with hundreds of individuals and teams from across the County in support of the work of our partners at **Green Wood Coalition**. We've issued a friendly fundraising challenge to our friends in local police service (Cobourg Police Services, Port Hope Police Services and the OPP)! Join the NHH team, or pledge a donation toward our \$1,500 **NHH and Friends** team goal by visiting our team page on the event website below. Thank you to everyone for supporting this event through your own team or through ours!

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=888395&langPref=en-CA>

Bell Let's Talk Day celebrated at NHH

Record numbers of Canadians joined in on the Bell Let's Talk conversation about mental health on January 29th, resulting in an inspiring amount of financial and emotional support for clients and mental health care providers alike.

"Bell Let's Talk day provides a great opportunity for everyone to take a moment and think about their own mental health and our ability to positively impact the mental health of others," said Jennifer Cox, NHH's Integrated Director, Mental Health, Community Programs and Services. "The best way to create lasting impact from this important one-day campaign is to raise our awareness all year round. Being aware of the impact we can have on our own mental health and that of others gives us the power to impact positive change and to change the dialogue surrounding mental health into positive action for mental wellness."

This year, David Piccini, MPP for Northumberland-Peterborough South, reached out to NHH with a request to visit and tour Northumberland Hills Hospital's Community Mental Health Services offices on Bell Let's Talk Day. NHH welcomed the interest, and MPP Piccini toured the clinic with members of the care team, including the walk-in counselling option (www.mentalhealthwalkinclinic.ca) delivered in partnership with Rebound Child and Youth Services and now available two days a week for children, youth and adults aged seven and up. The MPP's tour ended with a roundtable conversation with front-line staff about priorities they see in the community today, and opportunities to further enhance local care.

In addition to the visit, staff from NHH's Community Mental Health Services attended a number of local school events, speaking about mental wellness and highlighting services available in our community.

Operational Excellence

Health Professions Scholarship applications due this month

Applications for the annual Health Professions Scholarship awards are due by February 15th.

Introduced by the hospital in 2003, the purpose of the Scholarship Program is to provide financial assistance to students from west Northumberland who are pursuing a career in the health care sector. Applicants are evaluated on the basis of their academic achievements, extra-curricular activities, a testimonial explaining their interest in a health-care field and written references. All applicants must be enrolled or accepted for enrollment in a full-time study program.

By supporting local students early in their academic studies, NHH hopes to encourage area youth to consider NHH in their career path when the time comes to select an employer.

The 2020 scholarships (\$1,000 for each student selected) will be presented at a spring meeting of the Northumberland Hills Hospital's Board of Directors.

Full details, including a downloadable Application Form, are available on the Careers tab of our website at nhh.ca.

