

New paddling program offered by NHH Community Mental Health Services gets high praise from participants

Support from Cobourg Dragon Boat and Canoe Club and The Cameco Fund for Mental Health helped make peer support specialist vision a reality



October 3 through 9 is Mental Illness Awareness Week and NHH's Community Mental Health Services (NHHCMHS) Peer Program is taking the opportunity to spotlight an innovative paddling program recently concluded with area partners.

Earlier this summer, NHHCMHS introduced a new paddling group to the community thanks to support from Cobourg Dragon Boat and Canoe Club, and a generous donation from Cameco Corporation.

Regularly attended by more than 21 local adults as part of the Peer Program's Teaching and Education Learned through Living (TELL) Talks series, the paddling program proved to be one of the most popular groups of this series so far. Read more about

the program and the participants' feedback on how this program positively impacted their mental health in the joint NHH/NHH Foundation media release at www.nhh.ca and www.nhhfoundation.ca.

Area residents overdue for breast cancer screening encouraged to be tested

October is Breast Cancer Awareness Month, and the Central East Regional Cancer Program, Ontario Health and NHH are encouraging eligible Ontarians ages 50 to 74 years old to talk to their family doctor or nurse practitioner about getting checked for breast cancer or contact their local Ontario Breast Screening Program partner to book directly.

Every year, approximately 12,000 Ontario women will be diagnosed with breast cancer and approximately 2,000 will die from it. Breast cancer is the most common cancer in Ontario women, but more people in Ontario survive breast cancer today than almost every other cancer. Regular screening is important because it can find breast cancer early when treatment has a better chance of working.

The Central East Regional Cancer Program, in partnership with Ontario Health (Cancer Care Ontario), checks two different groups of people in Ontario for breast cancer: those at average risk and those at high risk. The Ontario Breast Screening Program (OBSP) recommends that:

- Most people ages 50 to 74 who are eligible for the OBSP get checked every two years with a mammogram.
- People ages 30 to 69 who meet the High Risk OBSP eligibility criteria get checked once a year with both a mammogram and breast magnetic resonance imaging (MRI) (or screening breast ultrasound if MRI is not medically appropriate).
- People ages 70 to 74 who are already in the High Risk OBSP get checked once a year with a mammogram through the program.

"NHH offers a full service for diagnostic breast screening, and we are fully operational," says Ian Moffat, Director of NHH's Diagnostic Imaging Program. "We are a registered OBSP Centre, accredited by the Canadian Association of Radiologists. If you or someone you love is due for a routine screening, please do not delay. NHH's fully digital mammography units, generously supported by local donors, are here to serve you together with our excellent team of radiologists, Medical Radiation Technologists and more."

Talk to your family doctor or nurse practitioner about your breast health and screening test options. Read the full media release at www.nhh.ca.



Ian Moffat, Diagnostic Imaging Program Director, shown earlier this month in NHH's Clay and Elaine Elliott Women's Health Centre, with Jennifer Fudge, Senior Mammography Technologist.

COVID-19 Vaccine Policy implemented Message from Susan Walsh, President and CEO

For more than a year and a half, NHH and all of our partners in the local healthcare system have been working hard to help navigate and support our community to the best of our ability through an unprecedented global pandemic.

It has been a challenging time, but the values we hold most closely as an organization (integrity, quality, respect, compassion and teamwork) continue to guide us well.

This past summer the Province of Ontario issued direction (Directive 6) requiring public hospitals to implement a COVID-19 vaccination policy.

In response to this Directive, and the increased risk posed by the Delta variant, NHH implemented a new COVID-19 vaccine policy which went into effect on September 7, with an eight-week implementation period.

Our policy requires all staff, physicians, and midwives at NHH to provide proof of full vaccination against COVID-19 or an acceptable and documented medical reason for not being vaccinated. Contractors, students and volunteers are required to attest to the same.

We did not make the decision to implement this policy lightly. We did our research, collecting input from a range of stakeholders, including our regional hospital partners, NHH physicians, our NHH Occupational Health and Safety Committee, union partners, our Patient and Family Advisory Council and our regional ethicist.

I'm pleased to tell you we have found strong support at NHH for mandatory vaccination against COVID-19. Almost all of our staff, physicians and midwives have now confirmed that they are already compliant (more than 97%).

Our policy—which is consistent with the direction taken by many hospitals and organizations in the province, including our own region—is in step with the province's direction: to do all we can to protect everyone, including the vulnerable patients we care for, but also the members of our team.

The evidence for vaccination is clear—being vaccinated is a further layer of protection against COVID-19, for ourselves, for those who rely on us for care and our community at large.

Virtual PACE speakers' series returns in October with a look at the evolution of physician-patient interactions

The Northumberland PACE Talk series will return this month for the 2021-22 season with a panel discussion exploring the *Physician-Patient Interaction, the changing landscape for better care!* featuring panelists Dr. Jackie Gardner-Nix and Dr. Kaes Al-Ali. This virtual PACE Talk will take place through Zoom on **Wednesday, October 20 at 5:30 PM** and will be moderated by local resident and member of the **Patient and Family Advisory Council (PFAC)** at Northumberland Hills Hospital (NHH), Bill Prawecki. Pre-registration is required. Find full details, including the Zoom link to pre-register, at www.pacetalks.com.