



NORTHUMBERLAND HILLS
HOSPITAL

• keeping you
in touch
WITH YOUR COMMUNITY HOSPITAL

**NHH Board of Directors
Next Meeting**
Thursday, February 3rd, 5:00 PM
Board Room, NHH

**WANT TO BE THE FIRST TO GET
UPDATES ON HOSPITAL NEWS?**

Sign up for our new e-newsletter at nhh.ca - it's free, and it's delivered straight to your email in-box on the day of release! Feedback on our hospital communications? Please email or call Jennifer Gillard, Director of Communications and Community Engagement, at jgillard@nhh.ca or 905-377-7757.

IT'S A GIRL!



Sarah and Jason Lennox of Cobourg are the proud parents of the first baby born at NHH in 2011. A sister for two-year-old Owen, 7-pound, 10-ounce baby Abigail Leta Lennox was welcomed into the world at 8:42 AM on Wednesday, January 5th. Special thanks were extended from the family to Dr. Green, RN Cathy Oke and midwife Lisa Chappell for their excellent care and assistance.

The last fiscal year (April 2009 - March 2010) saw close to 600 babies born at NHH; a similar number is anticipated for 2010-11, thanks to the Hospital's strong linkages with local family physicians, obstetrician-gynecologists and midwifery groups.

Message from Robert Biron, President and CEO

Quality measures such as treatment times and patient volumes tell part of the story of a hospital's services, but as anyone who has spent time in a hospital knows, it's the people who truly make the difference.

To celebrate our people, I'm pleased to announce that *In Touch*, NHH's monthly community newsletter, is beginning 2011 with the introduction of a new series of feature stories highlighting members of our Hospital team. Titled *Our Team, Our Strength*, the new series draws its name from one of the five strategic priorities underpinning our new Strategic Plan. Through this priority, which details our commitment to health, teamwork and learning, NHH pledges to retain and attract exceptional people; engage each other in creating a dynamic, healthy and safe environment; create and promote opportunities for growth, development and mentorship; and, enable the full potential and scope of practice of all our team members.

Read on for details on the work of Obstetrician-Gynecologist Dr. Asiya Hameed and watch this space next month for our next *Our Team, Our Strength* feature, highlighting NHH's new Geriatric Nurse Specialist.

OUR TEAM, OUR STRENGTH

**Spotlight on Obstetrician-Gynecologist
Dr. Asiya Hameed**

For Dr. Asiya Hameed, the decision to relocate from Saskatchewan to Ontario has been a very good one; for the many women she has cared for in and around our community, the same sentiment holds true!

Based at NHH, Dr. Hameed opened her office three years ago in December, 2007. Since that time she has delivered or assisted at the delivery of hundreds of local babies and cared for women of all ages, both during and beyond their child-bearing years.

Skilled in colposcopy, a test performed on women following a pap test indicating abnormal results, and urogynecology, a specialty that helps women manage bladder problems due to childbirth, surgery or aging, Dr. Hameed has brought these additional gynecological services to west Northumberland and, in so doing, reduced local residents' need to travel elsewhere for their care.

Says Dr. Michael Green, Dr. Hameed's colleague in Obstetrics and Gynecology, and a member of the recruitment team that helped convince her to select our area for her practice: "It's been a real pleasure to welcome Dr. Hameed to our community after working as a solo practitioner for so many years! She is a very skilled practitioner and it has been wonderful to have her join our team!"

On the obstetrical side, Dr. Hameed serves women with normal pregnancies as well as those with risk factors. Patients from both west Northumberland and the surrounding communities are accepted with a referral from a family physician. In situations where a patient does not have a family physician, self-referrals are accepted. "I generally begin to see women as early as required in their pregnancy," she notes, "and our visits will continue at my office here at the Hospital first monthly, then every two weeks and, finally, weekly, until the baby is born."

"Northumberland has been very welcoming to me and the particular services I offer have proven to be much in demand," notes Dr. Hameed. "I chose my profession because I wanted to help women. It is difficult to describe the satisfaction one feels when you have the privilege to care for a woman throughout her pregnancy and to be there at delivery when the new baby is welcomed into the family. It is very rewarding."

"The obstetrical program at NHH has a strong reputation for good reason and I am honoured to be part of it. It is a true interdisciplinary program, drawing on the skills and expertise of practitioners from a range of specialties and backgrounds. Care is managed according to the guidelines recommended by the College of Obstetricians and Gynecologists and the MORE-OB (Managing Obstetrical Risk Effectively) program, and it is—most important—very patient-centred. We hear a lot of about this today—the delivery mom's right to understand what's happening, and make decisions, such as those related to an epidural, for example—and it is certainly part of the culture here at NHH. Patients are at the heart of decision-making and it is our duty as practitioners to give them the information to make the best choices that are right for them and their babies."

A member of the Colposcopy Society of Canada, Dr. Hameed also accepts referrals for colposcopies at NHH. She has also introduced a uro-dynamic assessment program for women experiencing bladder difficulties. "NHH is so well equipped," notes Dr. Hameed. "I have been able to put the latest tools and technologies available for diagnosis and management into good use."

Referrals to Dr. Hameed for all of these services are made through one's family physician. Those without a family doctor may contact her office directly at 905-377-7798.



Upcoming NHH Auxiliary Events

Fourth Annual Polar Dip

Saturday, February 19, 2011, 1:00 PM

The NHH Auxiliary is once again seeking brave and hearty dippers to take part in the annual Polar Dip. This year the event takes place on Saturday, February 19 at 1:00 PM at the Cobourg Pier. Registration forms are available at the NHH Inquiry Desk, Petticoat Lane, Dressler House or online at www.nhh.ca or www.cobourgtourism.ca. Dippers must have secured a minimum of \$50 in pledges prior to registration.

For more information, please visit the Volunteers section at www.nhh.ca or call the Auxiliary office at 905-372-6811, ext. 4630.

Upcoming NHH Foundation Events

Heart For The Hospital Valentine's Dance

Friday, February 11, 2011, 8:00 PM

Tickets available at the Best Western Cobourg Inn or call 905-372-2105

**NHH All-Stars Vs. Cobourg Police Lawmen
Charity Hockey Game & Free Public Skate -
Cobourg Memorial Arena**

Monday, February 21, 2011, 11:00 AM

(Family Day Holiday)

Donations to NHH accepted at the door.

For more information, please visit the Foundation section at www.nhh.ca or call the Foundation office at 905-372-6811, ext. 3065