



NORTHUMBERLAND HILLS  
HOSPITAL

keeping you  
**in touch**

WITH YOUR COMMUNITY HOSPITAL



NHH Board of Directors  
Next Meeting

Thursday, February 7th, 2013  
5:00 PM—Board Room, NHH



## It's a boy! First baby of the new year born at NHH on January 2<sup>nd</sup>, 2013

NHH delivered its first baby of the year at 9:20 AM on Wednesday, January 2<sup>nd</sup> 2013. Weighing 8 pounds and 13.8 ounces (4,020 grams), baby **Maverick Paul Davison** was welcomed into the world by very happy first time parents Mollie and Paul Davison of Cobourg.

Special thanks were extended from the family to the team in NHH's Maternal/Child Care Unit, particularly Dr. Asiya Hameed, Dr. Michael Green, Dr. Allegra Lywood and Registered Nurses Mary Patrick, Cathy Oke and Brenda Eakins.

The last fiscal year (April 1, 2011 to March 31, 2012) saw 527 births at NHH, thanks to the support from a strong network of local family physicians, midwifery groups and obstetrician-gynecologists; a similar number is expected in 2012-2013.

## NHH formalizes association with leader in patient- and family-centered care

*Message from Helen Brenner,  
VP Patient Services and Chief Nursing Executive*

Northumberland Hills Hospital recently strengthened its commitment to patient-centered care through a new alignment with the Institute for Patient- and Family-Centered Care (IPFCC).

A non-profit organization founded in 1992, IPFCC ([www.ipfcc.org](http://www.ipfcc.org)) provides leadership to hospitals and other health care settings to advance the understanding and practice of patient- and family-centered care. IPFCC promotes the benefits of collaborative, empowering relationships among patients, families and health care professionals in settings such as hospitals; it also serves as a central resource for policy makers, administrators, program planners, direct service providers, educators, design professionals, and patient and family leaders.



NHH formalized its association with IPFCC through participation in the Association's 2013 Pinwheel program.

Through this program, our team gains access to web-based training seminars, conferences and educational resources. NHH's 2010-2014 Strategic Plan outlines our commitment to a culture of service excellence, including a promise to engage patients and families in their care, and actively seek innovative ways to improve our care and services.

We have lots of work to do, but through associations like this we are connecting with the thought leaders and the resources that we need to improve health outcomes, demonstrate value and improve patient and family satisfaction.

## Flu tips and resources

Like most other hospitals in Ontario, NHH has recently had a significant increase in patients presenting with respiratory illnesses and influenza-like symptoms: fever, cough, weakness, lethargy, body aches and headache. Most people can manage their flu symptoms at home and those with non-urgent conditions are encouraged to avoid the Emergency Department (ED) to prevent long waits and the risk of spreading the flu to others.

### Flu resources

You can assess your condition, learn how best to treat your minor flu symptoms at home, or find a nearby flu vaccine clinic to minimize the risk of getting it by visiting: [www.ontario.ca/flu](http://www.ontario.ca/flu). The website's **Flu Assessment Tool** for young children and those over the age of 5 is particularly helpful.

**IMPORTANT** - Go to the nearest hospital emergency department or call 911 right away if you or your child has any of the following symptoms:

- Difficulty breathing / shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/ orange urine
- Stiff neck, sensitive to light
- Seizures or convulsions
- Confusion or disorientation

### Other options to the NHH ED for NON-URGENT conditions

If your symptoms are not urgent please contact your doctor's office for alternate options for medical care, or go to the Ministry of Health's *Your Health Care Options* website at [www.ontario.ca/healthcareoptions](http://www.ontario.ca/healthcareoptions). Free access to a Registered Nurse is also available 24 hours a day, 7 days a week through the Telehealth Ontario service. Contact Telehealth Ontario at 1-866-797-0000 or (TTY) 1-866-797-0007.

### Prevention

You can reduce your risk of getting the flu by following these steps:

- **Practice good hand hygiene:** regular hand-washing, keeping your fingers out of your mouth and nose and coughing and sneezing into your sleeve instead of your hands will reduce the spread of germs.
- **Limit contact with people who have it, or think they may have it:** people with the flu are contagious just before they fall ill, and for about seven days afterward. If you're sick, stay home.
- **Get your flu vaccination:** "The flu shot remains the most effective and safe way to protect you and your family from seasonal flu," says Dr. Arlene King, Ontario's Chief Medical Officer of Health. Because the virus changes, we need to get re-vaccinated annually. Annual flu vaccination is particularly important for people with respiratory illnesses like asthma and those in contact with people at risk.

### NHH Foundation events

**8<sup>th</sup> Annual Heart for the Hospital Valentine's Dance**  
Friday, February 8<sup>th</sup> at 8:00 PM, Best Western, Cobourg

**NHH All-Stars vs The Cobourg Lawmen @ the CCC**  
Monday, February 18th (Family Day) at 10:30 AM.

For more on these and other Foundation events, contact Adrienne Barrie at 905-372-6811, ext. 3068 or [abarrie@nhh.ca](mailto:abarrie@nhh.ca)

### NHH Auxiliary events

The **NHH Auxiliary's Sixth Annual Polar Dip** is coming up on Saturday, February 16th (Family Day weekend) at 1:00 PM. Registration forms are available at [www.nhh.ca](http://www.nhh.ca), (go to Volunteers, Volunteer News). A minimum pledge of \$50 is required, with proceeds coming back to NHH in the form of priority medical equipment. Thanks for your support as a dipper, donor or both!



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**January 2013**