



NORTHUMBERLAND HILLS  
HOSPITAL

• keeping you  
**in touch**  
WITH YOUR COMMUNITY HOSPITAL

**Next Meeting**  
NHH Board of Directors  
Thursday, August 26, 5:00 PM  
Board Room, NHH

## FULL HOUSE FOR AREA'S FIRST LOOK GOOD FEEL BETTER WORKSHOP

Thanks to the efforts of Chemotherapy Clinic RN Kim Baxter, NHH recently hosted a successful pilot of the popular *Look Good Feel Better* program for women experiencing appearance-related side effects of cancer treatment.

With the help of NHH's link to a distance education service offered through the Ontario Telemedicine Network, Kim is working part time on a Bachelor of Science Degree in Nursing from Ryerson University. This year, one of her courses required her to map out a learning plan to reach a goal identified in her nursing practice.

"The goal I identified was a need to bring this wonderful workshop closer to home to help our patients feel better at a time when body image and often self-esteem are greatly altered. Seeing that the program had not come to our area in the past, I decided to see if it could be coordinated."

*Look Good Feel Better* (LGFB) is a national public-service program run by the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA) through its charitable organization, the CCTFA Foundation. Typically held in larger centres, this was the program's first offering in west Northumberland.

Fourteen local women enjoyed the free two-hour workshop with a team of LGFB

volunteers on Friday, July 23rd in the NHH Education Centre. Professional instruction was provided on techniques for skin care and cosmetics during and after chemotherapy, and advice on attractive hair alternatives was shared. A personal product kit was given to each participant at the end of the two-

hour session, compliments of the CCTFA Foundation.

LGFB is now considering running regular sessions in the area throughout the year. For information, please contact Kim Baxter at kbaxter@nhh.ca or 905-377-7730.



*Caption: From left to right: LGFB volunteers Brenda Visconti, Sharon Munro, Anne Pitt, Marilyn Brooks and Linda Cottell with NHH RN Kim Baxter and NHH Auxiliary student volunteer Emily Patton.*

## NHH TO ADD SURGICAL SAFETY CHECKLIST COMPLIANCE TO LIST OF QUALITY INDICATORS TRACKED ON PUBLIC WEBSITE

Our patients and community will soon have a new tool for assessing surgical operations at our hospital and others around the province.

Beginning this Friday, July 30th, NHH's compliance rate for the use of a standardized surgical safety checklist will be posted on NHH's website, [www.nhh.ca](http://www.nhh.ca).

The Surgical Safety Checklist (SSC) is a tool used by the team of operating room professionals (surgeons, nurses, anesthesiologists and others) to discuss important details about a surgical case at three distinct stages of the procedure: pre-induction (before the patient is put to sleep), time out (before the procedure begins) and debriefing (during or after surgical closure).

Building on existing safety procedures in the surgical suites, NHH began using the new SSC tool earlier this year. NHH's compliance for the first reporting period (April through June 2010) is 100%. 4,748 surgical cases were completed at NHH in the last fiscal year.

SSC joins eight other patient safety indicators the Ministry of Health and Long-Term Care introduced at hospitals since the fall of 2008. Also tracked for public review are the rates of certain infections, such as C. difficile, and hand hygiene compliance with an aim to identify trends and monitor performance over time. Public reporting of key indicators, using a consistent methodology, is beneficial because it allows hospitals to work with a standardized reporting approach across the province, establish a common baseline and track rates over time.

For more information on NHH's performance on all of our quality indicators, and links to related information from across the province, please visit the Quality Indicators section under "About NHH" on [www.nhh.ca](http://www.nhh.ca).

**Robert Biron, President and CEO**

### Upcoming NHH Foundation Events

**3rd Annual Chris Mansey  
Memorial Golf Tournament**  
Sunday, August 29 - Ashbrook Golf Club

**10th Annual Fundraising Gala:  
All that Glitters ...Looks Like a Million**  
Saturday, November 13

For more information visit the Foundation section at [www.nhh.ca](http://www.nhh.ca) or call the Foundation office at 905-372-6811, ext. 3065.

### Upcoming NHH Auxiliary Events

#### Tag Days

September 9 and 10

Watch for Auxiliary volunteers at locations around the community on these dates. For a small donation you can be 'tagged', with the proceeds going to support the purchase of needed equipment at your hospital!

## CENTENARY CELEBRATED



NHH patient Peggy Edwards was surrounded by friends and family on Wednesday, July 21 as she turned 100 years young! Above is one of the many photos taken at the celebration, showing Peggy Edwards (seated) in pink with her daughter Helen Cornall on her right (wearing the hat) and a large and loving family circling them both. Born in Crownsnest Pass, Alberta, Peggy Edwards spent most of her life in Vancouver, B.C. She came to Cobourg two years ago to live with her daughter; NHH's complex continuing care unit has been her home in recent months.

## VICTOR DAVIS MEMORIAL RIDE RETURNS TO NHH NEXT WEEK



THE VICTOR DAVIS RIDE  
2010  
[www.victordavismemorialride.com](http://www.victordavismemorialride.com)

local stop on his way through our community!

Community members are invited to come out and cheer Greg and his team on. In addition to honouring his brother's memory (Victor Davis was killed tragically in Montreal by an alleged drunk driver 21 years ago), the ride is raising awareness for the importance of organ and tissue donation. Joining Greg on his ride are those whose lives have been affected by donation and others interested in this important cause. There will also be an opportunity to register your consent to donate on the necessary Gift of Life forms if you desire (note: OHIP number required).

**DATE: Tuesday, August 3, 2010**

**TIME: 9:00 AM**

**LOCATION: NHH (front main entrance)**

With feature editions on special topics of interest, and monthly editions summarizing the latest news, NHH's community newsletter *In Touch* is an easy way to stay on top of your Hospital's latest news. To subscribe to a regular electronic copy direct to your email in-box, visit the Hospital's website at [www.nhh.ca](http://www.nhh.ca) or contact Jennifer Gillard, Director of Communications and Community Engagement, at [jgillard@nhh.ca](mailto:jgillard@nhh.ca) or 905-377-7757.

[nhh.ca](http://nhh.ca)

**Thursday, July 29, 2010**