



NEW RESTORATIVE CARE PROGRAM OPENS

A new Restorative Care Program opened at Northumberland Hills Hospital (NHH) on Tuesday, March 1st, specially designed to help local patients rebuild their strength and return home safely following an acute illness, injury or de-conditioning.

A holistic, patient-centred program, Restorative Care offers adult patients a customized care plan that:

- focuses on health, not illness;
- fosters motivation;
- maximizes functional ability to build individual independence; and
- connects patients and their family to the community support service network that may be necessary to achieve the transition home.

Restorative Care brings together specialized nursing care, physiotherapy, recreational therapy, occupational therapy and speech language therapy to address each patient's unique physical, emotional and social health needs. A hospital-based Case Manager from the Central East Community Care Access Centre (CECCAC) is another important part of this inter-professional team of supports, serving to navigate and liaise with the community resources necessary to achieve the transition home.

For west Northumberland, NHH's new Restorative Care Program represents a welcome new option for those whose independence has not yet returned to the same level it was prior to their acute hospital stay. As a result of the enhanced therapies now available, more patients will be empowered to return safely home. Functional abilities will be maximized, permitting patients to live independently at their highest possible level, while the declines (physical and cognitive) that can occur in patients with prolonged acute hospital stays will be minimized. Considerable improvements to discharge planning—including enhanced communication with the family and better, earlier linkages with community service providers—will smooth the discharge process and increase patient satisfaction.

For the hospital, the primary benefit of the new Restorative Care program is the ability it brings to improve patient care, specifically as it relates to the impact on reducing the continued challenge of Alternative Level of Care (ALC) volumes. An average

of approximately 25 per cent (one in four) of NHH's acute patient beds have typically been occupied by ALC patients in recent years—a level that the health care system has long identified as unsustainable. The 2011/12 ALC target identified by the Central East Local Health Integration Network (CE LHIN) is considerably lower at 16.8 per cent. For NHH, the new Restorative Care program, supported by the CE LHIN, is essential to preserving accessibility to acute care beds and, by extension, meeting the hospital's accountability to the LHIN.

First announced as part of NHH's comprehensive Alternative Level of Care (ALC) strategy in August 2010, Restorative Care is a new patient care model for NHH. The approach is relatively new on the provincial landscape as well, with only a handful of similar programs in place. As such, the supporting policies and processes had to be built by the NHH team through extensive research, the use of LEAN methodologies and a strong focus on inter-professional and gerontological best practices.

The 16-bed unit consists of seven beds formerly designated for Complex Continuing Care and nine new Restorative beds. The majority of the beds are co-located with the interim-Long Term Care Unit on the hospital's main level.

Robert Biron, NHH President and CEO, said: "Restorative Care is an exciting new program that will assist patients in their effort to return safely home and, at the same time, minimize ALC numbers that threaten accessibility to our acute care beds. Together with the other investments that make up our overall ALC strategy I'm confident that we are on the right path to maintaining accessibility to our acute care services while meeting the needs of our community."

CE LHIN CEO Deborah Hammons welcomed the introduction of NHH's Restorative Care beds. "NHH's new Restorative Care program represents another in a series of significant investments the Central East LHIN is making across the LHIN to improve access to care and help individuals return home safely after their hospital stay. We congratulate the NHH team on completing this important step in their comprehensive ALC strategy."

NURSING HERO CALL FOR NOMINATIONS

Have you or your loved one been touched by the care and compassion of an outstanding nurse at Northumberland Hills Hospital? *Hospital News*, a national health care news publication, is inviting nominations for its 6th Annual Nursing Hero Awards. Stories/letters can be submitted by patients or patients' family members, colleagues or managers. The deadline for submission is April 11th.

All nominations must include the following:

- Full name of the nurse
- Facility where he/she worked at the time
- Your contact information
- Your nursing hero story

Please email submissions to editor@hospitalnews.com or mail to Hospital News, 405 The West Mall, Suite 110, Etobicoke, ON, M9C 5J1.

Want to be the first to get updates on NHH 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!

Conversations: New Speakers' Series Draws Out Thoughtful Discussion Around Health Care Issues

Message from Board Chair John Hudson

On Thursday, February 24th, NHH—in partnership with the NHH Foundation—hosted a talk by Dr. Carolyn Tuohy, one of Canada's leading experts on health care policy.

The event, held at Cobourg's Victoria Hall, was the first in our new *Conversations* speakers' series aimed at encouraging discussion around issues pertinent to local health care.

The response to our first event was strong, with 65 attendees turning out to hear about and discuss the recommendations put forward by TD Economics to restrain health care cost growth and other options Dr. Tuohy feels we also need to consider if we are to retain the quality we enjoy today. For a copy of Dr. Tuohy's presentation, please go to nhh.ca.

Many thanks to the volunteers of the Foundation's Caring for Generations Society as well as local media for helping to spread the news about this exciting new series. Thanks as well to our sponsors, Osler, Hoskin & Harcourt, RBC and June and Michael Mackenzie, for their assistance.



Dr. Katherine McGilton

Occurring monthly through May, the series will be presented at different locations in both Cobourg and Port Hope. Our speaker this month will be **Dr. Katherine McGilton**, a Senior Scientist at Toronto Rehab and an expert in the field of geriatrics, particularly as it relates to nursing care in health facilities and the impact the nurse/patient relationship has on quality of life for seniors.

A former Career Scientist with the Ontario Ministry of Health and Long-Term Care, Dr. McGilton holds a PhD in Nursing from the University of Toronto. She will be at **Port Hope's LeVan Hall, at Trinity College School, on Tuesday, March 22nd**, to discuss what optimal care should look like for seniors in health care facilities and the research, educational and practice recommendations required to meet the mark.

For tickets (\$10 in advance, \$15 at the door) and details on other speakers coming soon, please visit the hospital website at nhh.ca or drop in to the Foundation office inside the Hospital's main entrance from 8:00 AM to 4:00 PM weekly, 1000 DePalma Drive, Cobourg.

It's your health care system. Why not join the Conversation?

Upcoming NHH Foundation Events

Gently Used Book Sale at Northumberland Mall
Saturday, March 26.

To donate, please contact Andrena Nicol at 905-373-0231

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

Upcoming NHH Auxiliary Events

Auxiliary Open House

Thursday, March 31, 2:00PM - 4:00PM & 5:00PM - 7:00PM, NHH Education Centre.

The NHH Auxiliary is hosting an Open House to engage new volunteers interested in supporting their existing services and activities and respond to new opportunities. Tours of the hospital will be offered, together with print information on the many and varied service opportunities. Come out and see how you can support others, and reward yourself!

Bowling for Bucks

Saturday, April 16, 1:00PM - 3:00PM, Northshore Lanes, Northumberland Mall. Combines fundraising with socializing for Auxiliary volunteers. Support a volunteer with a pledge, and come out to cheer them on!

For more information, please call the Auxiliary office at 905-372-6811, ext. 4630.