



## 15 seconds can prevent infections

Everyone plays an important role in preventing infections in the hospital – including visitors. That’s why visitors were the focus of *Stop! Clean Your Hands Day* on Monday, May 6th at Northumberland Hills Hospital when NHH’s infection prevention and control practitioner Denise Kearsley roamed the hospital asking visitors to take the “15-second challenge” to clean their hands using hand sanitizer.

“NHH has a very strong hand hygiene culture among staff. Our audits this past year show high compliance rates at 95 per cent,” says Myonne Allan, Director of Quality at NHH. “This year, we joined health care facilities around the world on May 6th to take the hand hygiene message outside the hospital. This is a great opportunity to remind our visitors that we ALL play an important part in keeping patients, staff and visitors safe from infections. The 15-second challenge is a fun way to go about that.”

Alcohol-based hand sanitizers are an effective way to safely remove germs when hands are not visibly soiled, but only if they are used properly. “Many do not realize that it takes a minimum of 15 seconds of vigorously rubbing your hands together to effectively remove germs,” said Allan. “This is key for anyone coming to visit patients at the hospital. Proper hand hygiene is the most important way to stop the spread of germs to patients and to your family members when you leave the hospital and go home,” she explains.

Hand sanitizer stations are available throughout NHH and visitors are reminded to wash their hands:

- when they enter the hospital;
- before going into a patient’s room;
- when they leave a patient’s room; and
- as they exit the hospital.

Every year, more than 220,000 incidents of health care-associated infections occur in Canada.

“Hand hygiene is a simple way for visitors to keep patients safe and stop the spread of germs,” says Allan. “It only takes 15 seconds!”



(L-R) Auxiliary Volunteer Paul Raven of Cobourg and visitor Steve Sutherland of Baltimore were happy to do their part for hand hygiene on Monday, May 6th. Shown with the visitors on STOP! Clean Your Hands Day are Denise Kearsley, NHH’s Infection Prevention and Control Practitioner and Myonne Allan, Director, Quality and Safety.

## Future MD and RN recognized with 2013 Health Professions Scholarships

The recipients of Northumberland Hills Hospital’s annual Health Professions Scholarships were announced at the Board’s May meeting early this month. **Katelyn Wallace** of Cobourg and **Jenna Dickson** of Grafton, Ontario were this year’s recipients. Both young women were recognized with cheques for \$1,000.

A graduate of Trinity College School in Port Hope, Jenna holds a Bachelor of Science degree with Honours from Acadia University in Wolfville, Nova Scotia and just completed her first year of Medicine at Queen’s University in Kingston. Katelyn is a graduate of St. Mary Catholic Secondary School in Cobourg. She’s pursuing a Bachelor of Science degree in Nursing at the University of Ontario Institute of Technology (UOIT) in Oshawa.

Introduced by NHH in 2003, the Scholarship Program has been recognizing local students for their academic achievements and community service for a decade. “By helping local students achieve their academic goals, we hope to encourage them to consider opportunities at NHH when the time comes to select an employer.” said Doug Mann, NHH Board Chair.

“We received 30 scholarship applications this year—our highest number yet—from a wide variety of very impressive applicants from right across our catchment area,” said Mann. “This year’s recipients demonstrated a very inspiring combination of intelligence, commitment and sense of community service. We congratulate them on their respective achievements and we wish them all the best as they work toward their goals.”

Applicants for the NHH Health Professions Scholarship must be enrolled or accepted for enrollment in a full-time study program. Full details, including the application form, are available on the Hospital’s website at [www.nhh.ca](http://www.nhh.ca). The deadline for applications for 2014 scholarships is February 15, 2014. For more information please contact Jennifer Gillard at 905-377-7757 or [jgillard@nhh.ca](mailto:jgillard@nhh.ca). Further background on the academic and community achievements of this year’s scholarship recipients will be found in the related news release at [www.nhh.ca](http://www.nhh.ca).



Jenna Dickson, one of two 2013 Health Professions Scholarship recipients, accepting her scholarship from NHH Board Chair Doug Mann on May 2nd, 2013.

## An important notice to our community about mammography services at Northumberland Hills Hospital

A new Cancer Care Ontario research study on mammography has found digital direct radiography (DR) and screen film to be more effective at detecting breast cancer than digital computed radiography (CR).

**Patients who come to NHH for mammography examinations can be confident that they are receiving the highest quality of care with the best technology currently available.**

Thanks to the support of generous donors in our community, Northumberland Hills Hospital’s Clay & Elaine Elliott Women’s Health Centre has been providing digital direct radiography (DR) mammography since February 2006. Prior to this, NHH used screen film technology. Digital computed radiography (CR) has never been offered at NHH.

To learn more about mammography services at NHH, including the Ontario Breast Screening Program (OBSP) service, please visit the Diagnostic Imaging area of our website under the Patients tab at [www.nhh.ca](http://www.nhh.ca).

OBSP is a province-wide initiative designed to ensure Ontario women receive the benefits of regular breast screening. Free of charge to eligible women between the ages of 50 and 74, the program is operated by Cancer Care Ontario (CCO) and funded by the Ontario Ministry of Health and Long-Term Care. No doctor’s requisition is required to access OBSP. Eligible women, including those without a local family physician, may self-refer. The program is offered in more than 150 locations throughout the province, including NHH.

Further information on the Cancer Care Ontario research study on mammography is available on Cancer Care Ontario’s website at [www.cancercare.on.ca](http://www.cancercare.on.ca). Local patients with questions or concerns regarding their mammograms are encouraged to contact NHH’s Mammography Department at 905-377-7795.

### Upcoming NHH Foundation events

#### Wednesday, May 29th – 7th Annual Northumberland’s Biggest Coffee Morning

Gather your friends, co-workers, neighbours or family together on May 29th (or any date that suits you best) and plan your party in support of Northumberland’s Biggest Coffee Morning. Register your party directly at [www.nhhcoffee.ca](http://www.nhhcoffee.ca).

This year’s event celebrates and honours the lives of three individuals who made a significant difference in our Communities; **Isabella Troop, Cheryl Fisher and Ron Templar.**



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