

Northumberland PACE talks resume – 2019/20 season of health and wellness talks set to launch Wednesday, September 18th

Now entering its fifth year, Northumberland's PACE speakers' series is set to launch its 2019/20 season of health and wellness talks on Wednesday, September 18th.

Inspired by the popular TED Talks, PACE (an acronym for Personalized Assessment and Change Education) aims to share information and spark discussion around a broad range of health and wellness topics that are top of mind with local audiences.

Initiated in 2015 by local IMCare internal medicine specialist Dr. Mukesh Bhargava (now Chief of Staff at Northumberland Hills Hospital), the series was expanded in the fall of 2018 to involve a larger planning group of local health-care partners with an interest in education and knowledge building around health and wellness. NHH, the Northumberland Hills Hospital Foundation, the Northumberland Family Health Team (NFHT) and the Community Health Centres of Northumberland (CHCN) joined Dr. Bhargava at the PACE planning table last year to build and expand the series, together with patient/caregiver representation from NHH's Patient and Family Advisory Council (PFAC). Access to the talks was also expanded through a unique collaboration with students at Loyalist College, who videotape most sessions for viewing via the speakers' series website, www.pacetalks.com. In September, 2019 Richards Printing joined the planning table, to support printing costs.

Lasting approximately one hour in length, the format for the free PACE events continues to be very simple: a monthly 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary.

"Our team will continue to collect topic and speaker ideas from session attendees and the community at large," said Dr. Bhargava, "and we will continue to observe the founding principles of PACE, namely:

- the speaker or speakers must speak for free (no honorarium);
- sponsorships will not be accepted (to avoid bias);
- there will be no solicitation at the events; and,
- our talks are offered as conversation starters, not individualized medical advice."



The 2019/20 PACE season will kick off on Wednesday, September 18th in the Port Hope location (99 Toronto Road) with Nurse Practitioner Karen Truter exploring the topic: "Understanding memory loss, prevention and treatment."

Please join the PACE partners for what is expected to be another season of lively discussion this month. Tickets are FREE, but must be reserved in advance in order to manage room occupancy. Sessions rotate monthly between the community education rooms at the Community Health Centres of Northumberland (99 Toronto Road, in Port Hope) and Northumberland Hills Hospital (1000 DePalma Drive, Cobourg). See www.pacetalks.com for details, a listing of the speaker line-up for 2019/20 and highlights from last season's talks. Questions? Contact Jennifer Gillard 905-377-7757 or jjillard@nhh.ca.

NHH in the news

Opioids in Northumberland is the title of an informative series of in-depth radio interviews conducted in recent weeks by Rob Washburn on local Northumberland 89.7 FM.

NHH was fortunate to be among the organizations invited to share their perspective. Catch the podcast of Rob's full series and his August 16th interview with Dr. Peter Barnett, Medical Chief of the NHH Emergency Department, and Jennifer Cox, Integrated Director of NHH's Community Mental Health Services here: <https://northumberland897.ca/consider-this-northumberland>.



Hospital welcomes three new Patient and Family Advisors



(L-R) Lisa van der Vinne, Barry McMahon and Alexis Smith have recently joined NHH's Patient and Family Advisory Council. Like the Advisors they join, they bring personal experience and a strong desire to help NHH work collaboratively with all the patients and families served.

Northumberland Hills Hospital's Patient and Family Advisory Council (PFAC) is growing. Following the latest open call for interest, three individuals accepted program opportunities aligned with their experience and interest and began their involvement with the Council last month.

Joining the Council are:

- **Lisa van der Vinne (Cobourg)** – Surgical Services;
- **Barry McMahon (Port Hope)** – Intensive Care Unit; and
- **Alexis Smith (Colborne)** – Baby Friendly Initiative/Maternal and Child Care.

Formed at NHH in December 2016, the Council's work has expanded steadily. Patient and Family Advisors are now active at NHH in three ways: as equal partners on all NHH's core program Quality and Practice Committees; on departmental assignments; and on special projects that are both corporate and PFAC-driven.

Guided in their work by a co-designed vision and purpose, NHH PFAC volunteers are a key part of decision making throughout the hospital, working with front-line staff, managers, physicians and the Board to continuously improve the experience of individuals who receive care at NHH, and their families.

With recent NHH experience ranging from surgical services to maternal/child care and caregiver support, the three newest PFAC volunteers are all looking forward to becoming more directly involved with staff, physicians and other patients and caregivers to continuously enhance the patient and family experience at NHH.

Asked what motivated him to apply for the Council, Barry McMahon stated simply: "I believe in volunteering." Having recently given birth at NHH, Alexis Smith wants to lend her experience to further enhance breastfeeding supports and services for new moms like herself, while Lisa van der Vinne hopes to use her surgical services experience to give back to the program and professionals who supported her and, by extension, the community.

"The PFAC is one way we are partnering with patients and caregivers to continuously enhance the quality of care we can provide," said Linda Davis, NHH President and CEO. "We're very grateful to the generous volunteers who have stepped forward to share their experience and their wisdom in this capacity."

Information on the Council will be found online in the Terms of Reference and Role Description located on the Patient and Family Advisory Council Page under the Patients tab of the hospital website: <https://nhh.ca/AboutNHH/Accountability/patient-and-family-advisory-council>. While calls for interest are issued when opportunities arise, expressions of interest are welcomed at any time. The Expression of Interest form will be found on the page linked above, together with biographies of all the Council volunteers.