



NORTHUMBERLAND HILLS HOSPITAL

NEWS RELEASE – FOR IMMEDIATE RELEASE

Registered Practical Nurse, Rehabilitation Assistant and Auxiliary volunteer presented with 2016 Gerontological Excellence Awards at NHH

NORTHUMBERLAND COUNTY, Thursday, September 1st, 2016—Northumberland Hills Hospital (NHH) recognizes staff members throughout the year for both personal and team accomplishments. At the latest staff forum held Thursday, September 1st, the winners of the hospital's Gerontological Excellence Awards were presented.

Now in its fourth year, the Gerontological Excellence Award ceremony celebrates individual achievements in the delivery of exceptional patient care for those over the age of 65.

NHH serves a catchment area of approximately 60,000 residents including the Municipality of Port Hope, the Town of Cobourg and the townships of Hamilton, Cramahe and Alnwick/Haldimand. In Cobourg alone the percentage of the population aged 65 and over was 26.5% in 2011, considerably older than both the national percentage of 14.8 and the provincial percentage of 14.6.* Looking ahead, that percentage is expected to continue to grow significantly throughout NHH's catchment.

In announcing the 2016 winners, President and CEO Linda Davis said: "Gerontology is not a department or a unit at NHH, it is a specialty we all own."

As such, nominations for the Gerontological Excellence Award are open to all staff members, underscoring the fact that every member of the team has a role to play in the quality of an older adult's hospital experience. Again this year nominations were accepted throughout the month of June, which Ontario has designated as Seniors' Month. A total of fourteen nominations were received, including a number of individuals who received multiple nominations. Also received was a nomination for one of NHH's Auxiliary volunteers.

"Our nominations had a very consistent theme this year," noted Davis, "and that is a commitment to truly patient-centred care which, as we know, is a concept and a philosophy driving many of Ontario's most recent health-care policies and our own strategic priorities here at NHH."

Of the nominees, three stood out for the extra mile they go every day to help NHH's older patients in their care. Recognized with 2016 Gerontological Excellence Awards are: **Tara Deline**, Registered Practical Nurse (RPN), **Sarah Cressey**, Rehabilitation Assistant, and NHH Auxiliary Volunteer **Bryan MacPherson**.

Nominated by several of her peers for her work in the post-acute area of the hospital known as Restorative Care, RPN **Tara Deline** is known for employing simple strategies that make a huge difference in the hospital stays of people with dementia and other chronic diseases.

"Patients and their families comment regularly in very positive ways about the quality of care Tara provides, and her special knowledge about the complexities of older adult nursing," said Davis. "She has become a natural leader in the implementation of our successful Assess and Restore

Intervention pilot, well known as one who is willing to take the time required with patients experiencing geriatric syndromes as well as with their families.”

The second award winner this year was **Sarah Cressey**, a Rehabilitation Assistant at NHH.

The specific qualities recognized by Sarah’s peers were her sensitivity to those with dementia and her assistance in helping to expand the application of gerontological best practices at the bedside.

“Sarah, you are patient and gentle and this is appreciated by your colleagues, particularly as it relates to your work with some of our more challenging and complex cases,” said Davis.

“Your peers recognize both your creativity in meeting the unique needs of older adults in ways that consistently keep your patients happy and comfortable, and—connected to this, I expect—the consistency you provide for those patients who are with us for longer stays, getting to know them, understanding their specific needs, and advocating for them daily.”

The third winner of a 2016 Gerontological Excellence Award is **Bryan MacPherson**, an NHH Auxiliary volunteer with the Hospital Elder Life Program (HELP).

A relatively recent addition to NHH’s recreational therapy program, HELP could not have been introduced or continued without the support of volunteers like Bryan.

“Older patients are vulnerable to the sometimes negative impacts of hospitalization,” noted Davis. “As a HELP volunteer, Bryan assists these patients in a way that prevents both delirium and functional decline. He does this on a volunteer basis, not one but two days a week. As the first Auxiliary recipient of an NHH Gerontological Excellence Award, we thank you, Bryan, for all you do for the patients we serve.”

Also thanked at the award presentation was Sarah Gibbens, NHH’s Geriatric Emergency Management nurse, and the driving force behind developing the idea for the event and promoting many other hospital initiatives that expand staff awareness of the needs of geriatric patients.

For more information please contact Jennifer Gillard at jgillard@nhh.ca or 905-377-7757.

**2011 Census, Statistics Canada*

About Northumberland Hills Hospital – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East Local Health Integration Network. For more information, please visit www.nhh.ca or follow us on Twitter [@NorHillsHosp](https://twitter.com/NorHillsHosp).

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