



Photo courtesy Estevan Lifestyles Publications

Heroic actions on Boundary Dam: Karleen Brasseur, Neil Meunier, Kelly Hodgens, Ryan Brasseur and dog, Copper, gather in front of the boat used to save the dog's life on Feb. 19 at Boundary Dam. Karleen, who is a payroll officer at St. Joseph's Hospital in Estevan, told Estevan's Lifestyles Magazine in its Feb. 24 issue that the whole incident began when they heard a dog crying. "We barreled down to our docks on the lake front, and as soon as we got down there, we saw this little brown spot, with its head in the water, and he was yelping a lot," she said. "The cries that dog was making were unbelievable." Copper, a collie belonging to Kelly Hodgens of Estevan, had broken through the water and was trying to climb out. The thin ice kept breaking. Another dog, Moses, a two-year-old St. Bernard owned by Hodgens' father John, had already fallen through the ice and drowned. Brasseur and Meunier used Brasseur's flat bottom boat, that turned out to have a hole in it, and paddled their way to the dog. Time was their biggest challenge, said Brasseur. They had child-sized life jackets aboard, but they didn't have time to return to the shore. Brasseur believes Copper would have perished if they arrived one or two minutes later. When they reached Copper, Meunier grabbed him by the neck and Brasseur lugged the dog into the boat. "The eyes were there, he was looking at me, but there was no movement in him," said Brasseur. "He was laid out and tired." Brasseur said she never realized how long the rescue effort took. They needed about an hour. "I thought we were speed demons, I thought we were paddling fast out there, but according to my son, who was waiting on the shoreline, it was the slowest thing he'd ever watched," said Brasseur. Copper needed a while to warm up, but has been reunited with his owner and is feeling better.

Long service award banquet



Sun Country Health Region's Long Service Award banquet will be held at **Prairie Place in Arcola** this year on **Friday, June 9**, with entertainment by **Brad Johner**. More than 120 long service award recipients will be honored. About 45 people are planning to retire and will also be honored at the event.

Invitations will be sent out to the award recipients at the beginning of April, with replies to be back mid-April. The posters and ticket sales will be going out to the facilities during the last week of April, first part of May.

Bright Lights

Mary Anne Schaffer, area manager for nutrition services in Tatagwa View, nominates Ken Skjonsby as this month's Bright Light.

"I have been approached by nursing staff with kudos for this fella for being a bright light in the resident's lives," she says. "He stops and talks and jokes with them, and sometimes sits with them when they're ill, on a volunteer basis."

"Ken is a very big hearted, kind, humble and positive individual and he should receive recognition from someone other than me," says Mary Anne. "He's awesome."

If you know someone who brings light into your workplace, please call Joanne Helmer, Communications Coordinator, at 842-8353 to nominate him/her.





Transfer and lift training: Instructor Loreen Wakefield shows Judy Kyrylchuk the proper technique to use to allow a safe and comfortable reposition in a chair for an elder. This training session on Feb. 23 at Tatagwa View is one of the region-wide sessions held during February and March.

TLR Training

Regional Instructor Cyndee Hoium and 40 other certified TLR trainers in the Sun Country Health Region are busy training and retraining all 2,200 in scope and out of scope employees in the region in proper lifting techniques this year.

The plan is to have everyone knowledgeable in the TLR (Transfer, Lift & Repositioning) techniques by Dec. 31, 2006.

Two types of training are being presented, depending on employee classification.

Hands on training is predominantly for employees who deal with patients, residents, clients (all nursing, EMS, lab, xray, etc). The training for new workers is eight hours of classroom time and hands-on training with lifts, etc

The second is "Object Moving" training. This is predominantly for employees who are not in direct contact with patients, residents, or clients (housekeeping, dietary, laundry, maintenance, office staff, clerical etc). The training provides four hours of classroom time and hands on training with objects (boxes, etc).

Cyndee Hoium can be reached at 458-2538, in Midale.

Specialist on self-injury to speak

An international specialist on self injury (or cutting) will speak at a conference in Weyburn this spring. Kaye Randall, a Social Worker from West Columbia, South Carolina, will speak at a one-day workshop at McKenna Hall, Weyburn on Friday, April 28th. Ms Randall is an international speaker on this topic and is co-author of the book, *See My Pain! Creative Strategies for Helping Young People Who Self-Injure*. She is a clinician who has worked with children and adolescents in both in-patient and out-patient settings. She is specialized in crisis intervention and counselling for victims of child abuse and neglect. The conference is sponsored by Sun Country Health Region's Mental Health Services. Participants to the workshop will learn about the types of self injurious behaviours, the contributing underlying factors, the self-injury cycle, and how to implement creative strategies in helping children and adolescents. This workshop is intended for counsellors, educators, and anyone working with and interested in helping youth. A free public presentation will be held at the Weyburn Comprehensive High School at 7 p.m. on Thursday, April 27 when Ms. Randall will speak to parents and adolescents concerned with this problem.

Promoting quality workplaces

A two-year research project funded by Health Canada and Saskatchewan Health to examine the use of research in the creation of quality work places is nearing the end of its work plan. The purpose of the study, which involved several staff members from Sun Country Health Region, was to examine the effectiveness of providing employees with increased participation in decision making in an organization where employees are experiencing job insecurity. A total of 807 employees working in six different companies were involved in the research. Job insecurity has been found to lower co-worker, work, and supervisor satisfaction and higher turnover intentions and work withdrawal behaviours. The study showed that employees with greater participative decision-making opportunities reported fewer negative consequences of job insecurity compared to those who didn't.

Job insecurity is often the result of organizational restructuring, reorganizations or downsizing and an increase in non-permanent, part-time or casual jobs. A conference to inform participants of the findings was held in December, with information available at: www.usask.ca/nursing/research/workplaces

Draft control plan for SESD's

(Safety Engineered Sharps Devices)
From SCHR and the Saskatchewan Department of Labour

New provincial regulations will be in effect by July 1, 2006 to reduce injuries from hollow bore needles that could be contaminated with specific types of human body fluids.

Employers will be required to ensure workers in the health care sector will be using needles with engineered sharps injury protection or needle devices. These requirements will be phased in by July 1, 2006. Employers were required to prepare an Exposure Control Plan by January 1, 2006, and by July 1, 2006, evaluate and purchase the devices and train staff how to properly use them.

The new regulations include consultation with Occupational Health & Safety committees in developing the plan, and consultation with workers who use the devices when doing evaluations and selections.

The newly amended Section 85, Exposure Control Plan from the Occupational Health & Safety Regulations will apply.

Sun Country Health Region's Workplace Health and Safety Manager, Shirley Thera, says the region implemented a regional SESD Committee in August. Representation included acute care, long term care, home care, laboratory, diagnostic imaging, EMS, public health, mental health, materials management, leadership, pharmacy and workplace health and safety. Other representation included rural, urban and SCHR affiliates.

The goals of the SCHR SESD Committee included, but are not limited to:

- Development of categories of SESD risk group of workers within SCHR (completed)
- Development of SCHR SESD Policies & Procedures (Completed)
- Inventory / review of present and new SESD's (ongoing)
- Development of geographic testing groups (ongoing)
- Development of specific Evaluation forms for workers & testing products with time frames for completion (completed)

- Development of time frames for SCHR SESD Exposure Plan (ongoing)
- Provide ongoing worker / OHS site Committee SESD information and education
- Liaise with SCHR Material Management department(s), SAHO, other Health Regions and Department of Labor – OHS Branch.
- Develop purchasing protocol for SESD's for SCHR (yet to complete)
- Development of training plans for workers in SCHR (yet to come)

SCHR's draft plan has been distributed to representatives of the:

- SCHR SESD Regional Committee
- SCHR OHS Committees
- SCHR Leadership Committee
- SCHR Unions (CUPE, HSAS, SUN)
- SAHO

New Policies

LP-02-20-10: Management of Complaints and Concerns
LP-02-30-00: REVISED AND RE-NAMED - Managing Patient Safety Reports.

E-00-05: Smoke and Tobacco Free Environment

IM-00-00: Confidentiality
IM-35-10-00: Individual Access
IM-35-15-15: Disclosure to Law Enforcement Agencies

CHS-05-05: Regional Palliative Program Admission Process

HR-00-20: Orientation Program for Employees
HR-10-20: Protocol for facilities Without RN/RPN on Site
HR-20-00: Abuse of Client/Patient/Resident
HR-35-00: Terms and Conditions for Out-of-Scope Employees
HR-35-05: Compensation for Non-union Employees
HR-50-55-05: Needle and Other Sharp Safe Devices
HR-50-55-10: Training for Use of Needle and Other Sharp Safe Devices

IPC-00-10-00: General Nursing Procedures and Practices
IPC-00-10-80: Nurse Escorts
IPC-00-10-19: Catheterization
IPC-00-10-60: Seaching a Patient's Belongings
IPC-00-35-15: Tracheal Suctioning
IPC-00-35-35: Phlebotomy
IPC-00-35-50: Gastric Lavage
IPC-10-00-95: Use of Sengstaken-Blakemore Tube
IPC-45-10-25: REVISED: Transfer of LTC Resident Information Between Regional Facilities: refer to Procedure: #7 (c) added to policy.
IPC-55-20-10: Dopamine Infusion Protocol
IPC-55-20-75: Diprivan Protocol

For a complete listing of all policies check the index in the policy folder on the R: drive.



Employee Recognition Teas

Teas will be held in each of the regional facilities between May 1-18 to recognize employees of Sun Country Health Region for 5, 10 or 15 years of continuous service.

A tea to honour volunteers at Weyburn General Hospital, Weyburn Special Care Home and Tatagwa View will be held on Tuesday, April 25 between 1:30 - 3:30 p.m. at Weyburn Special Care Home.



The Dave Galloway CQI Award

The winner of the second annual Dave Galloway Award is the "Traveling with the Towel" quality improvement initiative between the Estevan Regional Nursing Home and St. Joseph's Hospital.

"Traveling with the Towel" traced the steps that occur from the time a towel is used, washed and returned to the resident. The same process was followed for personal laundry. This method allowed the staff to examine potential and real problems and to look for solutions. Solutions and plans were discussed and many of the ideas generated by staff are now being implemented.

Employees at every level were involved and it was evident that there was a shared desire to make laundry services better.

"This is a wonderful example of how an organization can make meaningful and sustainable quality improvements," says Mark Pettitt, Regional Director of CQI.

The award will be presented this spring.

May conference for volunteer managers

Sun Country Health Region will host the Annual Saskatchewan Health Care Volunteer Managers Association 2006 Annual Conference at Kenosee Lake in the beautiful Moose Mountain Provincial Park.

The conference will be held Tuesday and Wednesday, May 9-10, 2006.

This is an opportunity for Volunteer Coordinator/Managers/Directors from across the province to network together. Volunteers are a valuable human resource requiring and warranting support and training through a volunteer management program.

SHCVMA is a provincial health care organization dedicated to providing and maintaining a supportive network for the managers of volunteers.

The group is an active association with representation from every health region. Members promote the impact of volunteer services and the profession of volunteer management.

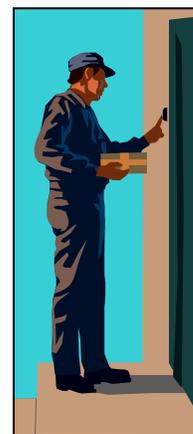
For more information on the conference, please contact any of the Volunteer Coordinators of Sun Country Health Region:

Dana Fowler (Wawota & Kipling)
739-2306 (dfowler@schr.sk.ca)

Ruth Meadows (Carlyle)
453-2319 (rmeadows@schr.sk.ca)

Corrine Eberts (Redvers)
452-3553 (ceberts@schr.sk.ca)

Val Borgen (Weyburn)
842-6870 (vborgen@schr.sk.ca)



Got a Spare Half Hour?

Volunteer Meals-on-Wheels drivers are needed to deliver meals to Home Care Clients in Weyburn.

Please contact **Val Borgen** at 842-6870 for more information.

Working in Sun Country Health Region

Director of Facilities Murray Goeres announces that **Barbara Tomilin** is the newly appointed manager of the Coronach Health Centre, effective March 6, 2006. Barbara was previously the Nursing Administrator of the Norquay Health Centre, a 35 bed acute and long term care facility. Since relocating to Coronach, Barbara has been working at the Moose Jaw Union Hospital and as the Long Term Care Manager at Rockglen. She will work three days/ week in Coronach and two days/ week in Rockglen.

Murray Goeres also announced that **Kelly Beattie** has been appointed Manager of Health Services for the Willowdale Lodge Care Home, on a part time basis. She also has accepted the added responsibility as the Aboriginal Coordinator for Sun Country Health Region.

Marga Cugnet, Vice President of Primary and Integrated Care, announces that **Gale Pryznyk** has been selected Regional Director of Primary Care and Rehabilitation, effective March 20. Marga said Gale comes with a varied background, including Manager of Therapies and Team Facilitator for Primary Care.

Addiction Services is happy to announce the addition of **Mike Szabo**, who accepted a half-time permanent position to provide clinical and educational services. He will focus primarily on youth in the Estevan area. Mike can be reached by contacting the Addiction Services office in Weyburn at 842-8693.

SIAS student **Ashley Haines** will spend eight weeks in the information management departments at Weyburn General Hospital and Weyburn Mental Health in March-April. Ashley entered the information management field after her aunt noticed an advertisement in the paper and told Ashley there is a shortage of Health Information Management professionals. Ashley discovered vast career opportunities with Health Information Management. For further information regarding the Health Information Management program or Health Information Management as a career choice, please contact Krista Bostock, Lisa Folk or Susan Torgunrud.

Sherry Kjersem joined the SCHR Health Information Management team on March 13. She will work in the Weyburn Mental Health - Health Information Management Department as a temporary full time Medical Transcriptionist for the next few months. Sherry has a wealth of medical transcription experience and is a former employee of the Regina Qu'Appelle Health Region.

Don't forget!

The Saskatchewan Association of Licensed Practical Nurses will hold their 49th conference and annual general meeting at the Tropical Inn in North Battleford on Wednesday and Thursday, April 5-6.

HealthLine
1-877-800-0002

Remember! HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care. HealthLine can help you decide whether you should treat your own symptoms, go to a clinic, wait to see your doctor, or go to a hospital emergency room.

The Green Pages are Here!



Look in your new 2006 SaskTel Telephone book for the **Green Pages**.

Sun Country Health Region has published a **Health Care Services Guide** in the 2006 SaskTel phone book, **right behind the blue pages**. Look us up!

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