



Riding the Big Bike: Employees of Sun Country Health Region rode the Big Bike to raise money for the Heart and Stroke Foundation this summer. In the back row, from left are Mark Pettitt, Shaun Ortman, Dale Rodenbush. In the middle row are Janice Giroux, Corrie Schultz, Rhonda Pingert, Stephanie Kerr, Pat Kessler, Juana Hernandez, and Wilf Roesch. In the front row are Pam Klein, Jan Betterton, Lenna Schmidt, Shirley Wheeler, and Jeannette MacInnis.



Flowers at Weyburn General Hospital: From left to right, Tana Augey, Chantelle Lizuk and Dawn Maurer, staff at WGH, enjoy looking after the flower bed this summer.

The Bright Lights Award!

Mary Anne Schaffer, Area Manager for Nutrition Services, presents the award this month to facility managers in the region who have jumped on board with the flax trial. "We appreciate the time and effort it takes of the facility managers and their staff to get on board with this trial," she says. The trial evaluates the effectiveness of milled, roasted flax on the bowel habits of identified elderly in long-term care in Sun Country Health Region. Flax contains both soluble and insoluble fibres as well as the omega-3 fatty acids. Mary Anne says it is beneficial not only to a healthy bowel, but to lowering lipid levels and supporting heart health.

New documentation policy for professionals in the Region

Dianne Green, Quality of Care Coordinator for Sun Country Health Region announces the following policy has been authorized and placed on the R drive for implementation:

IM-25-05: Guidelines for Documentation.

This policy is effective now. However, for programs that are required to implement significant changes to their present documentation processes, total implementation of this policy is expected by **September 15, 2006**.

Keep those hands washed!

By Michelle Luscombe,
Infection Control Nurse

In Sun Country Health Region, our hand hygiene initiatives began in 2003. With the implementation of a new Infection Control Program, we realized we needed to begin with the basics and promote handwashing in our Health Region.

All health care facilities in our Health Region have installed alcohol hand gel units at the entrances to the facility, as well down the patient wings, to allow for easier use among staff and visitors.



We have developed self sticking handwashing signs which are distributed by our Public Health Inspectors to all health regulated facilities in our Region for use in public washrooms.

Public Health Inspectors and Public Health Nurses provide handwashing education sessions using "Glow Germ Kits" for food handlers, staff, and students in our schools. The Infection Control Nurses review the handwashing techniques with SCHR facility staff on an annual basis, as well as providing other infection control education.

We are in the process of purchasing Infection Control Stations, as part of a CQI (Quality of Care Initiative), where supplies such as paper tissues, masks, alcohol hand rub containers and the latest up-to-date infection control information would be available to patients, staff and visitors to use and read.

Managers learn the ins and outs of new PIP program



Facility managers for the 25 acute and long term care facilities operated by Sun Country Health Region attended a training session in Weyburn in June to learn about Saskatchewan Health's new drug plan data base called PIP.

The Pharmaceutical Information Program, PIP, will be expanded to all emergency rooms, pharmacies, long term care homes and prescriber's' offices in Saskatchewan in the future. The program is intended to help to ensure that individuals and their health care providers have the information needed to make the best health care decisions by ensuring that doctors, pharmacists, dentists, optometrists, nurse practitioners, know all the medications a person is taking. The intention is to avoid making drug therapy decisions based on incomplete information.

PIP will ensure that authorized health care professionals will have access to confidential records that show all of the prescribed and dispensed medications of people registered with SaskHealth.

Computer trainer Helen Engel of Regina, from the Health Information Solutions Centre which provides the secure Internet site where records will be stored, told the Sun Country Health Region managers they will have access to the records as part of the admission process to their facilities. Every facility will decide who in that facility will have access to the PIP records, said Helen.

SaskHealth's privacy officer was consulted in creating the program. The program is subject to the rules of the Health Information Protection Act (HIPA). With some exceptions, that means all individuals whose records are stored can ask for information about their drug profile and can restrict access to it with no reason given. The SaskHealth web site says "while there are many benefits to the Pharmaceutical Information Program, we recognize that some people may not be comfortable with the electronic sharing of their personal health information. Residents may choose a masking option (request that prescription information be hidden from view). Individuals who may choose this option should call 1-800-667-1672 for more information. A downloadable [Request to Mask form](#) is available. Disclosure of PIP information will only be allowed if permitted or required by law (e.g. search warrant, legal proceedings). There are exceptions to the closed profile, noted Helen. Those include:
With consent: At any time, you may give your health care provider (such as your physician or pharmacist) consent to view your masked medication profile. This authorization can be time-limited (such as a specified number of days or months) or indefinite.
In an emergency, when the person is unable to provide consent: This would allow a health care provider to access the history in an emergency, such as if the person is unconscious or unable to provide consent due to their illness. The information could be life-saving in these circumstances.

Dangerous use of prescription drugs: A [list of drug categories](#) has been developed in consultation with the regulatory bodies that license physicians and pharmacists. Health care providers may unmask a profile when considering prescribing or dispensing one of these drugs, because there is potential for harm if these drugs are used inappropriately. If a facility loses computer hardware through theft, fire or another circumstance, there is no security risk to the information in PIP. All of a patient's drug profile information is stored in highly secure servers in the custody and control of Saskatchewan Health, so that

only authorized users can look at the information and/or print a copy of the information for their files. The actual data is not stored on the lost equipment. SaskHealth says the database is well protected by using industry standard technical, administrative and physical safeguards, which ensures only authorized users who have a need to know may access the centrally stored system.

New Vice President appointed

Chief Executive Officer Cal Tant announces the appointment of Ken Adams as the Vice President of Finance and Corporate Services of the Sun Country Regional Health Authority, effective Monday, Sept. 11, 2006. Cal says the Region is very fortunate to be able to recruit a candidate with Ken's education and experience. He has most recently been the acting Regional Director, North Region for the Ministry of Health and Long Term Care, Thunder Bay and Sudbury, Ontario as well as the Assistant Regional Director since 2000. From 1994 to 2000, he was the Vice President of Operations for the South Central Health District, in Weyburn, Saskatchewan.
Welcome back, Ken!

Change at Redvers Health Centre

Murray Goeres, Director of Rural Facilities, announces that Laurel Charles will provide administrative coverage one day each week in at Redvers Health Centre, effective, August 11. Myrna Peterson, Manager of Health Services, Redvers will be away on extended leave. Laurel can also be contacted at Wawota 739-2400. If you are unable to contact her, Murray can be reached at 842-8706 (office).

Continuous Quality Improvement (CQI) Initiatives in the Region

Disclosure Guidelines

Sun Country Health Region approved a policy LP-02-30-10: Disclosure Guidelines stating that adverse health events are disclosed to patients/residents/clients and their families. An **Adverse Event** is defined as “an unexpected and undesired incident directly associated with the care or services provided to the patient.” Legally, disclosure is considered to be a continuation of the informed consent process and ethically, when done with care, disclosure can bolster public confidence in the health care system. We ask that Health Care provider communicate and share complete and unbiased information with patients and families in ways that are affirming and useful. We believe in the statement, “Nothing about me, without me.”

Saskatchewan

Chronic Disease Collaborative

Sun Country Health Region is part of the Saskatchewan Chronic Disease Management (CDM) Collaborative working with the Health Quality Council to make significant improvements in managing coronary artery disease and diabetes care in the province and also to improve access to physicians. The collaborative will take on a learn-by-doing approach that supports implementation of best evidence. It will bring together practitioners from various disciplines and sites to share knowledge, test ideas and accelerate change by spreading information about what works well in clinical practice.

We are pleased that Dr. Vino Padayachee, Chief of Staff, is the Clinical Chair for the Collaborative.

Tracking the Trail

The Environment CQI Team has started a CQI initiative that will review each step from the time there is a need for a service from the Maintenance Department until the work is completed. Once all the steps have been identified, the team will begin to look at potential and real problems and then look for solutions. If this sounds familiar, it is the same process that the “Traveling with the Towel” initiative used with great success. We will await the team’s results with much anticipation.

Best Practice

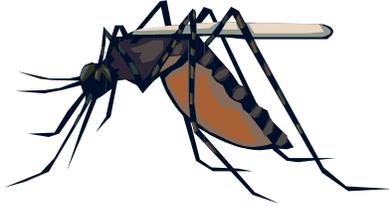
The staff at the Lampman Community Health Centre recently completed a Best Practice Initiative to improve medication administration processes and to eliminate medication errors. They researched information from the Institute for Safe Medication Practices, the Canadian Nurses Protective Society and the Standards for the Management of Medications by Registered Nurses in Saskatchewan. Nurses studied their current process and made decisions for improvements. They determined that the most important rule is: *Follow the 5 R principles- right patient, right medication, right dose, right time and right route.*

Rapid Response Teams

This project is near completion. Best practice guidelines have been studied and clinical pathways developed to easily identify warning signs of a decline in health. There will be education sessions for physicians and nursing staff.

Dispute Resolution Workshop is to be presented to the Positive Workplace Group at the Weyburn General Hospital and other staff who were not able to attend in the past. The goals are to improve and change attitudes and behaviours, to develop healthier work environments, and to improve working relationships.

WNV spray program in Estevan was successful



The Medical Health Officer of Sun Country Health Region says an ultra-low volume spray program conducted in the City of Estevan on Monday, Aug. 7 was successful in reducing the number of adult mosquitoes infected with West Nile Virus in that city.

Dr. Shauna Hudson said the spray operation reduced the number of *Culex Tarsalis* mosquitoes in mosquito traps regularly checked by the Public Health Department all over the province. *Culex Tarsalis* is the species primarily responsible for the transmission of WNV to humans.

After the spray, only one positive pool of mosquitoes was found in the City of Estevan after the spray treatment, she said.

The spray program was the result of a dramatic increase in the number of mosquitoes in the surveillance traps in the City of Estevan infected with WNV.

The indicators showed the risk of human infection was dramatically increasing in one of the hottest, driest areas of the province.

Dr. Hudson reminds residents in the entire Sun Country Health Region that emergency spraying of adult mosquitoes is a last resort.

"The risk is still there in Estevan and elsewhere in the province," she said.

"The use of mosquito spray with Deet and reduction of mosquito habitats around your home will continue to be important throughout the Region as long as the hot weather lasts," she said.

"The few mosquitoes that are apparent in many areas will have a high rate of WNV

infection for at least a few more weeks," she said.

Dr. Hudson said the Public Health Department is investigating one human case of West Nile Virus in the Region. The individual is doing well, showing mild symptoms, she said.

New Addictions Counsellor in Kipling

Karen Floyd is the new Addiction Counsellor at Kipling Memorial Health Centre, as of August 15. She can be reached at 736-2363.

Garry Tedford, coordinator of Addiction Services for Sun Country Health Region sends best wishes to outgoing counsellor Donna Kattler, who is moving to Regina Qu'Appelle Addiction Services in Regina.

Welcome Karen!

2006 Annual Report released

Sun Country Health Region has released its Annual Report for 2005-06. The report outlines milestones in health programs and provides the financial statements for the organization's fourth year as a Region.

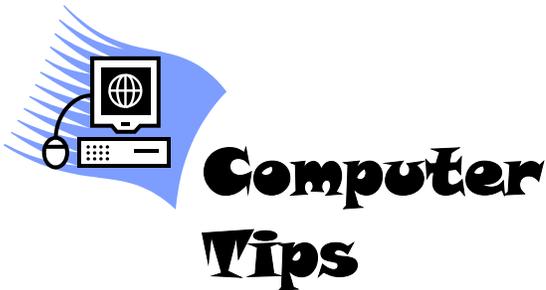
"The RHA is proud to report that for the fourth straight year the Sun Country Health Region has maintained the current level of programs and services for most clients, while working toward improving some services and still managing to achieve a balanced budget," said Chief Executive Officer Calvin Tant.

"The demand for capital dollars for our facilities, and the need to raise funds from the communities for capital expenditures, will continue to be stressed in the Region in future years," said Cal.

The report shows that Sun Country Health Region serves a population of about 55,000 people with 28 facilities and 17 public health programs.

Information gathered for the report indicates the population of the Region and the Region's staff is older than the provincial average and more likely to live in rural areas outside of the two cities in the Region.

Sun Country Health Region will post a copy of the 2006 annual report on its web site at <http://www.suncountry.sk.ca/>.

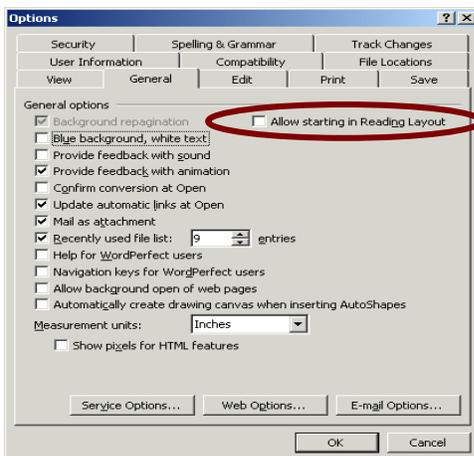


Help Desk

- 8700 on VOIP system (Tatagwa View, CHSB – Weyburn)
- 842-8700 for Weyburn
- Toll Free: 1-888-316-7446 – outside of Weyburn

Word

1. When opening word documents from the Outlook program, Word opens up in "Reading Layout." To turn this function off, follow this procedure:

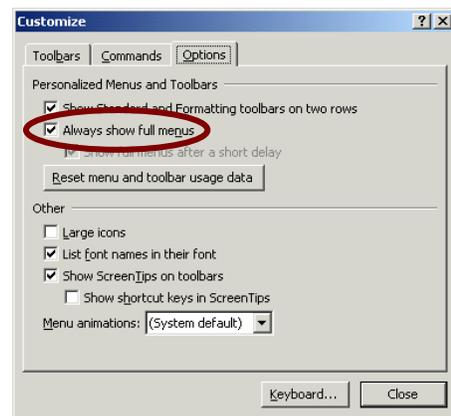


- Open Word
- on the top toolbar, click **tools | options**

- The options dialog box will open
- click on the **General** tab
- On top right hand side click on 'Allow starting in Reading Layout' to un-check box.
- Click close to close the dialog box.

2. To make drop down menus drop down with full menus: (this applies to all MS Office applications)

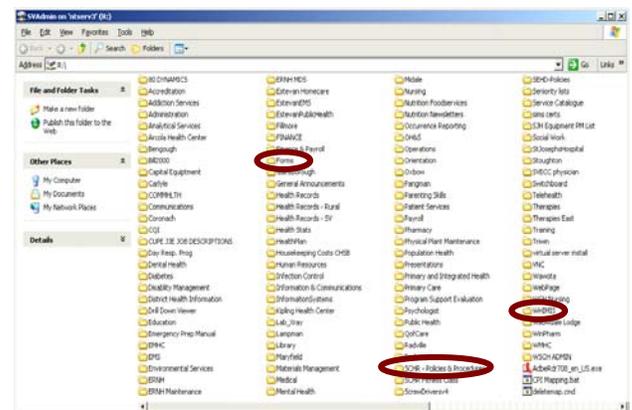
- click **tools | customize**
- click the **options** tab
- click on 'Always show full menus' to put a check mark in the box.



- Click close to close the dialog box.

Regional Documents

Folders containing Policies and Procedures, Forms, and the WHIMIS Manual, can all be found on the Sun Country Health Region's R: Drive.



Inspirational Speaker coming to the Region

All caregivers in the health care field in Sun Country Health Region have been invited to listen to nurse and professor Beth Perry talk about **Burnout, Rustout or Shine** at one of two sessions in September.

Beth has practiced in cancer care and palliative care at the bedside. She will speak in the conference room at Tatagwa View on Thursday, Sept. 14 at 1330-1500 and 1930-2100.

Please mark the date on your calendars and plan to attend.

Beth's attendance is sponsored by the Weyburn General Hospital Positive Workplace Group.

**Please call me with information
about the activities
in your workplace!**

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