



Winter in Southern Saskatchewan:

The winter weather wasn't typical in the first days of the new year, but the late winter sunrise will be familiar to any resident of the southeast.

New coordinator hired for parent program

Sun Country Regional Health Authority has hired a new coordinator to support the Parent Mentoring Program.

Laurie Kleppe-Snelling, a social worker for 15 years, will pair up interested parents with voluntary mentors and provide information for parents, professionals and groups in the area who might be interested either in receiving the parenting assistance, or working as mentors.

The Parent Mentoring Program, based on a provincial model, is intended to enhance and increase the success of pregnancy, child health, development and parental life choices for anyone who is parenting a young child. "Studies suggest that caregivers (parents, grandparents, family members) who receive mentoring support gain enhanced self-confidence, parenting skills, and ultimately require less long term help from child and family based services," says Laurie.

"We expect the program to increase parenting knowledge and abilities, continuing education, obtaining employment, learning to access community services, and make responsible and appropriate use of medical services," she says.

"The program is parent-driven and offers practical help," she says.

"Parents tell us what their needs are and we help them meet them meet their goals. This makes us very flexible. Our activities vary greatly from one parent to another."

The program also fills some gaps in existing programs, she says.

"It assists people with limited parenting experience by offering support and resources to those who are struggling with challenging life situations but where serious problems haven't arisen. Prior to this program there was no help for them."

It also provides an opportunity for volunteers interested in mentoring parents and strengthening families, she says.

The program will provide support and practical assistance to people who are pregnant and/or parenting a child to five years of age. Caregivers are matched with appropriate volunteer mentors for a period of one year or more, says Laurie.

Mentors provide support, role modelling, information, practical assistance, and friendship to caregivers. These services take place in the home or community at a time that is convenient to the mentor and parent.

Laurie says the Parent Mentoring Program is based on the provincial government's Successful Mothers Support Program, as outlined in its 1999 Early Childhood Development Framework.

The framework takes a Population Health approach, looking at building a comprehensive continuum of services and supports to meet the needs of families of young children at various levels of psychosocial and other risks.

The Parent Mentoring Program is part of the continuum of services identified in the framework as necessary in communities to deal with families of moderate psychosocial risk through a volunteer mentor home visiting program, she says.

Please contact Laurie at Sun Country Health Region, Community Health Services Building, 900 Saskatchewan, Drive; Weyburn SK S4H 2Z9 Phone: 306-842-8668 Fax: 306-842-8692 email: lkleppe@schr.sk.ca



Ask the CEO

Question: What is Sun Country Regional Health Authority (SCRHA) doing to fill all these empty jobs?

Answer: Our Human Resources Department advertises all the new and existing job vacancies every week in the facilities and on our website at <http://www.suncountry.sk.ca/> SCRHA also posts the hard to recruit positions on a new SaskHealth website at <http://healthcareersinsask.ca/Careers/index.aspx> and has placed ads in local and daily newspapers, as well as magazines/newsletters for our professional bodies.

SCRHA offers educational bursaries to encourage students to work for us after they have completed their education.

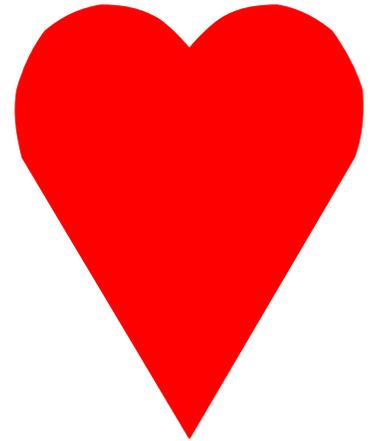
We attend trade fairs at universities in and out of the province and support precepting/interning students in most facilities, services and departments in SCHRA.

SCRHA is hiring a full time Recruitment and Retention manager. We also are planning a major advertising campaign to market the benefits of living and working in Sun Country Health Region.

We are also developing a new and innovative retention strategy to show we value the employees we already have and help us keep them.

February is:

Heart and Stroke Month



Stroke and Transient Ischemic Attack (TIA) Secondary Prevention Project – a subcommittee of the Estevan Primary Health Care Team

As part of the Primary Health Care initiative, Sun Country Regional Health Authority developed Stroke and Transient Ischemic Attack (TIA) guidelines (i.e. *Stroke Screen, Stroke Assessment/Documentation Record and Stroke Protocol*), providing emergency personnel or emergency room staff with a standardized step-by-step guideline to assist with the process of managing emergencies related to strokes or TIAs.

The Stroke and TIA subcommittee is waiting for final approval before these guidelines can be implemented.

A stroke is an injury to a part of the brain. The primary cause of a brain injury related to a stroke is due to an interruption of blood supply to the brain. The blood supply can be cut off because the vessel burst or is blocked. Without a supply of blood, the brain does not get oxygen and nutrients it needs.

Permanent damage will result if the blood supply is cut off for more than a few hours. The brain controls many things, such as how we feel, behave, talk, think, and walk.

The way a person is affected by a stroke depends on which area of the brain has been damaged, how serious the damage is, and the person's health and age.

Some common effects of a stroke are paralysis, vision problems, aphasia (the person has difficulty in using or understanding language or the person's ability to speak, read, or write has been affected), perceptual challenges (the person is unable to recognize familiar object or know how to use them), being tired, depressed, emotional responses may be exaggerated or inappropriate, memory challenges, and changes in personality.

A Transient Ischemic Attack or TIA is a mini-stroke caused by a temporary blockage of a blood vessel. The TIA leaves no permanent damage.

In about 10 per cent of cases, a TIA comes before a stroke. So a TIA can be a very important warning sign that a person may be about to have a stroke. They should **never** be ignored. By getting prompt medical attention, people who have a TIA may be able to reduce the risk of a full-blown stroke.

There are risk factors related to strokes and TIAs; these factors may be something in the person's physical condition or lifestyle that increases the chance of developing a medical condition such as a stroke, which may include age, gender, ethnic background, and a family history of stroke or TIA.

You can change some risk factors and others you cannot, such as your ethnic background or family history.

But some factors that you can change are lifestyle choices, such as stop smoking, eating a proper diet, increasing your physical activity, reducing your alcohol intake and reducing stress or better management of health conditions (e.g. high blood pressure).

The *Stroke Screen, Assessment/Documentation Record and Stroke Alert Protocol* assists health care providers to follow a standardized process of assessing and screening clients who are potentially having a stroke or TIA.

These guidelines are templates of what needs to be done when patients present with signs and symptoms of a stroke.

So, initially the Emergency Medical Service (Ambulance Personnel) or Emergency Room Staff complete a *Stroke Screen* which guides staff through the emergency care decision-making process and triage for strokes and TIAs; and from that staff determines the most appropriate course of action, using the *Stroke Alert Protocol*, which may include transferring patients to the nearest, most appropriate medical facility.

A *Stroke Assessment/Documentation Record* form is completed, providing more in-depth information to the receiving hospital and staff.

The optimal goal of these guidelines is to enhance care and ensure appropriate services are accessed in a timely manner, maximizing the person's ability to recover and function independently post stroke and minimizing the potential impact and severity of the stroke.

For more information, please call the Primary Health Care Team: Gale Pryznyk, Regional Director of Primary Health and Rehabilitation, Sun Country Regional Health Authority at 637-2460 or gpryznyk@schr.sk.ca (at the end of February)

or Wanda Miller PHC Team Development Facilitator, Sun Country Health Region, Box 5000-200, 1174 Nicholson Rd. Estevan, SK. S4A 2V6, Phone: (306) 637-2464, Fax: (306) 637-2485
email: wmiller@schr.sk.ca



IM Pharmasave Series (KTHR)

"It's Your Heart -

*CUTTING OUT
the leading cause of
cardiovascular disease
by BUTTING OUT
your cigarette"*

Kelly Wizniak, BSP, CDE

Time: Thursday, Feb. 22, 1900 to 2300 hours.

Location: Open to All Sites

Call **Telehealth Coordinator Mary Deren** at 842-8605 or Email mderen@schr.sk.ca (Regional) or Melodie at 637-2421 or email mbrodziak@schr.sk.ca (Estevan) or call Dianna or Bev at 736-2553 (Kipling).

NEW FORMS on the R Drive

The following are newly developed or revised **forms** that can be found on the R drive. However they are temporarily only accessible from the **Forms Master Index**. This icon is located on the bottom right corner of the first screen, **FORMS**. For those forms marked "**revised**/" Please **remove all old forms** and print the newly updated ones as listed below. – From Dianne Green, Quality of Care Coordinator, Sun Country Health Region, 637-3642

NUR-Gen-Acute-019: Trauma Alert Glasgow Card

NUR-Gen-Acute-020: Trauma Alert Glasgow Posters

NUR-Gen-Acute-021: Trauma Report Form

NUR-Gen-Acute-022: Trauma Response Evaluation

NUR-Gen-Acute-023: Trauma Case Debriefing

NUR-HC006(a): Medication Teaching Checklist-for 8 1/2 x11 paper (revised)

NUR-HC006(b): Medication Teaching Checklist-for 11x17 paper (revised)

PHYSICIAN-014: PRN Orders for Long Term Care Residents

PHYSICIAN-015: Protocol for Bowel Care

ELP-PRO.Death-015: Pronouncement of Death

FIN-003 Travel Expense-Non Mileage- Revised effective October 1, 2006 (revised)

PHC-ABI-001: Outreach Teams Consent for Release of Information (revised)

PHC-ABI-002: Acquired Brain Injury Program Referral (revised)

HR-0002: Travel Expense- vehicle- (revised)



Followup at Bengough Health Centre:

Elaine Tendler tries out the wobble board during followup assessments for Sun Country Regional Health Authority's popular Active 8 Program just before Christmas. The Region's physical activity coordinator, Corrie Schultz, answered questions about the program and new equipment the staff has purchased.

The lighter side:

ZEN SARCASM

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either. In fact, just leave me the hell alone.
2. The journey of a thousand miles begins with a broken fan belt and a leaky tire.
3. It's always darkest before dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.
4. Don't be irreplaceable. If you can't be replaced, you can't be promoted.
5. Always remember that you're unique. Just like everyone else.
- 6.. Never test the depth of the water with both feet.
7. If you think nobody cares if you're alive, try missing a couple of car payments.

From:

<http://www.humormatters.com/jokeof.htm>

ERNH hosts pancake supper

By Debbie Dunbar,
Estevan Regional Nursing Home

Estevan Regional Nursing Home hosted a pancake supper for the staff and residents last fall. The Quality Workplace Initiative Committee or QWIC as it's known, organized the event, however it was the staff and managers who made it the success it was. Staff and managers volunteered to cook pancakes, serve, entertain and clean up.

The pancake supper was served at 5 p.m. which the residents thoroughly enjoyed.

Entertainment opened with music performed by Earl Douglas on violin and Eileen

Roche on her accordion.



New Staff for SCRHA

Kim Murray is the new Director of Finance for the Border Line Housing Corporation. Kim comes to Border-Line Housing after many years with the Gainsborough Credit Union and then the Prairie Pride Credit Union. Kim also has her Health Care Administration Long Term Care Certificate. She can be reached by e-mail at kmurray@schr.sk.ca or by calling (306) 482 -3424.

Tips for Healthy Living

How much physical activity do we need?

The National Health Service in Scotland says in order to achieve an active lifestyle, adults

should accumulate (build up) at least 30 minutes of moderate physical activity most days of the week. Children should accumulate (build up) at least 1 hour or more of moderate physical activity most days of the week.

It needn't all be done in one go though! Physical activity can be built up over time. By developing an active lifestyle piece by piece, the small chunks of moderate activity achieved throughout the day, over time, will add up to a more active, healthier lifestyle.

It's important to remember that the kind of effort involved in sports such as hockey or football, or the effort involved in running for a bus is not required to gain the health benefits. Many people really like expending this kind of effort, and may even enjoy it, but for people who are not as active as they would like to be, thinking that physical activity means getting sweaty and working hard can often put them off.

Remember that we should actually be invigorated by our activity rather than tired by it! The effort we need to put in to gain health benefits is the same as the feeling we have when we are walking briskly.

Moderate activity is the equivalent of brisk walk-

ing. Moderate intensity physical activity should feel comfortable, and should not lead to injury. If physical activity is painful then it's likely you're overdoing it and may need to reduce the intensity and possibly the frequency of the activity.

Frequency = how often you are physically active.

Intensity = the level at which the activity is maintained and how hard you think it feels.

Duration = length of time you spend being physically active.

A combination of frequency, intensity and duration can be used as a guide to monitor levels of physical activity.

Go to <http://www.healthyliving.gov.uk/> for pages and pages of more tips.

Help children develop speech and language skills

1. **Talk** to your child about everything. Children need a lot of verbal stimulation from infancy on. Play games with sounds and words. Your children pick up most of their vocabulary from you.
2. **Listen** to your child and expand on his/her language. Use well-formed sentences that are a little longer than his/hers. Use new vocabulary. For instance, if your child says "Truck broke," you can say "The truck is broken."
3. **Read** to your child frequently. Talk about pictures and situations in books. Your child learns new vocabulary, concepts and the patterns of language from listening. Read cereal boxes, signs, everything. Use the library and make reading a part of your daily home life.

4. **Play** games with your child. (S)he can learn coordination, how to follow rules, how to communicate with other and new concepts.
5. **Play** hospital, zoo, store, barber shop, restaurant or airport. Use puppets. These activities develop creativity and help your child learn about life situations.
6. **Classify.** Help your child make scrapbooks or sort things so (s)he will learn concepts of colour, size, matching, comparison and so forth.
7. **Provide** new experiences. Take field trips, make things, cook, do science experiments. Involve your child in daily activities. Talk about all of these.
8. **Use** television to its best advantage. Limit its use to good programming and spend more time in family interactions.
9. **Make** language and speech fun for your child. Reinforce his/her attempts and offer praise.
10. **Don't** allow other family members to tease, make fun of, imitate or label your child's speech and language attempts.

Please call a speech language pathologist in Sun Country Regional Health Authority if you have any questions or concerns. For more information about your child's speech and language, please contact:

1. Leah Petersen
Speech Language Pathologist,
Weyburn Community Services Building
900 Saskatchewan Drive
Box 2003
Weyburn, SK.
842-8684
or email: Petersen, Leah SCHR

2. Robin Sinclair
Speech Language Pathologist
St. Joseph's Hospital in Estevan
1175 Nicholson Rd. S4A 2V6
637-3646
Email: Sinclair, Robin SCHR

A Health Quality Champion

From the Health Quality Council
QReview
January 2007

In each issue of *QReview*, we profile individuals and teams who are leading the way to better, safer health care in Saskatchewan and abroad. In this issue, we introduce you to Mark Pettitt, regional director of CQI (Continuous Quality Improvement) and Strategic Planning for Sun Country Health Region. A member of the province's Quality Improvement Network, Mark has been in his current position for the past four years. Before that he worked for 10 years as a Registered Dietitian, in clinical nutrition, food service management, and public health nutrition.



Q - How did previous jobs prepare you for your current post?

A - As a dietitian, our profession is continuously working on quality improvement. We work with both outcomes and processes. This is similar to the field of quality improvement. The patients we help use outcome indicators to gauge how they are doing and where improvements need to be made. Food services is a small system within the larger health care system; it is made up of many processes that affect the system. A lot of the quality improvement work focuses on system improvements and system processes.

Q - What brings you the most joy in your quality improvement work?

A - Seeing and hearing about the stories that make a real difference in patients' lives.

Q - What is your QI vision for Sun Country? Where is your region headed, in terms of improving quality of patient care? What opportunities lie ahead? Any hurdles?

A - My QI vision is that someone who receives care in Sun Country can expect to receive the best evidence-based care known at that time. If the evidence tells us that someone living with heart disease needs to be on specific medications, then it should not matter if you live in Sun Country or receive services from the Mayo Clinic, the care should be the same. We are looking at ways to engage the direct care and support staff in quality improvement. It is clear to me that staff who have contact with our patients, residents, and clients in providing or supporting care have a much greater impact on quality improvement than someone like me. They are the key to our success. One opportunity to engage them is around patient safety, which our region has identified as a priority. We are exploring ways of involving patients as we move forward in this area. One goal is to have every staff member in Sun Country become a champion for patient safety. The challenges we face in human resources will be our biggest hurdle in accomplishing our goals for quality improvement. Without the right people in place, it becomes difficult to work on improving the care provided.

Q - What QI initiatives are currently underway in Sun Country?

A - We are partnering with the Health Quality Council on many initiatives. We have also hosted pilot sites for projects improving drug management of seniors living in long-term care and improving wound care, which we are looking forward to rolling out to the entire region. Sun Country has developed clinical pathway guidelines for staff and physicians to use for asthma, back pain, cardiovascular conditions (chest pain and congestive heart failure), croup, diabetes, gastroenteritis in children, pulmonary edema, and stroke. On a continual basis, our long-term care facilities review their residents' medications against the Beers criteria to try to reduce the number of harmful or inappropriate medications they are on. Medication reconciliation is being addressed by

our pharmacists in conjunction with several of our CQI Teams.

Q. - What QI accomplishments in your region are you most proud of and why?

A - I am most proud of the hard work and dedication of our staff in trying to improve quality of care. The passion and desire is there. We just need to create the environment for good things to happen. During the Wound Protocol Pilot Project, there were a few monumental successes in healing wounds that greatly improved the quality of life for the patients and also left staff with a resounding sense of accomplishment that they had made a difference.

Q - Do you have any improvement/change mentors?

A - When I look around the province of Saskatchewan and see all the great work being done in health care, there are so many mentors, so many great stories, and so much passion for making things better. I was fortunate to travel to the Institute for Healthcare Improvement's National Forum in December 2006. Among the 5,500 attendees, by chance, I met Don Berwick. He is such an inspiration to health care and has been one of the keys in transforming quality improvement from a fringe movement to something that we strive for everyday. It was great to meet him in person.

Q - What are your favorite QI resources (tools, articles, books, web sites)?

A - I have to say that the Quality Improvement Toolbook and guides from the Health Quality Council have been an invaluable resource. They are very practical and can help a team walk through a project.

Q - What has been your biggest "aha" or epiphany thus far in QI?

A - It is the small things that make the big difference. Washing hands to help prevent MRSA, following a simple protocol to improve wound healing, involving staff to help find solutions to a problem, or removing certain medications from ward stock. It is not rocket science.

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Smoke and Tobacco-Free Environment Policy postponed

Sun Country Regional Health Authority (SCRHA) has postponed implementation of the second phase of its

Smoke and Tobacco-Free Environment Policy

to May 1, 2007, from the original date of Feb. 1, 2007.

On May 1, the no smoking policy will be extended to all smoking on all SCRHA property. More information will be released soon.

The key concerns are to protect the health of staff, residents, patients, and visitors and enforcement of a consistent policy across the Region.

National Non-Smoking Week

from January 21-27

The Canadian Council for Tobacco's theme for this week is Work, live, play . . . even better smoke-free.

The benefits of stopping:

Within 8 hours:

carbon monoxide level drops in your body oxygen level in your blood increases to normal;

Within 48 hours:

your chances of having a heart attack start to go down
sense of smell and taste begin to improve;

Within 72 hours:

bronchial tubes relax making breathing easier

lung capacity increases;

Within 2 weeks to 3 months

circulation improves lung functioning increases up to 30 per cent.

Have you taken the In Partnership Aboriginal Awareness Training?

If you answered "YES" we need you!
Infinity Consulting is currently conducting an evaluation of the In Partnership Aboriginal Awareness Program. We are seeking past training participants for a brief interview (approximately 30 minutes) to share your thoughts about your training experience.

Confidentiality is guaranteed!

Your experience will assist us in gaining a better understanding of the effectiveness of the program, its strengths, weaknesses and future training needs.

No names will be used!

Participation is completely voluntary. In appreciation of your time and effort you will receive a \$10 gift card for participating.

If you are interested, please contact:

Carrie Bourassa
at Infinity Consulting:
Toll Free: 1.866.213.8759
E-mail: infinityconsulting@sasktel.net
Deadline is February 28, 2007
We look forward
to your participation!

Sleepless in Saskatchewan

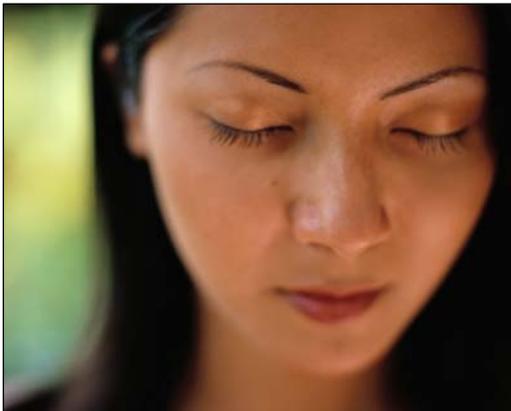
The Agriculture Health and Safety Network at the University of Saskatchewan along with the Farm Stress Line, Saskatchewan Agriculture and Food have partnered with

various RM's across Saskatchewan to facilitate evening "Sleepless in Saskatchewan" workshops.

A workshop has been scheduled for Estevan February 7th, 2007. The location will be announced later.

Jon Shearer, a sleep specialist will facilitate the workshops with his ability to captivate, inform and entertain an audience. Please contact

the RM of Swift Current for information at (306)



634-2222.

The tour objective is to address the impact stress and sleep deprivation are having on the Saskatchewan population. Sleepless in Saskatchewan is targeting rural municipal leaders, farmers, agricultural workers, health care professionals, government personnel, shift workers, and public service providers.

These community leaders will be encouraged to take the workshop information that they have learned and use it within their own discipline as well as share with friends, neighbors, colleagues, and community members.

Sleepless in Saskatchewan is open to all people in the area that will benefit from better understanding of:

- The dynamics of sleep
- Reducing stress and fatigue
- Managing shift work and extended hours
- Easy, inexpensive way to make sleep make work more effectively.

More details can be found at

<http://www.cchsa-ccssma.usask.ca/rhep/sleepless.php>.

Consultant wants to talk with you

Dave Yarmish, a Human Resources Consultant hired by Sun Country Regional Health Authority to develop a marketing plan for us, has visited various facilities over the past couple of months to speak with staff members and individuals from various communities.

"Dave is here to assist us with the creation of a new recruitment/retention strategy, which will include the development of an enhanced organizational image to help us fill those many vacant positions we advertise each week," says Chief Executive Officer Cal Tant.

Cal invites all employees to call Dave or drop him a note with your thoughts as he helps us to work on these two key issues for our Region. "He is very approachable and will welcome a chat or comment from you as part of this important work," says Cal.

Dave will be located on the second floor in Tagtagwa View facility, Weyburn. He can be reached by telephone at 842-8651, by email at dyarmish@shaw.ca or by interoffice mail

Nurse receives recognition

Betty Metzler, a Public Health Nurse with Sun Country Regional Health Authority, received a certificate of appreciation and gift before Christmas from the Acting Dean, College of Nursing, at the University of Saskatchewan in Saskatoon.

The recognition from Joan E. Sawatzky was sent in appreciation of Betty's willingness to serve at least three times as a Preceptor for the fourth year practicum course in the Nursing Education Program (NEPS).

