



Capital Health Intranet: <http://cdhaintra/> **January 18, 2008** Call Human Resources toll free at 1-866-473-5757

Capital Health is about healthy people and healthy communities. It is about bringing individuals together, uniting institutions, working in partnership with the people it serves. It is about treating you when you are sick, and helping you stay well. And at its heart, Capital Health stands for warmth, caring and optimism – a community striving together for better health.

In this issue:

[How do Our Promise and our tobacco policy connect?](#)

[Action Learning and Our Promise](#)

[Share your story](#)

[Belief in United Way results in record donations](#)

[Workplace health cause for celebration](#)

[Nominate now!](#)

[Spiritual Care research helps patients with cancer explore their experience](#)

[A mother's perspective on organ and tissue donation](#)

[Chris Power as Celine Dion?](#)

[Capital Health's 15-seat vans now off the road](#)

[Celebrating our people](#)

[Official launch to the Weekend to End Breast Cancer](#)

[Head for the Hills 2008](#)

[Rehabilitation Program special grant applications](#)

[Veterans re-name floors of their home](#)

[Benefit program renewal](#)

[Food Services discount for payroll deduction to be discontinued](#)

[Room 4017 Victoria no longer available for meetings](#)

Capital Health's response to PHSOR recommendations

Message from Chris Power, president and CEO



Capital Health is pleased to accept the recommendations presented in the Public Health Services Operational Review (PHSOR) report. Some of the recommendations have already been implemented, many are underway, most will be started later this year and a few will need further consideration and consultation.

As shown by [Our Promise](#), Capital Health recognizes the need for more than a mere change in the organization of services. We can only transform when we change the underlying premise of what we do.

We're moving toward a day when we are about more than treating illness or fixing body parts. We are embracing the belief that we can create the conditions to support people in changing behaviour to realize good health. We will still provide outstanding care to those who are ill, but it will be in the context of helping people achieve their optimal levels of physical, mental, emotional and spiritual health.

This transformation involves many: citizens, patients, staff, physicians, volunteers and community members. We are coming together to realize the fullness of being healthy from the beginning of life to the end of life; at work, at home or at play.

These PHSOR recommendations validate Capital Health's commitment to transformation and will help us put visionary words into operational practice. They will help by ensuring:

- capital facilities and equipment are in place,
- fiscal resources are used wisely,
- staff are respected,
- staff are given the tools needed to offer the best care possible,
- citizens are supported in becoming and staying healthy,
- we have adequate information to support our decisions,

- our role as a teaching institution continues to provide value to Nova Scotians and
- our processes are sound, are evaluated and are peer-reviewed regularly.

Above all, PHSOR puts Nova Scotians on a path toward a healthier future. Transformation of our health system will help lead us there.

For more details about the PHSOR report, [click here](#).

[\(Back to top\)](#)

How do Our Promise and our tobacco policy connect?

By Margaret Angus, editor, *Capital Health Update*

“People are smoking on our property. Capital Health needs to enforce our no smoking policy.”

This week, in response to our call for Our Promise stories, someone anonymously left me a voicemail with this message. It made me stop and think: How many times has each of us heard (or spoken) a variation of these words?

In May 2003, we made a commitment to ban smoking in our facilities and on our grounds. We made this decision for our health and the health of our patients, clients and community. In the years since, we’ve created campaigns to keep this message visible. Our security staff have worked diligently to try to enforce the policy.

So why do people continue to smoke on our grounds? Because *we* – you and I – haven’t owned the problem. It’s not that the problem doesn’t affect us. In fact, many of us have sighed in frustration or muttered under our breath, wondering why someone else wasn’t addressing the issue.

But how many of us have stopped to tell someone politely that smoking is not allowed on our grounds? If all of us made the commitment to take this small (albeit uncomfortable) step, people who smoke would be less likely to light up on our premises.

Our Promise calls on us to look beyond blame for our individual role in creating solutions. How can we – you and I – address the issue?

We want to hear your ideas for how we can work together to ensure our grounds are smoke-free. Visit www.ourpromise.ca to share your thoughts.

[\(Back to top\)](#)

Action Learning and Our Promise

Our Promise invites us to put aside pre-conceived beliefs and be learners. Action Learning asks us to let go of what we *think* the problem is and dig deeper.

Our Promise tells us we don’t come to solutions by only looking at one perspective. Action Learning brings together diverse views and experiences, giving us a bigger picture from which to make decisions.

The Veterans’ Services team knows the power of Action Learning. They formed an Action Learning team to address medication administration issues.

“Action Learning helped us get past our impulse to say, “This is the problem. Let’s just fix it and move on,” says **Elsie Rolls**, director, Veterans’ Services. “We had made that mistake before with this issue and it turned out we hadn’t addressed the real problem.”

With nurses from all areas, a psychologist, a pharmacy manager, a nurse educator, a health services manager, Elsie, and Candy, a director at St. Vincent’s Guest Home, and a neutral facilitator and coach, this Action Learning team was able to look at the issue from all sides, and come up with appropriate solutions.

“We were very fortunate to have Candy Allison from St. Vincent’s Guest Home on our team,” shares Elsie. “She introduced us to their medication administration system, and provided us with a bigger picture perspective. She benefited from the experience as well, as she took some of our ideas back to St. Vincent’s.”

If you think your team could benefit from Action Learning, contact **Jane Bate-Bourgeois** at 473-8473 or jane.bate-bourgeois@cdha.nshealth.ca or [click here](#) for more information.

[\(Back to top\)](#)

Share your story

“Something is happening in the power and practice of story: In the midst of overwhelming noise and distraction, the voice of story is calling us to remember our true selves.” Christina Baldwin, author of Storycatcher

Sharing our stories with one another is one way we can enhance people-centred care at Capital Health. It can also help us come to know and understand each other better. On Feb. 6, please come and share your story. Or come and listen.

What: A day of storytelling with master storytellers and facilitators Christina Baldwin and Ann Linnea

Who: Anyone (Staff, patients, clients, community members)

When: Feb. 6, 8:30 a.m. to 4:30 p.m.

Where: Holiday Inn, Robie Street, Halifax

RSVP to: Dawn Burstall at dawn.burstall@cdha.nshealth.ca or 473-3263

[\(Back to top\)](#)

Belief in United Way results in record donations

Capital Health believed. Together, we raised \$156,000 for the 52 local agencies that provide food, housing and education - essential supports for a healthy life.

With 1,200 employees donating to surpass our goal of \$152,000, this year’s campaign was our most successful yet.

“The success of this year’s campaign is thanks to the enthusiasm and commitment of our United Way canvassers, campaign leaders and donors,” says **Elsie Rolls**, campaign co-chair, along with **Peter Bonner**. “Many thanks also to **Chris Power**, CEO, and **Barbara Hall**, VP, Community, for supporting the campaign.”

Do you believe?

Peter and Elsie believe so strongly in United Way that they've agreed to co-chair the campaign again next year. They're looking for one or two other believers to join them as co-chairs in 2008, and to chair the campaign in 2009. If you're interested in learning more about this opportunity, please contact Elsie at 473-6359 or Peter at 473-7076.

[\(Back to top\)](#)

Workplace health cause for celebration

Hants Community Hospital will soon add a treadmill to their facility's exercise equipment for staff.

Eastern Shore Memorial Hospital will turn a former outdoor smoking area into a relaxing, shaded garden space where staff can take a break.

The departments of Cardiology and Cardiovascular surgery will set out on a virtual walk across Canada this spring.

All of these initiatives to create a healthy workplace are possible thanks to this year's Workplace Health Promotion Grants. On Jan. 16, grant recipients and members of the Capital Health team gathered to celebrate this investment in workplace health.

Chris Power, president and CEO, noted how closely the workplace health promotion grants are aligned with the philosophy of Our Promise. She pointed to the importance of looking after ourselves so we can look after our patients. "This program is all about the wellbeing of our people. Since the grant program began in 2002, we have funded almost 300 projects at a value of more than \$420,000."

To learn more about the work of the Healthy Workplace Council this year, read their 2007 annual report, attached.

For a complete list of grant recipients, [click here](#).

[\(Back to top\)](#)

Nominate now!

Faithful readers know that a number of awards with upcoming deadlines were listed in last week's *Capital Health Update*.

It doesn't stop there; the opportunities for recognition keep growing. Here are two more:

Excellence in Licensed Practical Nurse Awards

The College of Licensed Practical Nurses of Nova Scotia (CLPNNS) promotes two awards to recognize individual Licensed Practical Nurses (LPN) within Nova Scotia. Both submission deadlines are Feb. 28.

For more information see www.clpnns.ca or e-mail info@clpnns.ca.

- **Excellence in Practice Award:** This recognizes a LPN for his or her outstanding ability to provide quality patient care. This person demonstrates a contribution to their profession and the role of the College of Licenses Practical Nurses of Nova Scotia.
- **Excellence in Mentorship/Preceptorship Award:** This recognizes a LPN for his or her outstanding ability to provide guidance and support to colleagues and students. This person has contributed to the teaching and learning of colleagues and students.

The 2008 Thérèse Casgrain Volunteer Award (Feb. 1 deadline)

Resources and Social Development Canada is accepting nominations for the 2008 Thérèse Casgrain Volunteer Award. The award is presented annually to two Canadians, one man and one woman. It recognizes volunteers from communities across Canada. Award recipients are individuals whose social commitment and persistent efforts have contributed significantly to the advancement of a social cause and the well-being of their fellow Canadians. To learn more about the award and to download nomination forms, please [click here](#).

Susan MacLeod in Marketing and Communications is available to assist with any nomination submission. Please contact her at 473-7225 or susanj.macleod@cdha.nshealth.

[\(Back to top\)](#)

Spiritual Care research helps patients with cancer explore their experience

Patients living with cancer depend on us for our expertise in diagnosing and treating their illness. But it is the patients themselves who are the experts in living with the disease. Through a unique research project, Spiritual Care will help patients explore this experience.

David Maginley, chaplain for Cancer Care, is leading the study, which will engage patients in a meditative practice called Tonglen. The practice invites individuals to breathe in their distress and pain, and breathe out compassion and kindness for themselves and others facing similar pain.

“Tonglen can be a very effective tool for patients with cancer, often decreasing distress and pain,” says David.

David will capture the impact of Tonglen practice by recording patients’ responses to open-ended questions and looking for themes.

“Spiritual Care deals with all facets of a person’s experience. It’s about meaning, purpose and belonging, and it’s difficult to button those things down. The questions we ask are intended to allow patient’s to explore their experience more deeply.”

[\(Back to top\)](#)

Learning and leading

David’s study is the first to explore the use of Tonglen with patients living with cancer.

In addition, the study is the first direct-patient care study Spiritual Care has undertaken.

Congratulations on this research milestone!

A mother’s perspective on organ and tissue donation

My name is **Denice Klavano**. I am the single parent of five kids, none of whom are in jail...yet. That tells you how low the bar is set at my house. I used to say if I could keep them “Out of the papers, out of the jail and out of the morgue” it was a pretty good day.

I have worked in Transplant Services for four years. In Transplant Services, we are truly humbled by the gift of donation and treat this legacy with the utmost respect and dignity. It is the little things we do – washing the face and hands of our donors – that made me think about their lives and their families. How their families would never be able to hug them again, the empty chair at the kitchen table, how they would be missed. And I always cried.

I always admired the people who, in the midst of their grief, made the decision to donate. They were my heroes.

In one of those terrible ironies of life, I too became faced with that decision. While I don't feel particularly heroic, I do want to share my story in the hope that you too, will support donation...

Please join me on Jan. 22 at noon in the Royal Bank Theatre and allow me the privilege of sharing my story.

[\(Back to top\)](#)

Chris Power as Celine Dion?

As president and CEO of Capital Health, **Chris Power** is helping Capital Health move towards being a world-leading, people-centred haven for health, healing and learning. But can she dance in six-inch heels? On Feb. 9, we'll find out! Chris will be strutting her stuff as Celine Dion at A Different Stage of Mind in support of the Mental Health Foundation of Nova Scotia.

For as little as \$1, we all can support Chris earn the coveted 'Legend in My Own Mind' trophy. To buy a ballot, visit any of the QEII retail shops or the Business Development Office (room 1122) at the Halifax Infirmary. Tickets will be available at more retail outlets next week. Stay tuned to *Capital Health Update* for details.

Help Chris support the one in five Nova Scotians who suffer from Mental Health issues. For more information please [click here](#).

[\(Back to top\)](#)

Capital Health's 15-seat vans now off the road

Capital Health has removed the 15-seat vans we own from use. These are the vans similar to the one involved in the recent tragic crash in Bathurst.

Marty Townsend, director, Materials Management, is also advising people to not to rent them for work purposes. "I believe that it is prudent to discontinue using these types of vehicles," said Marty.

Norman Wiegers, manager, Materials Management, can provide information on alternatives to these vans. You can contact him at 473-6828 or norman.weigers@cdha.nshealth.ca.

[Back to top](#)

Celebrating our people

The Porter Services Department was saddened by the sudden passing of **Steve Evans** on Jan. 10. Steve made many friends throughout the organization as a porter, mail clerk and stores clerk. He was well known for his skill in quilt-making and was always willing to show off his latest project. Steve will be deeply missed by all his friends and co-workers.

The Accreditation Panel for Doctoral and Internship Programmes in Professional Psychology recently notified the QEII Pre-doctoral Internship in Clinical Psychology that their accreditation has been extended to 2011. Congratulations to all those involved in the program, led by **Maureen Gorman**.

Congratulations to **Eugene Smith**, who takes on the newly created position of quality co-ordinator, Department of Pathology and Laboratory Medicine.

Eugene comes to this position with many years experience as a medical laboratory technologist, most recently as supervisor of Laboratory Services, Dartmouth General Hospital. Eugene also chaired the departmental Canadian Council on Health Services Accreditation (CCHSA) committee in preparation for its review in November 2007.

Eugene is the 2007 recipient of the AH Shearer Pride of Profession Award presented by the Canadian Society for Medical Laboratory Science, recognizing technologists who demonstrate professional pride through their leadership and commitment to excellence in the practice of medical laboratory science.

Eugene will be leading the Department of Pathology and Laboratory Medicine's Accreditation team in its first laboratory accreditation in 2008.

Congratulations to **Harold Taylor**, who takes on the position of health services manager, Eastern Shore Memorial Hospital and Duncan MacMillan Nursing Home. Harold has been serving in this role on an interim basis since June. Harold comes from Human Resources (HR), where he has worked since 1995, most recently as a senior HR consultant.

Congratulations to **Judy McKay**, who has accepted the position of health services manager, Medical/Surgical Intensive Care Unit and Dermatology and Immunology.

Congratulations to **Marilyn Cipak** on her new position as health services manager at Twin Oaks Memorial Hospital. The Food and Nutrition Services team wishes Marilyn all the best in her new role!

Congratulations to **Terri Billard**, who takes on the position of manager, District Food Services on Feb. 4. Food and Nutrition Services will be recruiting to fill Terri's former position as manager of Central Distribution.

Congratulations to **Mimi Lopez**, who is retiring from Health Information Services. Give Mimi your best wishes at a retirement tea on Jan. 31 from 1 p.m. to 3 p.m. in room 6-015 Halifax Infirmary.

Rachel Green, library technician at the Halifax Infirmary, is retiring. Her last day of work will be Jan. 31. Some people will know Rachel from when she worked in the library at the old Infirmary and others will know Rachel in her current role as the "go to" person for journal subscriptions. Rachel has worked in the hospital system for 29 years. Please send Rachel your best wishes by calling 473-3458 or e-mailing rachel.green@cdha.nshealth.ca.

[Back to top](#)

Official launch to the Weekend to End Breast Cancer

On Monday evening, more than 130 people gathered to launch the Weekend to End Breast Cancer benefiting the IWK and the QEII.



Chris Power, president and CEO, Capital Health; and Anne McGuire, president and CEO, IWK Health Centre Anne McGuire, brought greetings and shared their support for the event, as did **Sherry Porter**, vice-chair of the QEII Foundation Board of Trustees. Sherry and her husband Doug recently participated in the Toronto weekend.

Others shared personal stories, making the launch an inspiring start to a local movement to end breast cancer.

During one amazing weekend, Aug. 15 to 17, you could join women and men of Halifax to walk 60 kilometres and make a real difference. The money raised will benefit the IWK and the QEII to fund breast cancer research, treatment and care. Register today at www.endcancer.ca and make a commitment to this worthwhile cause!

[\(Back to top\)](#)

Head for the Hills 2008

Head for the Hills 2008 is fast approaching. Entering its 15th year, Head for the Hills has become a fun-filled annual event for the QEII Foundation. This year's event will raise money for the new Cardiac Catherization Lab for the QEII Health Sciences Centre.

Want to sign up?

Head for the Hills organizers hope to have 400 participants for the Feb. 8 event. To participate, you must have at least \$250 in pledges. This year, it's easier than ever with online pledge capabilities.

To register as a team or individual, please contact **Janine Forsey** at 473-3329 or janine.forsey@qc2-hsc.ns.ca visit www.headforthehills.ca. With a variety of prizes you won't want to miss the incentives for both individual and team pledge earners!

[\(Back to top\)](#)

Rehabilitation Program special grant applications

The QEII Foundation invites interested applicants to apply for grants from the Rehabilitation Program Endowment Fund. Individuals who work in the Rehabilitation Program at the Nova Scotia Rehabilitation Centre site are eligible to apply.

Grants will be considered for initiatives in three categories: clinical, education and research. The deadline for submissions is Feb. 1. Application forms and eligibility guidelines are available through **Karen LeBrun**, room 211, Nova Scotia Rehab Centre and can be downloaded by visiting the QEII Foundation website at www.qe2foundation.ca.

[\(Back to top\)](#)

Veterans re-name floors of their home

For 175 Veterans, the Veterans' Memorial Building (VMB) is home. To create a more home-like atmosphere Veterans, family members and staff have renamed the floors of the facility.

"We've posted signs with the name of each floor and a picture to help Veterans remember their floor," explains **Elsie Rolls**, director, Veterans' Services.

For those visiting the VMB, you'll notice the following newly named floors:

V3W – Cedar Crest

V4 - Eastwood and Westwood

V5 - Garrison East and Garrison West

V6 - Jubilee East and Jubilee West

Benefit program renewal

The annual renewal of the Capital Health Benefit Program (Life, Dependent Life, Accidental Death and Dismemberment, Medical, Travel and Dental benefits) has been completed and is detailed in the attached document. **Please note:** Your pay dated Feb. 14 will reflect the renewal rate changes to our Group Insurance Program.

[\(Back to top\)](#)

Food Services discount for payroll deduction to be discontinued

The payroll deduction plan introduced by Food Services in 2005 included a 5 per cent discount to customers at the QEII as an enticement to enrol in the program. This program is now well established so this offer will be discontinued as of March 1.

[\(Back to top\)](#)

Room 4017 Victoria no longer available for meetings

Room 4017 of the Victoria Building is being converted into a clinic room and construction begins Jan. 18. Therefore, it will no longer be available for meetings.

[\(Back to top\)](#)

Capital Health in the news

- Several media outlets report the release of the Provincial Health Services Operational Review. For more details, read "[Capital Health's response to PHSOR recommendations.](#)"
- On Jan. 15, CBC's *Mainstreet* discusses the launch of the province's anti-gambling campaign. **Elizabeth Stephen**, Addiction Prevention and Treatment Services, was one of the guests on the program.

[\(Back to top\)](#)

Send in your comments and story ideas

NOTE: Please send items (no longer than 250 words) to capitalnews@cdha.nshealth.ca or by interoffice mail to **Margaret Angus**, Bethune Building, Room 365, VG site, QEII, Halifax, NS, B3H 2Y9, telephone 473-2726 or fax 473-4183. The editor reserves the right to edit for content, clarity and length.

Capital Health Happenings

What's ahead...

1. Challenging Care Needs Network – Information sessions
2. Drumming - Come and see with Dr. B
3. Family Caregiving: Surviving and Thriving
4. Building a Better Tomorrow – January to April schedule available
5. The Ethics of Mental Health: A film series
6. Psychologically Healthy Workplace Conference
7. Cobequid Foundation Valentine Gala
8. Sink or Swim: Diving into Clinical Trials
9. Capital Health 2008 Annual Bowling Tournament
10. Foundation lottery winners

1. Challenging Care Needs Network – Information sessions

Some client situations present challenges to our clinical services and require unique and creative combinations of supports. That's why the "Challenging Care Needs Network" has been formed and sponsored by Leadershift Enabling Team (LET) to create internal support for Capital Health's services and staff. To find out more about this network, please attend an upcoming information session. The schedule of sessions is attached.

2. Drumming - Come and see with Dr. B

Master drummer Henry Bishop (Dr. B) will hold a Come and See session for anyone wanting to know more about jembe drumming. Jan. 21, noon to 1 p.m. in the Bethune Ballroom. There'll be drums there for you try. No experience necessary. Fees for the upcoming 10 lessons are subsidized by a Healthy Workplace Grant and will be \$25. The cost of a drum is approximately \$200. Rental options are also available. Please contact **Susan MacLeod** at 473-7225 or susanj.macleod@cdha.nshealth.ca for more information.

3. Family Caregiving: Surviving and Thriving

The Nova Scotia Community College offers a four-week program on Saturday mornings from Jan. 26 to Feb. 16. This course is designed for family caregivers or those who may become caregivers. For more information, [click here](#).

4. Building a Better Tomorrow – January to April schedule available

If you're interested in signing up for a Building a Better Tomorrow session (Understanding Primary Health Care, Team Building, Conflict Resolution, Building Community Relationships, Facilitating Adult Learning, or Program Planning and Evaluation), [click here](#) for more information and a schedule of sessions.

5. The Ethics of Mental Health: A film series

Novel Tech Ethics (Dept. of Bioethics, Faculty of Medicine, Dalhousie University) hosts a four-part film series starting Jan. 21. View topical films and ask questions afterwards to patient representatives and a panel of professionals with expertise in bioethics, psychiatry, psychology, mental and public health. For the film schedule, please visit the [Intranet/Announcements and Events](#).

6. Psychologically Healthy Workplace Conference

On Feb. 7 and 8, the CN Centre for Occupational Health and Safety, the Association of Psychologists of Nova Scotia and Saint Mary's University present the Psychologically Healthy Workplace Conference. The conference takes place at the World Trade and Convention Centre in Halifax. For more information, visit www.smu.ca/CN.

7. Cobequid Foundation Valentine Gala

The second annual Valentine Gala in support of the Cobequid Community Health Centre takes place Feb. 9 at the Cunard Centre. The gala gets underway at 7:30 p.m. with a wine and fine Nova Scotia foods reception, moving onto a silent auction, decadent desserts, and dancing to the vocal stylings of the Novelty Salesmen. Tickets are \$75 per person and are available through the Foundation Office at 40 Freer Lane or online at www.cobequidfoundation.ca.

8. Sink or Swim: Diving into Clinical Trials

This two-day workshop, offered Feb. 14 and 15, may be of interest to those planning to work in clinical trials research. For more information, please visit the [Intranet/Announcements and Events](#). If you have further questions, contact **Janet Gallant**, research educator, at 473-2118.

9. Capital Health Annual Bowling Tournament

Mark your calendars for Capital Health's bowling tournament – April 12 from 9 a.m. to 3 p.m. at Bayers Road Bowlarama. Cost is \$100 per team (five people per team) and includes five strings of bowling, shoes, a 2008 Capital Health bowling t-shirt for each team member, a large pizza and beverage per team. Registration is first-come, first served (24 teams). Payment deadline: March 7. To register, [click here](#).

10. Foundation lottery winners

The winner of the Cobequid/Hants Payday Lottery for Jan. 17 is **Carl Siler**, Hants Community Hospital.
