

# Baycrest Matters

A bi-weekly update for Baycrest staff, families and clients

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[www.baycrest.org](http://www.baycrest.org)

Baycrest is fully affiliated with the University of Toronto.

## Be a flu fighter and get your seasonal flu shot

**H**elp us fight the flu and roll up your sleeve to get your seasonal flu shot! As health-care providers, we are working with vulnerable populations and are exposed to risks like influenza every day. While flu shots are voluntary, you are strongly encouraged to get your flu shot not only to protect yourself, but the people we care for as well. As always, health-care workers are a priority for influenza vaccination and are invited to come to our on-site flu clinic starting October 24. The clinic will open to the community, for those over the age of 16, beginning October 31.

### Seasonal on-site influenza clinic next to the WA Café

- October 24 to November 4, 9 a.m. to 4 p.m.
- November 7 to December 2, 1 p.m. to 4 p.m.

Get your flu shot and receive a “Flu 2011” sticker for your name badge as well as a card for your choice of coffee or tea at the cafeteria or WA Cafe. Staff who get their shot before October 28 will be eligible for an early-bird draw to win an iPod shuffle! There will also be a grand prize of a Yorkdale gift certificate that will be drawn at the annual holiday party.



### Here comes the Flu Buggy

If you don't have time to make it to the flu clinic, it'll come to you! Occupational Health and Safety nurses will be visiting the Apotex and hospital units with the Flu Buggy to make it even easier for you to receive the flu shot. To find out when the Flu Buggy will be visiting your area, visit the intranet for the schedule.

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**Baycrest**

Enriching Care  
Enhancing Knowledge  
Enlightening Minds

Baycrest Matters is published every second Wednesday by the Public Affairs Department. Send your feedback or submissions to [baycrestmatters@baycrest.org](mailto:baycrestmatters@baycrest.org) or call 416-785-2500 ext. 2952. All submissions will be edited for style, grammar, readability and length. The deadline for submissions is the Thursday prior to the publication date.

## Dr. Sylvain Moreno in F1000 top two per cent of published articles

Centre for Brain Fitness lead scientist Dr. Sylvain Moreno’s article, *Short-term music training enhances verbal intelligence and executive function*, has been selected and evaluated by the Faculty of 1000 (F1000), a post-publication peer review service, which places his work in its library of the top two per cent of published articles in biology and medicine in science history. The service is widely used to find significant new research articles. The article was published in *Psychological Science*, a journal of the Association for Psychological Science, this month.

Moreno’s study – conducted while he was at York University – found evidence that pre-schoolers can improve their verbal intelligence after only 20 days of classroom instruction using interactive, music-based cognitive training cartoons. The findings have exciting implications for conceptualizing and improving neuroeducation programs for children of all ages, and potentially for older adults.

The cognitive benefit was striking and consistent in 90 per cent of the children who took the four-

week learning program and was additionally confirmed by brain imaging data that indicated brain changes had taken place related to the training.

“Our data have confirmed a rapid transfer of cognitive benefits in young children after only 20 days of training on an interactive, music-based cognitive training program. The strength of this effect in almost all of the children was remarkable,” says Moreno, a world expert on neuroeducation.

The scientific team included other prominent researchers in the field of cognitive development – Dr. Ellen Bialystok, York University, and principal collaborator in the study; Dr. Tom Chau, Bloorview Research Institute; Dr. Glenn Schellenberg, University of Toronto; and research assistants Raluca Barac and Nicholas Cepeda of York University. The study was supported by a grant from the Ontario Centre of Excellence (to Moreno) and a grant from the U.S. National Institutes of Health (to Bialystok). To read more, visit [www.baycrest.org](http://www.baycrest.org).

### Visiting Professor Lecture Series

For staff, students and healthcare professionals only.



## Consulting at a distance in aged care

You’re invited to the next visiting professor lecture on Monday, November 7, 1 to 2:15 p.m. in Classroom ABC, second floor of the hospital. Professor Len Gray, professor in Geriatric Medicine at the University of Queensland, Australia, will be presenting.

For more information, contact Rhona Porter, Academic Education, Centre for Education and Knowledge Exchange in Aging, at ext. 2892.

Caring for caregivers

# New centre focuses on keeping caregivers healthy

**B**aycrest is set to open a unique leading-edge centre to help family caregivers cope with the physical and emotional stresses of caring for a loved one with cognitive or physical frailties. More than 80 per cent of the care older seniors receive is provided by family and friends. Of those caregivers, up to 40 per cent experience some form of mental distress, which can affect their health and impact their ability to give care.

The new Koschitzky Centre for Innovations in Family Caregiving, expected to open in early 2012, will bring together a range of unique Baycrest programs – developed and evaluated by Baycrest clinicians and researchers – to meet the needs of family caregivers throughout the caregiving journey. It will provide better access to appropriate information, education, and individual and family counselling.

“The Koschitzky Centre will be a ‘go-to’ place to match each caregiver with the right service so they



experience a greater level of understanding and support, which can reduce their stress and health risks,” says Linda Jackson, executive director of Baycrest’s Residential and Aging at Home Program.

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## Research Day

Space is limited so sign up now at <http://baycrestresearch.eventbrite.com>.



You’re invited to Research Day, on Friday, October 28, an exciting day filled with activities that will engage you with Research scientists, staff and students. Highlights of the day include:

**The Cog (Winter Garden), 9:30 a.m. to 2:30 p.m.**  
Stop by the tables in the Winter Garden and see the innovations that make Baycrest a leader in aging. Try out the Tower of London and other neuropsychological and cognitive tests.

**BrainWaves (Water Cooler), 10 a.m. to 1 p.m.**  
Don't just wave! Stop by and pick up a question from a hat, then find a scientist at the Water Cooler and ask a question for a chance to win. Every interaction wins!

**Not-So-Complex Tour (Brain Health Complex), 1 to 2:30 p.m.**  
Register for a tour to see a demo of one or all four of the imaging technologies that are used in brain research. Tour guides will lead groups from the Winter Garden to the Brain Health Complex.

Baycrest leading practices

# Scorecard helps Baycrest enhance quality of care

**B**aycrest is setting the bar for monitoring client care with our Resident Assessment Instrument-Minimum Data Set (RAI-MDS) Scorecard that allows health-care professionals to see how well our clients are doing and how well we are providing care.

RAI-MDS is a set of internationally tested, online care management tools used to assess the health status, needs, strengths, risks and preferences of individuals living in health-care settings. Data from assessments are incorporated into reports that help health-care professionals identify clients' needs and capabilities, monitor their progress and well-being, and understand the best way to allocate staff and resources to meet client needs.

“RAI-MDS has been used at Baycrest for many years, and it provides useful data,” says Lisa Sokoloff, interprofessional quality specialist, Department of Quality, Safety and Best Practice. “But we wanted performance on key quality indicators of client care to be available in a way that was more timely and meaningful for Baycrest staff and clients.”

Baycrest’s RAI-MDS Scorecard allows staff to access client- and unit-specific information. This provides enhanced opportunities to improve individual client care and team performance, as well as organization-wide quality improvement initiatives.

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## Scorecard helps Baycrest enhance quality of care [...continued from page 4](#)

“Before the RAI-MDS Scorecard, there was no real way to link RAI-MDS data with clinical performance,” says Suman Iqbal, director of Care, Apotex JHA. “RAI-MDS was designed for quarterly reporting at an organizational level, so there were always significant time delays between the actual client assessment and the availability of the reports. To be truly effective at enhancing care, you have to be both specific and responsive. Client-specific data allows us to monitor each client’s health status on an ongoing basis — information that can be shared with clients and family members by the interprofessional team for informed care planning and decision-making.”

The scorecard provides this information from the five most recent quarters, and compares it to

organizational targets and provincial averages. This helps Baycrest to determine performance relative to internal goals and peer performance.

“The scorecard is a valuable tool for both managers and interprofessional teams,” says Maria Huijbregts, director of Clinical Performance and Accreditation, Quality, Safety and Best Practice. “It is important to look at the information over multiple quarters and to use it within the context of the clients we serve. Only when we do this, does it become a tool for quality improvement for individual clients, units or Baycrest as a whole.”

**To read more about the RAI-MDS Scorecard and how we use it to benefit our clients, visit the intranet.**

### United Way Week

## United, we can make a difference



**United Way**

Help create opportunities for a better life for everyone by participating in this year’s United Way Week, from October 24 to 28. Proceeds help meet the urgent needs of our community and surrounding areas, and support a network of health and social service agencies throughout our city, including our own organization. The funding Baycrest receives from United Way helps support our Community Day Centre for Seniors, the Wagman Centre and the seniors counselling and referral service.

### How can you donate?

It’s easy! You can sign up for payroll deductions, for which you’ll get a tax receipt. Be sure to fill out the form that was included with your October 13 pay stub.

You can also support the various activities that will be going on during the week:

- \$1 from the purchase of a special meal in the cafeteria will be donated to United Way - October 24 and 26.
- Do the Apotex stair climb! Employees can climb the southwest stairwell with a minimum \$5 pledge. If you’re not much of a stair climber, be sure to support your

colleagues who are by pledging them. Interested participants can pick up a pledge form from Volunteer Services or the intranet - October 25, 10 a.m. to 2 p.m.

- One-of-a-kind craft sale, outside the cafeteria by the Khedive entrance - October 25, 10 a.m. to 3 p.m.
- Book sale, outside the cafeteria by the Khedive entrance - October 27 and 28, 10 a.m. to 3 p.m.

All proceeds will go towards United Way, making sure everyone in our regions has access to the opportunities they need to build a better life.

## Good health care starts with good communication

October 31 to November 4 is Canadian Patient Safety Week, a national annual campaign started in 2005 to inspire extraordinary improvement in patient safety and quality. Let's put the spotlight on patient safety issues, share information about best practices and grow our patient safety and quality initiatives during Canadian Patient Safety Week at Baycrest.

During the week, you can participate in activities and events to help raise awareness about patient safety at Baycrest:

- Visit the patient safety information booth by the cafeteria for a poster board presentation, fun activities, quizzes and treats. Answer a

patient safety question or complete a game for your chance to win a prize to be drawn at the end of the week.



- Look for the patient safety mobile cart for clients, staff, volunteers and families to learn more about patient safety.
- Attend a training session during the week for the official launch of the revised online safety event reporting and learning system.

Delegates from Peking Union Medical College (PUMC) in China recently visited Baycrest to explore business opportunities with us. From left: Fran Kleiner, social worker, Community Day Centre for Seniors; Linda Jackson, executive director, Residential and Aging at Home; Stephen Jiang, general manager, Beijing Union Medical and Pharmaceutical General Corporation, which is owned by the Chinese Academy of Medical Science and PUMC; and Dr. Kate Zhong, senior director, Clinical Research Development, Lou Ruvo Center for Brain Health, Cleveland Clinic.



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## Frequently asked questions about the flu shot

### I didn't get a flu shot last year and I didn't get sick. Do I really need to get a flu shot?

Even though you did not get sick last year, it does not mean that you will not get sick this year. By not getting the flu shot, you increase your chances of becoming ill.

A flu shot is needed every year. There are many different strains of the flu virus with slightly different characteristics. The strains change yearly, and each year a new vaccine is produced that provides protection against the three most common strains predicted for the coming season. Protection from the vaccine develops by two weeks after the shot and may last up to one year.

### What are the symptoms of the flu?

Influenza, commonly known as the flu, is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

### I'm young and healthy. Why do I need a flu shot?

Even healthy children and young adults can become seriously ill from the flu. Influenza is much worse than a cold. On average, people who become sick from the flu are bed-ridden for up to five days, causing them to lose time

from work, school or vacation. Besides, if you develop the flu, there's a chance you might infect others who are at much greater risk than you for becoming seriously ill, including young children, the elderly, or someone with a medical condition could develop serious complications from the flu and become hospitalized.

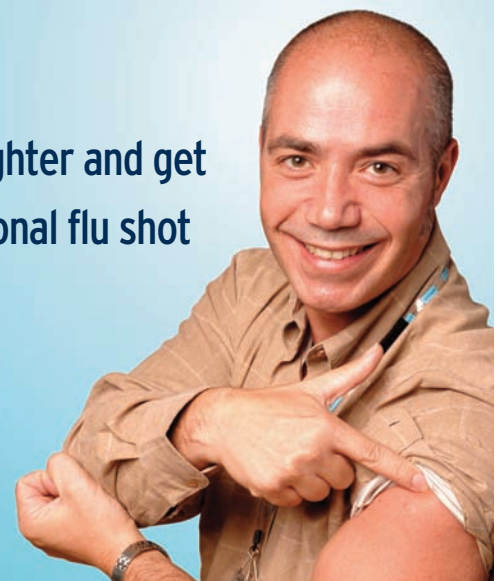
### Can getting a flu shot give me the flu?

The flu is caused by the influenza virus. The vaccine does not contain live virus. Many people confuse the flu with a cold which is caused by several different viruses or other respiratory infections. The flu vaccine will not protect you against these illnesses.

### How effective are flu shots?

A flu shot is about 70 to 90 per cent effective in preventing illness in healthy adults. In children, it's about 83 percent effective in preventing influenza infection. Among the elderly, the vaccine can prevent pneumonia and hospitalization in about six out of 10 people and is up to 85 per cent effective in preventing death. Vaccine effectiveness varies from one person to another, depending on their general state of health. Some individuals who get a flu shot can still get the flu, but if they do, it is usually a milder case.

**Be a flu fighter and get your seasonal flu shot**



## Staff announcements

**Rabbi Dr. Norman Berlat**, director, Pastoral Care, has announced his intentions to retire from Baycrest. He will continue to be a part of our organization, however, as he has accepted a lifetime appointment as senior chaplain emeritus at Baycrest. This newly-formed volunteer chaplaincy role will play an important part in supporting the Spiritual Care portfolio and ensures that Rabbi Berlat will remain an active part of our Baycrest family.

**Steve Wong** assumed the role of professional practice chief of Physiotherapy on October 17, and will be providing practice leadership and fostering the continuing learning and professional growth of the physiotherapy discipline. Wong has been at Baycrest for over 10 years in clinical and leadership capacities as a physiotherapist, professional practice leader and clinical manager, Complex Continuing Care.

### Stay Connected

#### Read our experts' blog

Social worker and co-facilitator of an Alzheimer's support group for spouses Arlene Consky addresses the question of whether dementia is grounds for divorce at [www.baycrest.org/experts](http://www.baycrest.org/experts).

#### *Dr. Howard Dombrower*

*Baycrest will be holding a memorial service for Dr. Howard Dombrower to celebrate his life on Wednesday, October 26, at 10 a.m. in the Posluns Auditorium and everyone is invited to attend.*

*Baycrest has also established a fund in Dombrower's name to support education in geriatric medicine across our campus. Donations can be made through the Foundation by contacting the main donations line at extension 2875 or sending an email to [donations@baycrest.org](mailto:donations@baycrest.org).*

## I N M E M O R I A M

### New centre focuses on keeping caregivers healthy [...continued from page 3](#)

Baycrest's services for caregivers were recently recognized by Accreditation Canada as a national leading practice, meaning they have set the bar for excellence in this field. They include: caregiver education and support groups for spouses and adult children; online support for caregivers of people with frontotemporal dementia; and counselling. New services to be added include a

caregiver hotline and resource database.

The centre for caregivers is made possible through a major gift from Saul and Mira Koschitzky. Sharon and Stanley Clavir are also supporting the centre with a gift that will fund an additional support group each year.