

Baycrest Matters

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

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Baycrest is an academic health sciences centre fully affiliated with the University of Toronto

Cultivating meaning over plant care



◀ Petronella Clothier (right), a hospital patient, waters and gently loosens the soil of a potted plant during a weekly Plant Care Program run by Therapeutic Recreation. Like many green thumbs who participate in the program, 88-year-old Clothier has gardened in the past and views her work in the program as her duty at Baycrest. “I look forward to this very much,” Clothier says. “Each week, I come back to see how our plants have grown.”

The plant care program has been ongoing for over 20 years, giving many clients a chance to feel the joy of working with their hands and nurturing a plant. The program runs every Tuesday from 10:30 to 11:30 a.m. in the recreation room on the sixth floor of the hospital. If you are a hospital patient interested in joining the Plant Care Program, please contact Joanne Ingell, recreation therapist, Palliative Care at ext. 2733 or at jingell@baycrest.org.

INTERACT® closes loop on interprofessional communication

Since September, nurses and allied health professionals in the Apotex Centre, Jewish Home for the Aged have been putting into action the INTERACT® (Interventions to Reduce Acute Care Transfers) quality improvement program tools. So far, Apotex 4, 5, 6 and 7 have trained under the program and are already experiencing its success.

INTERACT’s Stop and Watch Early Warning Tool, for example, is facilitating consistent communication

between staff. “Much of the communication between colleagues is verbal, and being so busy, some of us worry that we might miss important details about changes in a client’s condition,” says Ai Chang, a registered practical nurse on Apotex 6. The new tool makes it easy for personal support workers to document such changes for follow-up by nurses like Chang.

Chang says the benefit of the new system was evident when she recently received a Stop and Watch form while

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Baycrest

Innovations in aging

www.baycrest.org

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administering medications. “I knew I had all of the details written down to follow up when I was done with the task I was working on,” she says. Within 24 hours, Chang had obtained a specialist’s appointment for the client – welcome news for family members who were comforted by the speedy response.

“INTERACT is helping us deliver great quality of care in a way that’s more efficient and less stressful for those of us on the frontlines,” Chang says.

For more information about INTERACT, contact Angela Uy, advanced practice leader, nurse, at ext. 3039 or at auy@baycrest.org.



New RRI strategic plan a blueprint for excellence in cognitive neuroscience

In this, the first in a series of three articles about the new RRI strategic plan for 2013-2018, we’re focusing on the first strategic goal: To advance the field of cognitive neuroscience through research that seeks to understand how the human brain functions.

In 2014, the Rotman Research Institute (RRI) will celebrate its 25th anniversary. “Over the past 25 years the RRI has made significant contributions to our understanding of brain functions such as memory and attention,” says Dr. Randy McIntosh, vice president, Research and director of the RRI. “There’s still a lot to learn and over the next five years we aim to continue to lead the way in generating knowledge about how the brain works, and the lifestyle and environmental factors that contribute to healthy brain aging.”

One of the keys to achieving this goal will be neuroimaging infrastructure and expertise. Technologies like functional magnetic resonance imaging (fMRI) enable scientists to

measure changes in brain activity to learn about memory and emotion, and how brain function is affected by aging and brain disorders.

According to Dr. McIntosh, the RRI has world-class neuroimaging infrastructure and expertise. “We’re at the forefront of developing techniques for analyzing the large quantities of data generated by neuroimaging,” he says. “Continuing to build on this expertise will keep us on the cutting-edge of cognitive neuroscience research and enable our scientists to make new discoveries about the brain that will guide the development of new treatments and therapies.”

Baycrest hosts national roundtable on seniors’ social isolation



On November 6, Baycrest had the honour of hosting the first of a series of six cross-country roundtables on social isolation of seniors. The session was organized by the National Seniors’ Council, which is responsible for advising the Government of Canada on issues relating to seniors’ well-being and quality of life. Facilitated by National Seniors’ Council board member Dr. Andrew Wister, chair of the Department of Gerontology at Simon Fraser University, the meeting was attended by representatives from government, non-government organizations and community groups. Linda Jackson, vice president, Residential Programs, Community & Brain Health (front row, second from right), represented Baycrest. “It was an honour to be part of a discussion that will help the government address the needs of seniors,” says Jackson. “There were many perspectives at the table and great ideas for specific recommendations to address social isolation.”

Grant funding kick-starts Baycrest physicians' research

This year, more than 42 physicians affiliated with Baycrest have received funding from Ontario's Alternative Funding Plan (AFP) for Academic Health Science Centres.

"AFP funding enables academic physicians to undertake clinical research, education or clinical service projects that otherwise wouldn't be possible," says Catherine Chow, manager, Medical Services and AFP administrator. This past November, two such projects by Drs. Galit Kleiner-Fisman and Paul Katz were selected from 200 applicants province-wide to participate and display their work in the AFP Innovation Showcase.

Dr. Kleiner-Fisman, a neurologist and medical director of the Jeff and Diane Ross Movement Disorders Clinic has used the funding to develop a website with information and resources for individuals with Parkinson's disease. She has also secured additional funding for the project through partnerships in the public and private

sectors, including George Brown College. Dr. Katz, vice president, Medical Services and chief of staff, received funds for research on the benefits of slow stream inpatient rehabilitation (SSR) for frail elderly patients. The research on this relatively new form of rehabilitation is in alignment with efforts to develop more SSR programs across the province, and has also received a People's Choice Award at the GTA Rehabilitation Network's Best Practices Day 2013.

"The work we're doing at Baycrest with AFP funding is benefitting not only our own clients but also the Ontario health system as a whole," says Chow.

If you're a Baycrest physician interested in AFP funding opportunities, contact Catherine Chow at ext. 2113 or at cchow@baycrest.org.

Thank you, supporters of United Way

The hospital's 3 East team enjoyed a pizza lunch recently after being named the highest grossing team supporters of this year's United Way Week gift basket challenge. In advance of United Way Week, employees from across Baycrest worked together to choose themes and assemble baskets that were then placed into the silent auction. In total, 12 baskets were entered and 3 East's "Chocoholic" submission came out on top with the highest closing bid of \$220.

Each year, the entire Baycrest campus comes together to participate in United Way fundraising events including the gift basket silent auction, Apotex Centre stair climb, book sale, coin drop and special feature meals in the cafeteria. From our staff members' efforts and personal pledges this year, the United Way Week campaign closed with \$18,000 in donations. Thank you to all of our Baycrest employees and volunteers who contributed time and donations to the campaign this year.



▲ As the creators of the highest grossing basket in the United Way Week gift basket challenge, members of 3 East hospital received the grand prize of a pizza lunch for their team contribution to the United Way campaign.

Chanukah festivities light up the Winter Garden



◀ Ron Riesenbach, vice president, Innovation and chief technology officer, lit the candles for the sixth night of Chanukah at a celebration in the Winter Garden Court on December 2. For each of the eight nights of the Festival of Lights, representatives from various areas and departments hosted the menorah lighting, including Spiritual Care, Social Work, Volunteer Services and the Baycrest Foundation.

New website offers healthcare professionals a richer learning experience

This fall, the geriatric mental health videoconference education series (GeMH) launched its new online home. The website, www.gemh.org, is an interactive forum for healthcare professionals to discuss education sessions and other topics in geriatric mental health.

Dr. Cindy Grief, psychiatrist and lead on the GeMH project, says the site will offer a richer learning experience. “The experts who present will be accessible for two-way interaction, and healthcare professionals from around the world will have the opportunity to connect and share knowledge,” she says.

The site was created in collaboration with Baycrest’s eHealth team using SharePoint and cloud-based computing. “This site is one example of how we can develop technology that enhances communication and interaction so that our staff members can disseminate their expertise more effectively,” says Andrew Pigou, manager, Informatics and Project Management Office, eHealth.

The site includes links to past videoconference sessions, a resources page and a discussion board where clinicians can post questions and talk about the education sessions or discuss clinical challenges in their practices. Staff can access the site with their Baycrest login info.

GeMH was created in 2012 through a partnership between Baycrest and the University of Toronto’s Department of Psychiatry. The site received funding from the AFP Innovation Fund.

The people around us: A staff feature

Raquel and Tony Heayn



Meet two of the friendly faces of Baycrest: Raquel Heayn, secretary, Volunteer Services and Tony Heayn, senior network administrator, eHealth. Although working in different areas, what keeps Raquel and Tony at Baycrest after three and 13 years, respectively, is similarly tied to the impact of countless people on the Heayns’ day-to-day work. Raquel,

who has built a career in education and sports volunteering organizations, can’t get enough of the wealth of knowledge volunteers bring to their work and Tony marvels at how impactful eHealth projects are in day-to-day client care.

Married for over 20 years, Raquel and Tony live in Brampton and share an incredible number of interests with their two teenage sons, Ben and William. There’s always something happening at the Heayns’ household and sports are a family affair. On any given day of the year you are sure to find the close-knit family honing their shared craft in archery, or keeping strong and active through rock climbing and off-road cycling. Raquel, whose passion and training in volleyball saw her compete in the 2009 World Masters Games in Australia, also acts as a volunteer organizer for annual volleyball tournament fundraisers.

Where to catch them: Say hello to Raquel in the main centre of campus, keeping busy in a variety of volunteer-led events and services. As for Tony, say hello to him in the halls by the executive offices.