

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

New dance program a joy for residents and staff alike



▲ Residents Mari (far left) and Eva (far right) along with Rachel Gavendo, therapeutic recreation specialist, (centre) were enthusiastic participants in a new dance program offered through a partnership between Baycrest and Canada's National Ballet School.

A partnership between Baycrest and Canada's National Ballet School (NBS), has brought the joy of dance to residents in the Apotex Centre, Jewish Home for the Aged.

Rachel Gavendo, therapeutic recreation specialist says the class is an uplifting experience, both for the residents and staff who attend.

Participants in the class perform seated movements to music, following the lead of an NBS instructor.

Eva, one of more than 20 clients who attended the 10-week program says she

loves the “injection of happiness” she receives from the class. “Life is a dance, you just have to learn the steps,” she says.

The program will also be part of a research study that will examine the benefits of dance for seniors with dementia. Melissa Tafler, arts in health program coordinator, is working with NBS on the study and says the aim is to develop a dance program that can benefit seniors with dementia across Canada.

In early December the program received national media attention on CBC radio and television as well as the Canadian Press.

Baycrest

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Baycrest Matters is published every second Wednesday by the Marketing and Communications Department. Send your feedback or submissions to Steph Parrott, editor, at baycrestmatters@baycrest.org or call 416-785-2500 ext. 5724. All submissions will be edited for style, grammar, readability and length. The deadline for submissions is two Wednesdays prior to the publication date.

Accreditation 2015: ROP primer

Communicating about medications across transitions of care



Effective communication about medications is a critical component of delivering safe care. That’s why medication reconciliation is one of Accreditation Canada’s required organizational practices.

Each time a client is admitted, discharged or transferred, medication reconciliation is the systematic review of all the medications a client is taking. In addition to the client’s medication lists from various sources, healthcare providers work together with clients and families to ensure accurate medication information is prescribed and communicated across transitions of care.

“The medication reconciliation process has proven to be an invaluable and essential enhancement of patient safety on our unit,” says Dr. Sheldon Hershkop, attending physician, 3 West Rehabilitation Unit.

Medication reconciliation is a standard practice across all care transitions and part of everyday work for

clinical staff at Baycrest. “This practice is used every day to deliver safe care and is something that will be a highlight for the surveyors during the Accreditation visit in June,” says Cyrelle Muskat, manager, quality and Accreditation.

Accreditation Tips:

Remember these four steps in medication reconciliation.

1. At admission, obtain an accurate up-to-date list of medications that the client is taking, including prescription and non-prescription medications. This is the BPMH (Best Possible Medication History).
2. Compare the BPMH to the admission medication orders. Upon readmission from another service environment, compare the discharge medication orders to the current list.
3. Resolve and document medication discrepancies.
4. Ensure that the client and next providers of care receive an accurate discharge medication list.

New practice in preparing narcotics for palliative care

This fall, the Pharmacy team, along with staff on the Philip and Shirley Granovsky Palliative Care Unit and Quality and Safety have been working together to enhance client safety by changing the way narcotic medications are prepared.

Narcotics safety is one of the required organizational practices for Accreditation 2015. Accreditation Canada requires healthcare organizations to evaluate how narcotics are stocked and prepared and remove highly-concentrated versions of these powerful pain relief medications in client care areas.

While the majority of client care areas do not stock highly-concentrated narcotics, the 6 West Palliative Care Unit was a unique case. “Narcotics are used more frequently in palliative care to treat symptoms at the end of life. In this setting, stocking and preparing these medications on the unit is not unusual,” says Cristina Scherf, director of Pharmacy and Clinical Services. “However as part of our commitment to providing the best possible care we’re always evaluating our practices and this is how we

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determined to make this change to the way narcotics are prepared for the unit.”

Under the new process, implemented November 3, Baycrest Pharmacy now prepares ‘minibags’ of narcotic medication that are given by subcutaneous pump. This means highly-concentrated versions of these medications are no longer needed on the unit.

“Having pharmacy prepare the medication bags helps nurses save time and ensures quicker service to clients. It also ensures safe preparation of the medication,” says Peter Masih, a registered nurse on 6 West Palliative Care Unit.



▲ A pharmacist prepares a ‘minibag’ of narcotics medication (left). The bags are sent to the Palliative Care Unit and stored in a fridge narcotics box (right).

Accreditation Tips:

In the lead up to our on-site Accreditation survey, keep these additional narcotics safety measures in mind.

- Independent double checks
- Ketamine and Methadone are dispensed client specific in unit dose format
- A client’s name is required to obtain selected narcotics from pharmacy and these are labeled to be returned to pharmacy when no longer required.
- A visual chart of the narcotic products is on all units to assist nurses in verifying the correct product.
- A HYDROMORPHONE dosage chart has been provided in the narcotic drawer on all units to assist nurses in determining the correct volume of each dose for injection.

Telehealth links behavioural neurology rounds across Tunisia, Morocco and Canada

On November 19, the Baycrest telehealth hub connected more than a dozen healthcare organizations in Ontario and two sites in North Africa, –Morocco and Tunisia– for a special edition of International Behavioural Neurology Rounds.

Students and healthcare professionals almost half a world away from each other participated in an interactive session presented at Baycrest by Dr. David G. Munoz of St. Michael’s Hospital.

The videoconference was the the third behavioural neurology round in a six -part Africa-Canada series that will continue in 2015, supported by the World Federation of Neurology as part of its goal of fostering quality neurology and brain health worldwide.

The series was presented in conjunction with the Peter A. Silverman Global eHealth Program, and the international behavioural neurology rounds are under the auspices of the Canada International Scientific Exchange Program (CISEPO), Canadian

Neurological Sciences Federation, Division of Neurology, University of Toronto and Razi Hospital La Manouba, Tunis.



▲ Dr. David G. Munoz of St. Michael’s Hospital (centre) presented at the final International Behavioural Neurology Rounds Canada Africa Series on November 19. The organizers were (left to right) Tim Patterson, Dr. Morris Freedman, Dr. Arnold Noyek and Dr. Cindy Grief of Baycrest, and (not pictured) Dr. Sandra Black of Sunnybrook, and Dr. Riadh Gouider of Razi Hospital La Manouba, Tunis.

Celebrating Chanukah, the Festival of Lights



Chanukah is one of the most widely known and celebrated Jewish holidays, albeit one with a lesser degree of religious significance than the High Holidays or Passover.

The holiday commemorates the re-dedication of the Temple in Jerusalem. During the second century BCE, the Temple was seized and Jewish worship was forbidden. When the Jewish people reclaimed the Temple, a menorah was to be lit as part of the Temple's re-dedication. However, all that could be found to light it was a small jug of oil - not even enough to last one day.

Miraculously, when the menorah was lit the oil burned for eight full days. During Chanukah, we remember this significant miracle by lighting a candle on the menorah or chanukiah (a nine-branched candelabra), each night for eight nights. This year, Chanukah started on the evening of Tuesday, December 16 and continues through December 24.

Celebrations at Baycrest

Lighting the menorah

Each afternoon during Chanukah, a candle-lighting will take place in the Winter Garden Court (Times may vary. Check the posted schedule or ask a member of the Therapeutic Recreation team)

Chanukah celebrations will also take place on all floors in the hospital and Apotex Centre, Jewish Home for the Aged. Check your on-floor recreation calendar for details.

Chag Sameach

Wishing you a holiday season bright with joy and rich memories. Happy Chanukah!

At Baycrest, we are advancing innovations in care, education and research for the benefit of seniors. We are changing the future of brain health and aging.

Baycrest Learn more at baycrest.org/everydaymiracles



Nominate a volunteer

Volunteer Services is accepting nominations for the Ontario Volunteer Awards and the Eglinton-Lawrence Volunteer Awards.

For more information or to nominate a long-serving volunteer, contact Janis Sternhill ext. 2575 or at jsternhill@baycrest.org. Nominations are due by January 7, 2015.



The people around us: A staff feature

Nelson Padernal

Meet one of the friendly faces of Baycrest, Nelson Padernal, registered practical nurse (RPN). He joined us as a volunteer in 2011, became an RPN in March 2012 and was warmly welcomed to work in the Slow Stream Rehabilitation Unit of 7 East, hospital. He says, "Whenever the need arises, I work in other areas of the hospital as well. It's always a pleasure to be at Baycrest, no matter where I am working. Meeting new people and tackling new challenges keep me going!"

When he's not at Baycrest, Nelson is studying full-time at York University to become a registered nurse. He also loves to cook and try out new recipes. When he can find the time, he enjoys the long drive to Montreal to visit with family there.

Where to catch him: say hello to Nelson on 7 East (but don't be surprised to see him working in other hospital units on nights and weekends).