

Baycrest Matters

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

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Baycrest is fully
affiliated with the
University of Toronto.

Baycrest selected to be Toronto lead for provincial behavioural strategy

Baycrest has been chosen to be the Toronto Central Local Health Integration Network (TC LHIN) lead for the Behavioural Supports Ontario (BSO) Strategy.

The overall goal of the strategy is to enhance the quality of care and life for individuals (and the families of individuals) with behaviours associated with complex and challenging mental health, dementia or other neurological conditions, whether they live at home, in long-term care or elsewhere.

The announcement recognizes Baycrest’s strong and unique expertise in the delivery of psycho-geriatric services. “We are extremely excited to have been selected as the TC LHIN for this exciting strategy,” says Karima Velji, vice-president, Clinical and Residential Programs, and chief nursing executive. “This new role comes with funding to further develop specialized behavioural support within the Apotex and clinical and educational outreach to other long-term care facilities and community-based caregivers.”

Baycrest’s leadership role in this provincial strategy will significantly

enhance our capacity to help seniors with dementia who exhibit challenging behaviours. As the TC LHIN lead for this initiative, we will implement a five-point strategy, including:

1. Leading the **TC LHIN BSO Implementation Committee**.
2. Establishing **long-term care home outreach teams** to provide co-ordination, consultation, support and knowledge transfer to support 10 long-term homes in the TC LHIN.
3. Setting up **community-based psycho-geriatric outreach providers** to provide support to specialized Community Care Access Centre (CCAC) teams that support seniors living in the community.
4. Developing a **community education consortium** to develop a program that will enhance and integrate behavioural education and training across service providers.
5. Designating our **existing behavioural support unit** on Apotex 3 to a 23-bed specialized transitional behavioural support unit. The unit

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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 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.

Nursing

Giving nurses “more time to care”

How many times have you asked yourself, “how can this be done better or more efficiently”? Beginning this month, a pilot project involving three teams of Baycrest nurses will be looking to answer those questions. Called More Time to Care, those teams will be working to find ways to enhance our nursing environment and provide an even higher quality of care to our clients.

“More Time to Care is a quality initiative that was developed by Baycrest’s front-line nurses to examine and redevelop processes that are inefficient and take nurses away from the bedside,” says Amy Davignon, advanced practice nurse and lead of the project. “We want our nurses to have more time for our clients because we know that more nursing time per patient results in better patient health and safety outcomes.”

The aim of the initiative is to redevelop processes so that nurses can spend more time with patients and families. The three pilots teams of Violetta Stern, Svitlana Pavlovych and Shaheeda Sadar, 3 East; Christine Degan, Zeenat Jessa and Saramma John, 7 East; and Marie-Fe Apelin and Paresh Patel, Apotex 6, will work in interdisciplinary groups comprised of advanced practice nurses, Quality and Best Practice, clinical managers and Support Services, to address this challenge, which they will then share more broadly with nursing staff across Baycrest.

The project runs from January to March and is funded by a Ministry of Health and Long-Term Care grant.

Dr. Sandra Black named to Ontario’s highest honour

Rotman Research Institute senior scientist Dr. Sandra Black has been appointed to the Order of Ontario. She was selected for being “one of the world’s pre-eminent cognitive neurologists specializing in stroke and dementia, and the visionary leader behind the Ontario Stroke System, designed to improve stroke care from prevention to rehabilitation and reintegration.”

Black is among 27 Ontarians receiving the honour for their contributions to the arts, law, science, medicine, history, politics, philanthropy and the environment. The Honourable David Onley, Lieutenant Governor of Ontario, invested the appointees at a ceremony on January 26 at Queen’s Park.



Psychology Month

The first annual Psychology Month in Canada was launched in February 2005 with the goal of raising Canadians' awareness of the role psychology plays in our lives and communities. At Baycrest, our psychologists are involved in research (with the Rotman Research Institute) and in clinical activities (in Neuropsychology and Cognitive Health). Just a small sample of their achievements include the following:

1. Writing the **first book geared specifically for individuals with mild cognitive impairment (MCI)**, for their loved ones and for the health-care professionals who treat MCI. *Living with mild cognitive impairment — A guide to maximizing brain health and reducing risk of dementia* by Drs. Nicole Anderson, Kelly Murphy and Angela Troyer will be published by Oxford University Press in July.

One in 10 adults over 65 has some form of MCI – thinking problems that go beyond those associated with normal aging, but that fall short of the serious impairments experienced by people with Alzheimer's and other dementias. Anderson, Murphy and Troyer have devoted their careers to MCI research and clinical care, and in their new book, provide up-to-date and reliable information on the nature of MCI, how it may affect people and what can be done about it.

2. Training the **next generation of psychologists through our pre-doctoral internship program** in clinical neuropsychology, one of only three accredited by the Canadian Psychological Association.

Our program was established in 1998 and provides clinical training for advanced PhD students in clinical psychology programs from

universities across North America.

This past year, a record 21 applications were received for two available placements.

3. Heading the University of Toronto's **Human Neuropsychology and Cognitive Science Lab**. Rotman Research Institute scientist Dr. Morris Moscovitch, known specifically for his work on the frontal lobes and the hippocampus, is leading a group of scientists who are studying neurologically normal people and those with brain damage related to stroke, head injury and Alzheimer's disease.
4. Helping older adults deal with age-related memory changes in our **Memory and Aging Program**. Over 800 people have participated in the program since it was established at Baycrest by the Psychology Department in 1997.

Participants gain a better understanding of what memory is, how it changes with age, and factors that can impact memory; learn and practice memory strategies; and build confidence in their own memory ability. For more information or to register, call Neuropsychology and Cognitive Health at 416-785-2500 ext. 2445.

There will be a number of psychology-related rounds and seminars during February. Please check the intranet calendar or entrance signs for information on topics and times.

To learn more, visit the Anne E. and Louis Pritzker Wellness Library, where the theme for February is *Psychology is for everyone*. A variety of books written by Baycrest psychologists and others will be on display.



Wellness Program

Live well. Work well. Be well.

This is where you will find information on topics relating to health and wellness, including fitness, nutrition and disease prevention.

For more information and resources, visit the intranet or contact Paul Smits, Wellness co-ordinator Organizational Effectiveness, at ext. 5186.

Heart and stroke month

Top five ways to achieve a healthier heart



HEART &
STROKE
FOUNDATION

Aim for a healthier heart this month and try these steps to help prevent heart disease and stroke:

1 Stop smoking

Benefits of butting out? It'll provide immediate and long-term benefits; the risk of heart attack goes down within hours of quitting and after 15 years of being tobacco free, the risk of a heart attack for former smokers is the same as for those who have never smoked at all.

2 Know your numbers

Check your blood pressure and cholesterol on a regular basis (at least once a year), especially if you are over the age of 50 or are at high risk for heart disease. Know your numbers so that you can take the necessary steps to get those figures into a healthy range.

3 Take time to take care of yourself

If you take care of yourself, you will be better equipped to care for others.

4 Learn to handle stress in a healthy way

Breathing deeply, meditating, exercising and asking for help are examples of healthy stress management techniques. Find what works best for you.

5 Start today!

Young or old, it is imperative that you manage your risk factors for heart disease. It is never too early to start taking care of your heart.

National Therapeutic Recreation Awareness Week

This year, Therapeutic Recreation Awareness Week is celebrated across Canada and at Baycrest from February 6 to 10; the theme is *Therapeutic Recreation...more than you imagine.*

Baycrest's recreation therapists and recreationists help our residents and clients achieve optimal health and well-being and gain independent functioning by providing interventions focusing on the

physical, emotional, cognitive, spiritual and social domains.

Learn more about Therapeutic Recreation by visiting the information booth, located outside the cafeteria from February 6 to 10, 11:30 a.m. to 1:30 p.m. There will be plenty of activities, including a scavenger hunt, slide show and bake, flower and card sales.



Mountainview Club clients act out their parts during a presentation of *Cactus Juice Saloon*, as Alysa Heersink (right), recreation therapist, assists. Mountainview Club clients participate in putting on plays as part of the Community Day Centre for Seniors' weekly drama therapy group.

Drama therapy is an active form of therapy that emphasizes movement, voice, characterization, embodiment and expression through drama. The skits are followed up with stimulating questions about the theme to encourage group discussion. "It helps our members to build self-confidence and allows them to express themselves creatively," says Heersink. "The focus is not on performance but on the creative process itself. The light-hearted skits are humorous and great fun for our members."



Apotex 3 residents Julia Neagu (left) and Lisa Alter play Rummikub with recreationist Jenypher Ashby (right). Residents stop by Wednesday afternoons to play Rummikub, Bingo or mah-jong. "The drop-in games time provides an opportunity for residents to maintain or improve their independence," says Ashby. "It also encourages them to interact with others, helping to prevent social isolation; form relationships based on common interests; and in some cases, learn a new skill."

Thank you! Baycrest staff!

It is because of staff like you that Baycrest is able to deliver exceptional care and create next practices.

Paula Mauricio, general secretary, Physiotherapy and Occupational Therapy, wanted to acknowledge senior help desk technician Armando Toscano-Quezada's excellent customer service:

For the past two weeks, I've been extremely busy with moves in the OT/PT department and Armando has always been there to help out. Anytime I've needed help with adds, moves, printer set-ups or Lync tutorials, he's been there. I find myself calling him directly with issues and I know a lot of other staff are doing the same thing, because he's reliable and gets the job done in a timely fashion. He's

extremely courteous and pleasant to work with. He never leaves until he knows whatever the issue may be, is working.

He's very knowledgeable and taught me a lot about processes I was not aware of. I feel very confident in asking him anything with regards to IT issues, knowing, not only will he help out, he can educate me on how things work and whom to contact if it's something that requires someone else's attention.

It has been an absolute pleasure working with Armando these past two weeks. Thank you for having such an amazing and valuable employee who cares!

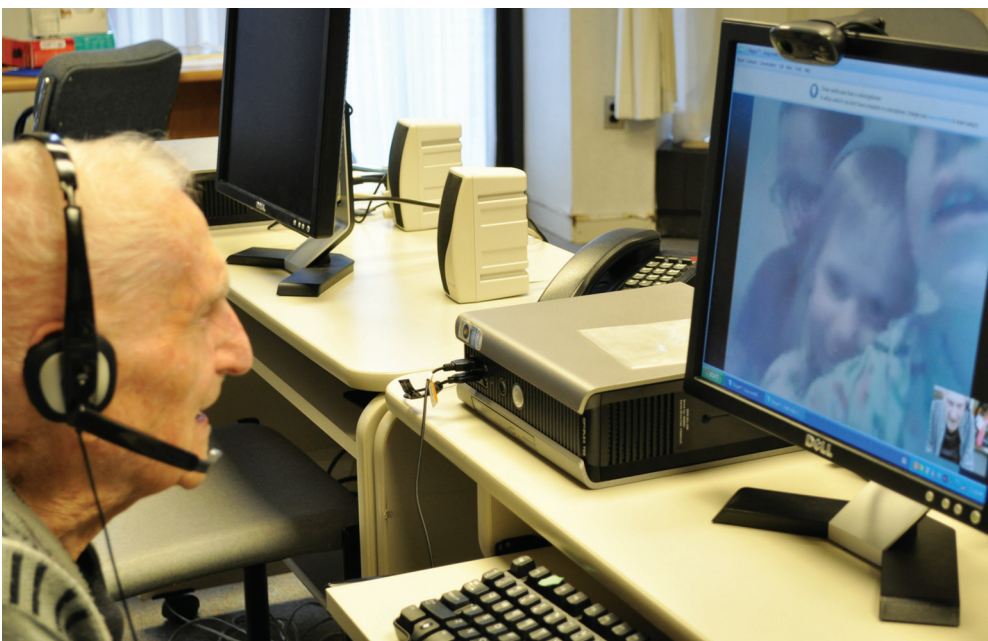


Photo by Kelly Connelly

◀ Ralph Etigson, who lives at the Terraces of Baycrest, enjoyed a special 96th birthday treat in mid-January, Skyping with his family in Israel from the Terraces/Wagman computer lab. Etigson spent several precious minutes talking with his great-grandchildren, who live in the city of Bet Shemesh.

Dr. Michael Gordon leads expansion of dementia-related educational resource

Congratulations to Dr. Michael Gordon, director of Medical Ethics and medical program director of Palliative Care. He has been appointed editor-in-chief of HealthPlexus.NET's Dementia Educational Resource, a compilation of clinical reviews, online continuing medical education programs, original visual aids, interviews, roundtable discussions and related conference reports.

The aim of the resource is to provide primary care practitioners and specialists with timely and practical, easy-to-access and on-demand tools in dealing with the growing number of patients who have Alzheimer's and other dementias. For more information, visit www.healthplexus.net/topic-hub/dementia.



Physiotherapists recognized for contributions to education

Congratulations to physiotherapists Daniel Galessiere and Tanya Aggett, for their contribution as best practice advisors, and to Joanna Schechter, for her contribution as a clinical instructor, to the Department of Physical Therapy at the University of Toronto.

The trio was recognized at the department's annual Exceptional Achievement and Recognition Awards Ceremony on January 19. The U of T awards recognize individuals or teams who provided valuable learning environments, guidance, supervision, mentoring or who have been an inspiration to students across the curriculum.



◀ (from left) Physiotherapists Joanna Schechter (3 West), Tanya Aggett (Day Treatment Centre) and Daniel Galessiere (5 and 6 East) help our clients safely get up and moving again to optimize their health and quality of life.

Staff announcements

Welcome to **Margaret Furman** who joined Baycrest on January 16 as our new clinical manager for the Rehabilitation Program. She will be responsible for the operations and human resources assigned to the Rehab Program on 3 West. Elizabeth Villar-Guerrero will continue as clinical manager for the Slow Stream Rehab Program on 7 East.

Welcome also to **Alexander Kalomiris**, our new Print Shop technician as of January 9. He can be reached at ext. 3317.

Cindy Bordieri will be joining the Baycrest Foundation in the newly-created position of manager, Prospect Development, on February 13. Among her responsibilities will be the co-ordination of a number of committees being established to prepare for the foundation's ambitious fundraising campaign which launches next year.

Dr. Nasreen Khatri is leaving her role in the Mood Clinic to pursue her academic and research interests. She is moving to the Rotman Research Institute in the role of clinician associate. She will remain as a member of the Centre for Mental Health.

Congratulations to **Cristina Scherf**, who is now director of Pharmacy and Clinical Services. This is to reflect that, as of January 30, Audiology and Dentistry now report to her. Scherf will continue to provide leadership to Pharmacy, Laboratory and Diagnostic Imaging. Isobel Manzer continues as program director, Ambulatory Services, RGP, Day Treatment and Community Outreach.

Baycrest selected to be Toronto lead for provincial behavioural strategy ...continued from front page

will provide support for individuals whose behaviours have become unmanageable in their current setting. The aim is to stabilize their behaviours and support transition until they can return to their home, which may be in another long-term care home or in the community.

We are working through the details of how we will implement all components of the strategy,

which includes hiring new staff to help us fulfil this mandate. The process for that is beginning immediately.

Baycrest's appointment as the health service provider lead for the TC LHIN's Behavioural Supports Ontario Strategy expands the reach of our highly specialized services, through education, outreach and new services, so that more people in our immediate community and beyond benefit.