



HEARTLAND LINK.....
KEEPING US ALL WELL CONNECTED!!
April 19, 2016

CEO NEWS



Did you know that the Heartland Health Region has more than 2500 volunteers? That's awesome!

This is the time of year that we pause to celebrate our volunteers and thank them for their contributions. The official National Volunteer Week is April 10 – 16. The theme is “volunteers are the roots of strong communities.” Volunteerism is certainly a part of the discussion of many meetings we have in our communities. People worry that with the pace of life these days younger folks don't have the time to be volunteer because they are too busy making a living. Heartland Health works with our volunteers to celebrate throughout the spring. We know that different communities have their own ways of celebrating and that the best form of recognition is a genuine thank-you. Our Volunteer Coordinators facilitate events on that basis. Heartland's celebrations have begun and will continue over the next couple of months.

Volunteerism comes in many forms. It can be young people looking for opportunities to get work experience for their resumes or to help them decide if healthcare is a field they want to work in. Lots of times we see the spouses and other family members of long term care residents who want to offer support to those who are alone. In many of our really small communities it's people stepping up to fulfill a role that keeps the community vital. There are those who step up to fund raise for the facilities and equipment in which we provide service.

Please join me in sending a BIG SHOUT OUT to all of the volunteers who contribute to the work of the Heartland Health Region!



Here's to the everyday heroes,
The volunteers who do what they can,
To ease the suffering of others,
And be of service to their fellow man.

May they know the true satisfaction
That comes from helping others
Less fortunate than themselves,
But no less their sisters and brothers.

May they feel the gratitude in our hearts
For all of the good that they've done.
The appreciation that we all feel for them
Is truly second to none.





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Hantavirus Precautions as Spring Cleaning Season Starts

As the weather starts warming up, farmers, cabin owners, gardeners and other community members will soon be going in to buildings (including cabins and sheds), wood piles, vehicles, and other storage spaces, that have not been used since the fall. Unfortunately, mice may have contaminated these areas. Urine, saliva and droppings from infected rodents like deer mice can contain Hantavirus.



Hantavirus is transmitted by breathing in contaminated airborne particles from the droppings, urine and saliva of infected deer

mice. Exposure to rodent saliva, urine or feces can lead to Hantavirus infection, usually by inhaling dust contaminated by these rodent products, especially in a closed or poorly ventilated space. This typically occurs while cleaning out buildings, vehicles or other contaminated spaces. Contaminated dust is easily stirred up inside sheds, cabins, grain bins, wood piles, vehicles and garages. Hantavirus is not spread from person to person or from pets to humans, only by direct inhalation of contaminated dusts that contain the virus. Hantavirus infection is a rare but potentially fatal illness.

While Hantavirus illness is unusual, people who do get sick may have flu-like symptoms and sometimes nausea and vomiting. In rare cases, people may develop a severe lung infection known as Hantavirus Pulmonary syndrome.

To protect yourself during spring cleaning:

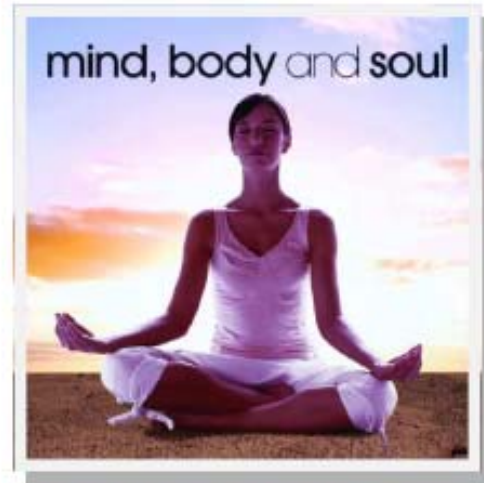
- Aerate any potentially affected areas by allowing them to air out for at least 30 minutes before entering.
- Wear personal protective equipment when coming into contact with dusts and surfaces that may have been contaminated by mice saliva, urine or feces.
- Surfaces should be sprayed with a disinfectant and allowed to air out for another 30 minutes.
- Rodent droppings should be sprayed with a 10% solution of bleach, and all potentially contaminated surfaces should also be washed with bleach.
- Remove food sources and hiding places for mice.
- If you develop a fever, coughing and shortness of breath within one to six weeks of potential exposure to hantavirus, seek medical attention immediately.
- People should be aware of mouse droppings and nesting materials when cleaning buildings, and take precautions to prevent direct contact and inhalation of particles that may be contaminated.





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Rosetown Civic Centre Rose Room

Thursday, June 2nd

9:30 am—3:30 pm



Presentations by Heartland Professionals
throughout the day to feed your
**Mind, Body
& Soul**

Open to all Staff

Guest Speaker—Caron Keens, Founder and
Enthusiast of 'A Good and Kind Company'



Register with Jennifer Frerichs by May 24, 2016

Jennifer.frerichs@hrha.sk.ca or call and leave a message 306-882-4111 ext 2304



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Smart IV Pumps Coming to Heartland Health Region this Month

The implementation of Smart IV pumps and a provincial drug library will improve patient safety and provide a provincial standard for the administration of intravenous medication. Heartland Health Region is the second health region in the province to go live with this new technology. Regina Qu'Appelle Health Region was the first region to pilot the program earlier this year.

The new Smart Pumps differ from typical infusion pumps because they are pre-programmed with a drug dosing library which adds another layer of checks when it comes to safe delivery of intravenous (IV) fluids and drugs. The smart pump will administer intravenous medication to patients using a provincial drug library containing drug dosing information that includes minimum and maximum dosing limits.



Infusion pumps are commonly used to deliver medications, fluids, and nutrients to patients at precisely controlled rates. New smart pumps like the Hospira Plum 360 include error reduction software to assist healthcare providers with programming and calculating dose and delivery rates. When used properly, these features will help prevent IV medication errors and reduce patient harm in both acute and home care settings.

In addition to increasing patient safety, the new IV pumps can collect data for future quality improvements at a regional and provincial level. Working together nurses, physicians, pharmacists, and other care providers around the province created the first provincial drug library to support the smart pump technology. This collaborative effort required different organizations to achieve consensus on hundreds of complex medical practices. There are currently over 700 medications in the provincial adult drug library.



National Immunization Awareness Week

Daffodil Pin



The daffodil pin is a symbol of strength and courage in the fight against cancer. Buy a daffodil pin and wear it in April to show your support for people living with cancer.

Read more: <http://www.cancer.ca/en/get-involved/events-and-participation/find-an-event-near-you/daffodil-month/?region=sk#ixzz453w9vX5s>



Enhancing patient safety



Smart IV Pumps are coming soon!

Implementation begins April 11th with our first education days.

Infusion pumps are commonly used to deliver medications, fluids, and nutrients to patients at precisely controlled rates. New smart pumps like the Hospira Plum 360 include dose error reduction software (DERS) to assist healthcare providers with programming and calculating dose and delivery rates. When used properly, these features will help prevent IV medication errors and reduce patient harm in both acute and home care settings.

Smart pumps can't prevent all programming and administration errors. Clinicians must use professional judgment and adhere to established standards of care and standard operating procedures for safe medication administration when using this or any technology. Standard work is being created to support this work.

Rosetown, Kindersley • April 21st

Unity, Outlook • May 5th

Kerrobert, Biggar • May 12th

Wilkie, Davidson • May 18th

Kyle, Eston • June 14th

**Macklin, Elrose, Dinsmore,
Lucky Lake • June 15**

Are you registered for training?

Training will take place at CNE Education Days for all RNs and LPNs in Heartland. Talk to your facility manager to sign up. EMS staff talk to your facility coordinator for education opportunities.

SASKATCHEWAN
SMART PUMP



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GO FOR THE GOLD! Immunize your kids.



Talk with your doctor, nurse,
pharmacist or local public
health office about keeping
your child's immunizations up
to date.





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You are an immunization champion

Get immunized
and talk with your
patients about the
vaccines they need
to stay healthy.





Climbing Back on the Fitness Wagon



Tired and full you wonder how you're going to part ways with the couch to do anything, let alone exercise. Sound familiar? Some of the following strategies can help you get up and get into shape:

Talk to your doctor. Before starting any new fitness regime, it's always a good idea to get a check up and the green light from your physician. He or she can assess your current fitness level, identify any concerns and even suggest the most appropriate activities for your condition.

Pace yourself. Don't train like an Olympian on the first day. Start slowly and listen to your body. The adage, "no pain, no gain," does not apply. If you feel pain, light-headed or short of breath (to the point where you're unable to talk), slow down or take a break. Over-exerting yourself will not only leave you in pain, but can also lead to injury, landing you right back on that couch.

Do what you like. It's no wonder that people who look at exercise as a punishing chore don't stick with a program. Instead of dragging yourself to a yoga class where you count down the minutes until end, seek out exercise activities that you enjoy. Go for a stroll in your neighborhood, turn up the tunes and have a dance, or join that weekend pick-up basketball game you've been eyeing from afar.

Buddy up. Sometimes peer pressure can be a good thing: you're less likely to skip a trip to the gym or a dance class if you know a friend is counting on you to be there. Joining a gym or activity with a friend or partner is a great way to motivate each other to stay in the fitness game.





Climbing Back on the Fitness Wagon—cont'd

Mix it up. Doing the same exercise over and over, will probably leave you uninspired and can also lead to injuries caused by repetitive motion. Stay interested, engaged and on the fitness wagon by alternating between activities that highlight the main fitness components of:



- **Aerobic exercise.** E.g., jogging, swimming, walking—which increases cardiovascular strength and builds endurance.
- **Flexibility training.** E.g., yoga, pilates, gardening—to boost your range of motion.
- **Strength training.** E.g., weight lifting and stability ball exercises—which builds muscle tone and keeps bones strong.

"Work out" on the job. Look for ways to intersperse your day with exercise. Standing and sitting straight requires the muscle contraction of your abdomen, chest, legs and back, helping you look and feel better and upping your calorie burn. Minimize muscle and body strain that can lead to muscle and back problems and conditions like carpal tunnel syndrome by modifying the physical set up of your work area so it's more ergonomic. Do a few back and neck stretches at your desk or work station, take the stairs on coffee runs and "pump up" by tightening and relaxing major muscle groups a few minutes at a time throughout the day.

Set small, attainable goals. Losing 50 pounds or running a marathon may be possible, but smaller signposts—e.g., dropping 10 pounds in 10 weeks or being ready to run a 5 km race by spring—can help you celebrate your progress and stay motivated along the way.

Work in a "workout." If carving out 30 minutes for exercise seems impossible, try squeezing in 10-minute sessions throughout the day. From a series of morning "wake up" stretches, to walking the dog, to gardening "squats," remember that physical activity comes in many guises, so get creative and get moving!

Get back on the wagon. Ditch an "all or nothing" attitude. If you miss a day, a week or even a month of exercising, it doesn't mean all your hard work is lost. Realize that exercising is part of a healthy lifestyle—one that lasts a lifetime. Find your way back to fitness by forgiving any lapses and getting back to your routine.

Even if you've fallen off the fitness wagon before, now is the perfect chance to climb back on and renew your commitment to your health and yourself.