



HEARTLAND LINK.....
KEEPING US ALL WELL CONNECTED!!
September 20, 2016

CEO News will resume in the very near future!

Code Orange Drill Practiced in Unity

On Thursday, September 15th, the Unity Health Centre management and staff staged a mock Code Orange drill to exercise the facility's Emergency Preparedness Plan (EPP). A Code Orange is called when there has been an external incident that causes an influx of casualties into a health care facility that need to be managed. Participating in the exercise were the staff on duty at the facility including Emergency Medical Services, Dr. Williams, a local physician, and a number of local volunteers who represented the mock victims. The mock incident was a school bus crash that had apparently occurred on one of the highways. A debriefing was held after the exercise to complete the learning experience. The Region's Emergency Preparedness Officer complimented the Facility Manager who was the Incident Commander for the exercise and the staff for the excellent execution of the Emergency Preparedness Plan. At the end of the exercise, the Facility Manager thanked the staff for their execution of the exercise and also the volunteers who had been recruited for their participation.



**Seniors' Week
in Saskatchewan**

Vital. Active. Involved.

Your special events will make this celebration a success and show how important Seniors are every day in every community.

**September 25
to October 1**

Watch for events happening in your communities!

saskatchewan.ca



Seniors' Week in Saskatchewan is next week. Watch for special events in your facilities and communities to celebrate our Seniors!

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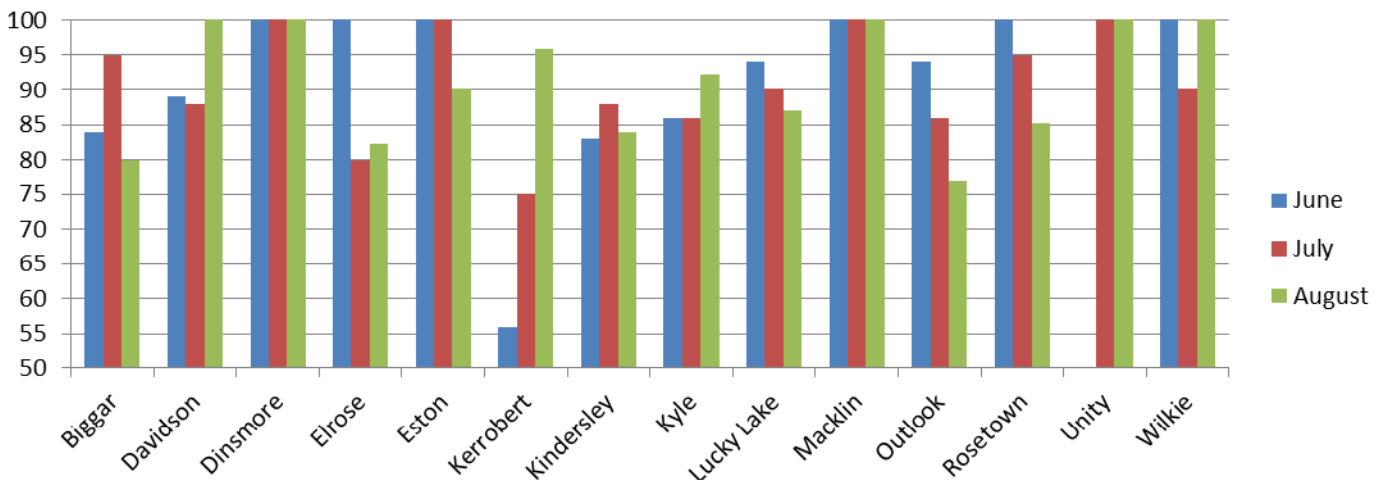
Hand Hygiene Audit Results – August 2016

These are the results of August’s hand hygiene audits. We met our goal of 95% overall compliance with all facilities submitting audits. There is also a separate report specific to nails and jewelry taken from the monthly audits submitted over the past three months. From this, you can see too many of our front line, direct care staff and environmental service workers were found to have long nails, nail enhancements and rings with gemstones. This is something we should have 100% compliance with and will work on this for the next audit.

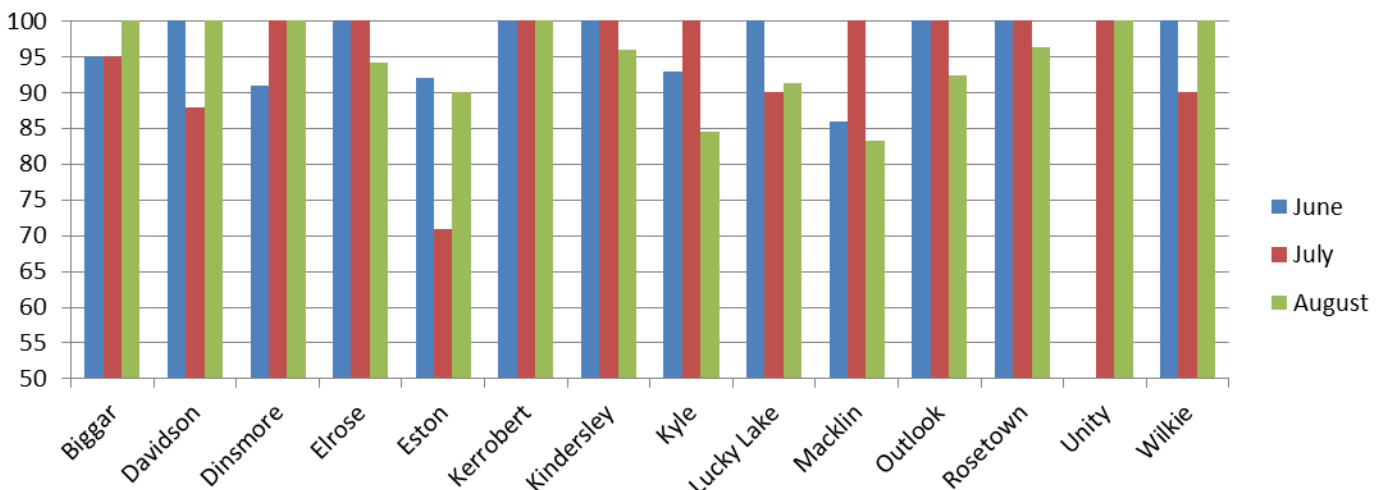
Average compliance rates: June – 92.41% July – 92.44% August – 95.34%

Variation in compliance rates can be attributed to internal vs external auditors, many different auditors and different auditing practices. The Hawthorne Effect, where people do better when they know they are being watched, is evident in the sites where the auditor is consistent and known to staff.

Compliance Rates % Single Smooth Ring Only



Compliance Rates % Short Clean Nails No Enhancements



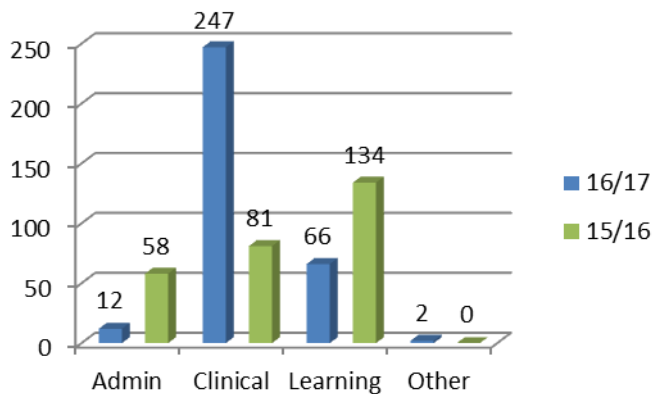
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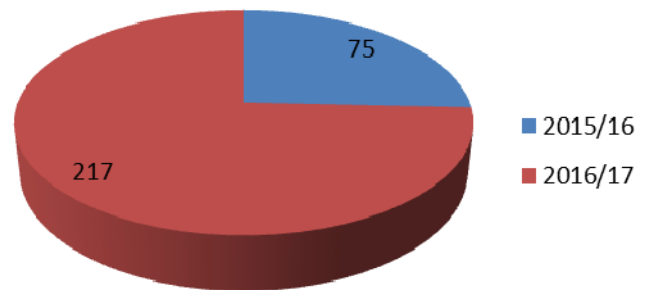
Telehealth Usage Quarter 1

Telehealth services include clinical programming with access to specialists or other health care providers without leaving your home community. Utilizing secure video conferencing as well as diagnostic peripherals (tele-stethoscope and patient exam camera); educational programming such as chronic disease management for the public and administrative programming which allows staff to attend meeting or training sessions and reduce regional travel. Heartland has a well-established Telehealth video conferencing program in eleven communities including Kindersley, Kyle, Rosetown, Outlook, Unity, Biggar, Davidson, Eston, Macklin, Kerrobert and Lucky Lake. In 2015-2016 we saw an increase of 123% in Telehealth use for clinical appointments. Our yearend statistics also show a total of 173,134 kms saved by patients and families in Heartland. We also saw a savings for Heartland providers' travel of 9,454 kms.

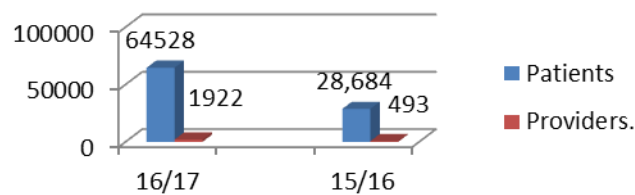
Q1 Telehealth Usage



Q1 Number of patients seen



**Q1
Kilometers Saved by
Patients and HHR
Providers**



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Provincial Parenting Program Celebrates Anniversary

The Parent Mentoring Program of Saskatchewan (PMPS), a home-visiting and early childhood outreach program that provides assistance and support to expectant parents or those parenting newborns to 5 year olds, is celebrating its 20th anniversary this month. The Parent Mentoring Program has helped thousands of Saskatchewan participants since its inception. PMPS is a valuable program that provides parents and young children with a warm, caring relationship that is supportive and encouraging. The program was introduced to 10 provincial sites in September 1996 under the Successful Mothers Support Program title. It was expanded to 16 sites in 1999 before being re-named the Parent Mentoring Program of Saskatchewan in 2006. PMPS looks at overall family health including physical, social, intellectual, and emotional strengths and risks. The program's 72 active mentors work with local coordinators to help participants identify areas of strength and any potential risks. Mentors assist with parenting skills, healthy lifestyle practices, safe environments, and needed supports to offset or reduce risks posed to children. Through home visits and group opportunities we connect program participants with a mentor or coordinator who visits the family regularly to providing guidance and support.

In 2015 the program had over 200 parent participants in Saskatchewan, both male and female, ranging from 17 years of age to over 40. A number of anniversary events are scheduled throughout the province to commemorate the milestone. In the Heartland Health Region anniversary celebrations will be held on Tuesday, September 27th in Unity at the Unity Legion Hall and Wednesday, September 28, 2016 at the Biggar Parent Mentor Office (104- 6th Ave East). All families are welcome to come and go at both events from 10:00-3:00 p.m. In attendance will be the West Central Play-Mobile, Inc. The play-mobile is for families with children 0-5 years of age, and is free of charge. It has fun interactive activities such as crafts, games, imaginative play, puzzles, etc. Come join in the celebrations. There will be cake and refreshments at both events and you can engage in some fun time with your child and neighbors.

Come Celebrate With Us

The Parent Mentoring Program is celebrating its **20th Anniversary** this year!

Wednesday, Sept 28

at the Biggar PMP office

(104- 6th Ave East)

All families are welcome to come and go from 10:00-3:00 p.m.

In attendance will be

West Central Play-Mobile, Inc.

The play-mobile is for families with children 0-5 years of age, and is free of charge. It has fun interactive activities such as crafts, games, imaginative play, puzzles, etc.

Come join in the celebration. We will have cake and refreshments, while engaging in some fun time with your child and neighbors.

Come Celebrate with us:

The Parent Mentoring Program is celebrating its **20th Anniversary** this month, For our celebration come join us for some fun

Tuesday Sept 27

@ Unity Legion 10-3.

Any families with children 0 — 5 years of age

Free – No charge

In attendance will be

West Central Mobile Playground.

The playground has fun, interactive activities for families to do together such as crafts, games, reading corner, imaginative play, puzzles, etc.

Any families with children 0 — 5 years of age

Come join us for fun, and refreshments, while engaging in some fun time with your child.

For more information [click contact](#)

See Stephenson 306-228-2666 extension 2946

Mental Health: A Healthy Mind Affects Overall Health



Living with depression or anxiety can have a major impact on your body. Both mental and physical well-being are connected; poor mental health can result in poor physical health, and vice versa. Poor mental health may also keep you from achieving desirable lifestyle goals, such as trying to eat a healthier diet, exercising, working less, quitting smoking, or following treatment guidelines, if you are ill.

Whether your anxiety, stress, or depression comes from grief, illness, job loss, or the break-up of a relationship, learning how to manage these feelings, can help you live your life with greater satisfaction and meet your personal goals. Here are some tips:

Positive thinking

The power of positive thinking has been getting a lot of press in recent years - and with good reason. It may not always be easy to see the bright side or to think positively about your circumstances, but people are finding that this approach can make a difference on their outlook on life, and consequently their mood. Rather than concentrating on the worst that could happen, positive thinking re-focuses on potentially positive outcomes, as well as the positives of what is actually happening in the here and now.

Meditation

Meditation and mindfulness are also becoming increasingly popular. Mindfulness is being focused on *what* to pay attention to if we want to be happier, live better, and feel less stressed overall. By taking time to meditate or practice mindfulness, you are allowing your brain, your thoughts and your body to relax, diminishing the stressful and anxious feelings. The more you practice, the easier it becomes to calm yourself.

Healthy relationships

Being part of a healthy relationship can go a long way toward improving or maintaining your mental health. A good friendship with someone, with whom you can be open and share things, can be invaluable – and improve your mental health! Good relationships with immediate family members may also help you through a crisis. Although scheduling time with friends and making time for your significant other can be challenging with the demands of work and life, by cultivating these relationships in good times, you may have a lifesaver when you hit troubled waters. You can assess the quality of your relationship by downloading our app, and taking the My Relationship Meter quiz!

Shepell also has an app that is available – free download and available worldwide...simply visit your device app store or scan the QR code on the <https://www.workhealthlife.com> home page.

Mental Health: A Healthy Mind Affects Overall Health (cont'd)

Therapy

There are different types of counselling and therapy approaches, including cognitive behavioural therapy (CBT). This type of therapy teaches you how to improve your control over anxious thoughts, and to create more realistic, positive ones. In addition to CBT, a therapist may suggest meditation and mindfulness exercises, to help you relax and reduce stress.

Therapy may also offer strategies on how to communicate better with others, thus helping you enjoy healthier relationships, which in turn promotes improved mental health and overall well-being.

Working on your mental health is just as important as improving your physical health – and both are connected. You've only got one body and one mind – help keep them healthy and working together.



Thank you to all those who helped to plan and attend Employee and Physician appreciation events this past June. Also a special congratulations to all those who have reached milestones in their career with Heartland Health Region this year!

The orders placed this summer have now arrived and distribution is being coordinated. You can pick up your gift at the facility listed on your log-in letter.

If you have any questions or concerns, please feel free to contact me directly at **1 (306) 867-9701** or email me at **HHRappreciation@hrha.sk.ca**.

Thank you, Leona Anderson — R&R Coordinator/PO/EA



Cheryl's **Heart Hero** is her reason for living.

Offer hope. Talk to your family about organ and tissue donation.



Cheryl Olson HEART TRANSPLANT RECIPIENT

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October 24th, 2016

KINDERSLEY

Fischer Lounge

8:30-12:30

OR

1:00—5:00

Key Topics:

- Mistake Proofing
- Flows of Medicine
 - Seven Wastes
- Standard Operations

Coffee will be provided.

If you are interested in attending one of the Kaizen Basics Training dates, please submit the Kaizen Basics Registration form to Kaydin Rafuse via interoffice, fax at 306.882.1389 or scan to Kaydin.rafuse@hrha.sk.ca

"Toyota revolutionized our expectations of production processes that once took days or hours to complete are now measured in minutes or seconds. The challenge is to revolutionize our expectations of health care: to design a continuous flow of work for clinicians and a seamless experience of care for patients" - Donald M. Berwick, MD, President and CEO, Institute for Healthcare Improvement

Kaizen
改善
To make better





3sHealth Employee Benefit Plan improvements

- Dental Benefits
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- Smoking Cessation Drugs
- Therapeutic Equipment
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- Hearing
- Extended Health Care

Plan members may direct questions about coverage under the 3sHealth Employee Benefit Plans to a 3sHealth Benefit Services Officer at 1.866.278.2301 or ebp@3shealth.ca, or they may visit www.3shealth.ca and use Live Chat to communicate with a Benefits Services Officer.