



LHINSight

LHINSight is the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) electronic newsletter. Please share it with colleagues, clients, friends and family.

Creating a health care system that helps keep people healthy, gets them good care when they are sick, and will be there for our children and grandchildren.

April 2010 - Volume 1

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Update from the Board Meeting - March 23 2010

The minutes from the March 23, 2010 meeting of the HNHB LHIN Board of Directors will be posted following approval at the April 27 meeting. In the meantime, please read through some of the highlights from the meeting.

[Read more...](#)

HNHB LHIN Celebrates BPSO Candidacy

The Hamilton Niagara Haldimand Brant LHIN is one of 16 sites across the province that has been given the opportunity by the Registered Nurses Association of Ontario (RNAO) to become a Best Practice Spotlight Organization (BPSO).

[Read more...](#)

Putting 'Residents First'

The HNHB LHIN is one of four LHINs participating in **Residents First** - a five-year provincial initiative developed by the [Ontario Health Quality Council \(OHQC\)](#). This initiative is advancing quality in Ontario's long-term care

homes.

[Read more...](#)

Aboriginal Health Opportunities Workshop

On March 19, a meeting was held at Six Nations with individuals from Aboriginal communities in follow-up to two health care planning sessions held over the past couple years.

[Read more...](#)

Events Calendar

Check out upcoming events in the HNHB LHIN, including the **HNHB LHIN Board meeting April 27 2010**.

[Read more...](#)

Did You Know?

Since 2009, board and staff members have visited with 25 groups and organizations through Speaker's Bureau. This is over and above all of the visits, presentations and remarks from board and staff at community events and annual general meetings.

[Read more...](#)

LHINs are the only organizations in Ontario that bring together health care partners from the following sectors – hospitals, community care, community support services, community mental health and addictions, community health centres and long-term care – to develop innovative, collaborative solutions leading to more timely access to high quality services for the residents of Ontario and HNHB LHIN communities. By supporting these important partnerships, LHINs are ensuring that Ontarians have access to an effective and efficient health care system that delivers improved health care results and a better patient experience.

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Update from the Board Meeting - March 23 2010

The minutes from the March 23, 2010 meeting of the HNHB LHIN Board of Directors will be posted following approval at the April 27 meeting.

In the meantime, here are some of the highlights from the meeting:

- The Chair welcomed [Ruby Jacobs](#) to the Board of Directors. Ms. Jacobs was appointed on March 3, 2010, by the Lieutenant Governor. Ruby is a life long band member of the Six Nations of the Grand River.
- The Alternate Level of Care (ALC) rate for February 2010 was 14%. It was noted that there is a possibility that by the end of March 2010, the ALC rate could be lower than 14%. The Board acknowledged the work of the Community Care Access Centre (CCAC) and health service providers to reach the ALC target.
- The Board was presented with the [detailed implementation plan](#) for the [Clinical Services Plan](#) (CSP), which was approved in November 2009. The three themes of the CSP were embedded into the [Integrated Health Service Plan](#) (IHSP) which was approved in December 2009. Year 1 implementation activities will focus on the CSP as part of the broader priorities in the IHSP.
- An engagement plan will be created that will map the CSP process for the next three months.
- Clinical Program Integration will be one of the biggest CSP initiatives and will require partnerships with health service providers and clinical practitioners.

HNHB LHIN Celebrates BPSO Candidacy



The Hamilton Niagara Haldimand Brant LHIN is one of 16 sites across the province that has been given the opportunity by the Registered Nurses Association of Ontario (RNAO) to become a Best Practice Spotlight Organization (BPSO). During the three-year initiative, participating organizations (HNHB CCAC, Niagara Region Public Health, and 10 hospitals in our LHIN) will work together to implement best practice guidelines.

The HNHB LHIN is focusing on three best practice guidelines:

- [Prevention of Falls and Fall Injuries in the Older Adult](#)
- [Risk Assessment and Prevention of Pressure Ulcers](#)
- [Embracing Cultural Diversity in Health Care: Developing Cultural Competence](#)

On March 24th, the HNHB LHIN celebrated the official launch of its BPSO candidacy with representatives from all partner organizations. It was a day of learning, sharing, and celebration.

Read the [media release](#).

Putting '*Residents First*'

The HNHB LHIN is one of four LHINs participating in **Residents First** - a five-year provincial initiative developed by the [Ontario Health Quality Council \(OHQC\)](#). This initiative is advancing quality in Ontario's long-term care homes. A two-day workshop was held March 25-26 to bring together representatives from the 25 participating HNHB LHIN long-term care homes to learn about the initiative and how to implement strategies that support and enhance quality care for residents.



Please click [here](#) for a list of participating HNHB LHIN long-term care homes.

For more information about this initiative, please contact:

Ginny Hynde

HNHB LHIN Residents First Coordinator

Ginny.Hynde@ohqc.ca

Aboriginal Health Opportunities Workshop



On March 19, a meeting was held at Six Nations with individuals from Aboriginal communities in follow-up to two health care planning sessions held over the past couple years. In past sessions, residents, health service providers and community leaders came together to discuss health issues related specifically to Aboriginal people and their communities.

The goal of the recent session was to discuss how to turn planning into action. The group brainstormed a list

of individuals, groups and organizations that would be central to developing a concrete plan and moving it forward. The group noted some key enablers to change, including, better data collection and analysis and improved communications.

Upcoming Events

Click on the dates for details.

April 7

Opportunities Hamilton: *How Do We Create More Affordable Housing?*

8:30 a.m. - 4:30 p.m.

Hamilton

April 8

Public Lecture: Communication and Dementia

7:00 p.m. - 9:00 p.m.

Brantford

April 27

HNHB LHIN Board Meeting

4:00 p.m. - 7:00 p.m.

Grimsby

Did You Know?

Since 2009, board and staff members have visited with 25 groups and organizations through Speaker's Bureau. This is over and above all of the visits, presentations and remarks from board and staff at community events and annual general meetings. We are kicking off the Speaker's Bureau 2010-2011 season.

Read the [media release](#).

- [What is Speaker's Bureau?](#)
- [Request a board/staff member to speak to your group.](#)

LHINs are the only organizations in Ontario that bring together health care partners from the following sectors – hospitals, community care, community support services, community mental health and addictions, community health centres and long-term care – to develop innovative, collaborative solutions leading to more timely access to high quality services for the residents of Ontario and HNHB LHIN communities. By supporting these important partnerships, LHINs are ensuring that Ontarians have access to an effective and efficient health care system that delivers improved health care results and a better patient experience.

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April 2010 - Volume 2

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Youth Hook-Up With Health

The HNHB LHIN participated in the Hamilton Wentworth District School Board's [Third Annual Social Justice Fair](#), which brings together over 100 schools and 30 organizations. The HNHB LHIN took this opportunity to talk to youth about the roles they play in not only their own health but also the health of their peers.

[Read more...](#)

34th Annual Day in Perinatology

The HNHB LHIN participated in the 34th Annual Day in Perinatology, hosted by St. Joseph's Healthcare Hamilton and McMaster Children's Hospital on April 16 2010. More than 300 people from various health professions attended, including physicians, nurses, public health staff, and midwives.

[Read more...](#)

Helping Seniors Age at Home

The HNHB LHIN board approved six proposals for Year 3 of the Aging at Home (AAH) Strategy, which is designed

to find innovative ways to help seniors age independently at home.

[Read more...](#)

Want to Work at the HNHB LHIN?

We are currently hiring for one full-time position.

[Read more...](#)

Events Calendar

Check out upcoming events in the HNHB LHIN, including the [HNHB LHIN Board meeting April 27 2010](#).

[Read more...](#)

Did You Know?

Over 200,000 seniors live in the HNHB LHIN. This represents the largest number of seniors of all Ontario LHIN's.

[Read more...](#)

LHINs are the only organizations in Ontario that bring together health care partners from the following sectors – hospitals, community care, community support services, community mental health and addictions, community health centres and long-term care – to develop innovative, collaborative solutions leading to more timely access to high quality services for the residents of Ontario and HNHB LHIN communities. By supporting these important partnerships, LHINs are ensuring that Ontarians have access to an effective and efficient health care system that delivers improved health care results and a better patient experience.

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Youth Hook-Up With Health

On April 15, 2010, the HNHB LHIN participated in the Hamilton Wentworth District School Board's [Third Annual Social Justice Fair](#), which brought together over 100 elementary and secondary schools and 30 organizations. The HNHB LHIN took this opportunity to talk with youth about the roles they play in their own health and the health of their peers.



The LHIN developed stories about five teens, each with issues teens commonly face: bullying, sexual orientation, risky sexual behaviour, homelessness, addictions, and depression. Students were asked to read through the examples and choose one they could relate to. Through role playing, students identified the paths that would lead to the best and worst case outcomes. They then came up with ideas to help those teens head down a healthy path.

The top three issues of the day were:

- **Bullying**
 - In Canada, one in three youth report being bullied in the last two months. [Source](#)
 - 57% of the time, when peers intervene, bullying stops within 10 seconds. [Source](#)
- **Sexual orientation**
 - Gay youth without family support are: 8.4 times more likely to attempt suicide, 5.9 times more likely be depressed, 3.4 times more likely to use illegal drugs, and 3.4 times more likely to have unprotected sex. [Source](#)

Gay, lesbian, bisexual, transgender and questioning (GLBTQ) youth are disproportionately homeless or street involved. [Source](#)

- **Homelessness**

- Over 14% of people in emergency shelters are youth. [Source](#)
- Homeless youth are more likely to get sick and die on the streets. [Source](#)

Overwhelmingly, the students offered solutions that involved what role *they* could play to contribute to good health, rather than what role *services* could play to contribute to good health. Students said they would stand up for their friends if they were being bullied; they would accept their friends' sexual orientation and encourage them to be themselves; and they would offer their friends a place to stay if they didn't have one.

The students offered great insight into how they could take charge of their health as well as how to be champions for both physical and mental health among their peers.

Click [here](#) for more info.

34th Annual Day in Perinatology

The HNHB LHIN participated in the [34th Annual Day in Perinatology](#), hosted by St. Joseph's Healthcare Hamilton and McMaster Children's Hospital, on April 16 2010. More than 300 people from various health professions attended, including physicians, nurses, public health and midwives.

The LHIN's own Physician Lead, Clinical Planning and Integration - Jennifer Everson - spoke with numerous health professionals working in perinatology (high-risk pregnancies and babies' health). Several presentations took place throughout the day, covering topics such as pregnancy complications, debate about childbirth in water, Fetal Alcohol Spectrum Disorders, and pregnancy and influenza.



The day allowed health service providers to gain a better understanding of the LHIN's role in planning and some of the activities the LHIN is working on, such as the [Integrated Health Service Plan](#) and the [Clinical Services Plan](#).

It was evident that this group of health professionals is incredibly dedicated to their work!

Helping Seniors Age at Home

The HNHB LHIN board approved six proposals for Year 3 of the Aging at Home (AAH) Strategy, which is designed to find innovative ways to help seniors age



independently at home and avoid unnecessary visits to the emergency department.

Here are quick summaries of some of the proposals:

★ **Specialized Geriatric Services (SGS) in Haldimand-Norfolk**

Sponsored by Community Addiction and Mental Health Services of Haldimand-Norfolk, this initiative will link frail seniors who need immediate assistance to appropriate community-based services. One of the goals of this initiative is to prevent seniors from an unnecessary hospital stay.

★ **Specialized Geriatric Services (SGS) in Niagara**

Specialized Geriatric Services in Niagara will connect seniors with complex needs to primary health care, such as a family doctor or nurse practitioner, and social services. This initiative will give frail seniors access to the support they need quickly and close to home.

★ **Supportive Living Program in Dunnville**

This program will provide affordable housing to Dunnville residents who currently have limited housing options. It will also provide homemaking services, help with day-to-day living activities and provide 24/7 access to personal support staff.

★ **Rapid Access Outpatient Clinics in Hamilton and Burlington**

Currently, some visits to the emergency room result in avoidable hospital stays. This happens because a patient might need follow-up care such as a diagnostic test, and the only way to ensure the patient gets the test is to keep them in hospital. This program gives people access to an outpatient clinic where they can receive certain tests and assessments within 24-48 hours of visiting an emergency room so that they no longer need to remain in hospital. This will also mean shorter wait times for those who truly do need to be admitted to hospital.

For more details and other approved proposals, read the [AAH Year 3 presentation to the board and the February 23 2010 board minutes](#). For quick stats on seniors in the HNHB LHIN, scroll down to read the *Did You Know?* section.

Want to work at the HNHB LHIN?

Position Available:

Upcoming Events

Click on the dates for details.

[April 27](#)

HNHB LHIN Board Meeting

4:00 p.m. - 7:00 p.m.

Grimsby

[April 30](#)

Grand River Community Health Centre - *Community Health Day*

10:00 a.m. - 1:00 p.m.

Brantford

[April 30](#)

St. Leonard's Community Services - *Spring Open House*

1:00 p.m. - 4:00 p.m.

Brantford

[May 6](#)

Don't Quit Before the Miracle - NHL all-star Theo Fleury talks about overcoming addictions

6:00 p.m.

Simcoe

For Health Service Providers

[May 4](#)

Regional Conference - Cancer Prevention: Healthy Eating and Physical Activity - Identifying the Issues and Modifying the Risks

8:15 a.m.- 4:15 p.m.

Hamilton

Did You Know?

- Over **200,000** seniors live in the HNHB LHIN. This represents the largest number of seniors of all Ontario LHIN's.
- The largest population change over the next ten years is expected among people 65-74 years (growing by 43.5%) and 85 years and older (growing by 28.5%).

For more information, check out the HNHB LHIN [Health Atlas](#).

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