



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.

Strategic Vision: 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.

Strategic Aim: Dramatically improve the patient experience through quality, integration and value.

Update from the Board Meeting: February 26, 2014

The complete minutes from the February 26, 2014 Board business meeting will be posted following approval at the March 26, 2014 business meeting. In the meantime, please read through some of the highlights from the meeting.

Highlights

- The Board meeting began with an education presentation from the HNHB CCAC on the home placement process and role of the CCAC.
 - A presentation was made related to the HNHB LHIN's draft 2014-15 Annual Business Plan (ABP) and the Board approved the draft be sent to the MOHLTC for review. The ABP outlines how the LHIN's three strategic directions will be supported over the course of the next year.
 - The Board has approved the revision of a motion from the December 11, 2013 meeting that approved the allocation of \$4,000,000 to St. Joseph's Healthcare to support an Assess Restore program at St. Joseph's Villa. The recurring one-time funding will now go directly to St. Joseph's Villa to support a 41-bed Assess Restore program model in 2014-15.
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Donna's Blog - February 2014

Check out an excerpt from Donna Cripps' latest blog post and be sure to catch her upcoming post for March on LHIN planning.

Hello and warm wishes to everyone this month! I hope that people are staying warm amongst this cold traditional winter we have been living through these last few months. While not always the most desirable, cold winters are certainly a part of the culture of "being Canadian" and our history. Culture plays an important role in people's lives which is why I have talked in the past about the efforts by our LHIN and others to create a culture of quality health care with patients being at the centre.

We want to embed this belief in a high quality of the right care, at the right time and place in our care culture so as to have it permeate through all our system decisions and improvements moving forward.

[Read the full Blog Post.](#)



[Sign up to receive Donna's Blog](#)

Health Links Comes to Burlington

Over the last 14 months the Ministry of Health and Long-Term Care (MOHLTC) and the LHINs have been improving care for seniors and others with complex conditions through Health Links. Thursday, February 20, 2014 Minister Deb Matthews was on hand at Joseph Brant Hospital for the official announcement of the Burlington Health Link. This collaboration of local care providers is coming together to better and more quickly coordinate care for high-needs patients.

Since launching in December 2012 there are now 47 communities across the province associated with Health Links, with a plan to cover all of Ontario's communities over the next few years. In total there are 11 Health Links in development for the HNHB region.

The Hamilton Niagara Haldimand Brant Community Care Access Centre (CCAC) will operate as the lead agency for the Burlington Health Link and is working on submitting their business plan focusing on how to make this a collaboration between all care providers (family doctors, hospitals, long-term care homes, specialty providers and community agencies for example).

The participation of all of these agencies and teams is completely voluntary. The principle behind Health Links is placing the patient at the centre of their care and coordinating between various providers as many complex needs patients may see upwards of five or more providers for their medications and health needs. With the patient as the focus, more detailed plans can be created that are specific to the individual and distinct needs of that person.

The plan that Burlington Health Link, and all Health Links, need to develop and submit to the MOHLTC is aimed at the following:

- Improving access to family care for seniors and patients with complex conditions.
- Reducing avoidable emergency room visits.
- Reducing unnecessary re-admission to hospitals shortly after discharge.
- Reducing time for referral from primary care doctor to specialist appointment.
- Improving the patient's experience during their journey through the health care system.

More information on Health Links within the HNHB LHIN, including the [benefits for you and your family](#), can be found [here](#). For the MOHLTC's site, [click here](#).

Call for Applications for Community-Based Specialty Clinics

When the Ministry of Health and Long-Term Care (MOHLTC) released Ontario's Action Plan for Health Care in January 2012 it identified non-profit Community-Based Specialty Clinics as a key component of Ontario's health care system.

These clinics play an important role in keeping Ontarians healthy, providing faster access and a stronger link to family health care, and ensuring Ontarians are receiving the right care, at the right time and in the right place.

Community-Based Specialty Clinics are non-profit health providers that will offer select low-risk procedures that are currently provided in acute-care hospital settings. Specialty Clinics will focus on providing high volume procedures, such as routine cataract procedures, colonoscopies, and other procedures that do not require overnight stays in a hospital. These services are OHIP-insured and have no additional fees. Shifting these procedures to the clinics will improve patient access to high quality care at better value.

Community-Based Specialty Clinics

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Community-Based Specialty Clinic models fall into two categories :

1. A public hospital operating in a new site (i.e., a satellite or ambulatory care centre) under the Public Hospitals Act (PHA); or
2. A non-profit Independent Health Facility (IHF) licensed under the Independent Health Facilities Act (IHFA).

- [Why Community-Based Specialty Clinics?](#)
- [Initial Rollout of Specialty Clinics](#)
- [Cataract Specialty Clinic Applications](#)
- [Policy Guide](#)
- [Frequently Asked Questions](#)
 - [Community-Based Specialty Clinic Strategy](#)
 - [Improving Services For Patients](#)
 - [Process To Establish Community-Based Specialty Clinics](#)

Document download

- [Community-Based Specialty Clinics: Executive Summary - PDF](#)
- [A Policy Guide for Creating Community-Based Specialty Clinics - PDF](#)
- [4910-85 - Public Hospital Guidelines and Forms](#)
- [4911-85 - Independent Health Facility Guidelines and Forms](#)

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The MOHLTC, the LHINs and Cancer Care Ontario (CCO) are working together to rollout Specialty Clinics, which will initially focus on low-risk cataract and colonoscopy services. In the future, additional procedures that do not require overnight stays in a hospital will be eligible to be performed in Specialty Clinics.

The MOHLTC has launched the application process to create non-profit Community-Based Specialty Clinics for low-risk cataract procedures. Application materials and additional information about the Specialty Clinics

can be found online at the main webpage or through requests sent to specialtyclinics@ontario.ca. The website also contains a [FAQ document](#). Alternatively information will also be updated at the [HNHB webpage](#).

Two important deadlines to keep in mind are the application and question submissions.

Questions about the applications process, the Application Guidelines, and/or the Application Form can be e-mailed to specialtyclinics@ontario.ca and must be received by March 31, 2014 at 11:59 PM (Eastern Standard Time), according to the time that the e-mail is received in the Ministry e-mail systems.

All applications must be submitted electronically, via email, to the Ministry at specialtyclinics@ontario.ca and the LHIN in which the Specialty Clinic would be located. All HNHB LHIN submissions should be sent to Ajay.Bhardwaj@LHINS.ON.CA. The deadline for submission of Applications is April 22, 2014 at 11:59 PM (Eastern Standard Time), according to the time that the e-mail is received in the Ministry and LHIN's e-mail systems.

Website Launched to Provide Information on Diabetes Care in HNHB LHIN

Launched on February 19, 2014, the [Living with Diabetes in HNHB LHIN webpage](#) is a resource for all residents in the Hamilton Niagara Halidmand Brant LHIN who might need to learn more about Diabetes Education Programs (DEPs).

Broken down into four sections, the page is meant to be a location for a multitude of links and easy-to-find tools for those wishing to learn more about caring for someone who is living with diabetes.

These tools include an [explanation of what DEPs are](#); maps of the facilities running these DEPs and their [contact information](#); more detailed information from provincial and [national programs](#) focused on diabetes care; and how to connect with care providers in the HNHB LHIN for more [specific needs](#) (for example eyes, feet, nutrition and diet).

Be sure to check these web pages frequently for updates moving forward.

Living with Diabetes in HNHB LHIN

Welcome to the HNHB LHIN Diabetes webpage!

This page has been created to act as a helpful resource that connects you with information and services to self-manage your diabetes.

Living an active, independent life through a lifelong commitment to careful diabetes management can be accomplished through:

1. Understanding your diabetes
2. Regular physical activity
3. Knowing what, when and how much to eat
4. Maintaining a healthy weight
5. Learning how to reduce stress
6. Maintaining a blood pressure at, or below 130/80¹



New St. Joseph's West 5th Campus Emphasizing the Environment in Mental Health Care

The article below appeared on CBC Hamilton's website on February 9, 2014 and comes from reporter Cory Ruf. The full article can be found [here](#).

New St. Joseph's West 5th hospital welcomes first patient - Inaugural patient predicts state-of-the-art design will help with residents' recoveries

The 8:30 a.m. check-in time doesn't seem to bother Jessica Bennett as she strides into what will become her home away from home for the next days and weeks.

Walking into the west entrance of a sparkling 855,325 square-foot complex, the 26-year-old smiles as she's greeted by cheering staff and handed a key card to her private room with a courtyard view.

But Bennett's new digs aren't in a luxury hotel or high-end university dorm. Rather she is the first patient of about 200 to move into St. Joseph's Healthcare Hamilton's new West 5th Campus facility on Sunday.

The newly opened Mountain hospital, which specializes in mental illness, is aiming to make the patients' environment a key tool in their care.

For starters, the privacy of the single room with its own washroom is immediately a step up from her lodging at the old West 5th hospital. Bennett, a patient in St. Joe's mood-disorder program who says she's "been part of the system for a long time," marvels to reporters about the amenities in her new setup.

There's also a closet with a plug. "I think that's really cool because you can charge your cell phone and stuff like that," Bennett said.

And then there's the view: A set of broad windows by the bed overlooks a bright, snow-blanketed courtyard.

"Just looking at it, it's gorgeous. If you have a gorgeous surrounding, you're going to feel better," said Bennett.

"I think this is going to help with people's recovery and their journey."

That's precisely the point of the design of the \$581-million facility, according to Dr. David Higgins, president of St. Joseph's Healthcare Hamilton.

"We've designed the building to be healing of itself," he said. "Having that sense of privacy, having that sense of being able to retreat, to be on your own for a while to cope with the stresses and strains when suffering from mental illness is really key.

"There's a sense of safety, security and comfort and that's hugely helpful in reducing stress and anxiety."

A research hospital as well as a care facility, St. Joseph's will be studying how the format of the new building affects patients' sleep and, in turn, their overall mental health.

"Obviously, we're making the prediction that having your own private room with a lockable door and a lot less noise would improve your sleep quality," said Dr. Peter Bieling, Director of the hospital's Mood Disorders Program.

"We know sleep quality is important in psychiatric illness, so we want to do what we can for it."

The layout of the hospital also promotes a feeling of independence. Residents' programmable keycards grant them access to different parts of the building — including a "galleria" space where they grab a cup of coffee, socialize or go to the gym.

"If people are confined to a very limited space, that rhythm of your life gets disrupted as well," said Higgins.

"We've got exercise rooms, we've got gyms, we've got large corridors where people are free to walk in where they weren't before.

"All of that — that rhythm of your day and getting your body rhythms back in line — is fundamental."

Upcoming Events

Community Events and Board Meetings

Tuesday, March 4, 2014

[Strengthen Your Mind Series - Alzheimer Society Haldimand-Norfolk](#)

1:30 p.m.

Hagersville

Tuesday, March 11, 2014

[Strengthen Your Mind Series - Alzheimer Society Haldimand-Norfolk](#)

1:30 p.m.

Hagersville

Tuesday, March 18, 2014

[Strengthen Your Mind Series - Alzheimer Society Haldimand-Norfolk](#)

1:30 p.m.

Hagersville

Wednesday, March 26, 2014

HNHB LHIN Audit Committee Meeting

HNHB LHIN Office

2:30 p.m.

264 Main Street East, Grimsby

Wednesday, March 26, 2014

HNHB LHIN Board Business and Education Meeting

HNHB LHIN Office

4:00 p.m.

264 Main Street East, Grimsby

For more community events, [click here.](#)

For more HSP events, [click here.](#)

Feature Tweets

- Did you know the HNHB LHIN has 11 Health Links...find out where and more here <http://bit.ly/1cxEREp>
- The Long-Term Care ActionLine - a service to hear concerns/complaints from those receiving service from LTCHs or CCAC <http://bit.ly/1mbav2>
- RT: [@alzheimerniagar](#) - We have a new program for Persons with Dementia and Carepartners. <http://fb.me/2OGURgkIQ>
- The HNHB LHIN's Annual Business Plan (ABP) will continue to support our Strategic Aim and Strategic Directions pic.twitter.com/ShPLTgNNgi

- RT: [@SarahMcVanel](#)- [@bchsys](#) All hands on deck when perfect storm hits | Brantford Expositor [http://www.brantfordexpositor.ca/2014/02/10/all-hands-on-deck-when-perfect-storm-hits ...](http://www.brantfordexpositor.ca/2014/02/10/all-hands-on-deck-when-perfect-storm-hits-...) It takes a team to manage high ER waits.
- RT: [@niagarahealth](#) - To raise awareness about heart disease during [#HeartMonth](#) [@Sunnybrook](#) is livetweeting heart surgery. Follow [#SBHeart](#) <http://ow.ly/tOwJR>
- RT: [@Jo_Brant](#) - Health Links is about putting the patient at the centre of care [@Deb_Matthews](#) [#BurlON](#) pic.twitter.com/2CbDrC1Mpn
- It's [#HeartMonth](#) and Canadians are surviving heart attacks better than ever, check out [@TheHSF](#) 2014 report - <http://bit.ly/1bjOToV>

Follow [@HNHB_LHINgage](#) to stay informed of HNHB LHIN initiatives and activities.
We want to stay informed too - let us know if you're on Twitter!



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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