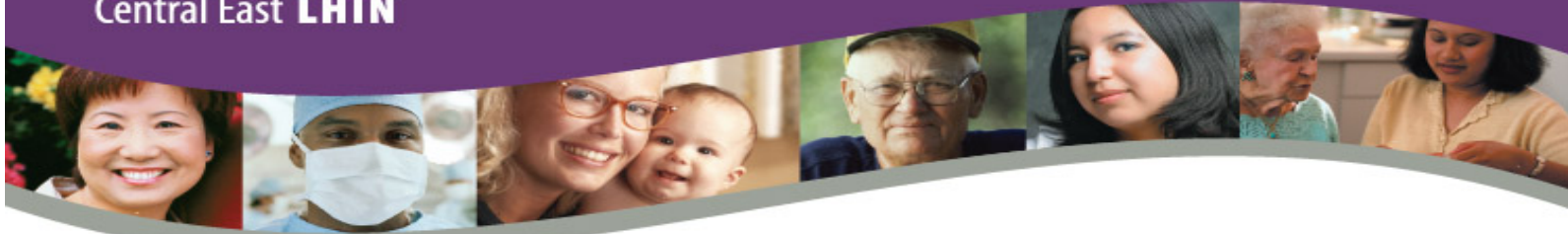


Central East **LHIN**

ENGAGED COMMUNITIES. HEALTHY COMMUNITIES

Central East LHIN e-Newsletter - January 2009

Welcome to the January 2009 edition of the Central East LHIN e-Newsletter "Engaged Communities. Healthy Communities". This newsletter is designed to keep you updated on current events and opportunities for involvement as together we build a stronger, more integrated public health system to serve the residents of the Central East LHIN. As a monthly communication vehicle, it will supplement the information that is continually being posted on the website behind navigations links such as "Resource Documents", "Newsroom" and "Board of Directors". If you would like to receive up to the minute information, be sure to subscribe to the Central East web alert function called MY PAGE. If you already have a MY PAGE account be sure to update your subscriptions to include "Get Connected with Care." If you have friends, clients or colleagues who do not have access to the Internet, please print this newsletter and share with them.

CSP Steering Committee gearing up for release of report

On February 17th, the Clinical Services Plan Steering Committee will present its report to the Board of the Central East LHIN. The report will outline how the Central East LHIN can plan for and fund hospital services based on the location of the patient population and support patient access to the best medical care, equipment and highly skilled providers. The report will also provide a blueprint that Central East LHIN hospitals can use to guide and improve their own hospital service delivery planning now and into the future. The Clinical Services Plan project is being carried out in partnership with the nine community hospital corporations in the Central East LHIN.

The release of the report on February 17th will mark the end of the first phase of an extensive process which has seen physicians, nurses and health care professionals from across the Central East LHIN providing advice to the Steering Committee on service delivery in five clinical areas - Thoracic Care, Cardiac Care, Vascular Care, Maternal, Child and Youth Care and Mental Health and Addiction.

In addition, the Steering Committee has been supported by a Medical Leadership Group, a VP Programs/Chief Nursing Executive (CNE) Leadership Group, the Central East Executive Committee, a Human Resources Advisory Group, a Communications Sub-committee, an Information Management/Information Technology Advisory Group, a Performance Management/Decision Support Advisory Group and the Central East LHIN Rehabilitation Task Group. Click [here](#) to view the membership of each of these groups.

A presentation to Labour Leaders on January 29th on the process to date will cap off a number of presentations that have been made to stakeholders from across the Central East region. [Monthly board updates](#) have been posted to the [Clinical Services Plan page](#) on the Central East LHIN website and the [Frequently Asked Questions page](#) is starting to take shape.

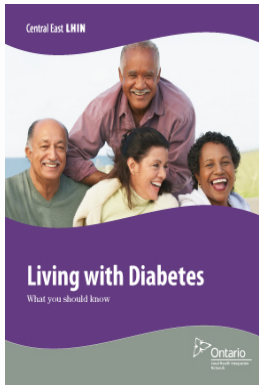
One very important question has been "Will the general public have an opportunity to comment on the recommendations before they are implemented?" After February 17th the implementation of any of the recommendations contained in the report may come forward to the Central East LHIN Board as integration opportunities. As per the Local Health System Integration Act a process has been established to ensure that appropriate community engagement has taken place, prior to any integration opportunities being approved. A [powerpoint presentation](#) that outlines the steps involved in reviewing and accepting any integration initiatives is also posted on the

website.

Asking questions is important. If you have any questions about the Clinical Services Plan, please email them to centraleast@lhins.on.ca.

Information vital in managing Diabetes

A new resource guide entitled “Living with Diabetes – What you should know” is now available in pharmacies, doctors’ offices and Diabetes Education Centres across the Central East LHIN. This is welcome news for the over 100,000 people and their families who are currently living with diabetes in the Central East LHIN. The guide, which provides information on preventing and managing diabetes, has tips on healthy eating and physical activity along with a listing of local resources that people can access for support and guidance.



Developed by a team of local diabetes experts, the guide aims to educate and inform health care providers, physicians and people with diabetes about diabetes services in the Central East LHIN and the recently announced Canadian Diabetes Association Clinical Practice Guidelines.

“The project team worked very hard on producing this resource guide,” said team member Heather Munro, a Certified Diabetes Educator and the Coordinator of the Scarborough Community Diabetes Program at West Hill Community Services in Scarborough. “Ensuring that the guide is delivered across the LHIN and having hosted two education sessions for diabetes providers were real accomplishments.”

“If left untreated diabetes can lead to serious complications including heart disease and stroke,” said Dr. David McNeill, project team member and primary care physician for the Whitby Mental Health Centre Metabolic and Weight Management Clinic. “The good news is that many people can delay or prevent Type 2 diabetes by changing their eating habits and exercising more.”

“Educational projects like this are an important tool in the fight against a serious and growing issue,” said David Caplan, Minister of Health and Long-Term Care. “Helping people prevent and manage diabetes means healthier, happier lives and fewer serious health complications in the long run.”

To download a copy of the “Living with Diabetes – What you should know” please click [here](#).

Common Assessment is coming to all Ontario Long-Term Care Homes

The Ministry of Health and Long-Term Care announced on January 7, 2009 the roll out of the Resident Assessment Instrument Minimum Data Set (RAI-MDS) 2.0 common assessment tool in all of Ontario’s long-term care homes. This will bring to life the vision of a standardized, comprehensive and resident-focused approach to care throughout the province.

All residents and homes now stand to benefit from the many advantages of common assessment realized by the 217 early adopter homes. These benefits include:

- Improved quality of resident care resulting from an interdisciplinary approach to assessing residents, identifying potential care problems, monitoring progress and promoting rehabilitation, prevention and restoration activities over time
- Collaborative development of a comprehensive, individualized plan of care through increased resident and family participation in the care process
- Standardized information about residents that can easily be interpreted and shared
- Timely quality indicator and outcome reports for decision support, benchmarking and service quality

- Quality and risk indicators for use by the compliance program and in future public reporting by the Ontario Health Quality Council

The consistent and comprehensive data generated by the RAI-MDS 2.0 also enables informed decision-making by LHINs for policy development and sector planning.

Implementation of the RAI-MDS 2.0 will take place in three phases over the next nine months. The implementation period for homes will span between 9 to 12 months in duration. The training, education and support needed to accomplish this successfully will be provided by the Long-Term Care Homes Common Assessment Project (LTCH CAP), which has already partnered with the early adopter homes.

All long-term care homes have been sent a package that explains how to prepare for the implementation. The LTCH CAP team will guide and support homes through every step of the process. With so many important and valuable outcomes being felt by residents, homes and the sector, all long-term care homes can now look forward to reaping the benefits of common assessment in the near future.

For more information, contact the LTCH CAP Support Centre by phone toll free – 1.866.909.5600 or within Toronto – 416.314.7365, or by email at ltchproject.moh@ontario.ca.

Mark Your Calendars!

Opportunities to get involved and informed are numerous for Central East LHIN health care providers and community residents. Take a look at the website calendar to get an overview of the many events and meetings taking place each month. Links in the [calendar](#) take you to more information. Planning partners, health service providers, board members and community residents are encouraged to mark your calendars now for the [May 13th - 15th Central East LHIN Symposium](#). Physicians are also invited to register for a May 20th CME event that will include presentations on Global CV/Metabolic Risks, Diabetes Management, Hypertension, Stroke/TIA and Central East LHIN initiatives. Please click [here](#) to access the registration form. The program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 4.5 Mainpro-M1 credits. For more information on the May 20th event, physicians can email Dr. Christopher Jyu at cahc@idirect.com.



