



# A Credit to your Health

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## Beware: Hospitals Are Full Of Germs

by DR. DAVID CLARKSON  
Chief of Family Medicine and  
Chief Infection Control Officer

Have you been watching the various inquiries and post mortems on the SARS (severe acute respiratory syndrome) of last spring? Remarks by Dr. Richard Schabas, former Ontario Medical Officer of Health caught my eye; remarks by Dr. Schabas always catch my eye! He says that SARS is a disease one catches in hospitals, not in the community. Perish the thought! Hospitals can cause or at least be part of the cause, of diseases caused by germs?

Hospitals are not the only place in which germs are redistributed, but we who work in hospitals know that the most likely place to find certain nasty germs is inside our doors, not outside.

Think about it. People come to us because they are ill. Hospitals are concentrations of illness, and when those illnesses are caused by germs, hospitals become concentrations of germs. Hospitals are also concentrations of ill people, and ill people are more susceptible to nasty germs than are well people.

That is the bad news. The good news is that we know that we have an enormous responsibility to make sure germs keep to themselves, preferably as they collectively die. We therefore have specially engineered isolation rooms; we have modern laboratories; we do endless handwashing; we constantly monitor for new infections; we review our practices; and we also hope for good luck to ensure our patient's safety.

see story on page CVH2



## Making Their Mark At Credit Valley

Mayor Hazel McCallion and Carlo Fidani, joined by the WB Family Foundation, and other lead donors, helped officially launch The Credit Valley Hospital Foundation's capital fundraising campaign by placing their handprints in the cement of the radiation suites now under construction for the new Carlo Fidani Peel Regional Cancer Centre. From left to right, Robert Beamish; Marilyn Beamish; Dr. Barbara Clive; Norma Bandler; Wayne Fyffe; Carlo Fidani; Heather Beamish; Dr. Sheldon Fine; Michael Murphy; Mayor Hazel McCallion; Dianne Gamble.

see story on page CVH5

## Hospice Of Peel And Credit Valley Sign Agreement

by WENDY JOHNSON, ABC, APR  
Director of Community Relations  
& Communications

How do you talk to someone who's dying? How can you comfort their loved ones? How do you choose the right words? How do you know when to say those words, and when to simply listen?

The Hospice of Peel knows how. They have been training community volunteers to deliver specialized

hospice/palliative care in the community, in the comfort of individual's homes and now, they are teaching Credit Valley's volunteers to do so within the hospital setting.

Wednesday, August 27th was a significant day for CVH and the Hospice of Peel. It's the day the formalized agreement between the two, was signed by hospice executive director, Deborah Lavender and hospital president and CEO, Wayne Fyffe.

Ms. Lavender told the audience that her goal and that of the Hospice of Peel is "to achieve a continuum of care and support for hospice/palliative care patients and families by incorporating volunteers as part of patient care. "We want to provide comprehensive support while preserving the dignity and wellbeing of individuals and their family, whether it be in the comfort of their own home, or in the hospital setting."

Dr. Robert Sauls, medical director

for palliative care at CVH, said he had been looking forward to this formalized agreement for some time. "The training of our palliative care volunteers will greatly influence the quality of care at the hospital. It will help to expand our medical expertise to include a more human element." Dr. Sauls said Credit Valley's involvement with the Hospice of Peel signifies that the Peel hospitals are moving toward an energized "system" of palliative care.

CVH volunteer Pat Hollins is a recent graduate of the Hospice of Peel training. She told the audience that there are three main areas of training that have given her confidence in her palliative care role. Those areas include the emotional and psychological issues surrounding death and dying, developing the appropriate communication skills which include active listening, and the ability to help the patient reach the end of life so that she, as a volunteer, feels she has made a significant contribution.

President and CEO Wayne Fyffe praised the Hospice of Peel for their contribution to the community and now to Credit Valley. "I am very honored that Credit Valley has entered into this agreement." He thanked the hospital's volunteers for having the courage to take on this special task.

Mr. Fyffe said, "One of the strongest pillars of the Canadian health care system, is the engagement of our volunteers. It is very much a strength in this country, particularly at Credit Valley. I'd like to thank the volunteers for assisting the palliative patients and their families during those most precious moments."

## Influenza Vaccination: The Intention Is Prevention

by LINA DI CARLO  
RN, COHN ( C ), CRSP  
Manager, Occupational  
Health & Safety Department

It's that time of year again when we start to hear about the "flu" and public health is once again promoting influenza immunization to those at "high risk" as well as to the general public.

The "flu" is a commonly used term to describe influenza. It is a contagious respiratory disease caused by a virus. Symptoms may include fever, head and body aches and pains, weakness, sneezing, sore throat, cough and sniffles. Vomiting and diarrhea may also occur, usually in children. People with influenza are usually bedridden for at least a week.

Influenza is spread easily through coughing, sneezing or through touching contaminated surfaces or objects like unwashed hands, toys and eating utensils.

Some people confuse influenza with having a cold or having "the stomach flu", which causes vomiting and diarrhea. Influenza is a virus that causes a respiratory illness. The challenge for our health care system this season is that the

symptoms of influenza are very similar to symptoms associated with SARS. Many people with symptoms of respiratory illness will be placed on isolation precautions until SARS can be ruled out. This will have a significant impact on emergency rooms, doctors offices and hospitals in general as they attempt to make the correct diagnosis while protecting the well-being of other patients and staff.

The emergence of a new respiratory disease known as SARS or severe acute respiratory syndrome, caused a global emergency and within the province of Ontario, a severe shut-down of many essential health care services.

For the last four years there has been much discussion around a pending influenza pandemic (worldwide epidemic), and the need for provincial preparedness, which has given rise to the devel-

opment of a free universal influenza vaccination program. The SARS experience has shown all too clearly that we are not prepared to deal with large numbers of infectious or contagious patients.

Immunization is still the most effective way to prevent influenza and its complications.

This year's slogan, THE INTENTION IS PREVENTION is timely, and more people need to take this opportunity to protect themselves, their families and their patients by getting the influenza or "flu" vaccine.

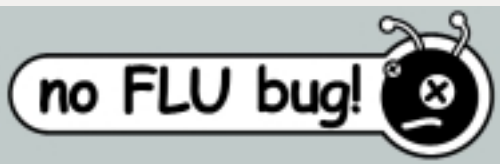
Where can you get the influenza vaccine?

You can get it from your family physician, walk in clinic, Region of Peel Public Health community clinics and your workplace clinic.

If you have any questions talk to your doctor, nurse, local public health department, hospital infection prevention and control department, or hospital occupational health and safety department.

You may also access the following websites for additional information:

Websites:  
<http://www.region.peel.on.ca>  
<http://www.hc-sc.gc.ca>  
<http://www.cvh.on.ca/infectionprevention>



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Visit our website at [www.cvh.on.ca](http://www.cvh.on.ca)

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Editor: WENDY JOHNSON  
Director,  
Community Relations/Communications

Write to us at:  
The Credit Valley Hospital  
2200 Eglinton Avenue West  
Mississauga, Ontario  
L5M 2N1

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## Credit Valley Announces Accessibility Plan

by WENDY JOHNSON, ABC, APR  
Director of Community Relations & Communications

The Credit Valley Hospital has undertaken an initiative to identify barriers in hopes of improving access to the hospital for persons with handicaps as well as those challenged by cultural or language barriers. The hospital has published its intent in an accessibility plan which briefly describes the initial process in developing the plan, and its action plan over the next year.

The hospital's goal is to identify, remove and prevent barriers to people with disabilities who live, work in or use the hospital's facilities and services. The plan describes: (1) the measures that The Credit Valley Hospital has taken in the past, and (2) the measures that The Credit Valley Hospital endeavors to take in the future.

To assist us in achieving our goal, the hospital will encourage the participation of persons with disabilities in the development and review of its annual accessibility plan.

The hospital's accessibility working group has already identified language and physical barriers that currently exist at the hospital. They will continue their research and update their action plan which will be prioritized according to need, cost and achievability. This plan is the first step in a continuous journey that will improve the community's access to the hospital and its services.

The accessibility plan is available to members of the public via the hospital's internet [www.cvh.on.ca](http://www.cvh.on.ca) or at the hospital's library. Comments about the accessibility plan can be forwarded to the hospital's website at [cvhpr@cvh.on.ca](mailto:cvhpr@cvh.on.ca) or on the public feedback line at 905-813-3330.

# Wayne's World

Please get your flu shot this fall.

If SARS taught us anything, it is that infectious diseases can spread easily, and from any part of our world today. I want to assure you that we are taking all reasonable steps to protect you, our patients and our staff and volunteers from any future outbreak of infectious disease.

One necessary change created by our "new normal" approach to infectious diseases, is the restriction of visiting hours. We have to achieve a balance between our desire to encourage family-centred care, and our obligation to restrict visitors to reduce the risk of spread of infectious diseases of all kinds. Please let us know your views by calling 905-813-3330

or writing to us.

We look forward to working with the new government to achieve a balanced budget this year (ending March 31, 2004) and stable multi-year funding over the next year. Our construction project (The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre) is on budget and on time.

Our Foundation launched the "community phase" of our capital campaign with great news....we have reached \$30 million in cash and pledges to date....only \$20 million to go!

If you haven't done so already, please donate generously and often so that we can continue to expand to meet the needs of our growing community.



Wayne Fyffe,  
president and CEO,  
The Credit Valley Hospital

# World Class – Right Here In The CVH Emergency Department

by ERIC LETOVSKY,  
MD, CM, MCFP(EM), FRCP(C)  
Chief, Department of Emergency Medicine

Nowhere is the phrase "world class – right here" more applicable than in the busy emergency department of The Credit Valley Hospital. For a variety of reasons, our emergency department, one of the busiest in the country, has gained a national reputation for excellence in patient care, education and research.

First, there are more physicians who are certified in the specialty of emergency medicine at The Credit Valley Hospital than any other hospital in the country. Twenty-two of the emergency physicians in the department have obtained their specialist certification, either from the College of Family Physicians of Canada, or from the Royal College of Physicians and Surgeons of Canada. This level of certification is unparalleled.

Second, the commitment to teaching is a strong priority throughout the department. For five consecutive years, we have been ranked number one in teaching by the University of Toronto medical students and residents who rotate through our emergency department for training. The residents and medical students consistently cite the enthusiasm of the emergency physicians for education, their commitment to teaching, and for using evidence-based medicine to guide their practices.

Third, the department is extremely academic. Numerous scientific publications are generated from the department annually, and the department is involved in several research projects which will help deliver new



The greatest sign of excellence in the emergency department lies in the unwavering commitment of the physicians, nurses and other health care providers to deliver excellent and compassionate patient-centred care.

and innovative ways to practice emergency medicine. As a result of our contribution in education and research, the department of emergency medicine at The Credit Valley Hospital is considered to be on the leading edge of emergency medicine in the country. In addition, the department is involved in numerous quality assurance projects and audits, which monitor the outcomes of our treatments and interventions. This commitment to looking at how well we are doing is a reflection of our ongoing emphasis on quality improvement.

Perhaps the best evidence of the reputation our emergency department has gained in the past five years comes from the fact that our

department is "an employer of choice", and has a waiting list of emergency physicians wanting to work in our department.

The greatest sign of excellence in the department however, lies not in the academic activity of the emergency physicians, but in the unwavering commitment on the part of the physicians, nurses and other health care providers to deliver excellent and compassionate patient-centred care. These individuals realize that it is just as important to treat the patient as it is to treat their disease.

For all the above reasons, The Credit Valley Hospital can truly claim that it has a "centre of excellence in emergency medicine". World Class – Right Here.

# Beware: Hospitals Are Full Of Germs

from page CVH1

Last spring, Credit Valley did not spread SARS to anyone. We had no SARS to spread! That was luck. Had we had a SARS case and still spread no SARS, that would have been an affirmation of the diligence of many people; and luck.

Have you ever visited a busy emergency department? Reflect on how many people sit side by side. Many of those people will be ill with something not yet diagnosed. That same clustering of patients happens over and over in every clinic and waiting area of the hospital. Add

to that visitors coming in (sometimes in the pre-SARS days) a dozen at a time for a single patient.

Credit Valley shall follow procedures to detect possible "nasty" germs as early as possible. Many, many infections to other patients have been prevented by nurses, cleaners, laboratory staff, respiratory staff, doctors and others just doing their jobs. But luck still helps.

Credit Valley was designed at a time when there was an awareness of these issues. Proportionally, we have more isolation rooms than many older hospitals. Isolation rooms are engineered so that ventilation is never exhausted

back into the general hospital space. That is a very difficult system to retrofit after construction is finished. Into isolation rooms, at least at the beginning of hospital stays, go all patients with any lung problem that might even remotely be a SARS type of illness. So too go any patients with possible tuberculosis, patients carrying germs in their nose which are resistant to all antibiotics, and patients with the possibility of having the infamous Norwalk virus.

Dr. Schabas is correct in that most of those who became ill with SARS, found the germ in a hospital. Credit Valley's job, as is the job of all hospitals, is to keep such risks to a minimum. And so we shall.

# Election 2003

The health of the people of Mississauga and beyond was a high priority for Credit Valley during the past month's election campaign. Credit Valley wanted to ensure the needs of the patients and families we serve were top of mind among the candidates running for elected office in the ridings immediately surrounding the hospital. To do so, Credit Valley took the unprecedented step of hosting the hospital's first all candidates' panel. Ontario Hospital Association interim president, Hilary Short, said the magnitude of event was unprecedented in Ontario hospital history.

Fifteen candidates participated from the five primary ridings surrounding Credit Valley: Mississauga West, Mississauga East, Mississauga Central, Mississauga South and Brampton West/Mississauga. The candidates received five questions prior to the event, specifically addressing Credit Valley issues: capital project funding; the capacity study for northwest Mississauga; stable funding; hospital governance; and alternate level of care patient placements.

Following the prepared questions, members



**Credit Valley's health issues election panel included four Liberal candidates (all now elected), three PC candidates, including health minister Tony Clement; five NDP candidates and two representing the Green Party and Ontario Hospital Association interim president, Hilary Short, who facilitated the event. A crowd of more than 400 asked a myriad of questions of the candidates. The entire event was broadcast LIVE to all patient and meeting rooms in the hospital. The two hour program was then rebroadcast on the TV system until election day, October 2nd.**

of the public were able to ask about the health issues that concerned them most. Dozens of questions flowed and dozens were left

unanswered due to time constraints. West Nile, accessibility and mental health were some of the main concerns.

# Women Live Longer Than Men

Canadian women live longer than men, but that doesn't mean they're healthier. A new report shows that both younger and older women are actually at higher risk than men for many serious health problems.

The Women's Health Surveillance Report, funded jointly by the Canadian Population Health Initiative and Health Canada, offers the first comprehensive look at the health of Canadian women. The report consists of 30 chapters written by experts from across the country, looking at issues ranging from mental health and substance abuse, to chronic diseases and post-menopausal health. The report examines health risks for women at all stages of life, and for rural women and single mothers. It also highlights the importance of enhanced monitoring and research on women's health.

"We've made tremendous strides in women's health in Canada," says Dr. Donna Stewart, Professor and Chair of Women's Health at University Health Network and the University of Toronto and co-author of the report. "Our maternal mortality rate, for example, is among the lowest in the world, at 4.4 per 100,000 live births. But we've been accustomed to thinking of women as being generally healthy because they have a longer average life-expectancy than men, and that can be misleading. In fact, most of the life-expectancy gap comes from the fact that more men die early from preventable causes, such as smoking-related diseases. If you control for those factors, men's and women's life expectancy is about the same. Women actually have higher rates of disability than men; and even very young women face some disturbing risks, from things like HIV and partner violence. Canadian women are among the healthiest in the world, but this report points out issues that need more attention and research."

## General Findings For All Women

**Life-expectancy:** According to the statistics from 1997-99, Canadian women have a life expectancy of 81.4 years, compared to 75.9 years for men. But when deaths from smoking-related diseases and other preventable causes are excluded, women's health-adjusted life expectancy is actually slightly lower than men's - 73.5 years

for women, compared to 73.9 years for men. (New figures for 2001 released after the report went to press show women's life expectancy increased to a record level of 82.2 years, and men's also to a record 77.1 years.)

**Disability rates:** 14.7% of women report having at least occasional activity limitations compared to 13.1% of men, according to Statistics Canada's 2000-01 Canadian Community Health Survey; 5.3% of women report 8-14 disability days per year, compared to 4.2% of men.

**Other factors:** Disabled women are further disadvantaged by lower levels of income and social support: 20-27% of disabled women have low income compared to 13-18% of disabled men; 35-41% of disabled women report receiving social support all of the time compared to 40-58% of disabled men.

## Health Risks For Younger Women

Young women face some disturbing risks. They experience higher rates of depression (11% of women age 18-24 compared to 3.6% of women 45-64); and while more young men die by suicide, young women have nearly three times the rate of hospitalization for suicide attempts (221 women age 15-19 per 100,000, compared to 85 men). Women age 15-24 report three times as much partner violence as older women (42.4% among women age 15-24, compared to 15.8% among women over 45).

Young women's sexual health is a major concern. Forty per cent of sexually active unmarried young women aged 15-19 report not using contraception consistently. Young women aged 15-19 have six times the average rates of chlamydia and gonorrhea infections (1,236 cases of chlamydia per 100,000 age 15-19 compared to 212 among all women; 96 cases of gonorrhea compared to an average of 15). Among young Canadian age 15 - 29, women now account for 44.5% of new positive HIV tests, compared to 14.6% in 1985.

## Health Risks For Older Women

Older women also face some greater disease burdens than men. For example, 55% of women age 75 and over have been diagnosed with

osteoporosis or arthritis, compared to 38% of men. Women over 70 are also at increased risk due to low levels of physical activity: 72% are inactive, which contributes to high blood pressure, diabetes, and other problems (53% of women age 55-64 have high blood pressure compared to 43% of men).

## Health Risks For Single Mothers And Rural Women

Single mothers are at increased health risk due to a range of social factors: the great majority are low-income (81% vs. 15% of partnered mothers); more than half experience food insecurity (54% vs 10%); and 40% experience violence compared to 7% of partnered mothers.

Young women aged 15-19 living in rural areas have an overall mortality rate 2.5 times that of girls who live in cities. Rural women of all ages in general face greater risks, which vary sharply across the country: for example, women in the Northwest Territories have an all-cause mortality rate 60% higher than those in BC, and 30% higher than those in Newfoundland and Labrador.

## About The Report

The Women's Health Surveillance Report: A Multidimensional Look at the Health of Canadian Women is the most comprehensive study of women's health ever conducted in Canada. It was funded jointly by CPHI and Health Canada, and authored by a team of more than 60 experts from universities and other organizations across the country.

*-The above information is from the Canadian Population Health Initiative (CPHI)*

*CPHI is a program of the Canadian Institute for Health Information (CIHI), dedicated to advancing knowledge of the many factors affecting health in Canada in order to improve the health of Canadians and reduce health inequalities. CIHI is a national not-for-profit organization that manages the major data holdings on Canada's health system to support policy and decision-making, enhance accountability, and contribute to informed discussion of issues of public interest.*

## OUR VISION, MISSION AND VALUES

### Our Vision

*The Vision of The Credit Valley Hospital is to be the finest hospital in Canada in the hearts and minds of the people we serve.*

### Our Mission

*The Credit Valley Hospital offers quality compassionate health care to the people of the growing communities of Peel and Halton.*

### Our Values

*Excellence in Patient Care  
Respect  
Leadership  
Teamwork  
Accountability  
Partnership*



CREDIT VALLEY  
THE CREDIT VALLEY HOSPITAL

Our brand represents: Our professional, caring, friendly health care organization that promotes life, health and innovation in a nurturing environment.

### About the design:

The foundation, or the box, represents our strong community hospital base. The roots grow to form a stethoscope which represents the relationship between diagnosis and health. The tree represents health, life our diverse community and our growing regional programs.

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# Let The Concrete Flow...

by HELEN REILLY

Community Relations Co-ordinator

Those readers who regularly drive by the corner of Erin Mills Parkway and Credit Valley Road are well aware of the progress being made on the construction of The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre at The Credit Valley Hospital. The following is a brief update of the activity over the last few weeks.

## The Carlo Fidani Peel Regional Cancer Centre & Ambulatory Care Centre

Portions of the concrete floors of the building have been poured; the first atrium tree is on site and the floors of the radiation bunkers are in place. The construction site is a very exciting place these days with many things coming together at once. We are reminded daily of the rapid progress as the building itself is starting to take shape. The cancer centre and ambulatory care centre are scheduled for completion in spring 2005.

Over the last few weeks of September, the floor slabs and portions of the roof slabs of The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre were poured. The fourth of four floors was poured the first week of October.

### Atrium Structures

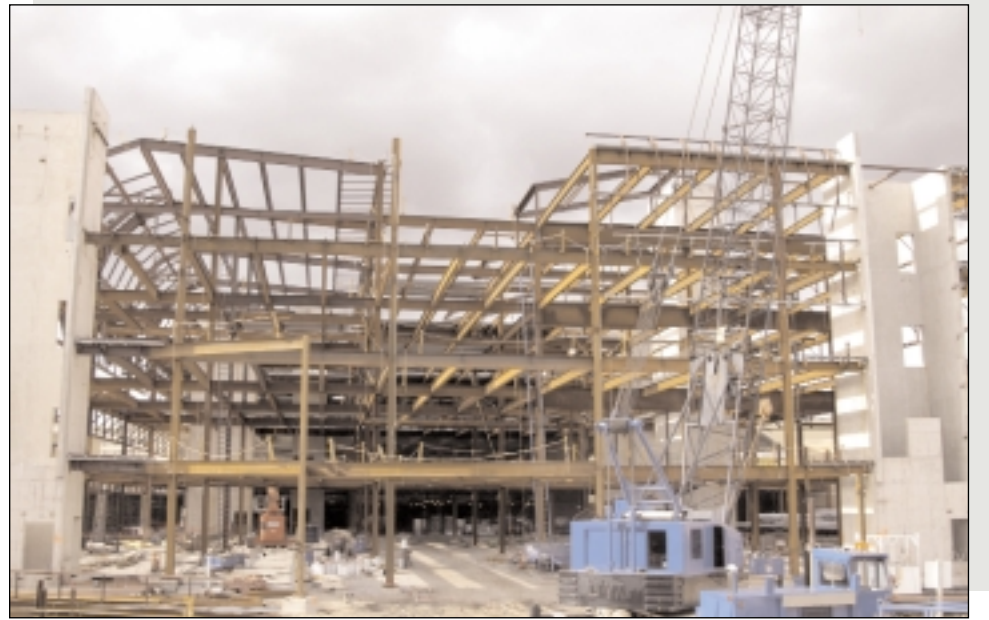
A specialized crane imported from France is in place on the construction site to hoist the first of four atrium structures in The Carlo

Fidani Peel Regional Cancer Centre. The crane, operated by Peaks General Contractors Inc., is one of only three of its kind in North America. It will be used to hoist the first tree-like structure at Credit Valley in late October. It is the first time the crane has been used for this type of project in Canada. Another first at Credit Valley – world class right here.

Kevin O'Rourke, president and owner, Peaks General Contractors Inc. is confident that this crane, rented for a period of two months in order to accommodate Credit Valley's needs, is best suited for this job. While it is not noted for the capacity of weight it can manage, the crane is ideal for the intricate work required while also providing the best reach. It is capable of lifting up to 3000 pounds 148 feet away from the tower. In addition, the crane is powered by electricity which will generate less noise and fumes than a diesel-powered crane. All four atrium structures are expected to be erected by the end of November.

### Radiation Bunkers

Floor slabs for the six radiation bunkers have been poured. Preparations are currently underway to pour the roof slabs for three of the six bunkers. Pouring of the concrete for the radiation bunkers is a meticulous, intricate process. The strength, temperature, density and content of the concrete is monitored and recorded throughout the curing process. Wayne Wissing, project specialist, Cancer Care Ontario has been on site weekly to verify the conduit locations prior to pouring of the concrete bunker slabs. The conduits will house



Catch a "bird's eye view" of construction as we build The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre at The Credit Valley Hospital. Images from our webcams are updated every five minutes. While offering us a unique view of the construction site, they are also an important tool used by our project office to monitor the progress of the construction.

electrical, laser and radiation equipment in the bunkers. Upon completion, each bunker will be subjected to a thorough inspection to verify radiation is contained in the bunker before being approved for the treatment of patients in The Carlo Fidani Peel Regional Cancer Centre.

### Construction Deferred

The expansion of E-wing is being delayed and will become part of the A and H expansion project which is scheduled to break ground in summer 2004 pending ministry approval. This delay means that continuing care patients will make only one move from E-wing into their home in A and H wing upon completion.

### Parking Structure Reinforcement

Reinforcement of the parking deck's foundation is well underway. Initial

preparatory work is complete with additional work scheduled to take place over the coming months. An additional three levels will be added to the parking deck – adding more than 480 parking spaces to the existing five-level deck. This phase of construction will be part of the A and H expansion project.

### They're Here

We now have three webcams installed at Credit Valley to oversee construction progress 24 hours a day. View live action via the hospital's website at [www.cvh.on.ca](http://www.cvh.on.ca). Live shots from the webcams are also carried live on three separate television channels via the hospital's television system, the hospital's internet and the newly installed plasma screen in the hospital's main lobby.

# Water Mist Technology For Fire Suppression

by SEAN STANWICK \*

The triangle of fire consists of three principal components: fuel, oxygen and heat. Eliminate any one of these elements, and the life potential of a fire is significantly reduced. This is the principle behind the water mist or fog system that will be used in Credit Valley's expanded facilities. Combining the extinguishing characteristics of water with the penetrative qualities of gasses, the mist system eliminates two of the three critical factors: oxygen and heat.

While the technology for water misting is not new and has been in development in Europe for over 50 years, it will be used for the first time in Canada at The Credit Valley Hospital.

### System Overview

The physical operation is quite simple. High pressure pumps -up to 1000 psi- propel water through a series of specialized misting heads to create a cool, fog-like vapour. Due to their microscopic size (between 80-100 microns), these atomized droplets remain suspended and mimic the flooding characteristics of a gas, penetrating shielded areas and freely moving around obstructions.

As water is the backbone of any suppression strategy, surface wetting remains the primary mechanism for controlling the fire. Extinguishment is achieved by:

**Cooling:** The aerosol mist provides a greater surface area per unit volume of water mass and thereby increases the rate of heat transfer from the burning material as the droplets convert to vapour. Suppression is achieved when sufficient heat is extracted and the surrounding area cooled. This heat reduction and vaporisation rate occurs 400 times faster than traditional deluge systems even though they use up to 20 times more water.

**Oxygen Displacement:** The extinguishing effect occurs when very small droplets take in enough energy to turn to vapour. Expanding over 1700 times, the vapour drives oxygen from the fire zone.

**Radiant Heat Blocking:** A curtain of cooled water mist is an effective means for reducing radiant heat transfer, thus reducing the opportunity for the fire to spread to unignited surfaces.



Credit Valley's new main lobby will house a central atrium with a tree-like structure to create a warm and healing environment.

### Pros And Cons

In addition to the manufacturers claims of superior fire suppression capability, water misting advantages include:

- Significantly lower water usage reducing equipment and building damage;
- Smoke-scrubbing and absorption qualities;
- Prevention of re-ignition due to cooling effect and room flooding capability;
- Improved liveability during fire situations due to cooling effects;
- Works in partially vented areas;
- Economical installation with up to 70% less weight.

• Stainless steel distribution tubing eliminating rust-coloured water discharge further reducing potential water damage.

The mist system has created the opportunity for designers to explore complex details and materials that might not have otherwise been permitted when used with conventional systems.

A case in point is The Credit Valley Hospital's Carlo Fidani Peel Regional Cancer Centre in Mississauga designed by Farrow Partnership Architects.

Looking to create a warm, healing environment, wood was the obvious choice for the tree-like structure of the central atrium space. While it met the architect's aesthetic criteria, it did not meet the OBC performance standards for non-combustible construction. This was primarily due to the inability of conventional sprinkler systems to adequately protect the large amount of shielded surface area created by the complex network of curving glulam beams. Steel, on the other hand, met the OBC requirements but lacked warmth.

To achieve the required level of fire safety and comply with the necessary code equivalencies, Hi-Fog™ water mist nozzles were integrated into custom light standards located at the base of each primary wooden pier. The nozzles were positioned at a height of 2.2 metres and the standards located equidistant at 1.5 metres. To verify the effectiveness of the design, full-scale mock-up tests at the National Research Council were conducted. When subjected to a controlled 15-second pre-burn and a 75-ft. heptane pool fire the mist suppressed a five megawatt fire. Successfully reducing the flame-spread and temperature ratings to well within acceptable limits, and with no evidence of flame attachment or soot deposition, the Ontario Fire Marshall deemed the test an unqualified success. Says Tye Farrow, "we're in the short strokes of getting the sign off from the different agencies...they have been very receptive."

Sean Stanwick is an architectural designer with Farrow Partnership Architects Inc. in Toronto, and a freelance architectural writer. Tye Farrow is a partner in charge of design at Farrow Partnership, and is the prime architect for The Credit Valley Hospital and The Carlo Fidani Peel Regional Cancer Centre.

# Credit Valley's Fun Centre

Starlight Fun Centres are mobile entertainment units containing a flat screen TV, DVD and Nintendo Game Cube that roll right up to a child's bedside. The Fun Centres are an enjoyable distraction for children who visit the hospital.

Credit Valley is fortunate to have been the recipient of a Starlight Fun Centre thanks to Meetings Professionals International (MPI). Established in 1972, MPI has grown to become the largest trade association for the meeting industry with 20,000 members and 60 chapters around the world.

The Starlight Children's Foundation is an international non-

profit organization dedicated to brightening the lives of seriously ill children and their families. Starlight's six core programs are designed to restore some of the laughter and happiness that a serious illness takes away from kids and those who love them.

Children served by Starlight suffer from chronic, serious or life threatening illnesses, as well as debilitating injuries like spinal cord trauma. Starlight Children's Foundation Canada now brightens the lives of more than 93,935 children each year.

For more information please visit [www.starlightcanada.org](http://www.starlightcanada.org)



Paediatric patient, Mitchell Williams shows Danny Dobriansky from Meeting Professionals International how the hospital's new Starlight Fun Centre works. The Fun Centres feature flat screen TV, DVD and Nintendo Game Cubes that roll right up to a child's bedside.

## Happy Anniversary Your Worship

This year marks Mayor Hazel McCallion's 25th anniversary in politics – a very momentous occasion. The Credit Valley Hospital Foundation established a Hazel McCallion Endowment Fund in 1996 to mark the occasion of the Mayor's 75th birthday. The purpose of the endowment fund is to provide a permanent source of funds to help provide excellent health care at Credit Valley. The principal of the fund remains invested for all time and only the earnings or interest are used to provide ongoing funds for our community's healthcare. To date, more than \$78,000 is invested thanks to the many thoughtful donors who have supported this fund over the years.

This year, the following donors

contributed to the Hazel McCallion Endowment Fund:

Andrew & Ann Brennan  
Nicholas & Sylvia Eisele  
Frank & Claire Hairstyling  
Barbara Gibson  
Paul & Gwen Kaye  
Mrs. Ilean Elizabeth Loveless  
Helen & Fraser Reid  
John Reid  
Murray Rogerson  
Dr. Balbhadar Dev Sood  
Laurie & Jean Watt

If you are interested in making a contribution to this endowment fund, please contact Tina Triano at 905-813-2275.

## World-Class Capital Campaign Begins

by WENDY JOHNSON, ABC, APR  
Director of Community Relations  
& Communications

Mayor Hazel McCallion, in her inimitable fashion, put the community's industry leaders and individuals on a six-month deadline to raise the remaining \$20 million required to reach The Credit Valley Hospital Foundation's \$50 million fundraising goal.

"It's an ambitious target," Norman Bandler, president of the hospital foundation explained to a captivated audience of leading donors and soon-to-be donors, to the World Class Right Here campaign.

The campaign to build The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre as well as a new in-patient wing and regional maternal child centre will insure the future of world-class health care right here in Mississauga.

The CVH Foundation "went public" with the World Class Right Here campaign in September after achieving \$30 million of its \$50 million goal. The event was held on the fifth level of the hospital's parking deck to provide a "bird's eye view" of the construction that's already well underway. It was a fitting backdrop for six-year ovarian cancer survivor Dianne Gamble to champion the cause of the new cancer centre, and for the WB Family Foundation to solidify their commitment to the project with a cheque presentation for \$1 million. The cheque is the first installment of a \$5 million pledge.

The chairman of the foundation board Mike Murphy joined lead donors Carlo Fidani, the WB Family, Mayor McCallion and other dignitaries to commemorate the official launch of the capital campaign. They placed their handprints in the cement of the radiation bunkers that are already under construction. When the cancer centre opens in the spring of 2005, it will be the cornerstone of one of the most comprehensive oncology programs in the country. Services will include everything from advanced diagnosis, oncology clinics and supportive care, to surgery, chemotherapy and a first for our region, four radiation treatment suites under one roof.

The hospital's expanded role in cancer care, paediatrics, dialysis and complex continuing care will result in significant increases in outpatient visits. A new ambulatory care centre which will be fully-integrated with The Carlo Fidani Peel Regional Cancer Centre will meet the needs of nearly 575,000 patients through ambulatory clinics during its first year of operations. That's more than twice the current volume. Programs will include the fracture clinic, ophthalmology clinic, the GlaxoSmithKline Asthma Education Centre, the diabetes education centre, cardiopulmonary diagnostics and rehabilitation, surgery clinics and more. This construction will also include more space for mental health programs.

The World Class Right Here launch was sponsored by Atomic Energy of Canada Ltd.

### COMING EVENTS

For information on special events or to find out how you can host a special event for The Credit Valley Hospital Foundation, please call Mary McPherson, Director Community Fundraising at 905-813-2645.

**Volunteer Partners' Craft Sale, November 22**

**St. Aloysius Gonzaga Secondary School (Glen Erin/Eglinton)**

Annual craft sale with proceeds to Credit Valley. Wonderful crafts and seasonal items to get you into the holiday spirit. Sale runs from 9 am to 4 pm.

**Meadowvale Hockey Night at the Mississauga Ice Dogs, November 28**

**The Hershey Centre**

See the Mississauga Ice Dogs in action for only \$12. Proceeds from ticket sales of this event will be directed to Credit Valley. Call Rachel Tymochenko at 905-813-1100 ext. 6644 for more information.

**Hearts of Hope Gala, January 24, 2004**

**Pearson Convention Centre**

Presented by the South Asian Community Council of Peel the Hearts of Hope Gala will support the new Carlo Fidani Peel Regional Cancer Centre and the Heart and Stroke Foundation. For more information please call Nicole Lamont 905-813-4123 ext. 5990.

**"An Evening with Credit Valley" Valentine's Gala,**

**Friday, February 13, 2004**

**The Mississauga Convention Centre**

An annual gala in support of The Credit Valley Hospital. Early bird rate of \$300 per ticket available until December 31, 2003. \$350 per ticket after January 1, 2004. Sponsorships and benefactor tables are also available. Please call Mary McPherson at 905-813-2645 for more information.

## Valentine's Gala 2004

The Credit Valley Hospital Foundation invites you to celebrate a romantic evening of dining and dancing at its annual Valentine's Gala. The event will be held on Friday, February 13, 2004 at the Mississauga Convention Centre. Proceeds from the evening will benefit the foundation's \$50 million capital campaign. Reserve your early bird tickets before December 31st. For ticket and sponsorship opportunities, please contact Mary McPherson at 905-813-2645.



From left to right: Ted Van Wyk, Lynne Davey, Colleen Butler and Keith Adamson at the recent cheque presentation in Credit Valley's paediatric department. Absent from the photo was Ida Khalife, CIBC Golf Committee member.

## Winners All Round

On September 12th, the CIBC Small Business Group hosted a golf tournament to support Credit Valley. This event was organized for the first time last year as a tribute and fundraising event in memory of Bobby Ashby, a patient of Credit Valley and son of CIBC employee Janet Ashby. Last year, the inaugural year, the event raised \$30,000 – almost unheard of for a first time event. This year's event surpassed last year's and raised \$35,000 for Credit Valley's paediatric and paediatric oncology departments. Another winner at the event was Karl Young of KVY Consulting who won a two-year lease on a Ford Escape, donated by Meadowvale Town Ford for his hole-in-one at the Eagle Ridge Golf Course.

Lynne Davey, business advisor of CIBC attributed the increase over last year's revenue to the fact that the cause of helping kids reached the hearts and the pockets of the small business owners of Mississauga. Ted Van Wyk, general manager, indicated that approximately 200 local Mississauga CIBC clients participated, donated to the auction, sponsored the event and truly came together in support of their community hospital. Colleen Butler, Credit Valley paediatric nurse manager, who played at the tournament, noted that although the hospital is always delighted to be supported by large corporations, the support from local owner/operators was highly evident that day. Keith Adamson, senior business adviser, expects another quick sellout next year. The purpose of this event is to purchase equipment for the paediatric department. CIBC clients and event organizers feel closer to what they're supporting when they can see something tangible being used by the children at Credit Valley.

Visit our website at [www.cvh.on.ca](http://www.cvh.on.ca)

# SARS And Other Infectious Diseases What Is “The New Normal?”

by BETTY ANN JOLLEY,  
Infection Control Practitioner

SARS (severe acute respiratory syndrome) is the first new disease of the 21st century. At this time, it is still a poorly understood disease. There is no preventative medication or vaccine for SARS. The original source remains unknown, and may be linked to wildlife. Current research indicates that SARS is a virus with an incubation period of approximately 10 days. However, it is not known just how long a person who becomes ill with SARS will continue to shed the virus and be contagious.

## Are There Milder Forms Of SARS With Milder Symptoms?

In order to control a disease it must first be found. One can circle the globe in 24 hours. We are painfully aware of how quickly an infectious disease such as SARS can spread. In a short time, thirty countries on a total of six continents were affected by SARS. SARS symptoms are similar to many other respiratory illnesses such as pneumonia or influenza. There is no definitive diagnostic test for SARS, and at this point in time, this is one of the greatest challenges to overcome.

## What Is Meant By “The New Normal?”

This “new normal” will require that health care change some of its patterns of practice. For instance, patients who present to hospitals with respiratory symptoms such as fever, cough, and shortness of breath or difficulty breathing will be segregated and placed into isolation precautions until a definite diagnosis can be made. Visitors who present with respiratory symptoms may be asked to leave.

This “new normal” extend to the community. Good hygiene and hand-washing practices are essential. The community should have access to candid, straight-forward information which can be easily understood in a variety of languages. Health care facilities may have to take another look at their new designs to ensure they

have the capacity and ability to quickly accommodate large numbers of infectious patients, and still continue with everyday services. A future strategy might be the creation of stand-alone infectious diseases facilities.

At The Credit Valley Hospital we would like to continue to provide you, our community, with the best care possible. To achieve this, we are asking for your help and cooperation.

- If you are a visitor, please do not come to the hospital if you are not feeling well. We realize there may be some exceptional circumstances, but there is always the option of calling the hospital before you visit.
- Please observe our visiting rules and hours. Again, there are always some exceptional circumstances.
- If you are a clinic patient and you are not feeling well, please stop into the triage desk at the emergency department before heading for your clinic, so that you can be assessed. There is no wait at the triage desk.
- Stop a moment to read the signs; they are there for your protection.
- Continue to practice good hygiene, especially hand-washing. Waterless alcohol hand sanitizers have been placed in various locations throughout the hospital.
- Keep informed on the status of things. Knowledge is power, and power provides protection. Speak to your health care providers. As well, there are numerous public health websites which are regularly updated.
- Most importantly, unless there is a contraindication, please carefully consider getting your influenza vaccination this year. This will not only protect you and your loved ones, but will also significantly decrease the burden to the health care system.

Infectious diseases have become “everybody’s business”. It is only by all working together we can avoid another SARS scenario. We are counting on you, our community, to partner with us to effectively control the spread of this and any other future infectious disease.

## Infection Screening, Hand-Washing And Visiting Credit Valley

by WENDY JOHNSON, ABC, APR  
Director of Community Relations  
& Communications

Credit Valley has a number of “new normal” procedures for staff and visitors to follow as a result of the SARS outbreak last spring.

Everyone – staff, physicians, volunteers, patients and visitors are to self-screen upon entry to the hospital. There are very large self-screening signs at each hospital entrance. If visitors fail the self-screening test, we hope they will come back another day when their symptoms no longer exist. In this way, they will help to prevent the spread of infection throughout the hospital, and to you, our patient.

Our visiting hours are 2 p.m. to 8:30 p.m. Anyone visiting outside those visiting hours, will be asked to come back during the appropriate visiting hours. This helps us to limit the number of people entering the hospital and in turn, helps us to reduce the chance of infection.

Children 12 and under are not allowed to visit unless under exceptional circumstances. Your nurse will be able to discuss these exceptions.

We have hand-washing dispensers throughout the hospital to help decrease the spread of germs. Please use them.

These measures help us to create a safe environment for everyone.

A reminder that the best precaution you and your family can take to prevent the spread of SARS or any other germs, is frequent hand-washing.



Chairman of Mississauga Board of Trade’s Health Issues Committee, Gabriel Khayatt, together with Mayor Hazel McCallion discussed Credit Valley health initiatives and pressure points with Chief of Staff Dr. Barbara Clive, Chief of Medicine, Dr. Ron Grossman and nursing director, Shelley DeHay-Turner during a special broadcast on Rogers Cable TV.

## Board Of Trade Hosts TV Special

by WENDY JOHNSON, ABC, APR  
Director of Community Relations  
& Communications

They did us proud! Chief of staff, Dr. Barbara Clive, chief of medicine, Dr. Ron Grossman and nursing director, Shelley DeHay-Turner took time from their very hectic schedules to reinforce the world-class expertise and experience provided to our patients and families, on a special two-hour health issues LIVE broadcast on Rogers Cable, Thursday, September 17th.

The program was divided into two parts: the first hour was devoted to Trillium Health Centre, the second to Credit Valley. Hosts Mayor Hazel McCallion and Gabriel Khayatt, chairman of the MBOT’s Health Issues Committee discussed the future of health care in Mississauga and the pressure points with the panelists. Interspersed in the Credit Valley hour were a series of eight videos including: “Keeping the Promise”, an overview of the hospital’s challenges

and triumphs over the last year; “Care for the Future”, a video about the current expansion project; the Revlon Arts in Medicine Program; the Renal Care Centre at Watline; Diagnostic Imaging; the new regional maternal/child program and a Canadian-first – ear reconstruction using a the medpor implant.

Probably the most important video shown was the simplest: proper hand-washing techniques. This one minute video showed the audience the proper way to prepare for hand-washing – by removing rings and other adornments, washing vigorously with soap and water for 15 seconds, being careful to scrub between the fingers, and using a paper towel or the elbow to turn off the faucet and open the bathroom door.

All of the video information will be featured regularly on the hospital’s internal patient television system and on the hospital’s new plasma screen in the hospital’s main lobby. The screen was recently donated to the hospital’s media services department by Zenith Canada.

## MRI Paediatric Model: A Team Effort

by HELEN REILLY  
Community Relations  
Co-ordinator

A hospital can be an intimidating place for anyone undergoing a test or procedure. This is especially true where children are concerned.

Child life worker, Mary Beth Reid works with children on a daily basis preparing them for procedures, tests and surgeries and during their stay in hospital.

When Credit Valley began operating the MRI (magnetic resonance imaging) in diagnostic imaging just over two years ago, Mary Beth was faced with the challenge of preparing children for a new diagnostic procedure. In this case, there are several issues of concern to be addressed including a very confined space and the high noise level the child is exposed to during the procedure.

Diagnostic imaging supervisor, Sandra Pahulje and Mary Beth decided to develop a teaching program using a booklet of pictures combined with a physical demonstration of the process for children. All they needed were the models; one to pose for pictures and one to use for demonstration purposes.

Shortly after contacting volunteer services, Mary Beth and Sandra met Saverio Guerrero, one of Credit Valley’s volunteers. Saverio, a hair stylist by trade, is also creative with building tools. Once he learned what was required, he went to work and came up with a



A model volunteer: Saverio Guerrero poses with the hand-made MRI model he developed for the child life program as a teaching tool for paediatric patients. The model is part of a program designed to alleviate children’s fear and anxiety associated with the MRI procedure.

moving mini-model that perfectly demonstrates the patient’s experience.

Monica McCabe and Jennifer Ford, MRI technologists, offered their assistance in the development of the teaching tool as well. Monica’s son Cameron McCabe, became the willing models who posed for photographs of the various steps involved in the procedure along with Jennifer, who went through all of the motions with Cameron as if he were a patient. The photos were incorporated into a booklet explaining the procedure.

Mary Beth is thrilled with the success of this program. The new teaching tools are working well for Credit Valley’s patients. She and Saverio are looking forward to developing another MRI model that will be used in Credit Valley’s “road show program”. The road show is operated by Sylvie Hoyer, a volunteer who offers a hospital familiarization program in classrooms in the community. For more information on how you can book the road show, please call volunteer services at 905-813-1585.

## Anatomy Of A Move

by DANUSIA EHGOTZ,  
BHSc (OT)  
Occupational Therapist

It is so difficult really, to deal with change and uncertainty. Sometimes we choose change, and sometimes it happens to us without our choosing. It is certain that change can provide the opportunity for growth – if one is prepared. But, growth can provide the impetus for change. My most current example of that is the present growth and expansion of The Credit Valley Hospital in building The Carlo Fidani Peel Regional Cancer Centre and Ambulatory Care Centre. This growth means the outpatient mental health service had to move offsite to our new temporary location at 25 Watline Drive. Moving to a new location some distance away from the hospital, the staff of the START program (short-term active reintegrative treatment), along with the schizophrenia program, eating disorders program, and child and family services, have thankfully landed back on our feet. Being away from the hospital; is hard enough, we miss our old routine, our old friends and our old drive to work! We've all unpacked our boxes, and our phones and computers are up and running again. It was a huge undertaking to accomplish this move – it took many truckloads to move our furniture, files and equipment.

As we resume our work with our clients here at our new offices, and have overcome the initial stress of the move, it becomes more apparent that we have no choice but to adapt. We can't just walk downstairs to catch up with someone on a working committee, we can't join our other colleagues and friends for lunch, and we have to take an extra half hour to go to the hospital for a departmental meeting. And worst of all...there's no Second Cup over here! And, I have to say, the hospital's Skylight Restaurant is missed! But, I can't help but think that overall this is really no big deal in the grand scheme of things. After all, there are many grander things happening around us these days, which makes me want to take a moment to reflect.

Stability. Structure. Support. Things we don't question really until they are either lost or needed. Over the past little while, we have all, to varying degrees, felt the cosmic pull on these three elements. We've been through SARS, West Nile, the power blackout, and as I sit here today writing, hurricane Isabel threatens outside my window. It seems an unsettling time. My 10 year old daughter asked me the question the other day that many adults are also asking. "Why do problems have to happen? When will life ever just be 'normal' again?" I must say, I wonder that myself sometimes. My usual answer, "it's not what happens to us, it's what we do with it that counts" didn't quite seem to fit.

When our sense of stability is

threatened or altered, many may feel anxiety and fear. Our sense of safety and security is disrupted and as such, we may experience disruption to our 'inner being'. Our normal thoughts, routines and actions may go through a shift. We cannot seem to focus, we may lose sleep, or become short-tempered. We seek to make sense of this rupture in our 'normal' lives, and challenge its meaning. For many of us, before we've even answered the question "why?" we have already reverted back to our old habits and lifestyle, relatively unchanged. For others, we may slip into a difficult time, needing more support, and maybe even counseling.

Structure, of course, is important for us as human beings since it serves as an anchor often to who we are. Many of us define ourselves by what we do. When we lose structure in our lives, even temporarily, we may feel lost, confused, even useless. Losing a job, our health, or a loved one, for example leaves an emptiness that human nature instinctively want to fill with purpose and meaning. When our valuable volunteers were unable to come into hospitals due to SARS precautions they would have felt this. After all, volunteers mean to help and do what is needed.

I don't know about you, but I am having many more conversations about the unsettling events of late, and people are much more open to admitting their vulnerability. Having supports around us at those times is important. Just being able to share concerns or anxieties with others has a way of connecting us. This can be a time of developing a stronger bond with those around us, which serves to somehow lessen the load. As I attempted to answer my daughter's question "why", the correct response seemed to be that a hug was in order. Taking the time to simply "be with" those around us so we feel we're all in this together may be what the doctor ordered!

If in fact a referral to mental health services is what the doctor orders, here's how to find us:

The new location of outpatient mental health service is:

25 Watline Ave  
Mississauga  
L4Z 2Z1

Child and Family Services  
Suite 502  
Phone: 905-813-4421  
Fax: 905-813-1594

Eating Disorders  
Suite 202  
Phone: 905-813-4505  
Fax: 905-813-4502

START Program  
Suite 202  
Phone: 905-813-4029  
Fax: 905-813-4502

Schizophrenia Program  
Suite 202  
Phone: 905-813-2371  
Fax: 905-813-4502

## Respiratory Therapists Celebrate

A lot has to be said for the respiratory therapists (RT) at Credit Valley Hospital this year, given their close involvement with SARS. Monday September 29th was the beginning of respiratory therapy week in Ontario and the RT's at The Credit Valley Hospital were ready to celebrate. Gail Lang, manager of the respiratory therapists was instrumental in promoting the role of the RT within the hospital. Hospital staff participated in lunch and learn sessions throughout the week with different topics each day such as asthma, home oxygen and CPAP (continuous positive airway pressure) therapy. In addition to the above areas of expertise, respiratory therapists also work in the operating room, intensive care unit, pulmonary function lab and emergency room. The role of the respiratory therapist has evolved over nearly 40 years to include patient assessment and diagnosis and therapeutic treatment for those with acute or chronic respiratory and cardiac disease.

A key sponsor of the week was Credit Valley ProHealth, a respiratory home care company owned



Credit Valley ProHealth sponsored a lunch and learn session about home oxygen. Anna McPherson and Yvonne Wright review some of the materials from the displays.

by The Credit Valley Hospital and Professional Respiratory. Proceeds from this community based organization financially support The Credit Valley Hospital.

Credit Valley ProHealth sponsored a talk about the respiratory therapists role in the community visiting patients on oxygen in their homes as well as treating patients with obstructive sleep apnea. They also supported an evening event at Montana's on Friday October 3rd, to honor the hard work and dedication of the respiratory therapists at The Credit Valley Hospital.

## Mammography Accreditation Status Achieved Once Again

Diagnostic imaging is pleased to report that they have been re-accredited in mammography for three years by the Canadian Association of Radiologists (C.A.R.). Both of the mammography units passed all requirements and the clinical images submitted met all quality specifications.

Accreditation is a stringent process that evaluates all aspects of the mammography service.

All women have a right and need to expect the highest quality mammogram. A mammogram, along with a routine breast exam by your family physician and breast self exam aids in the early detection of

breast cancer.

We are very proud of our accreditation status. It speaks well of our commitment to quality and providing the best for our patients.

Mammography is a valuable diagnostic test that aids in the detection of breast abnormalities. It is essential that high quality standards are observed to ensure the best images are produced. The department performed over 8,000 breast studies in the last fiscal year.

Congratulations to Credit Valley's mammography staff. Their hard work resulted in this achievement.

*It's that time of year again....*

The Credit Valley Volunteer Partners have been busy organizing the

*18th Annual Christmas Bazaar and Craft Sale*

There is an exciting variety of vendors this year that will be sure to have everything you need to get your holiday shopping started.

We have Angels, Gourmet Foods, Jewelry, Christmas Decorations, Teddy Bears, Art, Baked Goods, and so much more.

*This year's Bazaar and Craft Sale will take place:*

*Saturday, November 22, 2003 from 10:00 am to 5:00 pm*

*Admission is \$2.00*

*St. Aloysius Gonzaga Secondary School*

*2800 Erin Centre Blvd in Mississauga (the corner of Glen Erin Dr & Erin Centre Blvd.)*

*Proceeds will benefit The Carlo Fidani Peel Regional Cancer Centre.*

*We hope to see everyone there.*

## Pack It Light, Wear It Right Backpack Tips For Parents

Aching back and shoulders... weakened muscles...tingling arms...stooped posture.

Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the right way to avoid health problems.

### Loading A Backpack

Never let a child carry more than 15 per cent of his or her body weight. This means a child who weighs 100 pounds shouldn't wear a loaded school backpack heavier than 15 pounds. Refer to Figure #1.

- Load heaviest items closest to the child's back (the back of the pack).

- Arrange books and materials so they won't slide around in the backpack.

- Check what your child carries to school and brings home. Make sure the items are necessary to the day's activities.

- On days the backpack is too loaded, your child can hand carry a book or other item.

- If the backpack is too heavy, consider using a book bag on wheels if your child's school allows it.

### Wearing A Backpack

- Both shoulder straps should always be worn. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain

or discomfort. Refer to Figure #2.

- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.

- Adjust the shoulder straps so that the pack fits snugly to the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.

- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly. Refer to Figure #3.

- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.

- School backpacks come in different sizes for different ages. Choose the right size pack for your child's back as well as one with enough room for necessary school items.

### Need More Information?

Occupational therapy practitioners are trained in helping children with a broad range of issues in addition to ergonomics, such as good handwriting skills and developmental and behavioral problems, to help them participate more fully in the "occupation" of living.

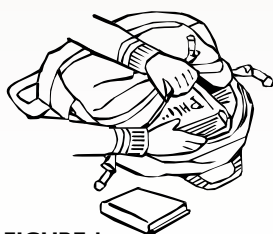


FIGURE 1

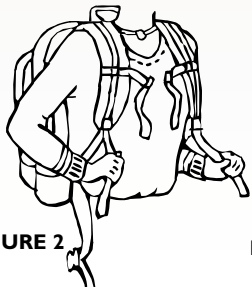


FIGURE 2



FIGURE 3

## Continuing To Strive For Excellence In Patient Care: Credit Valley Develops Two New Clinical Pathways

Two teams at The Credit Valley Hospital have been working very hard over the last year to create comprehensive care pathways for our patients who have been diagnosed with bowel cancer.

The surgical team developed a clinical pathway for the patient who will be experiencing a surgical procedure called a bowel resection. During this procedure the part of the bowel that is affected with cancer will be removed. The clinical pathway starts in the surgeon's office and will outline the care that is to be provided pre-operatively, during surgery, postoperatively and in preparation for discharge from hospital.

Following our surgical pathway is the outpatient oncology clinical pathway that outlines care to be provided for patients who have had surgery and are to receive additional therapy with intent to cure the patient with cancer.

Both teams have created standardized physician's orders that are based on the best evidence and patient pathways that outline the care the patient should expect to receive during their care.

To find out more about our clinical pathways go to the The Credit Valley Hospital internet home page, [www.cvh.on.ca](http://www.cvh.on.ca) and click on Professional Resources.



### Bowel Resection Clinical Pathway Team

Back Row: Brenda Yaeck, Angela Jackson-Lee, Jane Scigliano, Linda Sims, Bev McLean. Front Row: Betty Strong, Vanna Boghossian, Dr. Neil Woolfson, Sincere Wong, Nada Lukic.



### Outpatient Oncology Clinical Pathway Team

Back row: Laura Pasqualino, Debra MacDonald, Barb Young, Marcie Flynn-Post, Margaret Paan. Front Row: Natalie Harrison, Lucia Wong, Yolanda Corrigan, Sylvie Pirro, Dr. Sheldon Fine, Dr. Zachary Shnek.



## Enjoying Surviving the Holidays with Diabetes

Presented by The Credit Valley Hospital  
Diabetes Education Centre &  
Canadian Diabetes Association, Peel Branch

Monday, December 8th, 2003

7 pm

Erin Mills Loblaws (upstairs)

During the seminar the Diabetes Team will provide tips on:

- Party Strategies
- Coping with Holiday Stressors
- Ideas for your Holiday Menus
- Goal Setting suggestions

We will offer you a chance to taste some recipes altered for a diabetes meal plan.

Space is limited. Call the Canadian Diabetes Association (Peel Branch) at 905-455-9000 to reserve a place.



Know who to turn to



## CVH Diabetes Centre Offers "Tween" Education Night

Preparing children with diabetes for the challenges of adolescence is the subject of an upcoming two-part series of educational sessions for children aged 11 to 13 years and their parents. The "Tween Program" presented on the first two Wednesday evenings in November, is part of Credit Valley's Diabetes Education program's commitment to patient and family education. There are several guest speakers, as well as young adults, who will be participating in the event with the objective of preparing this age group for the challenges of adolescence and diabetes. Also, on November 9th, we will be hosting a bowling event in conjunction with the Juvenile Diabetes Research Foundation and Roche Diagnostics.

The pediatric diabetes program has been growing steadily over the past few years. We offer

regular clinic visits with certified diabetes educators (nurse, dietitian, and social worker), three pediatricians who specialize in diabetes, as well as a 24 hour on-call nurse educator. We also now have a successful insulin pump program.

In early October, the pediatric diabetes education centre also hosted a caregiver's workshop for grandparents, aunts, uncles, and babysitters, to provide them with information on caring for a child with diabetes. We have also offered various talks in the local schools for teachers who have a student with diabetes in their class.

Credit Valley's diabetes education program recently received a four-year national recognition award with the Canadian Diabetes Association for providing excellence in diabetes education.