

The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



Thought by Thought

I don't often listen to or remember words to songs. Perhaps it is because they are often poetic and I'm still as I was when studying poetry in high school, when I responded to an explanation of the meaning of a poem by saying, "If that's what they mean, why don't they just say it".

You might be surprised, then, by my new favorite song, **Steer Your Way by Leonard Cohen** who, true to form, has lyrics that I suspect even he does not really understand.

But the refrain has grabbed me viscerally. "Year by year, month by month, day by day, ... thought by thought". It is reinforced by music that seems to drive home the fact that you steer your way through life thought by thought, day by day, month by month, year by year.

There are a few big choices in life that make a difference in the long run, like our career choices, for example, and our relationship commitments. And there are outside events that shape the context within which everything else happens.

But ultimately we choose, within those broad outlines, who we will become. We choose it thought by thought. This thought, in this moment, is the only one I have.

When we are young, we don't understand how important this is. We don't realize that little habits add up over time, imperceptibly changing who we are, positively or negatively.

A habit of deciding to seek the good in others, for example, gradually trains our mind and our spirit to recognize and enjoy the good in people.

A habit of assuming others have a negative intent when they do something that annoys us can gradually make us distrustful of others.

A habit of second-guessing our initial judgments about people who belong to groups other than our own can lead to open-minded curiosity about the richness they provide, and to a heart-felt caring for them in difficulties they may face.

Choosing to gossip about others or to be critical of their clothes or habits so that we connect with those we want to like us can lead us to be people who exclude others unfairly.

Long term, holding on to grudges turns us into bitter people just as surely as seeking to understand and forgive allows us to be happy people of peace.

A habit of seeking inside of ourselves that good place that builds others up and graciously accepts their kindness changes us gradually into great souls.

All of this takes time, of course, and life is complex. So "**Steer Your Way**", thought by thought, day by day, month, year by year. The result is inevitable.

What do you think? Who do you want to become?

-- Brian Zimmer, Director of Mission

Message From our SPH President and CEO

What does the Establishment of One Health Region Mean for St. Paul's?

Early this year the Minister of Health Announced that twelve of Saskatchewan's health regions would be transformed into one region. Planning to form the new region is underway and each week Dan Florizone, our SHR Chief Executive Officer, updates us with progress reports. So what does this mean for St. Paul's and the other affiliated health organizations in the province?

The Saskatchewan Advisory Panel on Health System Structure Report recommended the move to one Region and in another recommendation stated that affiliates be contracted to and be accountable to the new health authority. Affiliates have been included as an important stakeholder to be engaged during planning for our new region. Acute care affiliates account for 15% of the acute care beds in the province, with St. Paul's providing the largest portion of those beds. St. Paul's Board and our owner, Emmanuel Care, are committed to continue to

provide acute care service to Saskatchewan residents.

Given that planning for the new provincial health authority is in its early stages, we do not know how the new system will be organized. What we do know is that St. Paul's and Emmanuel Care will provide input to planning, work collaboratively with our partners to transform Saskatchewan's health system, and as one of the five provincial hospitals in Saskatchewan, continue to provide acute care services to Saskatchewan residents.

For one hundred and ten years St. Paul's Hospital has been inspired by the healing power of God to honor and respect life, creatively address unmet health needs and advocate for the voiceless. St. Paul's Board, owners and administration believe there is still much work to be done and are committed to continue to contribute to the health of our community following the legacy of our founders, the Grey Nuns.

The LifeLine

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for and by its employees.

www.stpaulshospital.org

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St. Paul's Hospital Mission Office



Vision Mission Values

Truth and Reconciliation Action Items

Last October 4, we raised the Truth and Reconciliation flag in a ceremony on our front lawn. That day St. Paul's Hospital, together with Saskatoon Health Region, committed to the seven calls to action that directly concern health care. Here are those seven items, as well as a link to a video put out by the SHR Communications department about Truth and Reconciliation.

18. We call upon the federal, provincial, territorial, and Aboriginal governments to acknowledge that the current state of Aboriginal health in Canada is a direct result of previous Canadian government policies, including residential schools, and to recognize and implement the health-care rights of Aboriginal people as identified in international law, constitutional law, and under the Treaties.

19. We call upon the federal government, in consultation with Aboriginal peoples, to establish measurable goals to identify and close the gaps in health outcomes between Aboriginal and non-Aboriginal communities, and to publish annual progress reports and assess long-term trends. Such efforts would focus on indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

20. In order to address the jurisdictional disputes concerning Aboriginal people who do not reside on reserves, we call upon the federal government to recognize, respect, and address the distinct health needs of the Métis, Inuit, and off-reserve Aboriginal peoples.

21. We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the

physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.

22. We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.

23. We call upon all levels of government to:

- i. Increase the number of Aboriginal professionals working in the health-care field.
- ii. Ensure the retention of Aboriginal health-care providers in Aboriginal communities.
- iii. Provide cultural competency training for all healthcare professionals.

24. We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the *United Nations Declaration on the Rights of Indigenous Peoples*, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

Here is a link to the video communications completed about the TRC

<https://youtu.be/oeYuPF68Ijk>

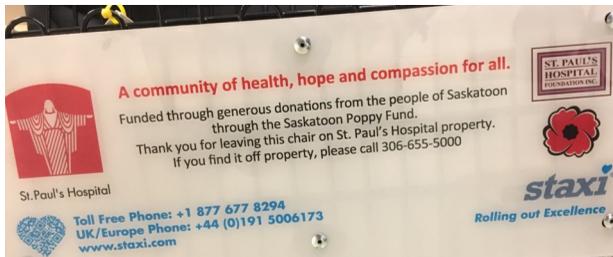
Staxis and Poppy Fund



Members of the Royal Canadian Legion showcase a few of the Staxi chairs funded by a generous gift of \$20,000 from the people of Saskatoon through the Saskatoon Poppy Fund.

(L-R) Bruce Acton (St. Paul's Hospital Foundation CEO); Pete Tomkins (St. Paul's Hospital Security and Former Legion Member); Diane Robson (Chair, Saskatoon Poppy Campaign); John Peters (Chair, Saskatoon Poppy Trustees); Jim Eaton (Army, Navy and Airforce Veterans and Poppy Trustee); Harold Martinson (RCL Branch #63 Spadina and Poppy Trustee); Janet Bennett (President RCL #362 Nutana and Poppy Trustee); Al Boyce (Army, Navy and Airforce Veterans and Poppy Trustee).

The chairs purchased with these funds have the Poppy logo on the nameplate at the back of the chair. Special thanks to Pete Tomkins (Security, a Veteran second from the left), for connecting us with the Legion.



Good News

On February 24, 2107 here at SPH a dream became a reality when the first comfort care baskets were delivered to units.

What started as a curiosity question: “Does anyone here at SPH have comfort care baskets for the families of loved ones who are dying?” led to an successful application to the SPH Foundation grant process. Janice Walker pulled together a team from the hospital and together they decided what would be best in this cart, standard messaging, and standard work for cart assembly and delivery. Several months later, the process AND the comfort care baskets were ready for distribution. There will be one basket available on each unit and more are available through the Manager of each unit upon request. Volunteers will be assembling the baskets on a regular basis.

Many thanks to the dedicated individuals here at SPH who believed small things do make a difference and the patience to ensure the process was adhered to. Most of all thanks to the SPH Foundation who provided the opportunity to share some comfort items to families at a difficult time.

Any questions, please contact Meredith Wild (5868) or Janice Walker (5603), co-chairs.



New Curtains: A Collaboration

New curtains in patient rooms on 6th Medicine are scheduled to be installed in early spring as a quality and safety measure.

- For staff: There are no hooks and no hassle, so the change time for the curtains is LESS than FIVE MINUTES. This is obviously an easier job, but it also much safer.
- For patients: Because the curtains slide effortlessly and QUIETLY on the patented track, disruption to patients is minimized;
- For patients: Easier and more frequent and changing of the curtains will reduce the risk of the spread of infections;
- For us all: Patient rooms will be cleaner.

This is a collaborative effort between Housekeeping, 6th Medicine, and our SPH Foundation. The Foundation is committed to raising funds for the installation of this type of curtain in other patient areas as well. Thanks to you all for making this possible. A special thank-you to our donors.

The Ear Nose and Throat Clinic at SPH

Ear, nose and throat (ENT) Specialists across Saskatoon Health Region and the Healing Arts Program at St. Paul's Hospital are partnering on a new initiative that will not only improve care for ENT patients, but will offer healing art therapy to every ENT patient who may be experiencing a loss of a core sense.

Led by St. Paul's Hospital's Dr. Anil Sharma, the ENT specialists believe that with more ENT equipment and dedicated space, they could work more efficiently and maximize workflow. In fact, they feel they could perform up to 15% more surgeries, reducing the wait time for ENT patients, and freeing up the Operating Rooms for other types of surgery.

Because ENT patients are already being treated in the Ambulatory Care Centre at St. Paul's Hospital, our surgeons believe this is the best place for an ENT Clinic.

While the idea of an ENT Clinic is not unique, most ENT Clinics in Canada focus only on voice. The ENT Clinic at St. Paul's Hospital will be one of the first to treat all ENT disorders.

With the new clinic, St. Paul's Hospital will become a provincial leader in ENT diagnosis and treatment, which could attract more subspecialty-trained Otolaryngologists to the Health Region. In addition, the Clinic will be the first ENT clinic in Canada to integrate the healing arts into the daily care and treatment of patients, a crucial element in the healing of patients who have lost one of their senses. For some patients who are experiencing a temporary or permanent loss of a sense, accessing their artistic side through music, painting/drawing, or writing is crucial to healing and adjusting to a new way of life.

St. Paul's is an acute care research Hospital. There is already research to suggest certain people benefit from the artistic touch more than others do, but Dr. Sharma and the Healing Arts Program want to learn more. The ENT Clinic will actively conduct research to help gain more insight into the patients who could benefit most from healing arts therapies. The research will help determine the medical management of ENT patients over the long-term.

The SPH Foundation, through the generosity of donors, make the ENT Clinic and the Healing Arts Program possible. If you or someone you know wants to support this service, you may do so through the SPHF.





St. Paul's Hospital



St. Paul's Hospital Mission Office



Vision. Mission. Values.



For Staff and Caregivers

A Journaling Workshop Series on **Compassion Fatigue**



PRE-REGISTRATION IS REQUIRED. SPACE IS LIMITED.

COST: FREE

LOCATION: Bishop Mahoney Room, 3rd floor by the chapel

WHEN: Monday, April 3, 2017 from 6:00-8:00 PM AND

Monday, April 10, 2017 from 6:00-8:00 PM

For more information or to register, contact Writer-in-

Residence Kristine Scarrow at 306-655-5873 or at

sphwriterinresidence@yahoo.com

One Year at St. Paul's: A Music Therapist's Perspective

By Carmen Formanek-Loncar, BMT, MTA

One year ago music therapist Lisa Wutch told me that she was leaving St. Paul's for a year-long maternity leave. I felt nervous to step into her shoes for a number of reasons, but I was determined to find out for myself. What ensued was a life-changing year.

The main entrance of St. Paul's is a swirling community hub of activity. Since I'm a music therapist and always have my guitar with me, I'm often greeted with smiles and curiosity. I've developed countless on-going relationships with patients and community members in this location by using music as a connection to everyone. Music helps the relationship to develop into a long-lasting bond, lending itself to opportunities to practice respect, patience, kindness, and reconciliation.

Patients and visitors here take their experiences to heart. To paraphrase someone who once received our care, "St. Paul's only gets the best", and it's been an honour to be included in this group (known as the "heart and soul of St. Paul's"). I work at the bedside of individual patients, but have benefitted from your care as well, in a passing smile, a longer conversation, or a more challenging moment of need. People here truly support each other, and strive for excellence in all departments. This fact is palpable upon walking through those doors.

I have had countless opportunities to talk about what I do, but music therapy remains relatively unknown. One common misconception is that I am "here to entertain". Music therapy can benefit an individual's cognitive, communicative, emotional, physical, social, spiritual, and musical needs. I use the preferred music of a patient to motivate them to tap or sing along, or to help another patient wind down after a stressful procedure. I help patients and families cope with the loss of a loved one with songwriting or composing or playing an instrument or improvising together. I also use rhythm, melody, other musical elements, guided imagery-based experiences with music, and more in my sessions, while drawing on my training to inform how these interventions can target specific needs.

Music therapists rely on years of evidence-based research to inform their work and to advance the profession. March is Music Therapy Awareness month! Please talk to St. Paul's music therapists, refer your patients to us, and learn more about what we do! To make a referral to music therapy leave a voice message at: 655-0560 (all units except Palliative Care), 655-5526 (Palliative Care).





St. Paul's Hospital



National Health Ethics Week 2017

3 April 2017 to 7 April 2017

Mark Your Calendar for the Following Events:

Date	Time	Location	Speaker	Topic
4 April 2017	10 am to 11:30 am	RUH East Lecture Theatre (Telehealth & WebEx)	Evert van Olst, Dr. Susan Hayton, Dr. Qaiser Fahim	Medical Assistance in Dying (MAID)
4 April 2017	2 pm to 3 pm	Pediatric Oncology-SCA (Saskatoon in person and Regina via Skype)	Dr. Qaiser Fahim	Ethics Services Orientation
5 April 2017	9 am to 10 am	RUH East Lecture Theatre (Telehealth & WebEx)	Dr. Qaiser Fahim	Advance Care Directives
5 April 2017	12:30 pm to 1:30 pm	Parkridge Classroom (Lunch and Learn) (WebEx)	Audra Remenda	Autonomy in Long Term Care
6 April 2017	10am to 11am	SPH Auditorium (Telehealth & WebEx)	Francis Maza	Responding to Medical Assistance in Dying (MAID) through a Relational Ethics Lens
6 April 2017	8am to 4:30pm	SCH Cafeteria Side Room	Dr. Qaiser Fahim	Ethics Facilitator Course Contact Wendy at 306-655-2877 to register or register on the SHR Training & Registration System
7 April 2017	1 pm to 2 pm	SPH Auditorium (Telehealth & WebEx)	Teresa Bodnar-Hiebert	Chicken Soup from the Bowl-An Ethics Perspective

RUH: Royal University Hospital, SPH: St. Paul's Hospital, SCH: Saskatoon City Hospital,

SCA: Saskatchewan Cancer Agency

To register for Telehealth call 306-655-1573 or telehealth@saskatoonhealthregion.ca
To register for WebEx call 306-655-2877 or wendy.fowler@saskatoonhealthregion.ca

Volunteering Helps Everyone ...

Each year we are fortunate to have some pharmacy students volunteer as part of their training. This year two of them, Bernice Dao (below) and Julia Parschauer (next page), volunteered in the Healing Arts program. ...

As part of my Service Learning experience, I was placed at St. Paul's Hospital in the Healing Arts Program where my love for art and interest in healthcare were integrated together. The goal of this program is to help patients embrace holistic healing through the creativity of art. During their stay, many patients needed something to do as a way to pass time or cope with their pain, and that is where my role as a volunteer came in. ...

The patients I got to work with in the Healing Arts Program taught me so much more than I knew about compassion, vulnerability, and patience. I got the opportunity to meet a diversity of people and listen to stories about suffering, pain, family, and happiness. Being able to watch someone paint was like seeing a window to their mind and emotion as the art took to them to a place where they could endlessly express themselves. As a result, my empathy for patients going through a tough time greatly expanded and I discovered how strong my observation skills were. After learning in the classroom about how the healthcare system operated, I got to directly hear feedback from patients directly, especially when it came to difficulties in maintaining their health and staying optimistic. My communication skills also improved from the practice of approaching new and unfamiliar people.— Bernice Dao



The "Be Part of Something Bigger" tree consists of the names of many of our volunteers and the services they provide. They comprise many types: Students such as Bernice and Julia, retirees who want to contribute, immigrants seeking to do something positive as they prepare for employment in Canada, and others who simply want to help out. Thanks to you all!

... Both St. Paul's and the Volunteers

... As part of their course requirements, they had to write about their experience and about what they learned. They have given us permission to share part of what they wrote. Thank you Bernice and Julia.



I had the privilege of being placed at St Paul's Hospital this year for my service learning placement. I worked with the Artist in Residence in art therapy. ...

I talked to a particular woman [during hemodialysis] for a few hours and as a result of my time with her, she was comforted and her blood pressure even went down. This demonstrates how vital it is to have human interaction and that simply listening to someone can help them feel better. ...

During my placement, I talked to many people who I normally would not approach on my own. In the studio some younger men came in and started drawing with me. Two of them had been in prison, one had only been out for a week. Normally I'd be hesitant to talk to them but I'm glad I did because they were very nice and quite funny. When they left I gave the one who had recently gotten out a typography drawing I had made earlier that day which read "I've got the world to go". The saying was perfect for him and it was a complete coincidence that I had decided on that quote to draw. It's funny how things work out sometimes. Moral of the story is if you give people a chance, they might just surprise you. In the future I will not be so quick to judge, and I will approach people regardless of their looks or their past. I hope he still has that drawing and looks at it often.

— Julia Parschauer



Dora (above)
Sakina (left)



Colin and Joe



Maxine and Barb



Our friends at  **RAMADA** in Saskatoon and Regina
have

GRACIOUSLY DONATED

***one night deluxe accommodation and
two tickets to the Laugh Shop
for one of our Angels to win every month!***

News from SPH Administration

SPH Designated Smoking Area: Please encourage patients and their families to use the Designated Smoking Area, located across south east of the Emergency entrance. The decision to make a designated smoking area is a matter of safety for our patients, families, visitors and staff. The designated smoking area will help create a welcoming and safe hospital environment and reduce incidents of second hand smoke near our entrances and air intake.

St. Paul's Hospital encourages patients, families and visitors to quit smoking. Learn more by contacting the Tobacco Helpline at (306) 655-4685 or e-mail tobaccofree@saskatoonhealthregion.ca.

SPH Bike Rack: Last fall the Southeast Bike Rack was removed to make room for other projects. Please be assured that when weather permits, a new bike rack will be installed nearby in the area.

Patient Lockers and Locks: We continue to work on the issue of locks and lockers at St. Paul's Hospital. We will keep Managers apprised of the situation in the coming weeks. Please direct questions to your Manager.

Blue Blue Green

Men in **Blue** uniforms (maintenance), collecting items for **Blue** bins (recycling) to support a **Green** environment.

Maintenance regularly recycles metals instead of sending them to the landfill. They save the money collected from this recycling and, this year just before Christmas, were able to donate \$2000 to the SPH Foundation. They designated it to the **Urology Centre of Excellence**.





Driving Fore
Prostate
Golf Classic

With Glen Gulutzan & Friends
July 18, 2017

proudly presented by
 **ATHABASCA BASIN
SECURITY**

The 2017 Driving Fore Prostate Golf Classic will further the highest standard of care for urology patients by advancing patient education and supporting the purchase of a GreenLight Laser XPS for the Leslie and Irene Dubé Urology Centre of Health at St. Paul's Hospital.

The GreenLight Laser will advance care for urology patients with enlarged prostate issues, providing improved access to services and advanced treatment options, resulting in improved post-operative outcomes and shorter hospital stays.

To register a team, sponsor the event or for more information, contact Colleen McKay at 306.716.2890 or at colleenmckay@sasktel.net.



SPH Personnel Association

WINTER BARBEQUE

Tuesday, March 14th

1100—1315 hrs

Cafeteria

MENU: Burgers (veg. option bean burger),
cheese, cole slaw, potato salad,
baked beans, beverage

**JUST \$3 for SPHPA
Members and SPH
Volunteers
\$6.00 for Guests**

If not already a member .. forms will be available at the BBQ. **Sign up and get your meal for \$3!**

Association fees: \$1.00 per pay period

SPH Personnel Association Events of 2016:

- Member Treat (February)
- Winter BBQ (March)
- Spring Fling Draw (May/June)
- Pancake Breakfast (June)
- Harvest Fest (September)
- Cinnamon Bun Day (October)
- Children's Christmas Party (December)



Each year the SPH Personnel Association puts on numerous events.

Once a year, on or near Valentines day by tradition, we have a "members treat" day. This year members were "treated" to a Danish and coffee.

Above, Kari Sinkewicz and Aubree Worobetz, SPHPA members who work in our Foundation, are serving.

Nevada Winners

Donna Skwark SPD
Dean Muench Energy Centre
Dave Crossman Maintenance
Laurie Harder Housekeeping
Crystal Gharini Chronic Kidney Disease
Isabelle Gill SPD

MARK YOUR CALENDAR

Upcoming Events

- **Thursday April 20th**—12 noon
SPH Personnel Association
Annual General Meeting, (watch
for posters confirming location).
- **Wednesday May 31st** — 25th
Annual Community Day!! See
you on the front lawn. Watch
for your chance to volunteer.
- **Friday June 23rd** SPH Annual
Golf Tournament.
- **Thursday June 29th** — 1000h
St. Paul's Hospital AGM in G30
- **October 10th to 13th** —
Mission Week: Thursday Oct.
12th Feast Day and SPHF
Professional Development
Awards
- **Thursday October 26th** —
SPH Long Service Recognition
Banquet and Awards. Western
Development Museum, Butler
Buyers Hall.

Make in Heart a Quiet Place

by John Oxenham

'Mid all the traffic of the ways-
Turmoils without, within-
Make in my heart a quiet place,
And come and dwell therein:

A little shrine of quietness,
All sacred to Yourself,
Where You shall all my soul possess,
And I may find myself;

A little shelter from life's stress,
Where I may lay me prone,
And bare my soul in loneliness,
And know as I am known;

A little place of mystic grace,
Of self and sin swept bare,
Where I may look upon Your face,
And talk with You in prayer.

Things to Fast From

(Suggestions from Pope Francis)

- Fast from hurting words and say kind words
- Fast from sadness; be filled with gratitude
- Fast from anger; be filled with patience
- Fast from pessimism; be filled with hope
- Fast from worries; have trust in God
- Fast from complaints; contemplate simplicity
- Fast from pressures; be prayerful
- Fast from bitterness; fill your hearts with joy
- Fast from selfishness; be compassionate to others
- Fast from grudges; be reconciled
- Fast from words; be silent so you can listen

St. Paul's Medical/Surgical Float Pool



Float pools are a strategy to help meet the short call needs of the inpatient units at the three hospitals in Saskatoon. They are an important way we cope with surges in numbers and situations of overcapacity. Each float pool employee (RN/LPN) works at one hospital and is orientated to multiple units. This helps



us staff the units so that we can provide safe and competent care to the patients. As an added bonus, we are able to fill these shifts at straight time as opposed to overtime. A huge thanks to all the SPH float pool (some are here pictured at an Ed Day) for their flexibility, dedication, collaborative spirit, and competencies.