

# HOLLAND MUSCULOSKELETAL PROGRAM TEAM NEWS

18<sup>th</sup> Edition, Winter 2014



## Pain Control at the Holland Centre

A new discharge medication guideline and a pain control program aim to help patients who've undergone hip or knee replacement at the Holland Centre better understand pain control and medications.

The Holland Centre team realized that many post-discharge phone calls from patients involved questions about pain management (ie. poor pain control or side effects of analgesics). These might have been avoided by clearer analgesic prescription on discharge or better patient/family education on how to use the medications.

So orthopaedics, nursing, pharmacy and the pain service collaborated to develop a new guideline to facilitate patients' pain management at home.

This past fall, patients began receiving an information sheet at discharge and their primary nurse also gives instructions regarding the medications. The new information has met with positive results.

The Holland Centre has also initiated a new pain controlled oral analgesia



program. This program allows patients to keep a dose of a short acting opioid at the bedside, which lets them have quicker access to pain medication when needed.

Following hip or knee replacement surgery, it is important for patients to begin physiotherapy on post-operative Day 1. Being able to take their pain medication right before physiotherapy allows them to be able to participate without pain limitations.

Some patients are not able to do physiotherapy due to side effects from intravenous opioid use. These patients tend to remain in hospital longer. The self-administered oral pain medication

may help to reduce this nausea and vomiting. Our team will track the reduction in incidences of these side effects to determine the effectiveness of the self-administered oral opioid. Since the program began, most patients (about 85 per cent) have used oral medication and did not require intravenous medications. This has

resulted in fewer side effects and timely discharge home.

### Holland Centre in the News!

Sunnybrook has partnered with the Globe and Mail for a three-month series called "The Hospital." Check out the series, including an audio slideshow with orthopaedic surgeon and medical director Dr. Jeff Gollish, by following the links at [Sunnybrook.ca](http://Sunnybrook.ca)

# When No One Else Understands: Arthritis Patients Learn They Don't Have to 'Go it Alone' in Their Journey

*Arthritis cross-disciplinary research with consumer involvement leads  
to the development of a Peer-to-Peer Mentoring program*

*By: Canadian Arthritis Network*

The benefits of peer support programs are well documented, but rheumatologist and arthritis researcher Dr. Mary Bell from Sunnybrook Health Sciences Centre noted this kind of therapy was missing from the early inflammatory arthritis (EIA) treatment landscape.

Dr. Bell was curious to investigate the impact a peer support program could bring to people living with EIA. Specifically, what would result from pairing a newly diagnosed person with someone who has been living with and managing their arthritis for several years?

Dr. Bell brought together researchers and two patients—also known as a 'consumers' - Dawn Richards, PhD from the Canadian Arthritis Network's Consumer Advisory Council, and Jennifer Boyle PhD. They began by conducting an intensive literature review from which an intervention model was developed and tested on nine EIA patients who were paired with a peer best matching their needs based on factors such as age and work status. The pairs met face-to-face or by phone once a week for 12 weeks. At the completion of the study, both mentees and mentors experienced improvements in overall impact of arthritis on their life, coping efficacy and social support.

"It's a lot like what online communities are accomplishing by bringing together people with a shared disease experience to support each other," says Dr. Dawn Richards.

Building on that study, a pilot randomized control trial was conducted from 2011-2013 (supported with a grant from the Canadian



Initiative for Outcomes in Rheumatology care), comparing patients who received peer support and those who received usual rheumatology standard of care. The results showed that early peer support for individuals with EIA improved perceived social support but had little effect on the use of treatment, self-efficacy, health-related quality of life, disease activity, level of anxiety, and other measures.

"What I didn't expect is how being a mentor in the program would lead me back to re-examine what I had learned over the years, the things I did well to self-manage and the things I could have done a whole

lot better," said Catherine Hofstetter, one of the mentors in the study. "I dare say I learned as much or more as my mentee did, and we developed a friendship with mutual respect, understanding and eagerness to learn and live well."

Drs. Bell and Jennifer Stinson at the Hospital for Sick Children have been awarded a Canadian Institute for Health Research (CIHR) Grant to develop an online version of peer-to-peer mentoring for adolescents. The research team is now seeking funding to do a larger randomized control trial in the adult population. Research thus far has been made possible in part through funding from the Canadian Arthritis Network (CAN), Canadian Institutes of Health Research (CIHR) Canadian Initiative for Outcomes in Rheumatology Care (CIORA). The Canadian Arthritis Network is a research network funded under the Networks of Centres of Excellence (NCE) program.





## Fracture Clinic Team Award

*Congratulations to the Fracture Clinic team who won a Sunnybrook Team Award 2013.*



*Some members of the award-winning Fracture Clinic Team with Sunnybrook President and CEO Dr. Barry McLellan (centre)*

The Fracture Clinic team was one of four recognized for demonstrating exceptional teamwork and collaboration that have resulted in excellence in their work with valuable contributions to the mission and vision of Sunnybrook.

The fracture clinic team is responsible for providing follow-up care to clients recovering from acute injuries of the bones or joints. They work with an average of 1,100 patients per month, many of whom are in pain and/or are suffering from other medical conditions like dementia.

“Patient-focused care is not just a phrase, but a natural focus for the fracture clinic

team,” their nominator Jennifer Toland wrote. “Their ability to remain focused on the client’s best interest is a very commendable and remarkable attribute.”

Iona MacRitchie, Managing Director of the Working Condition Program and the Sunnybrook Centre for Independent Living, supported the nomination.

“I am always amazed at the coordination and adaptability of this team to not only support excellent patient care in an often hectic and unpredictable environment, but also how they always rise to the occasion to support each other and other Sunnybrook colleagues.”

### Way to Go, Fracture Clinic Team!

Members of the fracture clinic team:

- Aysha Bhaimiya
- Julius Cacayan
- Byroe (Buddy) Deonarine
- Evelyn Gibson
- Lynn Gilkes
- Jim Healy
- Abdul Jalalzai
- Joanne Morrison
- Carol Niedoba



## Hundreds Learn How to Manage Arthritis at Speaker Series

*By Monica Matys*



*Dr. Emily Jane McKeown, Dr. Shirley Chow, Board member Elizabeth Martin, Dr. Gollish, Dr. Murnaghan and Suzanne Denis.*

Millions of Canadians are all too familiar with the pain, swelling and stiffness associated with arthritis. While there is no cure for the more than 100 different conditions that fall under the arthritis umbrella, Sunnybrook experts offered some proven approaches to maintain good joint function and reduce pain at the November Speaker Series held at Bayview Campus.

Step one for many should be recognizing that exercise is a key component of arthritis management. As the experts discussed, it's a myth that physical activity worsens arthritis. A properly designed physical activity program established with your health-care team can be extremely beneficial in reducing pain, increasing mobility and promoting good balance. Some great activities to try include tai chi, aqua-fit and various low-impact strengthening exercises.

Maintaining a healthy weight is also critical to reducing pressure on your joints. Consider that every 10 pounds you gain through your waist actually equates to upwards of 60 pounds through your knees for every step you take! So even a

small weight loss can have a huge impact on pain, balance and quality of sleep. And the healthier your weight, the easier it will be for you to perform various types of physical activity.

Medication and surgical options were also discussed at the Speaker Series, entitled Joint Health: Preventing Problems and Living Well With Arthritis. The presenters included Rheumatologists Dr. Shirley Chow and Dr. Emily Jane McKeown, Advanced Practice Physiotherapist Suzanne Denis and Orthopaedic Surgeon Dr. Jeffrey Gollish. The event was introduced by Board Member Elizabeth Martin, and moderated by Orthopaedic Surgeon Dr. John Murnaghan.

If you would like  
to view the full webcast, go to  
[sunnybrook.ca/speakerseries](http://sunnybrook.ca/speakerseries)



*Dr. Murnaghan*

*Photos by Doug Nicholson*

## Q And A About the New and Improved Holland Centre Gift Shop



*Assistant Manager Moira O'Brien at the newly renovated Holland Centre gift shop.*

Friends and visitors of the Holland Centre will notice some changes to the gift shop! The Sunnybrook Volunteer Association (SVA) has assumed responsibility for the shop's operations. The shop was renovated to improve the patient, visitor and staff shopping experience, as well as the volunteer experience.

The doorway was moved to the front to improve visibility and access to the shop. The new shelving, cash desk, and slatwall systems allow the shop to offer more variety in product, and moving the stockroom wall back gave the shop room to expand its offerings.

In the fall, the gift shop re-opened. The SVA answered some common questions about the new shop:

### **1. What new things does the gift shop have to offer?**

There are many exciting new products available in the gift shop! We are pleased to offer a selection of hot coffee and drinks for busy staff, patients, and visitors.

We also have a Grab n Go selection of sandwiches, bagels, wraps, and delicious baked goods from local bakers Grodinski's. For gift-giving, we offer fresh flowers and delicious chocolates. There is an expanded selection of greeting cards, giftware, books, and stationery, from well-known lines such as Maxwell Williams, Thomas Allen, and Hartley & Marks. For the fashionistas out there, we now offer clothing and accessories from Red Coral and Stylish & Co, as well as jewellery from Karat Club and Yellowstone. The assistive devices that the shop has always carried to meet patient needs are still available for purchase.

### **2. Where do the funds raised by the SVA's gift shops go?**

The SVA raises funds in support of patient care and comfort, and funds are site specific: Money raised at the Holland Centre will be contributed to the Holland Centre. A five-year pledge of \$50,000 was completed just before the SVA took on management of the shop. The funds

for the pledge were raised through the commitment and hard work of the many Holland Centre Shop volunteers. Though still in early stages, we have identified a number of areas of potential need at the Holland Centre, and we hope to have further details regarding possible programs for funds raised in the spring.

### **3. What else do we need to know about the gift shop?**

The gift shop is proud to be able to offer expanded hours due to the addition of an assistant manager at this location.

Shop hours are:

Monday to Thursday, 8 am-7pm,

Friday 8 am-4 pm,

Saturday & Sunday, 10 am-2 pm.

Many of you may recognize the gift shop assistant manager, Moira O'Brien. She has volunteered in the gift shop for the past two years. If you have not already met her, please stop in to say hello!

Our hope is that the staff and visitors will support the SVA in this exciting new initiative by frequenting the gift shop. We are working hard to meet your needs and to offer unique and exciting new merchandise as well as necessities like food and drinks. The more funds we raise, the more we can do for all who come to the Holland Centre.

For additional information on how to become a Gift Shop volunteer, please contact:

Anna Olsen, Coordinator,

Volunteer Resources

Phone: 416-480-6100, Ext. 2140

Email: [anna.olsen@sunnybrook.ca](mailto:anna.olsen@sunnybrook.ca)



## Latest Innovations Presented at MSK Research Day

The Holland Musculoskeletal Program Research Day was held in November 2013. Numerous researchers discussed their work, and the invited speaker Dr. Steve MacDonald, an orthopaedic surgeon from London Health Sciences Centre in London, Ont., spoke about his

research. The theme of our Research Day this year was “MSK interventions - Quality of Life Before and After”, highlighted by a panel discussion featuring Drs. Helen Razmjou, Arjun Sahgal and Colin McCartney, and moderated by Ms. Deb Kennedy. Several new investigators and

representatives of our partners at St. John's Rehab presented their work. The projects discussed covered the three pillars of the Research Program - arthritis & arthroplasty, complex musculoskeletal injury and bone metastases.

### Other Research Highlights:

- The research program continues to be productive with 11 peer-reviewed publications during the period of September, October and November 2013.
- Holland Musculoskeletal Program physicians, researchers and allied health professionals continued a strong tradition of knowledge translation activities with 16 presentations, workshops and lectures in Autumn 2013, such as:
  - The annual meeting of the Orthopaedic Trauma Association (OTA) in Phoenix, Arizona;
  - The 8th (tri-annual) combined meeting of the Orthopedic Research Societies in Venice, Italy;
  - The 32nd Annual European Society of Regional Anesthesia (ESRA), Congress in Glasgow;
  - The BOA 2013 British Orthopaedic Association Congress in Birmingham, United Kingdom;
  - The 2013 North American Primary Care Research Group (NAPCRG) Annual Meeting in Ottawa, Ont.
- Drs. Helen Razmjou, Monique Christakis and Richard Holtby along with Deborah Kennedy won a Practice-Based Research Award of \$6,625 to perform their study: “The Role of Shoulder Imaging in Clinical Decision-Making by Advanced Practice Physiotherapists”.
- Dr. Richard Jenkinson and his resident received a \$7,250 grant from the AOTrauma North America's Resident Research Support competition for their project: “Rates of Re-operation and the Risk of Total Hip Replacement after Acetabular Fracture Fixation in a Large Population Cohort.”
- Dr. Niloofar Dehghan won the 2013 Bovill Award, given annually to the best paper presented at the Orthopaedic Trauma Association (OTA) Annual Meeting. The prize-winning paper was entitled “Early Weight-bearing and Mobilization vs Non-Weight-bearing and Immobilization After Open Reduction and Internal Fixation of Unstable Ankle Fractures: A Randomized Controlled Trial.” Dr. Hans Kreder was the principal investigator and Dr. Richard Jenkinson a co-investigator on this study.
- Ms. Brittany Rosenbloom, supervised by Dr. Colin McCartney has won an Ontario Graduate scholarship award for Masters Degree (\$15,000) and a 2013-2014 Ontario Student Opportunities Trust Fund (OSOTF) award for Masters Degree (\$5,000), administered by the University of Toronto, Department of Anesthesia.
- Meera Sidhu, supervisor: Colin McCartney, won an \$820 Dr. Charles S. Wright Education Fund award.
- Yvonne Ramlall presented on her Pain Study in Australia and has had the paper accepted for publication.

## Rehab Research Day Celebrates Leading-Edge Projects

Physiotherapists, occupational therapists and others gathered for the annual Rehab Research Day at the Holland Centre in the Fall 2013. Organized by Deb Kennedy, manager of rehabilitation services, the research day saw six researchers present

their projects – covering a variety of rehabilitation-focused topics such as “Predictive Value of Clinical and Surgical Factors in Reparability of Large and Massive Rotator Cuff Tears”, “Evaluation of an Advanced Practice Physiotherapist

(APP) in Triaging Patients with Lumbar Spine Pain: Surgeon-APP Level of Agreement and Patient Satisfaction” and “A Cross-sectional Study of Patients with Work-related Knee Injuries.”

## Patient Care Manager wins Leo N. Steven Award for Excellence in Leadership

Congratulations to Marilyn Bogle, Patient Care Manager of 7East, Patient Orientation Program, OPD and the STEP Program, who received a Leo N. Steven Excellence in Leadership Award this fall.

Marilyn has been a member of the team at the Holland Centre for more than 30 years. She joined the then-Orthopaedic & Arthritic Hospital as an operating room nurse soon after she graduated from Nursing School in 1981. She developed her skills and expertise to become a go-to resource for other members of the team.

She also developed her passion for safety and quality improvements, leading to many innovations to care and processes to the Holland Centre over the years.

"Marilyn exemplifies the values of Sunnybrook: excellence, collaboration, accountability, respect and engagement,"



*Dr. Barry McLellan, Sunnybrook President and CEO, Marilyn Bogle and Leo Steven.*

her nominators wrote. "She is a visible day-to-day presence amongst her staff, and is always accessible."

Marilyn is an advocate for her staff and patients, they wrote.

"She coaches and supports staff to develop personally and professionally," the nominators added. "She encourages and empowers them to take on new challenges."

*Photo by Dale Roddick*



### Services Provided:

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- Vestibular Rehab
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- Hand Splinting

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Personal Best Independence and Wellness Centre

## Congratulations!

Congratulations to the Holland Musculoskeletal Program!  
We received 5 accreditation best practices in 2013.

Stay tuned for detailed highlights in the Spring newsletter.



## 4 Ways to Stay Moving When the Temperature Drops

Baby, it's cold outside.

And, it's hard to stay movin' once these frosty temperatures set in. It'd be much easier to hibernate until the snow melts!

But, cold temperature can lead to high blood pressure, thanks in part to our tendency to slow things down during the hibernating months. It's also not good for our bones and joints (or overall well-being!) if we let ourselves get too idle during the winter.

Thanks to Holland Centre physiotherapist Andrea Bean, here are 4 ways to keep up our daily activity until our bodies get used to the cold:

- 1. Commercial break.** Cozied up with a hot chocolate and your TV remote control? Don't just sit there: do some mini squats (sit to stand) during the commercial breaks of your favourite TV shows. How many can you do during each break? Challenge yourself.
- 2. Take the stairs.** Pass on the elevator and try the stairs whether at home or out shopping. Taking the stairs a great cardio workout and good for your lower body strength.
- 3. Brisk walk, indoors or out.** Bundle up and wear proper footwear with good treads if you brave the cooler temps for a lunchtime walk. Or, visit your local mall (early, before the shoppers arrive!)
- 4. Check out the community centre.** Most cities have lots of great programming at the community centres (swimming, aerobics, weights). They are usually quite inexpensive, and it's a great way to stay fit and meet new people with similar interests.

Stay warm and stay moving!

For more health tips, visit [health.sunnybrook.ca](http://health.sunnybrook.ca)!



*Be sure to maintain 30 minutes of activity a day even in the winter!*

## Safety Day at the Holland Centre



*Marilyn Bogle spins the safety wheel at Safety Day at the Holland Centre in January while safety specialist Nick Tomiczek looks on. Staff were invited to attend Safety Day to learn more about health, wellness and safety initiatives going on across the hospital.*

The Holland Musculoskeletal Team News  
offers updates on clinical services, education,  
and staff activities.

We welcome your suggestions  
for content and your articles for future issues.

Please send any ideas and/or submissions to  
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