



HOLLAND MUSCULOSKELETAL PROGRAM TEAM NEWS

Sixth Edition Fall 2008

Welcome to the sixth edition of the Holland Musculoskeletal Program Team News. Every few months, you'll find 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 sandeep.deol@sunnybrook.ca or call 416.967.8554



Sunnybrook

HOLLAND MUSCULOSKELETAL PROGRAM

SCIL Assists Beijing Paralympics Athlete's Dream



Wilfredo More Wilson "Papito", second from the left.

The Sunnybrook Centre for Independent Living (SCIL) recently assisted a client in the pursuit of a dream at the 2008 Paralympics in Beijing, China.

Wilfredo More Wilson, (also known as "Papito") successfully represented Canada at the Beijing Paralympics this September 2008 in the Mixed Doubles Sculls "trunk and arms only" category, and fulfilled a childhood dream to become an athlete at the international level.

At the age of 20, a factory accident in his native Cuba changed Papito's life and left him with a left leg trans-femoral amputation, and limited range of motion in his right knee. In spite of the many challenges he faced, Papito's dream of excelling as an athlete never wavered. In 2000, he immigrated to Canada to pursue his goals. He competes in a variety of sports, including seated volleyball and track and field events of discus and shot put. He rose to be a semi-professional wheelchair basketball player in Spain in the late 1990s and early 2000.

Most recently, Papito took up adaptive rowing. In 2006, Papito realized two important achievements - he became a Canadian citizen, and at the World Rowing Championships in

Eton, England, Papito and his partner Caitlin Rennison of Ottawa won a Bronze medal for Canada. He continued his intensive training, all the while working and supporting a young family, and qualified to represent Canada at this year's Beijing Paralympics.

SCIL staff have helped Papito achieve his goals by assisting him with his prosthetic needs since 2001. His prosthetic team continues to be inspired by his hard work, engaging smile, optimistic outlook and unwavering determination to achieve his maximum potential. Congratulations Papito!



Papito at the 2008 Beijing Paralympics.

Hand Hygiene Compliance - D5 Leading the Way

Think you do a good job? Most of us do.

In April, 2009, all hospitals across the province will have to report their hand hygiene compliance rate publicly. Sunnybrook wants to be at the top of the list!

Last year, Sunnybrook took part in a research study to examine hand hygiene compliance. Sunnybrook's average was an alarming 44 per cent, with the study average below 40 per cent.

In June 2008, a pilot project was undertaken on D5 and B4. Alcohol-based hand rubs were installed at point of care (at patient bedsides) and over 100 staff members attended an educational session about the importance of cleaning their hands, when to do so, how to do it and the implications of not cleaning their hands.

Following the educational session, a friendly competition between the two units was launched. Hand Hygiene auditors measured staff's hand hygiene compliance rate on each of the units, several times throughout the summer. The unit with the greatest increase in their compliance rate would receive a unit lunch in recognition of their effort.

The results were analyzed: B4 drove their hand hygiene compliance from 33 per cent to 52 per cent and D5 moved theirs from 45 per cent to 81 per cent. Clearly, both units tried very hard and the results were no small feat. The lunch took place October 20, 2008.



The hand hygiene roll-out to the rest of the organization is planned for later this fall.



SCIL's Pedorthic Team a Winner at Annual Sunnybrook BBQ

Congratulations to SCIL's Pedorthic Team! They recently received one of three team awards at the Annual Staff BBQ on September 23, 2008, for demonstrating the values of Sunnybrook Health Sciences Centre in their everyday work. The successful teams were honoured and presented with their award by Barry McLellan, President & CEO and Marilyn Reddick, Vice President of Human Resources.

The Pedorthic Team was honoured for the hard work of their diverse team members, who range from old-world artisans to young clinicians working together daily to create footwear and foot orthotics which enhance the quality of life for patients.



SCIL's Pedorthic Team (L to R): Nancy Carreiro, Karen Hum, Gianni Clerici, Sarah Roterling, Malik Malikov, Nicodemo Agostino, Dave Ritchie, Jay Paul, Kevin Fraser, Rovshan Aliev, and Ruben Marroquin. Absent: Joseph Khederlarian

Three other Musculoskeletal teams were also finalists in the Annual Sunnybrook BBQ Team Awards:

Congratulations to the Orthopaedic Patient Services Innovation Team (OPSIT), who were nominated for their dedication to addressing challenges in patient care units and exploring new ideas that can truly make a difference for patients and their families.

Congratulations to the Holland Centre's Medical Imaging Department, who were nominated for their highly skilled Medical Radiation Technologists and experienced clerical staff in providing excellent and efficient service to patients.

The 3 East Interdisciplinary Team and Support Staff at the Holland Centre, recently were able to work with a patient, the patient's family, and each other to develop an individualized plan of care, resulting in a very positive hospital experience for this patient and her family. Congratulations!



Accomplishments

Musculoskeletal Program Receives Three Annual Practice-Based Research Awards

Sunnybrook is pleased to announce the recipients of the 2008 Annual Practice-Based Research Award for the Health Disciplines and Nursing! There was an excellent response to the call for proposals with 22 submissions. Projects were awarded through a scientific merit process. The work supported by this award aims to foster development and application of new knowledge and enhanced patient care through research that is rooted in practice.

The Holland Musculoskeletal Program Staff received three Practice-Based Research Awards:

1. Principal Investigators: **Ursula Petroz** (Nursing) & **Deborah Kennedy** (Physical Therapy)
Co-Investigators: **Agnes Nowak** (Nursing), **Kathy Workman** (Social Work), **Jennifer Willard** (Nursing)
Title: *Patient-centered Care – How are we doing? Evaluating the Psychometric Properties and Results of the Individualized Care Scale in a Canadian Centre of Excellence for Hip and Knee Replacement*

2. Principal Investigators: **Helen Razmjou** (Physical Therapy)
Co-Investigators: **Andrea Bean** (Physical Therapy), **Varda van Osnabrugge** (Physical Therapy), **Gargi Singh** (Physical Therapist)
Title: *The Clinical Efficacy of Belting Stabilization for Shoulder Pain in Injured Workers: A Double Blinded Randomized Clinical Trial*

3. Principal Investigators: **Jennifer Winter Di Cola** & **Shahiroz Juma**
Co-Investigators: **Deborah Kennedy** (Physical Therapy), **Susan Robarts** (Physical Therapy), **Suzanne Denis** (Physical Therapy), **Patricia Dickson** (Occupational Therapy), **Jeff Gollish** (Medicine)
Title: *What is the Impact of an Assessment Centre Visit on Patients with Hip and Knee Osteoarthritis?*

Rehabilitation Services Community Breakfast Event



On September 30, 2008 the Rehabilitation Services Community Breakfast Event attracted rehabilitation professionals, practice leaders and managers in the field of hip and knee arthroplasty to a special breakfast event for the opportunity to network and share information.

There were over 70 registrants in total from the community and staff. The event was a part of Sunnybrook's strategic vision to lead in the creation, translation and application of knowledge into clinical best practice.

As Serena Lee remarked in her closing statement:

"By connecting and sharing – we can all be thought leaders in this growing patient population and work as a community of professionals."



Sunnybrook Brings Support Services Closer to Home for Patients

Sunnybrook is improving access to education support services by bringing them a little closer to home for many patients undergoing hip or knee replacement surgery.

In 2004, Sunnybrook's Holland Orthopaedic & Arthritic Centre launched a pre-operative education program (Pr.E.P. class) to provide patients with the information they need to prepare for their hip or knee replacement surgery.

Recently, Sunnybrook has teamed up with Shoppers Home Health Care to provide these Pr.E.P. classes in the community close to home for the many patients who live outside the Greater Toronto Area.

"The joint replacement literature has clearly shown that patients who are better prepared for surgery have less anxiety, are more satisfied with their experience and recover faster than patients who do not receive education before surgery," reports Cecilia Nguyen, occupational therapist at the Holland Centre. "Expanding the classes from the hospital into the community will enable more patients to access information that will help them maintain peace of mind, fitness and safety before and after surgery."

In the initial phase of the service expansion, classes will be offered at one Shoppers Home Health Care location in the Durham Region. Phase two may see expansion into other communities where there is an identified need.

The first off-site class was held August, at the Westney Heights Plaza Shoppers Home Health Care store in Ajax. Classes will continue to be held monthly at this location and classes at the Holland Centre will continue as scheduled.

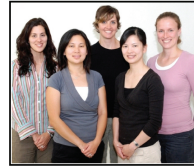
Pr.E.P. classes are led by an occupational therapist and a physical therapist. Topics covered include:

- How to best maintain or improve strength and fitness before your surgery
- Exercises and activities to do immediately following surgery
- How to plan for discharge from hospital
- Necessary or helpful equipment
- Safety
- Transfers and mobility
- How to manage your every day activities

"Before I took the class I felt very anxious about going into surgery and I didn't know how I was going to manage the recovery process," recalls Jean Smith, a Sunnybrook patient who recently had a total knee replacement at the Holland Centre. "The instructors put my mind at ease and taught me what I needed to have



Pr.E.P - Getting a Leg Up!



Cecilia Nguyen, BScOT, OT Reg(Ont.)
Lindsay Crawford, MScOT, OT Reg(Ont.)
Amy Fullerton, MScPT, RPT
Serena Lee, BScOT, OT Reg(Ont.)
Kelly Reis, MScOT, OT Reg(Ont.)

Pre-operative Education Program:
A Community Collaboration To Prepare
Patients for Joint Replacement Surgery



in place to make life easier after the surgery. Having all of my questions answered gave me confidence that I could cope with the surgery and recovery."

For information on Pr.E.P. classes held at either location, call 416.967.8650 voicemail # 5833 and leave a message with contact information.



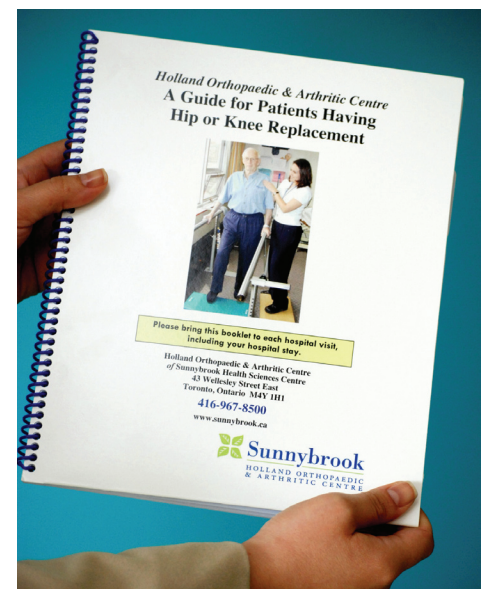
New Hip & Knee Replacement Guide Scores High with Patients!

This past summer, at patients' six-week post-op clinic appointment, the Holland Centre took the opportunity to find out directly from patients what they thought of the new Hip and Knee Replacement Guide. Over 140 patients participated in the survey and this is what they had to say:

- 98 per cent of patients surveyed had read the guide and over 85 per cent indicated their family members had also read it!
- Over 90 per cent of patients found the guide easy to understand, commenting that it offered "just enough" information
- 99 per cent of patients indicated that the guide helped them prepare for their hospital stay and for their recovery at home
- 94 per cent of patients noted that the guide helped them prepare for their discharge home

In December 2007, the education package for patients having hip or knee replacement was not only updated, but also redesigned. The redesign involved consolidating numerous brochures into one handy booklet which provides patients with accurate and up-to-date information about what to do before, during and after surgery. The guide is available in hard copy and is also available online on the Sunnybrook website.

The annual review of the guide is coming up this winter and staff will take the opportunity to further improve this resource for patients. The many comments and suggestions patients have provided will guide the Holland Centre through the update. The staff would like to thank all patients who took the time to complete the survey and helped the Holland Centre better understand their learning needs.





Notable Presentations

- **Dr. Jeffrey Andrion** presented *The Importance of Community Partnerships in the Inclusion of Disabled People to Social Participation: A Case Study of a Disability Organization in Southern Philippines* at the 21st World Congress, Rehabilitation International in Quebec City in August.

- At the Canadian Association of Occupational Therapists' national conference in Whitehorse this past June, **Patricia Dickson** presented *Evolving a New Role: The Advanced Practice Occupational Therapist*. The presentation discussed the use of advanced practice therapists in arthroplasty care to maximize clinical skill sets and improve client access and quality of care.

- The Holland Centre participated in the September Forum on models of care for orthopaedics, hosted by the Orthopaedic Expert Panel and the Ontario Orthopaedic Association in Toronto.

At this forum, **Dr. Hans Kreder** presented *To Fix a Hip Fracture: Issues and Implications in Surgical Procedures to Improve Patient Outcomes*, while **Dr. Jeffrey Gollish** presented *New Models of Care for Hip and Knee Replacement Patients*.

- **Patricia Dickson**, with **Lorna Bain** from the Southlake Regional Health Centre, presented a workshop in September titled *Advanced Practice in Occupational Therapy: Opportunities and Challenges* at the provincial conference of the Ontario Society of Occupational Therapists (OSOT). The workshop was designed to introduce the concept of Advanced Practice and Extended Scope roles in occupational therapy and stimulate discussion regarding the future hurdles and opportunities of these roles in Ontario.

- **Dr. Jeffrey Andrion** presented *Participation for Social Change: Critical Dialogues on Local and Global Possibilities* at the Joint Graduate Student Conference in September: University of Ottawa, Carleton University, & PD Forum in Ottawa.

Australian Physiotherapist Networks with Holland Centre

The Holland Centre welcomed Samantha Haebich, Senior Physiotherapist from Sir Charles Gairdner Hospital in Western Australia, in her visit to the Holland Centre in September. At the Holland Centre, Samantha observed all components of the continuum of care for patients undergoing hip and knee replacement from preoperative in the Assessment Centre to postoperative follow-up in the Outpatient Clinics.

After being awarded the F.A. Johnston Scholarship to undertake overseas travel in the pursuit of research and inquiry related to the work of hospitals, Samantha aims to investigate strategies employed at centres of excellence that promote rapid patient recovery, enabling discharge home soon after hip or knee replacement. Countries that Samantha is visiting include Australia, the United Kingdom, Finland, Canada and the United States.

The Holland Centre wishes Samantha all the best in her journey as she secures hosts at hospital sites around the world who are eager to share their knowledge with her in this field and allow Samantha to observe daily clinical practice across the wider patient pathway.



Samantha Haebich, Senior Physiotherapist, Sir Charles Gairdner Hospital, Western Australia

Working Condition Program's Regional Evaluation Centre Awarded Extension of Current Contract

Following a lengthy Request for Proposal process with the Workplace Safety and Insurance Board, the Working Condition Program was awarded a three-year contract as a Regional Evaluation Centre under a new structure, with the option to renew the contract for an additional two years.

The model will more clearly identify assessment needs for injured workers and will now include Non-Economic Loss Assessments, which were previously coordinated directly between the WSIB and physicians in the community. Referral volumes have already grown and new physician partnerships are being established.

It is clear that Sunnybrook's reputation has assisted the Working Condition Program in attracting skilled physicians. This ability to meet the WSIB's needs strengthens the program's performance, which in turn will support Sunnybrook's goals.

Newly published....

Congratulations to **Dr. Colin McCartney**, **Dr. Imad Awad**, **Dr. Nicole Carmichael** and **Dr. Richard Holtby** (and also University of Toronto anaesthesia resident **Dr. Sheila Riaz**) for an article published in the British Journal of Anaesthesia, Vol 101, No 4, October 2008. The article is also online: <http://bj.a.oxfordjournals.org/cgi/content/short/aen229v1?rss=1>. The article, titled *Effect of Local Anaesthetic Volume (20 vs 5 ml) on the Efficacy and Respiratory Consequences of Ultrasound-Guided Interscalene Brachial Plexus Block*, examines the incidence of phrenic nerve palsy with a low-volume ISBPB compared with a standard volume technique both guided by ultrasound.

Congratulations to **Patricia Dickson**, whose article (co-authored with Lorna Bain) was published in OT Now, Vol 10, No 4, July / August 2008. Titled *Reflections on the Emerging Roles of Advanced Practice Occupational Therapists*, the article discusses the AP role in Occupational Therapy and brings forward a number of unique perspectives, as well as providing links to obtain further information.