Taking STEPS to Improve Patient Care

On October 15, 2011, staff from Sunnybrook’s Holland Centre and the Bayview Campus came together at a celebration to mark the success of STEP thus far.

STEP, or the Sunnybrook Transition Enhancement Program was launched in July with funding from the Ministry of Health and Long Term Care to facilitate the opening of twenty more beds at the Holland Centre. These beds are primarily for patients awaiting placement in other facilities. It is an opportunity for them to achieve optimal health, well-being, and maintain activity levels while they await their transfer.

Since the beds opened, staff from both the Holland Centre and Bayview sites have been working together to make the program successful. “It’s been a great deal of work, but it has paid off immensely,” says Dr. Keith Rose, Sunnybrook’s Chief Medical Executive, “The collaboration of the teams to identify and care for patients in the program has been outstanding.”

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Patient and family feedback has also been positive, with comments including:

“The Hospital should be mighty proud of having a unit positively brimming with such outstanding individuals...”

“This has been the most positive experience for me in the health care system. I am a very happy patient and am thankful to have received back such a high quality of life.”

“...it’s wonderful to see the simple spirit of patient care come shining through.”

It’s all evidence pointing toward the continued success of STEP at Sunnybrook.

Celebrating our accomplishments over lunch with Dr. Barry McLellan

Holland MSK Program Research Day

Researchers and colleagues from across Toronto gathered at the Holland Centre for the Holland MSK Program Research Day on November 2nd, 2011. New HMSK investigators Drs. David Henry, Helen Razmjou, Richard Jenkinson, and Ben Safa were introduced, and numerous HMSK researchers discussed their current initiatives.

Dr. Michael Dunbar was the invited speaker. Dunbar, an orthopaedic surgeon from QE2 hospital in Halifax, Nova Scotia, presented his talk entitled High Precision Metrics in Total Knee Arthroplasty.

The interface between research and clinical activities was explored through the panel discussion: Translating Science to Practice Changes in the Holland MSK Program. Drs. Margaret Blastorah, Colin McCartney and John Murnaghan made up the panel.

New research initiatives and resources at Sunnybrook Research Institute and the University of Toronto were also highlighted. These included Dr. Kullervo Hynynen, discussing the Centre for Image Guided Therapeutics, Drs. Joel Finkelsten and Cari Whyne on the Sunnybrook Centre for Spinal Trauma, and Dr. Benjamin Alman, speaking about the new University of Toronto MSK Centre.
The outlook for Canadians with musculoskeletal illnesses and injuries is getting brighter, thanks to a new initiative launched by the University of Toronto, Sunnybrook Health Sciences Centre, and Mount Sinai Hospital. The three have teamed up for Canada’s first multidisciplinary, collaborative effort aimed at improving research and care for arthritis, osteoporosis, bone and joint injuries, muscle and tendon problems, as well as bone and muscle tumours.

“Toronto is a powerhouse of research and patient care in this area,” says Dr Ben Alman, Interim Director of the new musculoskeletal research program. “Our goal is to build an integrated community of experts focused on tackling some of the current challenges in understanding and treating these illnesses, especially among Canada’s aging population.”

A big focus of the initiative will be new programs in musculoskeletal research and education at the University of Toronto, as well as an educational series for faculty.

Dr. Cari Whyne, Director of the Holland MSK Research Program, says this collaboration will allow Sunnybrook scientists to make a big impact. “Combining the world-class medical imaging research at SRI and the high volume of patients at Sunnybrook needing advanced musculoskeletal care provides us the opportunity not only to develop leading-edge innovations, but to directly translate them to help patients in our clinics and operating rooms.”

This inter-disciplinary University of Toronto Centre will promote new collaborative initiatives among many divisions including the Departments of Medicine, Surgery, Physical Therapy as well as other faculties. The new program is based at the University, with Sunnybrook and Mount Sinai Hospital as equal counterpart ‘hubs’ for both research and medicine.

Looking back at 2011 – Congratulations!

Victor Lo, along with co-authors Drs. Margarete Akens, Lisa Wise-Milestone, Albert Yee, Brian Wilson, (UHN) and Cari Whyne won the Canadian Orthopaedic Research Society’s 2011 Founders’ medal for best basic science presentation titled Long-term Effects of Photodynamic Therapy on Healthy Vertebrae Alone and in Combination with Bisphosphonate Treatment.

Andrea Thompson, Manager of Business Development with Sunnybrook’s Working Condition Program was the University of Toronto’s 2011 recipient for the Robert Wood Johnson Award. The award was established in 1956 by Johnson & Johnson, and is exclusively for students. Each year, it is presented to one student from each of the six Canadian Universities offering graduate programs in health services administration as nominated by their peers.

Dr. Colin Mc Cartney – invited to become member of the Associate Editorial Board of the Highly rated British Journal of Anesthesia

Dr. Colin McCartney has been named Research Director for the Anesthesia Department at Sunnybrook. He previously held this position for the Holland MSK’s anesthesia department.

Dr. McCartney also accepted an invitation to become a member of the Associate Editorial Board of the prestigious British Journal of Anaesthesia.

Dr. Cari Whyne’s image from her manuscript Functional and Anatomical Orientation of the Femoral Head was chosen, out of hundreds of submissions, as the cover image for the September 2011 issue of Clinical Orthopaedics and Related Research.

Dr. Hans Kreder was elected to the AO Board of Trustees in November 2011. AO North America is a non-profit organization dedicated to the advancement of patient care. The Organization’s mission is to improve the care of patients with musculoskeletal injuries in North America through education and research.

Dr. Richard Jenkinson, along with his resident David Wasserstein won a 2011 Orthopaedic Trauma Association resident research grant award for their project entitled Complications and re-operation after tibial plateau fracture fixation in a large population cohort.
Meeting the Needs of our Patients Following Knee Replacement through our Innovative Knee Classes

At the Sunnybrook Holland Orthopaedic and Arthritic Centre a high volume of patients undergo Total Knee Replacement (TKR) annually. Patients having TKR require an immediate period of intensive exercise and active rehabilitation to increase their range of motion, strength and function. In 2007, we introduced an innovative post-operative knee replacement class to provide high quality comprehensive care in the Outpatient Department. The group setting of the class helps to facilitate peer support and maximize human resources, providing an efficient and effective method of delivering services.

The Holland Centre Post-op TKR class is designed to accommodate 10-12 patients/session and is conducted by 1 physical therapist, 1 physical therapy assistant as well as a volunteer. Patients are referred to the program after they have had their surgery at the Holland Centre and are first seen for an individual assessment by a physical therapist. Assessment includes standardized outcome measures which are administered at entry and discharge from the class. If the patient is appropriate for the class they will placed in the next available class. The post-op TKR class treatment is goal based and generally consists of mobility, strengthening and functional training, and although group based offers individualized elements. The numbers of sessions varies but on average patients attend the knee class for 10 sessions of twice a week treatment. Patient feedback has been high, for example, “Class is superb. Focused on the issues clearly. The physio’s and volunteers (and fellow classmates) generate confidence and forward momentum” “Class helps to motivate everyone - good atmosphere”.

Further validating the patient feedback were the results from a recent research study we conducted on more than 150 patients attending the class. Based on standardized outcome measures such as the Lower Extremity Functional Scale and a stair measure test, significant functional gains were achieved. To help share our positive experiences, this research was presented by physiotherapist, Amy Wainwright this past summer at the Canadian Physiotherapy Association’s National Congress in Whistler, BC.
Electronic Patient Record (EPR) Chart Expansion Project: It’s Official!

On Monday, November 28th, 2011, the EPR Chart Expansion Project went ‘live’ at the Holland Orthopaedic and Arthritic Centre. The Holland Centre is the first location at Sunnybrook to launch this exciting project that allows authorized staff to access scanned patient hospital charts anywhere and at any time. The Bayview Campus and the Odette Cancer Centre will follow later in 2012.

This new online access provides many benefits to clinicians, including:

- 24/7 immediate and simultaneous secure access to patient charts from any computer that is connected to the Sunnybrook network.
- No need to reserve charts from HDR and no more competition with other services to receive the same charts.
- Physicians will no longer need to go to HDR to physically sign deficiencies. They will be able to do this online at a time and place of their convenience.
- The Emergency Department will also have immediate access to these scanned charts should a Holland Centre Patient whose latest charts have been scanned present at Emergency.

Read more about the EPR Chart Expansion Project at: http://sunnynet.ca/SoveraHome

If you have any project related questions email: ScanningProject@sunnybrook.ca
Special care deserves special thanks.

If someone at Sunnybrook has made a difference in your life, you can recognize them as a Champion of Care by making a donation in their honour.

To donate, visit sunnybrook.ca/champion or call 416-480-4483.
Formerly Celebrating Innovations in Health Care Expo, the Leading Healthcare Quality Summit & Innovations Expo is an interactive, idea-sharing forum that this year was sponsored by the Ministry of Health and Long-Term Care, Health Quality Ontario and the Ontario Hospital Association. The forum was held on November 9th and this year two teams from the Holland Centre were selected to host booths at the event.

One booth, "Achieving Best Practice in Post-operative Surgical Wound Management", was hosted by Marilyn Bogle and Chantal Letang. At this booth, the team shared the results of a new post-operative incision protocol using the Aquacell AG surgical dressing which has been successfully trialed at the Holland Centre. Results have included a reduction in incisional blisters, decreased pain experienced by patients during dressing change procedures, decreased overall costs and increased patient and clinician satisfaction.

The second booth, “Interprofessional Collaboration in Musculoskeletal Care Delivery”, focused on our 5-year experience of successfully introducing alternate care providers such as our Advanced Practice Physiotherapists into our model to improve access and quality of care for our patients. Patricia Dickson and Deborah Kennedy fielded a number of questions from interested healthcare providers from across the province.

Posters at Celebrating Innovations Expo

The Joint Exchange

Spring 2011 saw the success of the 3rd Community Breakfast event organized by the Holland Centre Rehabilitation Services Team for clinical managers, practice leaders, and rehabilitation professionals from across Toronto. More than 100 attendees, who work with patients undergoing total hip and knee replacement surgery listened to speakers including Dr. Jeffrey Gollish, who presented Leg Length Discrepancy, Dr. Chris Idestrup, Pain Management in the Community, and Dr. Bill Geerts, Thromboprophylaxis Practices.

Get Moving!

The Holland Centre team has been heavily involved in implementing and adapting the National Core Model of Care and the Toolkit for Hip and Knee Replacement Surgery patients across Canada. A key element and the focus of Phase IV of this initiative is the development of the Get Moving Brochure. The content of the brochure was developed and introduced at the Holland, and our team has been instrumental in adapting this for use across the country.
The Patient Experience

Here’s what just a few of our patients are saying about their experience at the Holland Centre. Let’s keep up the great work!

“Everyone was great. If I ever have to go back I would go. This is the first time I went to a hospital in the city and it was GREAT. I have nothing bad to say I would tell everyone to go there. Very good stay. Thank you!!”

“The whole process from initial assessment through post surgical follow-up has been excellent and very efficient.”

“My experience at Sunnybrook [The Holland Centre] was superb.”

“I was well taken care of by all doctor, nurses, therapists - occupational + physio. Thank you!”

“Sunnybrook Hospital [The Holland Centre] is praise worthy. I would recommend to all who want a knee surgery. I enjoyed my stay at the hospital. Well organized staff + friendly. I am going to have my second knee operated, no hesitation!”