Sunnybrook news

Volume 3/No 7 May 7, 2007

When Nursing is Right For You

When nursing is right for you, it's a clear decision, according to Registered Nurse Julie King, "I know when I was five years old and I've never wavered."

Following in the footsteps of her mother who is also a nurse, Julie began to work in a local hospital when she was in high school. "I've always liked the hospital environment," she says.

Julie has been at Sunnybrook for seven and a half years now. She originally started out on the C2 patient unit, but moved to the Post Anaesthesia Care Unit (PACU) after taking a critical care nursing course. She's been a part of that team ever since. "I like the diversity and no day is ever the same. There is a high level of activity - it's fast paced."

Join us in Celebrating National Nursing Week May 7 to 13

Sunnybrook Interactive: Taking Control of Learning

Sunnybrook Nurses are now able to achieve advanced nursing certifications, view transcripts and set learning objectives, at their own pace and at the convenience of their fingertips.

A new interactive E-learning website for nurses was created and launched recently at Sunnybrook. The new interactive E-learning platform links to five online courses, with more being planned for the near future. Nurses can view step-by-step tutorials, read how to get into the system and the online courses. "Nursing is an interactive and stimulating field," according to Sunnybrook. To celebrate this joint purchase of a Learning Management System between Sunnybrook Nursing, Mount Sinai Nursing and University Health Network (UHN) Nursing, "E-learning allows you to take control of what you learn and how you learn it," says Shamal Senanayake, Comis, director of Nursing Education at Sunnybrook. "It is a change for the better in direction. Nursing Education welcomed the new role of e-learning lead, into the department this past year. "New technologies are revolutionizing education in the healthcare industry to increase and enhance knowledge and learning opportunities," says Dr. Noroosa, Sunnybrook's new e-learning lead.

Sunnybrook Launches New Model of Care for Hip Fracture Patients

BY JULIA BRINE

On May 7, 2007, Sunnybrook Health Sciences Centre, in conjunction with the Total Joint Network (TJN), presented a new initiative for care of patients who have experienced a hip fracture while living in the community.

This ministry-funded initiative will provide hip fracture assessment, education, and post-acute, inpatient and outpatient rehabilitative care to patients who have experienced a hip fracture while living in the community.

The new model of care will ensure that patients who have experienced a hip fracture will be assessed through the emergency department, and provided with information about their care pathway, or their anticipated care to receive the best possible outcome.

The new model will also provide access to surgery, new initiatives currently providing links to five online courses, with more being planned for the near future. Nurses can view step-by-step tutorials, read how to get into the system and the online courses. "Nursing is an interactive and stimulating field," according to Sunnybrook. "E-learning allows you to take control of what you learn and how you learn it," says Shamal Senanayake, Comis, director of Nursing Education at Sunnybrook. "It is a change for the better in direction. Nursing Education welcomed the new role of e-learning lead, into the department this past year. "New technologies are revolutionizing education in the healthcare industry to increase and enhance knowledge and learning opportunities," says Dr. Noroosa, Sunnybrook's new e-learning lead.

Sunnybrook will provide both acute care (at the Holland Centre site on Wellesley St.). In addition, Sunnybrook has partnered with St. John's Rehabilitation Hospital, Bridgeway Health Centre and Providence Health Centre to facilitate this system change.

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Nursing can visit the Sunnybrook intranet site, click on the Nursing link, and then "Sunnybrook Interactive." They can also visit the public Internet site, click on the "Staff Only" section and then the "Nursing e-Learning" link to log into the system.

The website will also offer options to enable nursing administration to track what training has been completed and what needs to be added.

In the spirit of partnership and collaboration, Sunnybrook is featuring discussions about online learning with nurses. It's also offering a variety of online courses, including a new initiative called "Nursing e-Learning." This initiative will allow nurses to set their own pace and take control of what they learn.

Sunnybrook is also leading the way in developing online courses that are interactive and stimulating. This interactive learning environment is designed to provide nurses with the knowledge and skills necessary to improve and develop the healthcare system for patients that are present with orthopedic problems.
Events

Weber Memorial Lecture

When: Thursday, May 10, 2007
Where: Harrison Hall, E Wing Ground Floor
Room 21
Sunnybrook

Dr. James Raffan, a writer, broadcaster, wilderness expert and much sought-after speaker, will discuss the topic of Risk Management.

Topic: From Lessons to Lemnian: An Adventure Educator’s Take on Risk and Risk Management.

Time: 5:00 p.m.

May is Speech and Hearing Month

Audiology and Speech-Language Pathology will host a special presentation:

"Learning from Alison: A Caregiver’s Experience with Alzheimer’s Disease”

Speakers: Audison Izzard, caregiver and advocate for people with Alzheimer’s disease.

When: Tuesday, May 29, 2007
Time: 12:00 - 1:00 p.m.

Where: McLaughlin Auditorium, 15E 9th Floor
Lunch will be provided by United Hearing; Door prizes & display tables.

Registration required as seats are limited to May 22. E-mail mizzaid@sunnymms.ca.

Work and Play Safe Seminar

Come join us for a brief half an hour session about how to make your activities at home and at work safe.

Date: Work and Play Safe Seminar, Thursday May 17, 2007
Time: 12:30-1:00 p.m.
Room: Physical Therapy Gym C 37

Please RSVP with Karen Wichert by e-mail at karen.wichert@sunnybrook.ca.

Celebrating Nursing at Sunnybrook

We would like to take this opportunity to acknowledge and congratulate Sunnybrook’s nurses for their dedication and commitment to improving clinical care and advancing health care. Our nurses are consistently setting new standards to achieve excellence in patient care, advancements in research and development of your body.

Our nurses provide specialized care for patients and families in their time of greatest need: from premature newborns to home and critical care, musculoskeletal, oncology, psychiatry, dementia, cardiac, and stroke patients, to the elderly war veterans living at Sunnybrook.

Sunnybrook nurses are leaders in teaching the next generation of nursing and healthcare professionals, and are actively involved in developing and implementing best practices in:

• Patient-centred care
• Support of families
• Palliative care and terminal illness
• Wound care
• Critical care monitoring
• Infection prevention and control, and
• Each individual area has its own best practices as well.

Our nurses teach over 700 students and provide orientation to approximately 300 new staff per year.

The role of nurses is changing every day. The 2007 National Nursing Week theme is called Collaboration: We’re breaking that challenge their perceptions of the roles of nurses in our health system. Think You Know Nursing? The response to Closers Look. Nurses are leaders, innovators and pioneers. They are improving the health of Canadians by charting the course for a stronger and more-vibrant health system as a whole. This is the future face of nursing…Take a closer look.

Nursing is a career that requires strength in mind, body, and spirit. Nursing Today is a time to recognize the year-round dedication and achievements of nurses and we encourage anyone to recognize your nurses and congratulate them for a job well done.

Please join us for the variety of events during nursing week this year from May 7 to 13, including the Office of Excellence on May 10, which will feature over 10 innovative nursing teams that have received national and international recognition.

Susan VanGelder-Cole, RN, PhD
Executive Vice President Programs,
Chief Health Professionals & Nursing Executive

Nursing Week Calendar of Events

May 7-13, 2007

Monday, May 7

1130-1430

Women’s Campus
Lunch and Learn
Auditorium

1430-1630

Women’s Campus
Lunch & Presentations @ Staff Lounge and Jenkin Auditorium

1630-1830

Women’s Campus
SunnybrookExpo of Expertise EG18A & EG61

1830

Women’s Campus
Party time.

Close your eyes: What is one thing you are passionate about?

Tuesday, May 8

1130-1330

Women’s Campus
Nursing Awards Lunch EG18a (Presentations @ 1200)
Honoring of Nurses’ Hands H-Ground Garden

Ona Receptions

1130-1430

Sunnybrook
Opening Ceremonies planned locally by Sunnybrook TFRC 2nd Annual Nursing Symposium

1430-1630

Sunnybrook
Lunch & Presentations @ Staff Lounge and Jenkin Auditorium

1630-1830

Sunnybrook
Sunnybrook Expo of Expertise EG18A & EG61

1830

Sunnybrook
Party time.

Close your eyes: What is one thing you are passionate about?

Wednesday, May 9

1130-1330

Sunnybrook
Women’s Campus
Lunch and Learn
Auditorium

1330-1530

Sunnybrook
Sunnybrook Expo of Expertise EG18A & EG61

1530

Sunnybrook
Party time.

Close your eyes: What is one thing you are passionate about?

Thursday, May 10

1130-1330

Sunnybrook
Women’s Campus
Lunch and Learn
Auditorium

1330-1530

Sunnybrook
Sunnybrook Expo of Expertise EG18A & EG61

1530

Sunnybrook
Party time.

Close your eyes: What is one thing you are passionate about?

Friday, May 11

1130-1330

Sunnybrook
Women’s Campus
Lunch and Learn
Auditorium

1330-1530

Sunnybrook
Sunnybrook Expo of Expertise EG18A & EG61

1530

Sunnybrook
Party time.

Close your eyes: What is one thing you are passionate about?

Register for the Manulife Run for Research – Peace of Mind

Complimentary parking, snacks, beverages and free take-away gifts will be available to all registered participants.

A number of community mental health outreach organizations will also be on site with information about their programs.

Registration is only $25, and you can win a number of fantastic prizes in the following categories: Top Online Fundraiser, Top Online Fundraising Team, Best Team Spirit, and the Top 3 Female and Male 5km Runners.

We would like to thank everyone who registered either at the Run launch or at our special kick-off speakers forum with Drs. Amy Cheung and Anthony Levitt. We look forward to your support and participation at this year’s Run.

To register or donate to the Manulife Run for Research, visit www.runforresearch.com.

Troubled Adolescents Hesitant to Use Mental Health Services

Study suggests the need to increase service use among youth with depression

BY MELANIE LEPPER

A new Sunnybrook study has confirmed what Canadian psychiatrists have suspected for years—almost half of Canadian adolescents suffering from depression and suicidality are not adequately using mental health services for treatment. The article, published in April’s edition of The Canadian Journal of Psychiatry, states "younger youth aged 15 to 24 years who were affiliated with depression and suicidality in the 12 months before the study began."

"Depression and suicidality in youth is a serious public health concern," says Dr. Amy Cheung, lead author of the study and staff psychiatrist at Sunnybrook. "To develop effective interventions, we need to understand the roles and types of mental health services used by these youth.

Using data from the Canadian Community Health Survey, the study examined the mental services use in two groups: those aged 15 to 19 and those 20 to 24 years of age. "We needed to study these two groups separately," says Dr. Cheung. "Someone who is 15 is dealing with different issues than someone who is 23. For example, a younger adolescent is most likely still living with his/her parents and attending high school."

The study found that in both age groups, just over 50 per cent were accessing mental health services. The study also looked at the differences in treatment and service-use rates between males and females.

"Because males have a higher suicide completion rate than females, they may be more likely to be referred to mental health specialists," says Cheung, who is also an assistant professor in the Psychiatry department at the University of Toronto. "Females, on the other hand, are more likely to consult general practitioners, social workers and counselors."

According to the study, this could be attributed to a number of factors, one of which includes the false perception that female patients prefer "talk therapy" over biological treatments such as medications. However, when asked, female patients prefer the active treatment (medication) just as much as males.

"We concluded that the type of service provider seen for treatment by youth with depression and suicidality may not be entirely based on the gender of the patients themselves," says Cheung. "Service providers need to be aware of this gender difference when they are treating youth."

In contrast to other studies done on the subject, which found females were more likely to use services, this study showed no gender differences in overall use of mental health services. The next step is to research factors that may influence the use of mental health services so that health professionals can work to overcome these barriers.

Cheung suggests public education as a good place to start. "There is a stigma associated with mental health services that prevents young people from getting help. In educating the public about these illnesses, more adolescents may be willing to access the right services."

The study was funded by the Ontario Mental Health Foundation and the Ministry of Health and Long Term Care Ontario.

Nursing Profile

Julie also acts as co-chair of Sunnybrook’s Nursing Council at the hospital. She works with the council allows her to interact with nurses in other areas of the hospital. “It's a great way to exchange ideas, identify potential issues and work on them,” she says.

She is pleased with her career decision. “Nursing is a career, it’s not just a job,” she says. There are a lot of opportunities for nurses here at Sunnybrook. For example, we have the chance to move to different units as I did,” she says.

More options are also available now for nurses to enhance their schooling. A graduate of the University of Ottawa with a Bachelor of Science in Nursing, Julie has recently been accepted into the Master of Nursing program at the University of Toronto. “Sunnybrook encourages furthering our education. It’s also a great place to learn because it’s a major trauma centre, and an exceptional teaching hospital.”

Next issue date: May 29, 2007

Submission deadline for next issue: May 22, 2007

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