



# e-connect

*Our Vision: Healthiest people, healthiest communities, exceptional service.*

## Team promotes good oral health

Oral health is an important part of overall health, says Leslie Topola.

“You can’t be well if your mouth is not,” says Topola, Supervisor, Oral Health Program, Public Health Services.

Dental disease is one of the most common chronic health problems in the world, affecting all age groups. However, it is preventable, and Topola’s team is working hard to promote good oral health to people living within Saskatoon Health Region.

The Oral Health Program has two components – preventative and educational services and the Public Health Services Dental Clinic, located at West Winds Primary Health Centre on Fairlight Drive in Saskatoon.

Topola, a dental therapist, said data are collected on children in the health region who may be at higher risk of developing dental disease. Preventative services are targeted at children in a number of schools based on that information.

“Any of these children have the ability to be referred to and seek treatment at our Public Health Services Dental Clinic, and the treatment is free,” she said.

“It’s done using a dental therapy model, so dental therapists work with dental assistants to deliver the service. We do have a dentist on contract, and that’s required by provincial legislation.

“They provide services to between 350 and 500 clients per year at the clinic. These are children who have an unmet dental need. They need dental work and



**Barb Mickelson (left) and Kerrie Kreig provide services at West Winds**

are not accessing dental care for a number of reasons – they can’t afford it or transportation can be a challenge,” she said.

Two dental health educator coordinators – one rural and one urban – also provide education and services. For example, 26 rural schools have fluoride mouth rinse programs, with about 2,000 children rinsing with a fluoride mouth rinse once a week at school.

“This prevents tooth decay by a

significant amount,” said Topola.

“It’s targeted to schools where oral health is poor and where there is no fluoride in the water.”

Topola said Paint-A-Smile, a fluoride varnish program, is offered at eight drop-in clinics in Saskatoon and Humboldt. A resin containing fluoride is painted on the teeth, and the program is targeted at infants and young children.

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## *Continued:* Dental disease preventable

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In addition to focusing on children, health region employees provide services to adults and seniors. For example, oral health modules are taught to Kelsey SIAST and University of Saskatchewan students, and special presentations are made at long-term care homes.

For more information on the Oral Health Program, call **655-4462**.

### **DID YOU KNOW . . .**

- That tooth decay is a communicable infectious disease?
- That parents or caregivers can transfer decay-causing germs to babies? That's one more reason for adults to practise good oral hygiene.
- That dental disease is 100 per



*Leslie Topola*

cent preventable?

- That in 2003, seven per cent of all health-care expenditures in Canada were for oral health, amounting to approximately \$7 billion?
- That an estimated 270,000 work

days and 100,000 school days are missed each year in Canada due to dental reasons?

- That 83 per cent of the Saskatoon Health Region population has access to community water fluoridation?
- That tooth decay in children is five times more common than asthma?
- That April is National Oral Health Month? This year, SHR is focusing on the theme "Rethink your drink," which promotes drinking water and milk instead pop and sports beverages.
- That you should brush your teeth twice a day and floss once daily?
- That heart disease and stroke have been linked to poor oral health, particularly gum disease?

*(Sources: Dental Health Program Review Report October 2007; Interview with Leslie Topola; Health Canada)*

## Tissue-typing lab only one of its kind in province

Saskatoon Health Region recently celebrated the official opening of the new Dr. Marc Baltzan Histocompatibility (HLA or tissue typing) Lab, part of the regional Laboratory Medicine program managed by St. Paul's Hospital.

"As the only lab of its kind in the province, this opening takes the proud first step in Phase III of the Centre of Excellence for Nephrology," said Saskatoon Regional Health Authority Chair Darlene Eberle.

"Prior to the opening of the HLA Lab in Saskatoon, specimens were sent outside the province, resulting in delays and increased costs."

"A few years ago, St. Paul's Hospital Foundation received a \$100,000 donation from the Saskatchewan Kidney Research Foundation towards the Hope, Spirit, Ex-

cellence fundraising campaign," said St. Paul's Hospital Foundation Board Vice-Chair Barbara Berscheid.

"This generous donation now makes it possible for our patients to access timely specimen testing close to home."

Although the lab has been in operation since Oct. 1, the lab's full complement of staff arrived in December.

"The HLA Lab focuses on matching solid organ and stem cell recipients with potential donors, ensuring timely, safe and long-lasting kidney transplants using DNA technology," said St. Paul's Hospital Board Chair Todd Rosenberg.

Purchases of new equipment have been funded by Saskatoon Health Region.

Space renovations were



*Saskatoon Regional Health Authority Chair Darlene Eberle speaks at the opening of the HLA lab*

funded through a donation from the Kidney Research Foundation of Saskatchewan in memory of Baltzan, a pioneer in the field of kidney transplantation.

As the only service avail-

able in Saskatchewan, the lab can support the needs of between 300 and 400 patients every year across the province through both the renal program and the Saskatchewan Stem Cell Program.

## Budget updates

On March 19, the Government of Saskatchewan introduced a \$3.745-billion health budget. The budget includes significant investments in the recruitment and retention of health-care professionals, drug coverage and cancer care. A \$191-million investment in capital includes \$100 million for repairs and upgrades of health facilities across the province.

More than a third of the extra dollars in this year's health budget will pay for increases in salaries, wages and benefits for health-care providers. As well, government will boost spending on nursing recruitment and retention programs by \$20.7 million. This investment is in addition to the \$60 million in one-time funding the government recently allocated to its recruitment and retention partnership with the Saskatchewan Union of Nurses.

The budget includes \$3.2 million from Advanced Education, Employment and Labour and \$1.8 million from Health to train 100 more medical students and increase physician residency seats to 120 by 2010/11. Government is also allocating \$1.1 million for physician recruitment and retention, including four additional medical seats for internationally trained graduates.

Other health-care allocations include \$5.1 million to open 88 new addictions treatment beds throughout the province. In addition, \$1 million has been allocated for long-term planning for capital, human resources and seniors' care.

What does this mean for Saskatoon Health Region? We are pleased to see the investment in facility repairs and maintenance, given the condition of

many of our long-term care and acute care facilities. We do not know what our share of the infrastructure funding will be.

We are also pleased to hear the Minister of Health affirm his commitment to ongoing planning of our new maternal child centre at Royal University Hospital. We would like to have seen more investment in information technology and development of a comprehensive electronic health record. We are pleased to see the focus on recruitment and retention of nurses and expansion of the education programs for nurses and physicians. At this point we do not know how the \$60-million fund for nursing recruitment and retention will be used. We are also pleased about the ongoing investment in new equipment and training to enhance safety of staff and patients.

Despite some good news in the provincial budget, we know that our 2008/09 budget will be challenging. Thanks to some additional year-end funding from the Ministry, we expect to reduce our 2007/08 deficit to approximately \$3.5 million (about .5 per cent). However, this additional funding is one time only. It has not been added to our base funding for 2008/09.

It will take a couple of weeks for us to analyze our 2008/09 budget. We know that the increase to our base budget of \$17,138,651 (2.7 per cent) will not fully cover inflation. Given this level of government funding and our deficit position in 2007/08, we will not be able to provide the same amount of services, in the same way, next year. We need to determine what level of operations — urban/rural, acute care/community, direct care/support services — that we can staff and support. We need to determine



how we can use the dollars and other resources we have most efficiently and effectively. How can we change the way we do things to better serve our community and still live within our means? With a total operating budget of almost \$750,000,000, we must be good stewards of these public funds.

We expect to present our proposed budget to the Authority for approval in late May. Some budget strategies, including establishment of surgical volumes and management of overtime, will need to take effect even before then, in order to avoid starting our fiscal year in a deficit. I will continue to keep you posted as we acquire more information. I welcome your suggestions and comments and can be reached at [maura.davies@saskatoonhealthregion.ca](mailto:maura.davies@saskatoonhealthregion.ca) or at 655-3320.

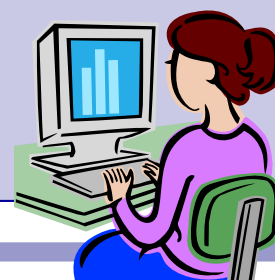
*Maura Davies*

Maura Davies  
President and CEO  
Saskatoon Health Region

## Your opinion matters — complete the staff opinion survey

We have almost completed the first year of our strategic plan, and it is important to hear from the staff who have been asked to implement the plan.

Please participate in the brief staff opinion survey available on InfoNet.



## Construction to begin on new mental health facility

*(Submitted by Mental Health and Addiction Services)*

Mental Health and Addictions Services is very excited with the progress toward construction of our new client-centred mental health facility – the Irene and Leslie Dubé Centre for Mental Health.

We want to thank the Royal University Hospital Foundation, Saskatoon City Hospital Foundation, Children's Health and Hospital Foundation and St. Paul's Hospital Foundation for helping us secure SHR's 35 per cent share of construction costs and 100 per cent of the cost of furnishings and equipment. The RUH and SCH foundations are co-sponsoring The Future in Mind Campaign, which continues to raise money for this new facility. We appreciate the Ministry of Health's provision of the remaining 65 per cent of construction costs. This could not be accomplished without strong partnerships and the generosity of so many people.

In February 2008, Saskatoon Regional Health Authority approved recommendations to award the tender to Quorex Construction. Construction is scheduled to begin this spring. We plan to hold a special event in honour of this historic moment.

We are so grateful for the ongoing communication and feedback we receive from our partners. These consultations have led to design changes that further enhance the client care experience.

Changes include combining metal siding, Tyndall stone and Tyndall rubble



### *A rendering of the new mental health facility*

to enhance the exterior view of the facility.

We have also redesigned the children's outdoor play area and adolescent courtyard. The children's play area has been moved to the rear of the children's wing, with a view overlooking the river. It will now be accessible off the playroom, rather than the quiet lounge, and provides staff with increased visibility. It also enhances the care-by-parent and quiet lounge areas by decreasing traffic in and out of the area, making it quieter and more private.

The adolescent courtyard has been relocated from the outer area of the wing into the interior and will now be located next to the main entrance. Patient and service rooms have been switched to accommodate these design enhancements.

This will also increase staff visibility of the area, while providing patient rooms with a nicer view of the natural surroundings.

Other benefits of these changes include better access for emergency vehicles through the front entrance driveway and a larger, more user-friendly medication room for the staff on the child and youth unit.

We have begun work with our internal committees in developing operational plans. The committees are currently comprised of floor staff, therapists, physicians, educators and community partners. Committees are open to all staff and physicians.

The plan will also include opportunities for presentations and feedback to staff, physicians and consumer representatives.

## *e-connect: Telling our stories*

### *What is e-connect?*

- **E-connect is Saskatoon Health Region's employee newsletter. E-connect publishes articles related to SHR's strategic directions.**
- **E-connect is e-mailed to all SHR e-mail users and is posted on SHR's external website.**
- **Please visit InfoNet to view our updated submission guidelines, new online submission form and new photograph consent form.**

### *How can we help you?*

**If you would like to:**

- **add** your e-mail address to our distribution list,
- **submit** a news idea to e-connect, or
- **pass on** feedback or ask a question

**Please e-mail:**

[ecconnect@saskatoonhealthregion.ca](mailto:ecconnect@saskatoonhealthregion.ca)

## Region, U of S build research and innovation strategy

The health research and innovation communities in Saskatoon Health Region and the University of Saskatchewan are shaping a mutual strategic vision for the future.

A partnership between the Region's Research and Innovation portfolio and the U of S Office of the Associate Vice-President, Research - Health is engaging stakeholders to arrive at its new vision and direction.

Dr. Beth Horsburgh – Vice-President, Research and Innovation at SHR and U of S Associate Vice-President, Research - Health – is spearheading the joint initiative.

"This position was born from a vision put forward by our two organizations and the Saskatchewan Health Research Foundation," says Horsburgh.

"It really strikes me – and it struck me in my previous life as a Dean of Nursing – that the relationship between the university and the health region is a very symbiotic one, and we feel it now especially with the health human resource shortage.

"We want to bring people together across the university and the health region without creating a new level of bureaucracy," she says.

Horsburgh's team, made up of staff from the Region and the university, have already started one-on-one interviews and focus groups to engage health regions, the academic community, government and policy makers, the private and community sectors, clinicians and other professionals. The responses gathered from participants will determine how the partnership will aim to advance health research and innovation in our community and beyond.

Horsburgh says research and innovation are integral to health care, and



*Dr. Beth Horsburgh (Photo credit: On Campus News, U of S)*

she takes a broad view of what constitutes new knowledge.

"There's research knowledge embedded in new policy, and in our new service delivery models," says Horsburgh. "There is also research knowledge embedded in innovative teaching and in clinical practice."

She says research and innovation are necessary tools in transforming the care, service and work experiences in the Region and have the potential to create new efficiencies provincially, nationally and internationally. Access, flow, service and processes all improve when research is conducted, translated and applied effectively.

Horsburgh believes the Region should develop best practices in research and innovation and build successful research teams by aligning research goals with organizational and governmental priorities.

Horsburgh would also like to explore the possibility of alternate relationship plans for full primary health-care teams, including academic physicians, nurses, kinesiologists, physiotherapists and nutritionists. Her vision sees this model coming to life in a pilot primary health-care node which would provide service to the campus community – a potentially powerful recruitment and retention tool.

"We have an opportunity to develop a model that is uniquely Saskatchewan," says Horsburgh, reflecting on the province's historic role in Canadian health care. "I hope that we will see some major breakthroughs in terms of primary health care, rural service delivery and aboriginal health, and that we can develop a model that is truly a partnership."

Stakeholder consultations are currently underway and the new vision and business plan is expected later in 2008.

## April is National Oral Health Month

The theme this year is "Good Oral Health is Good Health."

Visit [www.cdha.ca](http://www.cdha.ca) for more information.



## Nominate a colleague for the Muriel Jarvis Award

Do you have a colleague who is making a positive difference in the lives of others? Consider nominating that person for the 10<sup>th</sup> annual Muriel Jarvis Award.

The Saskatoon Regional Health Authority has announced the call for nominations for the award, which was established in 1998 by the board to celebrate a Saskatoon Health Region or affiliated agency staff member. The candidate should exemplify the following qualities: dedication, compassion, dignity, respect, commitment, tenacity, generosity, humour,

excellence, determination, wisdom, inspiration and strength.

Jarvis, a member of the former Saskatoon District Health Board, is a graduate of Saskatoon City Hospital School of Nursing. She received her bachelor of nursing degree from McGill University in Montreal. She has been the recipient of numerous awards, including the Governor-General's Caring Canadian Award.

The deadline for nomination submissions for the Muriel Jarvis Award is April

15, 2008. The application must be complete for it to be considered. All information received in the Authority Office will be kept confidential and should be sent to: Michelle Raeburn, Saskatoon Regional Health Authority, 434 – 410 22<sup>nd</sup> St., Saskatoon, SK, S7K 5T6.

The award will be presented at the Service Recognition Awards Banquet on June 3, 2008.

For more information, contact the Saskatoon Regional Health Authority Office at **655-3332**.



*Muriel Jarvis*

## Turn off your lights in support of Earth Hour

*(Submitted by Jocelyn Orb, Sustainability Coordinator, SHR)*

At **8 p.m. on March 29**, the world will turn off its lights for just one hour – **Earth Hour** – to show symbolic support for action on climate change.

Saskatoon Health Region, along with its partners at the City of Saskatoon, Greater Saskatoon Catholic Schools, Meewasin Valley Authority, Road Map 2020, Saskatchewan Environmental Society, Saskatchewan Waste Reduction Council, Saskatoon

Public Schools and the University of Saskatchewan, encourages you to turn off your lights at home, and in the office, for Earth Hour.

Earth Hour is a global initiative begun by the World Wildlife Fund (WWF) in Australia last year. Almost 2.3 million Sydney residents participated in 2007 – including more than 2,100 businesses. This year WWF is taking Earth Hour global.

Several major cities in Canada and around the world are participating in

this event, with more joining daily.

We will be doing our best to turn off our non-essential lighting for Earth Hour, and we ask that you turn off your computer monitors and lights in your non-clinical work space before you leave for the end of the week.

Let the world know of your support for this initiative by signing up today at **wwf.ca/EarthHour**. Suggest your family and friends do the same.

Turn off your lights and see the world in a whole new light.

## Blood and marrow transplant team receives award

*(Submitted by Celine Hounjet, chair, STEM)*

Dr. Michael Voralia was presented with a Saskatchewan Healthcare Excellence Award (SHEA) on behalf of the Provincial Blood and Marrow Transplant Program Team at the annual SHEA gala and awards banquet on March 1, 2008, in Regina.

The Provincial Blood and Marrow Transplant Program Team was nominated for the award by members of

STEM (Saskatchewan Stem Cell Transplant Advocacy Group Inc.).

In their nomination, STEM members described the team in the following manner:

"This team of dedicated healthcare professionals has succeeded in creating a program of excellence in patient care.

"Members have demonstrated a passion for their work through their

dedication and compassion to the patients whom they serve. They continually strive to achieve ever-higher standards of care.

"Their patients admire and respect them not only for their competence and effectiveness with respect to their clinical functions, but also for the way they take time to listen, show kindness and bring humour to difficult situations, and for being cheerful in providing comfort to patients and caregivers."

## Community Day Programs benefit clients, caregivers

*(Submitted by Jackie Edwards, Manager of Volunteers and Community Day Program, Parkridge Centre)*

Community Day Programs are an integral part of the health-care support system. Community Day Programs enhance the quality of life for individuals living in the community and provide support for their caregivers. The planned programs of activities are designed to promote well-being through social and health-related services.

Community Day Programs relieve social isolation, provide stimulating, organized activities and provide a respite break for caregivers.

Days, times and activities vary but, typically, programs are available during the week and provide opportunities for recreation, exercise and social interaction. There is a modest standardized program fee. A noon meal is provided and subsidized transportation is available if required. Community Day Programs are open to adults of all ages.

To access Saskatoon Health Region Community Day Programs, individuals and/or families work with a coordinator from Client Patient Access Services (655-4346) to determine eligibility and which day program is most appropriate for each individual.

Programs are located throughout Saskatoon, including Luther Senior's Centre, Oliver Lodge, Parkridge Centre,

Saskatoon Convalescent Home and Sherbrooke Community Centre.

Community Day Programs designed for seniors are located throughout Saskatoon and can be accessed by calling the programs directly. Those programs include Travel Eat Meet and Talk, Live Smart and Young at Heart, along with Rainbow 50+ Seniors (664-8724) and McClure Drop In (373-1753).

An invitation is being extended to all staff, visitors and clients to attend one of the open houses at each of the following Community Day Programs:

● **Monday, April 7**  
**Sherbrooke Community Centre**  
1:30 p.m. – 3 p.m.  
401 Acadia Dr.

● **Tuesday, April 8**  
**Travel Eat Meet and Talk (TEMT)**  
Luther Care Home  
10 a.m. – 11:30 a.m.  
1212 Osler St.

● **Tuesday, April 8**  
**Luther Senior's Centre**  
1:30 p.m. – 3:30 p.m.  
1800 Alexandra Ave.

● **Wednesday, April 9**  
**Parkridge Centre**  
1:30 p.m. – 3:30 p.m.  
110 Gropper Cres.

● **Thursday, April 10**  
**Live Smart**  
Clinkskill Manor  
10 a.m. – 11:30 a.m.  
115 19<sup>th</sup> St. East

● **Thursday, April 10**  
**Saskatoon Convalescent Home**  
1:30 p.m. – 3 p.m.  
101 31<sup>st</sup> St. West

● **Friday, April 11**  
**Oliver Lodge**  
1:30 p.m. – 3 p.m.  
1405 Faulkner Cres.

Community Day Programs are also available in a number of rural communities:

- Cudworth Health Centre
- St. Mary's Villa — Humboldt
- Pleasantview Care Home — Wadena
- Watson Health Centre
- Mennonite Nursing Home — Rosthern
- Lakeview Pioneer Lodge — Wakaw
- Central Parkland Lodge — Lanigan
- Nokomis Health Centre
- Last Mountain Pioneer Home — Strasbourg
- Manitou Lodge — Watrous
- Golden Acres Special Care Home — Wynyard

## Bravo Awards celebrate staff

The exceptional contributions of more than 1,000 Saskatoon Health Region employees, physicians and affiliates were celebrated at this year's Bravo Awards on March 18.

TCU Place came to life with music from Joy of Jammin' – a Bravo-nominated band — as well as appetizers and an awards ceremony, where 91 individuals and teams received a plaque, gift and signed book written by Dr. Lou Horlick.

The annual Bravo awards applaud those nominated by their peers in categories such as quality, teamwork and philanthropy.



## Be a savvy shopper

March is Nutrition Month. This year, Dietitians of Canada's theme is "Spotlight on Food and Nutrition."

On March 29 from 1 p.m. to 3 p.m., learn how to be a savvy shopper. Visit the Co-op grocery stores on Eighth Street, Attridge Drive or 33rd Street. You can meet a dietitian, learn how to make healthier food choices and win door prizes.

Dietitians will be at the stores distributing information and engaging shoppers to talk about healthy eating and healthy shopping.



## Get *in motion* at the Bridge City Boogie

(Submitted by Mimi Lodoen,  
*in motion* consultant)

Have you always wanted to try a walking or running program? Not sure how to get started? Let *in motion* help!

Join Saskatoon Health Region's five-kilometre Corporate Challenge at this year's Bridge City Boogie 2k, 5k or 10k community walk/run on Sunday, June 8, at 9 a.m. at Griffiths Stadium at PotashCorp Park.

Want more information? The *in motion* team is offering informational sessions for a walk/run opportunity that SHR employees can participate in as a team or as individuals. Find about the SHR 5K Corporate Challenge and how you can get your team together and get "in motion." Information sessions will be 30 minutes. Bring your lunch and get excited about training for the Bridge City Boogie at these sessions:

- March 27 – 12:15 p.m.  
Idylwyld Health Centre boardroom

- March 31 – noon  
SCH cafeteria side room

- April 1 – 12:30 p.m.  
Parkridge Centre boardroom

- April 2 – noon  
West Winds Primary Health Centre, Room 110B

- April 3 – noon  
SPH cafeteria side room

Please RSVP to [graham.matsalla@saskatoonhealthregion.ca](mailto:graham.matsalla@saskatoonhealthregion.ca).

Join us at one of these informational sessions and you will receive: information on the Bridge City Boogie Training 5k training program, which will be published each week in The StarPhoenix starting April 7; information and tips on how to promote the 5k Corporate Challenge; and information on how to register your corporate team at [www.bridgecityboogie.ca](http://www.bridgecityboogie.ca).



Teams of 12 or more people will have their department's name on their T-shirts.

Get active, and have some fun with your co-workers.

Run or walk the 5k course at the event on June 8.

Don't stop there — you can continue your walk/run program throughout the whole year. You may want to try the 10k next year!

If you are unable to make it to an information session, but want more information, please visit the *in motion* website at [www.in-motion.ca](http://www.in-motion.ca) or visit [www.bridgecityboogie.ca](http://www.bridgecityboogie.ca).

## Knights of Columbus donate to SPH Foundation

(Submitted by St. Paul's  
Hospital Foundation)

During the last 25 years, the Knights of Columbus have donated more than \$1 million to St. Paul's Hospital Foundation.

Most recently, the Knights of Columbus State Foundation, the Father O'Leary Columbian Society and Knights of Columbus of Saskatchewan, the Ladies Auxiliary of the Knights of Columbus #5104 and Knights of Columbus Council #1517 Home Lottery collectively contributed \$62,500 to the St. Paul's Hospital Embracing the Future/100th Anniversary Campaign.

"We are so fortunate to be the recipients of the generous support of the Knights of Columbus in this province

and we value our long-lasting relationship with them. The core values of our organizations are very much in line," said Cathy Chrones, Executive Director, St. Paul's Hospital Foundation. "Their recent gift to the Embracing the Future Campaign now puts us at 59 per cent of our \$8-million goal."

"The Knights of Columbus are proud supporters of St. Paul's Hospital," said Bob Barkman, Executive Director, Knights of Columbus State Charitable Foundation. "One of our core values is to assist those in the community who are the most vulnerable and by providing funds to the hospital we are able to do this."

The Embracing the Future campaign focuses on



From left: John Bohnke, President of Father O'Leary Columbian Society; Kenneth Meyer, Grand Knight of Father O'Leary Council #5104, Knights of Columbus; and Cathy Chrones, Executive Director, SPH Foundation

three priority areas: a Urology Centre of Health, which will offer advanced detection and treatment of urological diseases; advanced equip-

ment, such as a nuclear medicine gamma camera; and a new MRI and accessory equipment.