



# e-connect

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

## Centre helps clients get a good night's sleep

Getting enough sleep is important to your overall health, says Dr. Robert Skomro, Physician Lead, Sleep Disorders Centre.

"Sleep affects quality of life," he said. "Getting enough sleep can also have an impact on survival. For example, having adequate sleep decreases the risk of a motor vehicle accident.

"We've all gone through times when we've been sleep deprived for a few days, but people with sleep disorders are chronically sleep deprived – and that can last years. The Sleep Disorders Centre is here to help them."

Ruth Anne Appl, Manager, Sleep Disorders Centre, said a lack of sleep can impact the cardiovascular system, and can cause an increased risk of heart attack, stroke, hypertension and heart failure.

"This has a far-reaching effect on chronic diseases and how people manage their health," said Appl.

"Sleep apnea really impacts on people's quality of life and that of their families," she added.

Appl pointed out that poor sleeping patterns can negatively affect spouses, since they may become awakened when their bed partner tosses and turns or snores and they may become concerned when they notice their spouse is having breathing difficulty.

"We're fortunate that we have funding from SGI to help support testing, because SGI recognizes that sleep apnea can be a contributing factor to motor vehicle

accidents," said Appl.

The sleep disorders lab, located in Royal University Hospital, opened in 1995. Since that time, it has expanded from two beds operating four nights per week to six beds operating five nights per week.

"The field of sleep medicine has evolved. There's more recognition of sleep disorders, particularly obstructive sleep apnea and the complications of sleep apnea," said Skomro.

"The demand for the lab's services has increased almost exponentially."

Obstructive sleep apnea, which is characterized by breathing stoppages during sleep, is the most common disorder seen at the centre. Other common disorders include narcolepsy (excessive sleepiness during the daytime hours), periodic leg movements in sleep or parasomnias – strange behaviours seen during sleep or arousals from sleep.

Before a patient can visit the sleep lab, they must be referred to the lab by another physician.

When a patient comes into the centre for testing, a technician attaches electrodes to the patient's body before the overnight polysomnogram (sleep study)



**Ruth Anne Appl and Dr. Robert Skomro at the Sleep Disorders Centre**

begins.

The patients are then taken to bedrooms, where they go to sleep and receive "fairly intense monitoring of about 14 or 15 different channels every night," said Skomro.

In the morning, every patient has a consultation with a sleep medicine physician.

"We're unique in that we diagnose and dispense treatment within a 10 to 12-hour window," said Skomro.

"Most of our studies are designed to look for sleep apnea. There's a variety of other disorders, but I think it's fair to say that 80 per cent of the tests focus on

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## *Continued: Studies look for sleep apnea*

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sleep apnea.”

Continuous positive airway pressure (CPAP) therapy helps treat sleep apnea. Patients wear a tight-fitting mask to bed, and receive air to help keep their airway open.

“By adjusting the pressure, you can treat patients and see how much pressure it takes to overcome upper airway obstruction,” said Skomro.

Skomro said sleep apnea is linked to obesity. As obesity rates increase, there is greater demand for the services provided by the Sleep Disorders Centre, he said.

In the 2006-07 fiscal year, the centre provided 1,284 out-patient procedures, said Appl.

Recently, an innovative home-based program called Sleep Well received funding from the Ministry of Health. The program allows for sleep studies to be conducted in people’s homes, thus reducing the wait list for hospital services.

“It’s an overnight study done at home,” said Appl. “The patient comes back to the Sleep Disorders Centre the next day, and information is downloaded from a monitor, scored by a technician and interpreted by a sleep medicine physician.

“The patient then sees a nurse educator, and the patient goes for a one-week trial of an auto-CPAP unit. The pressure is regulated based on what the patient needs in order to keep the airway open. They have that for one week, and then they are issued a fixed pressure unit as determined by the physician. The program has been very successful.”

For information about the Sleep Disorders Centre or about obtaining a sleep study, or to determine if you are on the waiting list for an overnight polysomnogram, call **655-1188**.

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## *More than 1,000 volunteers attend appreciation gala*

*(Submitted by Lisa Hildebrandt, Volunteer Services Consultant, Saskatoon Health Region)*

The invitation to indulge in endless flowing fountains of chocolate and other scrumptious chocolate delicacies — combined with the promise of “celebrity” entertainment — drew a crowd of more than 1,000 volunteers and spiritual caregivers to the Saskatoon Inn on Sunday, April 13, for the 2008 Volunteer Appreciation Gala.

Appropriately titled “The Many Faces of Volunteering,” the event did not disappoint.

The room was filled with the many faces of individuals whose time and energy impacts the lives of patients, clients and residents.

Volunteers also provide a tremendous amount of support to staff and service areas within Saskatoon Health Region.

Volunteers were welcomed by the

melodious talents of a pianist and harpist. They then entered the grand ballroom area, which was decorated with more than 100 paper mache faces, created by the art classes at Walter Murray and Evan Hardy high schools.

Shan Landry, Vice-President of Community Services, Saskatoon Health Region, opened the program by speaking about the importance of volunteers and spiritual caregivers within the health region.

Greetings and sincere words of appreciation were received from the Saskatoon Regional Health Authority (Carol Teichrob, vice-chair) and St. Paul’s Hospital Board (Todd Rosenberg, board chair).

A PowerPoint presentation, accompanied by appropriate songs and lyrics, portrayed the many faces of volunteers and spiritual caregivers and illustrated the impact of their role within health care.

Karen Grainger, an impersonator from Toronto, brought the afternoon to a delightful close with her talented and amusing rendition of famous musical personalities, including Celine Dion, Whitney Houston, Dolly Parton, Alanis Morissette and many others.

The room filled with laughter when “Cher” selected an unsuspecting male volunteer from the audience, dressed him up as Sonny Bono, and invited him to join her in a duet. However, much to Cher’s surprise, her Sonny was not at all familiar with the words to I Got You Babe.

The intent of the 2008 Appreciation Gala was to show enthusiastic support and appreciation for the outstanding contributions of volunteers and spiritual caregivers within Saskatoon Health Region and to have some fun together.

Judging by the smiles and laughter on the many faces, we were privileged to be able to do just that.

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## *A minute with Maura*

Maura Davies’ column is unavailable in this edition and will return in the June 9 edition.

## Foundation contributes more than \$2 million to hospital

*(Submitted by the St. Paul's Hospital Foundation)*

The generosity and commitment of donors allowed St. Paul's Hospital Foundation to contribute \$2,027,671 to St. Paul's Hospital in 2007.

The funds went towards the purchase of urgently needed medical equipment such as an MRI, as well as for spiritual care programming and employee professional development.

The details of the allocations were presented at the St. Paul's Hospital Foundation annual general meeting, held on April 24 at St. Paul's Hospital.

"This contribution was made possible due to the generosity of our donors," said St. Paul's Hospital Foundation Volunteer Board Chair Karen Pitka.

"Their sincere commitment and leadership mirrors the spirit and giving nature of the Grey Nuns, who founded St. Paul's Hospital more than 100 years ago. The foundation thanks our many benefactors for their generous gifts."

The foundation supported St. Paul's Hospital with allocations of \$1,271,519 to capital projects and medical equipment, including the new MRI, the Dr. M. Baltzan HLA Lab and the St. Paul's Hospital Community Renal Health Centre, as well as \$100,000 to Spiritual Care, \$548,460 designated by donors to specific departments and \$71,825 to support the SPH 100<sup>th</sup> anniversary and community relations.

St. Paul's Hospital Foundation is



***Hemodialysis patient James Balcombe with registered nurse Audrey Miller at the new St. Paul's Hospital Community Renal Health Centre.***

also proud of the contributions made to the educational advancement of hospital employees — \$35,650 was used for Professional and Organizational Development Awards in 2007, offering St. Paul's employees the chance to pursue educational opportunities.

The foundation also allocated \$97,979 to the SPHF Draws, a program to help acquire items that benefit patients, their families and St. Paul's Hospital employees, for which there is no other source of funding.

The foundation has appointed the following directors to the Executive Committee. They are: Karen Pitka,

Chair; Barbara Berscheid, Vice-Chair; Glenn Sinden, in place of Past Chair; Ron Holmes, Secretary; and Kelly Lutz, Treasurer.

Linda Arnot, Colleen Cameron, Dr. Judy Klassen, Robert Leier and Mercedes Montgomery were newly appointed to the board for a two-year term. They join Barry Frank, Deb Hicks, Joe LaPointe, Carol Young and Lisa Edwards Yuel.

Denise Budz and Giorgio Piotto have retired from the foundation board.

St. Paul's Hospital Foundation has raised more than \$50 million since the foundation was formed in 1982.

## Sustainability Program launched on Earth Day

*(Submitted by Jocelyn Orb, Sustainability Coordinator, Saskatoon Health Region)*

On Earth Day, April 22, the Saskatoon Health Region Sustainability Program was officially launched at Saskatoon City Hospital.

Speakers included Grant Sommerfeld, who spoke about the evolution and importance of the program, Angie Bugg who shared some great energy saving tips for the workplace, and Jocelyn Orb, Sustainability Coordinator, who de-

scribed the overall goals of the program.

Some of the initiatives Jocelyn shared included the new carpooling program at [www.carpool.ca](http://www.carpool.ca), which is now available to all Region staff, as well as a pilot project to recycle plastic at numerous departments in the Region, including Saskatoon City Hospital and St. Paul's Hospital.

A number of people signed up for "green teams" — groups of volunteers wanting to provide input into the pro-

gram and who are ready to take on environmental projects in their departments and sites.

The teams are looking for Region staff who are interested in environmental issues and making our facilities healthier places for both staff and clients.

Contact Jocelyn at **655-4563** or by e-mail at [jocelyn.orb@saskatoonhealthregion.ca](mailto:jocelyn.orb@saskatoonhealthregion.ca) if you have any questions or comments, or if you would like to join a green team.

## Research team receives Bravo Award



*(Editor's note: e-connect is profiling the great work of Saskatoon Health Region's Bravo Award winners.*

*In this edition, we meet the Population Health Research team members, who received a Teamwork Award.*

*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.)*

The Population Health Research team is an excellent example of Saskatoon Health Region's desire to accomplish new strategic directions.

The members of the team have developed very successful and effective partnerships with other organizations and stakeholders, including the Saskatoon Tribal Council, Saskatoon Public School Board, Greater Saskatoon Catholic School Board, City of Saskatoon, Saskatoon Police Service, Saskatchewan Social Services, United Way, other health regions and more



***Team Members: Mark Lemstra (team lead), Norm Bennett, Terry Dunlop, Tanis Kershaw, Usha Nannapaneni, Christina Scott, Wendy Sharpe, Charmaine Sheridan and Lynne Warren***

than 20 community groups.

The team's work has contributed to policy changes, including a focus on low-income schools, the strategic direction of partnering for improved health for aboriginal people, the creation of an

Elders Advisory Council and memorandum of understanding with the tribal council.

The team has spirited enthusiasm in making a difference in Saskatoon.

## Meet the team: Delisle Primary Health Centre

*(Submitted by the Delisle Primary Health Team)*

The Delisle Primary Health Centre opened as a primary health site in September 2006.

The Centre is uniquely placed to help people access health services by offering a variety and continuum of health services under one roof.

One of the Primary Health Team's priorities is to meaningfully engage with the community in health prevention and promotion. Community members, including members of the Primary Health team, have been engaging in "community conversations" with individuals and groups in the community about necessary supports to keep all members of our community safe, to keep seniors living in the community, to

live a healthy life and to engage youth and newcomers. Community members want to share the information with the health centre, town, school and other groups to help inform future planning.

The centre employs a full-time nurse practitioner, who provides a continuum of health prevention and promotion and chronic disease management services to regular Delisle Primary Health Centre clients.

The nurse practitioner also provides services for minor medical problems for community members. The clinic assistant provides support to ensure there is continuity in the services provided. Physician services are provided two half-days per week. The physicians see regular health centre clients.

To ensure that members of the public receive continuity in their care, clients are encouraged to see their own family physician for ongoing health issues.

The Delisle Primary Health Centre has a laboratory, physiotherapy, a registered dietitian, public health, occupational therapy and Client Patient Access Services on site.

Saskatoon Health Region has created a partnership with the local pharmacy to provide on-site services. Massage therapy and dental services are also offered on a fee-for-service basis.

Health professionals work collaboratively with each other and the client to ensure that the client may access the right service at the right time and by the right health-care provider.

## Nurses help clients at home

*(Submitted by Myra Parcher, Manager Operations/Management Support, Home Care, Idylwyld Centre, Saskatoon Health Region)*

Home Care referrals for nursing service are received from Client Patient Access Services (CPAS).

The nursing staff at Home Care visits and provides nursing care to approximately 1,500 to 1,800 clients per month.

Home Care has divided Saskatoon and surrounding rural locations into four geographic "quadrants" (NE, SE, NW, and SW). Nurses are assigned to a geographic number of neighbourhoods within the quadrants and on any given shift may travel to one or more quadrants.

Special programs exist within Home Care and nurses are hired specifically into these programs. The specialized programs are:

- Palliative Care
- Home IV Therapy
- Pediatric Respite

There are specific positions for wound care (wound resource registered nurse), education (clinical educators who teach RNs, licensed practical nurses and home health aides), and ostomy care (enterostomal therapy educator). A dietician is also on staff; nurses prompt a dietician consultation for new diabetics, clients who are tube fed, ostomy clients with high output, palliative care clients and wound care clients.

The nursing staff at Saskatoon

Home Care provide nursing services to clients living within Saskatoon and the surrounding communities, including Warman, Osler, Martensville, Langham, Dalmeny, Borden, Radisson, Vanscoy, Asquith, Delisle, Pike Lake, Laura, Aberdeen, Allan, Dundurn, Colonsay and Hanley.

Most of the rural areas have nurses and home health aides who live and work in the above mentioned communities.

The goal of community nursing is to teach clients self care. Students and new staff are intrigued and amazed by the volume of teaching performed by Home Care nursing staff. Standardized teaching packages are available to clients and nurses.

A Home Care nurse is a generalist whose practice encompasses a variety of nursing specialties. On any given day, a nurse may make a variety of home visits, which may include:

- adult or pediatric respite;
- complex wound care, such as vac dressings or compression therapy;
- medication management to long-term clients;
- teaching for new diabetic clients;
- PICC or PORT care for IV clients; and
- tubing feeding for pediatric or adult clients.

New staff often say, "I now know what happens to patients when they

leave the hospital." Nurses who work in the community find it very rewarding and discover satisfaction in:

- working autonomously;
- experiencing the rewards of teaching clients self care;
- creative critical thinking and problem solving;
- working in a multi-sectorial, multi-disciplinary team environment;
- working with clients one on one; and
- working with clients "on their own turf."

Saskatoon Home Care has 168 RNs, 25 LPNs and 375 home health aides on staff.

Home Care provides service 24 hours per day, seven days per week.

Nurses perform the same interventions that are performed by acute and long-term care nurses provided that equipment and supplies can be made accessible to the client in his or her home.

Home Care nurses participate in numerous regional committees and initiatives, such as the SHR Infection Control Committee, SHR Skin and Wound Project, SHR Pharmacy Nursing Committee and Antibiotic Utilization Sub-Committee.

We are in the process of implementing medication reconciliation and have recently begun posting our nursing policy and procedures on SHR's InfoNet.

## Employees to celebrate service milestones

More than 1,000 employees and physicians in Saskatoon Health Region reached an important milestone in their career during the past year. Join them in a celebration of their 15 to 50 year anniversaries with the Region at one of the 2008 service recognition events.

In Saskatoon, a 15 and 20 year reception will be held Thursday, May 29 at TCU Place beginning at 5:30 p.m. A 25+ year banquet will be held Tuesday,

June 3 also at TCU place at 5:30 p.m. Humboldt will host a 2008 rural recognition banquet on Thursday, June 5 at the Bella Vista Inn beginning at 6:00 p.m.

Everyone – including staff, friends and family – is invited to purchase tickets for the events at one of several locations, including Saskatoon's three hospitals, Idylwyld Centre, Parkridge Centre, Sherbrooke Community Centre,

the Rosthern administration office, and care centres in Humboldt, Nokomis, Lanigan, Wadena, Watrous, Watson and Wynyard.

Tickets are \$18.50 for the Humboldt banquet, \$19.00 for the 15 and 20 year reception in Saskatoon, and \$27.00 for the Saskatoon banquet.

For more information, call Lori Utley, Organization Development at **655-1522**.