

Called to Serve

New President Patrick Dumelie looks forward to growth, opportunity



Caritas Health Group welcomed new president Patrick Dumelie on July 24, 2006. Patrick comes to us from the Regina Qu'Appelle Health Region in Saskatchewan, where he served as Senior Vice-President of Health Services since 2002. In that position, he provided strategic and administrative leadership for the planning and development of all health services for a region responsible for a \$500-million budget and 7,500 employees. His 17-year career includes leadership positions in acute care, long term care, ambulance services, strategic planning, and a broad range of administrative services. Patrick holds a Masters of Business Administration from Queen's University and Bachelor of Administration from the University of Regina.

*Fran Ross, Vice-President, Communications and Community Relations, interviewed Patrick for **Insight**.*

FR *How did your career bring you to Caritas Health Group?*

PD Initially I trained to be an accountant and thought that I would end up in big business on Bay Street. I got a contract with an organization run by the Grey Nuns in Saskatchewan which changed my perspective and today, 17 years later, here I am. The Grey Nuns were great mentors and taught me early the value of the work we do in caring for people. Their influence has given me a real sense of commitment to both community and individuals. This work is so much more rewarding than anything else I could have done.

FR *What gives you satisfaction in your work?*

PD I get my juice when I've made a difference to the people we serve, even though I am not there at the bedside. Success for me is knowing that my efforts have helped the organization serve others better. For me as a leader, it's so rewarding to create an environment where the whole team feels a sense of pride and a sense that they are giving back. I hope for all members of the team that they can see the mission is more than just a job. It's a calling.

FR *How will you work to achieve this at Caritas?*

PD First we have to safeguard a strong mission and values framework—which forms the guidepost for how we all act and who we are. I also believe in the importance of a strong, cohesive vision for the organization and a clear sense of what we need to do first to get there. When people are aligned to a compelling common vision, this creates an environment for volunteers, physicians and staff to feel supported and valued.

FR *How do you see that unfolding?*

PD Over the next several months, I will be supporting the Board in setting that vision, and I will be seeking input internally and externally. We need to hear from everyone on the team. Vision is about where we are going, and because each of us sits in a different part of the organization, we all have a perspective to share. We are a service industry and we all have the opportunity to serve; we all contribute

continued

and all roles are important. Without the engagement of the whole team we don't succeed.

FR *You've gotten to know Caritas over the past half year. What has been your impression?*

PD My first impression of Caritas is that it is a very strong and vibrant organization with much to be proud of. It has a strong Catholic identity and the values are at work here. When I walked in the doors on my way to one of several interviews, I was greeted by several people who looked me in the eye and said hello. They didn't know who I was or why I was there, and they greeted me warmly. That said a lot to me. For everyone who walks through our doors, I hope that it is obvious that we are an organization whose environment and actions are aligned with our values. It's obvious Caritas has a strong tradition of caring and commitment that compels us to quality, compassionate care.

FR *Based on your experience as a health care leader, what are some key challenges we face?*


PD There is no doubt that health care faces workforce challenges. As an organization that is guided by our mission and values, people are our greatest opportunity—and our greatest challenge. Attracting team members and supporting and engaging them is critical work. To fulfill our mission, we also need to be focused on the quality of our care, the safety of our patients and residents, and utilizing our resources effectively within a balanced budget. It would relatively simple and straightforward if we only needed to achieve one of these dimensions—achieving all three is the challenge.

FR *From your perspective, what does our future hold?*

PD Caritas is very large and offers a tremendous number of programs in an environment where the demand is expanding phenomenally. I see lots of opportunity for the future and am excited at looking at how we expand our services to care for those with the greatest need or those who face many challenges. We are a valued partner in the region and can do much to help meet increasing demands from

high needs clientele and the growing population. Capital Health has a national reputation for its progressive approach—and we can benefit from our partnership. As Caritas, we are well positioned to continue to meet community needs.

FR *You have just finished moving your family—your wife Stephanie and your two boys—to Edmonton. How are you finding life in a new city?*

PD I enjoyed Regina and the work I was doing there, but when it became clear that Caritas was right for me, we were glad we were able to relocate in the West. We're prairie people! Edmonton seemed to be a good place to raise a family. The river and the green space are wonderful. Edmonton has become a large city without losing its small town heart. And it continues to surprise me! Every weekend there seems to be a whole bouquet of activities. And it doesn't hurt at all that my 7-year-old is a huge Oilers fan! I think we will be very happy here. 

President's Notes

It is a great pleasure to be here! While there is still much to learn, I have enjoyed getting to know the organization and the community we serve since my arrival in late July.

From the beginning, I knew Caritas was right for me and as I went through the interview process, the sense of fit became stronger and stronger. Caritas has a lot to be proud of! The tradition of commitment and caring is evident everywhere I go within the organization.

I am enthusiastic about beginning my work with the Caritas Board and getting to know them and their expectations. Board Chair John Brennan is a great leader. He is committed and totally focused on seeing this organization succeed. It will be a pleasure to work with him and our board.

This is work that I cannot do alone and I am grateful for a strong, committed, and talented Senior Executive Team. I offer my sincere thanks to Sheli Murphy for her great leadership and commitment in

the Interim President's role. Sheli has been a wealth of information and insight over the past few months and has been so very gracious and supportive in helping me get oriented to the role and the organization.

Managing transition while continuing to move forward takes a great team effort. Both SET and members of the management team have taken on extra duties to make that happen. Thank you to all of you who have kept the faith and advanced the mission and our work during the past 10 months.

Over the next few months, I look forward to getting oriented to our work and to our team—to building relationships and a full understanding of the opportunities and challenges we face. I sincerely hope I will have the opportunity to meet each of you and to learn more about the good things you are doing.

— Patrick Dumelie
President, Caritas Health Group

Caritas Youth Health Care Camp

By Winnie Wong, Caritas Youth Health Care Camp Coordinator 2006

From July 10 to July 14 and July 31 to August 4, thirty-two enthusiastic high school students took part in the third annual week-long Caritas Youth Health Care Camp. This camp is an opportunity for these students to explore the diverse career opportunities in the health sciences.

Camp participant Natalie Chai, a grade 12 student at Harry Ainley High School, strongly recommends this camp for those considering careers in healthcare. "It can help you with discovering what your real passion is and what you might want to be as an adult," she says.

The camp week was packed with a variety of activities. Visits at the three Caritas sites gave students the chance to attend workshops on a plethora of disciplines such as rehabilitation medicine, pharmacy, nursing, surgery, and speech language pathology. Another highlight of the camp was job shadowing at the Misericordia. The students were paired with a preceptor to experience first hand a day in the life of a health care professional. In addition, they

attended behind the scene tours of facilities at the Caritas sites such as the state-of-the-art digital operating theatre tour lead by Dr. Michael Châtenay, general surgeon at the Grey Nuns Hospital.

I am grateful of the opportunity I had to be camp coordinator this summer. Having been in the shoes of these students not too long ago, I brought my personal experience of pursuing a career in the health sciences to the job. Therefore, I tried to create an educational camp program that presents a variety of health professions in an interactive, memorable way. In addition, these camp students were given the chance to learn directly from the Caritas staff, who shared their knowledge and words of encouragement with these students.



Dr. Châtenay with enthusiastic Caritas Youth Health Care Camp participants

"In my opinion there is nothing more effective in providing stimulus to our youth than being a positive mentor and inspiring role model," said Dr. Châtenay. It is this spirit of the Caritas staff that made the camp a success. We would like to thank all the staff who devoted their time and effort. Whether you instructed a workshop, gave an inspirational speech, volunteered to be a job shadow preceptor, or helped coordinate workshops for the students, your support was invaluable and for that we are very grateful. +

Fulfilling Dreams

Second Wind Dreams launches at Edmonton General

By Salima Bandali, Caritas Communications Manager



A new initiative called Second Wind Dreams grants wishes to residents at the Edmonton General Continuing Care Centre. A lunch time barbecue launched the initiative on July 11, 2006 with Councillor Michael Phair on hand to help flip burgers and serve the dozen residents and their families who were invited to the kick-off celebrations.

Initiated by the Edmonton General's Family and Community Advisory Council, Second Wind Dreams supports activities and events of modest cost but significant impact—such as connecting with a long lost friend, reuniting with a family member, reliving a past experience, going to a concert, or being pampered in a spa.

"Our hope is to create a sense of fun and encourage involvement," says Diane Berge, Chair of the Family and Community Advisory Council. "Continuing care centres like the Edmonton General are wonderful places to build connections and community. Second Wind Dreams will give residents the opportunity to have meaningful experiences they've always dreamed of."

The kick-off event received wide media coverage which resulted in a wonderful response from the public—from calls offering donations of time and resources to people interested in helping residents fulfill their dreams. +

Caritas Mission Awards 2006

Established by the Caritas Board of Directors to celebrate Caritas Health Group's 10th anniversary in 2002, these annual awards recognize individuals and teams who exemplify the mission and values of Caritas in their work and in their lives. Congratulations to our 2006 recipients, who were first announced at a Gala event on April 20, 2006.

Caritas 2006 Mission Award [Individual]

Diane Berge,
Volunteer Chair,
Family and Community
Advisory Council,
Edmonton General
Continuing
Care Centre

Always ready to lend a hand, offer a word of encouragement, or spearhead a new project—volunteer Diane Berge's enthusiastic presence is felt wherever you go at the Edmonton General Continuing Care Centre.

Diane joined the Edmonton General community when the first of three members of her family were admitted in June 2003. Her role quickly grew from a daily and committed caregiver of her own relatives—to efforts that would benefit many others—organizing fundraising events, lending a supportive ear to any when needed and creating a fun and positive atmosphere on the unit.

In her quest to "make a difference" in the lives of even more residents, families and staff, Diane joined the Family and Community Advisory Council—a group she has chaired since June 2005. In her work on this committee, Diane has organized a family forum, spearheaded a family support group, initiated an annual open house and



mobilized staff appreciation events. An advocate for those in continuing care facilities across the province, Diane led the Family and Community Advisory Council's participation in consultations held by the MLA Task Force on Continuing Care.

Diane was selected to receive this year's individual award in recognition of her compassion and initiative, and her tireless efforts to foster hope, healing and joy for residents, families and staff at the Edmonton General, and in recognition of her role as a steadfast advocate for people in care. To quote her nominators: "Diane truly shows us all how to live the Caritas mission."

Caritas 2006 Mission Award [Team]

**Perinatal Bereavement Team,
Grey Nuns Community
Hospital**


Gentle hands. Kind gestures. Thoughtful care. When a parent loses a baby, such small things make a difference and help ease the pain of their loss. Parents face not only the sorrow of empty arms, but also the silence and awkwardness that surround this loss.

How can we better support parents facing this often unacknowledged tragedy? This simple question inspired 16 committed, creative and compassionate staff to form the Perinatal Bereavement Team at the Grey Nuns Community Hospital. Established in 2002, the team includes representatives from Nursing, Labour and Delivery, Intermediate Care Nursery, Postpartum, Surgery and Emergency, Admitting, Spiritual Care, Social Work, Laboratory and Photography and a physician's representative.

Together they have affected the experience for parents who have lost a baby through pregnancy, stillbirth or shortly after delivery.

Calling on the gifts of group members and some generous and talented friends, the team provides each parent with a memory package containing symbolic gifts: A card with the tiny foot and handprints of their baby. A cast mould of the child's feet. A naming ceremony certificate. A recognition of birth card. Memorial photographs. "Our intent is to honour the child and our hope is that these small gifts will help the family on their journey of grief and healing," notes team lead Heather Crosland.

Among the team's other achievements are a resource manual and education programs for staff involved in fetal loss.

"I'm continually in awe of the work of our staff to ensure that parents know that we care about them," continues Heather. "I feel that their efforts truly honour the legacy of our founders—the Sisters of Charity (Grey Nuns)." 



Why Do Things Have to Keep Changing?

By Sandy Loy

The arrival of a new Caritas president signals the beginning of a new chapter for Caritas and provides us with an opportunity to stop for a moment and reflect on how we react to and cope with change.

Whether change is unexpected, sudden and unsettling, or welcomed and planned, it is an inevitable way of life today. No longer are there short periods of change, followed by long plateaus of stability. Most of our lives are a continual, never ending series of changes with ever-shorter rest periods. So we must learn to live with and thrive in a world of constantly changing demands. As Benjamin Franklin once said "When you're finished changing, you're finished."

There are four stages of change adaptation that we typically move through:

- Resistance: in which we struggle to avoid the change
- Transition: accepting the change will happen
- Integration: making the change part of ourselves
- Contentment: in which we become satisfied with the "new way".

Depending on the magnitude of the change, we can move through these stages in minutes, months or even years. We also move through at different speeds depending on our personality preferences, the degree of impact the change will have on our personal and work lives, and our past experiences with change. Sometimes change is happening so quickly that we aren't able to complete that stages, resulting in significant stress.

So how do we keep from becoming overwhelmed and discouraged and learn to do well in life's turbulence? Many of you who read the previous "stress series" learned about the importance of becoming stress resilient. The same holds true for change. Those who don't become change

hardy, continue to use the same old strategies (even though they no longer work) and often become bitter, stressed and negative. Inability to adapt well to change is one of the key causes of prolonged personal stress.

"We cannot change our past. We can not change the fact that people act in a certain way. We can not change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude," says Charles R. Swindoll

We cannot help being affected by change, but we can learn to control our reactions and responses. We may feel powerless to influence the outcome, but even in the most drastic situations we usually have control over the following:

- We can consciously decide what our attitudes and actions towards others will be.
- We can influence the change process by making constructive suggestions and adding our input.
- We can gather information about what will happen and ask for help and support.
- We can practice physical self care.

The key to becoming change and stress resilient is recognizing that taking responsibility for our own response gives us increased control. We are in charge of what we think, feel and act, how we care for ourselves and how we related to our colleagues.

So, as we welcome our new president, we all need to take this opportunity to reflect on our change attitudes and behaviors (are they self sustaining or self defeating?), to recognize that dealing with change takes energy (so practice effective self care), to seek out the supports and information we need to make the change easier and, above all, to increase our sense of personal power and change hardiness.

To register for upcoming workshops please call Cathy Kirkland 52724 or ckirkland@caritas.cha.ab.ca 

This article is presented by Sandy Loy, Organizational Development Facilitator, Caritas Health Group, 735-2926 or sloy@caritas.cha.ab.ca Caritas Organizational Development Service offers consultation, facilitation, and training workshops on a variety of work life issues. Services are free of charge for Caritas employees.



Mock Codes on Medicine

By Marlene Varga RN., BScN CNE Medicine and Carol Price RN., BScN CNE Medicine, GNCH

One of the most stressful situations a nurse can be involved in is a Code Blue. While rare on the Medicine units at the Grey Nuns Community Hospital, these codes do nevertheless occur—and as nurses we need to be prepared for them.

In most instances, nurses are the first to arrive at an emergency and the first to respond to it. Nurses must be confident in quickly assessing the situation, perform life saving procedures, use equipment effectively and communicate concisely. Recognizing a need to ensure the team is confident in responding to a Code Blue, the Educators on the Medicine units have been working to ensure consistency and proficiency with the procedure.

This is happening through a mock code preparation program that was developed using a patient simulator. This provides nurses with self-directed learning and the opportunity to problem-solve through simulated real life situations.



Pictured here from left to right with the training mannequin: Carol Price, Rhoma Simms RN, Nancy Nixon RN, Marlene Varga

Provided by the Patient Simulation Centre at the Royal Alexandra Hospital, the patient simulator consists of a portable mannequin that is controlled by a computer and can appear lifelike. The mannequin is able to possess vital signs, blink, and accept intravenous fluids and chest compressions.

One scenario presented to nursing staff was that of a decompensating patient. At the onset, the mannequin was simulating breathing and signs of circulation. The

computer was programmed to increase or decrease the vital signs after a few minutes leading the mannequin to simulate a full cardiac arrest. The Educators provided facilitation throughout the exercises, giving nurses an opportunity to assess the situation and critically think through the crisis to come up with an effective, consistent team centered approach. The scenario was complete when the mannequin was given proper manual ventilation, chest compressions, suctioned and intravenous fluids and charting was completed.

At the end of the short scenarios, staff had a debriefing period to discuss the exercise. Staff emphasized how “life-like” the mannequin was, and noted that it was “helpful to practice these emergency skills in their own environment.”

The patient simulation sessions will be offered every three to four months to ensure ongoing consistency and confidence in responding to a Code Blue. 📌

Gallery Lounge Opening

By Teresa Lucier, Manager, Volunteer Services, GNCH

After over a year of planning and hard work the renovations of the Cafeteria Overflow room in the Grey Nuns Community Hospital are now complete! A joint initiative of Nutrition and Food Services and Volunteer Services, the new Gallery Lounge was officially opened this April.

The Lounge now serves as a quiet space for family, patients, staff and volunteers to relax on a comfortable sofa by a roaring fireplace and take in the art on the shelves. The art work is for sale! Applications to exhibit are available in Volunteer services. Proceeds of the sales (the hospital collects 20% commission on each work sold) go towards Art Enrichment Programs. One last task remains for this room. The room previously known as the “Cafeteria Overflow



room” needs a new name! Submit your suggestions for a new name for this room. If your name is chosen you will win an Entertainment Book and two movie tickets!!

Entries for name suggestions can be e-mailed to: pkossey@cha.ab.ca or flucier@cha.ab.ca or dropped into the suggestion box in the Cafeteria
Deadline for entries is: October 31, 2006

Thank you

Nutrition and Food Services and Volunteer Services gratefully acknowledge the following individuals for their generous contributions in the development of the Gallery Lounge:

Rene Bezemer, RSVP Consulting

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Doug Wishart, Facilities Management

Al Correia, Facilities Management

Mario Ursella, Facilities Management

Bill Koch, Facilities Management

Manuel Pacheco, Environmental Services

Patrick Thomas, Environmental Services

Brian Monaghan, Facilities Management

Jim Brown, Physical Plant

"Toni" Retires from Volunteer Services

By Cecilia Bloxom, Public Affairs, MCH



After eighteen years of working in Volunteer Services at the Misericordia Hospital, Toni Maloney has decided to retire. Toni has always felt at home at the Misericordia but now she says it is time spend the day at home getting to know her husband again.

Over the course of Toni's career there were very few days that she wasn't excited to come to work. Because Toni was so in love with what she was doing she sometimes forgot to pick up her paycheque. Toni would get a phone call reminding her that a cheque was waiting. This would bring her back to reality that she was actually getting paid.

In the Volunteer office Toni is known for her strong moral code. She has high

standards for herself and expects the best from others. Very rarely does someone walk into the volunteer office that isn't instantly recognized by Toni. She has a tremendous talent in remembering names, faces, history.

For Brenda Shim, Manager of Volunteer Services at the Misericordia, the absence of Toni will definitely be felt. "There have been many times that she has been the 'wind beneath my wings,' says Brenda, "she is calm and wise in her ways, yet firm and gentle."

Toni's biggest goal was to always make sure the volunteers felt valued and important. This is something she learned from her mentor Betty Rawlinson. Toni had the great fortune of working with Betty for four years. It certainly had a tremendous impact on Toni's approach to the job. "On the day Betty retired after twenty years of service she quietly slipped out the door. It was a Friday afternoon and her birthday. She just picked up her briefcase and walked out. I hope to do the same," says Toni.

You probably didn't notice when Toni slipped out the door on July 27, 2006, but what you will notice is that she is no longer here. Her friendly presence will certainly be missed. ☩

Good memories

The years I worked with the volunteers at the Misericordia offered me the privilege to grow personally through my contact with literally thousands of loyal enthusiastic people, youth to seniors, from the west-end communities who support the Mis as "their hospital."

Thank you for allowing me to be a part of that team....

*God bless and keep each one of you—
I will remember you.*

—TONI MALONEY

Caritas Long Service Celebration



Caritas physicians, staff and volunteers were honoured during Long Service Celebration week on their retirement or for achieving 10 through 35 years of service. The following is an excerpt from remarks by Caritas Board Chair W John Brennan, at the Caritas Long Service Celebration Banquet on June 9, 2006.

"Over 40,000 days...960,000 hours...57 million minutes have passed since the Edmonton General opened to patients in February 1896. Together with the Misericordia and Grey Nuns Community Hospitals, literally hundreds of thousands of patients and residents have been touched by the hands and hearts of our staff, our physicians and our volunteers...by your hands and your hearts.

*Over the past 110 years, there have been many changes...in our facilities, and in our community. The provision of health care has become increasingly complex, and challenges and opportunities have invited us to grow and to adapt. Yet one thing has remained constant: Our continued commitment to caring for the whole person which is summed up in our mission: *Healing the Body, Enriching the Mind, Nurturing the Soul.* It binds us together... as colleagues and friends, to our community, and to those pioneer women who had the courage and vision to plant and nurture the first seeds that are today Caritas...." ☩*

Caritas Annual

General Meeting

Nearly 300 community leaders, partners, government representatives, donors and team members gathered at the Crowne Plaza Chateau Lacombe on June 15 for the Caritas' 6th Annual General meeting for the Community. "This luncheon is an opportunity to highlight the developments of the past year," says Fran Ross, Vice President of Communications and Community Relations and the emcee for the afternoon's event. "It allows us to reflect on the values and mission that shape our work and to recognize some important members of our Caritas community."

The highlight of the event was an inspiring presentation by well-known television personality and medical columnist—Dr. Marla Shapiro, who spoke on the timely theme of balance. "We are not trained jugglers," she emphasized when speaking about the need to shift the load around and emphasize family, career or self



Dr. Marla Shapiro at the Caritas AGM

as necessary. "We need to be able to rotate the primary values and be mindful of what to focus on," she said. The cost of not doing so can jeopardize all three factors, as well as a person's health due to the onset of stress-related diseases.

During the meeting, the 2006 Caritas Mission Award recipients were recognized, and Patrick Dumelie was introduced as the incoming President of Caritas Health Group. 🇺🇸



Caritas at Work

Take a look inside the pages of our newest Caritas annual report to the community and discover how the Caritas mission has been at work each day in the leading edge approaches, innovative programs, moments of excellence and skilled, dedicated and compassionate people of our Caritas team. Pick up your own copy at any Caritas site administration, or download a pdf version at www.caritas.ab.ca

Mary Jo Harland-Gregoire

appointed Clinical Instructor at the U of A

By Ruth West, Community Dietitian, GNCH

Mary Jo Harland-Gregoire, a registered dietitian covering surgery and palliative care at the Grey Nuns, has been appointed as a clinical instructor in the Department of Agricultural Food and Nutritional Science at the University of Alberta. She takes on this new challenge while continuing in her current position.

As clinical instructor, Mary Jo will be involved in the training of dietetic interns in the Coordinated Internship Program. As related to her current area of practice (surgery, palliative and parenteral nutrition),

Mary Jo will be reviewing teaching materials, assisting in program development, and possibly lecturing. As well, she will provide a minimum of ten weeks of dietetic intern instruction each year on site at the Grey Nuns.

This appointment recognizes Mary Jo's professional expertise and exceptional ability to work with students. "It's exciting to work with students. They have all the theory and I can show them how to apply it in practice. I enjoy having students because I learn from them too. They stimulate discussion and challenge me to keep current with the latest research."

Mary Jo is quick to acknowledge that there are many dietitians at Caritas who train dietetic interns on an ongoing basis. "Dietitians, as part of our responsibility to our profession, have always taught dietetic interns as a way to enhance their practical experiences." She hopes that this appointment will lead to future opportunities for other dietitians to be appointed as clinical instructors at U of A.

Please join the Caritas dietitians and the Nutrition and Food Service Department in congratulating Mary Jo on this recognition. We are proud of your accomplishments Mary Jo! 🇺🇸

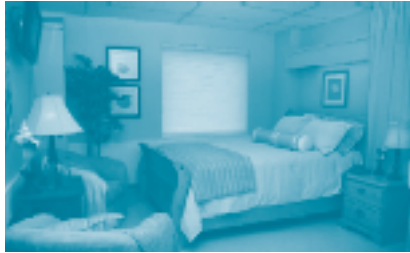
Delivering Comfort

Just in time for Mother's Day, the Caritas Hospitals Foundation opened the doors to four completely renovated rooms which provide new moms the option of a comfortable, home-like setting after delivery at the Grey Nuns and Misericordia Community Hospitals.

The maternity theme rooms are the only ones available at Edmonton hospitals and were originally founded by the Caritas Hospitals Foundation in 1993. The concept is unique and simple: to give a mother time to treasure the first few hours with her newborn child in a warm and inviting professionally decorated private room.

The rooms, which parents can rent on a first-come, first-served basis for \$90.00 per night, feature armchairs and a large comfortable bed dressed in fine linens, pillows and duvet covers. The professionally designed décor provide the special touch of a home-like setting—creating a comfortable and peaceful retreat where moms and families can bond with their new baby.


The Foundation also announced plans to expand to 16 new theme rooms—eight at each of Caritas' two acute care sites. At the Grey Nuns, where the number of deliveries has grown 50 percent since the first theme room opened, this is especially welcome news.



Clockwise from top left: Serenity Suite, Vintage Suite, Calming Retreat, Jewel Estate

"The theme room concept has always been popular with our new moms," says Patient Care Manager Gail Cameron. "We see it as an excellent opportunity to help families get the best possible start. Expanding the program just fits so well with our desire to provide family-centred care in a home-like and safe environment for moments and babies."

The rooms also have an additional benefit to the larger community. Proceeds from the program are used to support

Caritas Health Group's women's programs and the organization's strategic funding priorities. "This program has allowed us to raise over \$700,000 for Caritas Health Group's work over the years," says John Boucher, President and CEO of the Caritas Hospitals Foundation. "This is a great way for the business community to help the families in the community and, at the same time, make a difference in many ways for all the patients and residents we serve." 



*Did you
know...?*

*Caritas Health Group
delivers about 7,000
infants a year—
approximately
half the babies
in the region.*

Employing Technology

to Heal and to Teach

By Salima Bandali and Fran Ross

Thanks to funding from the Caritas Hospitals Foundation, two new digital operating rooms and teaching space opened at the Misericordia Community Hospital this fall—additions which put the latest technology to work for patients and help the next generation of surgeons prepare for a new era in surgery. These two new suites add to the two digital operating rooms and classroom, which were opened at the Grey Nuns Community Hospitals this spring at a cost of 1.1 million.

The operating theatres are designed for minimally invasive surgery—an advanced method of performing surgeries with tiny instruments and smaller incisions. The project also includes wired instructional spaces for teaching students, as well as practicing surgeons who want to advance their technique.

Minimally invasive surgery, which is fast becoming a standard approach, involves inserting a laproscope or miniscule telescope into a patient so that video images can be fed back into television monitors. This enables surgeons to guide their instruments and perform the procedure by looking at the screens. The result is a shorter surgery, less blood loss, fewer scars and better recovery time for the patient.

Steven Dykau, a 22 year old with a rare swallowing disorder was facing major surgery with a six to ten week recovery time when he came to Dr. Cliff Sample, a leading surgeon specializing in minimally invasive surgery of the esophagus at the Grey Nuns. Following a two-hour surgery with five small incisions, Stephen was out of the hospital in two days. “It was unbelievable,” he says. “In a week, I was mostly recovered and was back at work in two weeks.”

The new operating rooms—with their ceiling-mounted high definition screens and



voice-activated computer equipment—allow surgeons to easily adjust the equipment and have optimal views at the procedure progresses. Supported by a trained OR team

in an optimum environment, surgeons use the technique for a range of surgeries and perform more surgeries in a day.

While patients benefit greatly from the new operating rooms, Dr. Sample also points to the

tremendous potential for teaching and education. As a surgery is being performed, medical students in an auditorium on site are able to view the procedure live, seeking each step in minute detail. They can also interact with the surgeon, asking questions and seeking clarification. “Being able to capture still and video images is an excellent teaching tool,” says Dr. Sample who uses several images in presentations. He hopes to one day collaborate with colleagues across the country to develop a course using material obtained through the technology.

And digital operating rooms will continue to open new horizons. For example,

surgeons in different locations could collaborate, says Dr. Sample. Routers and touch screen controls could enable a surgeon to virtually be in an operating room miles away and provide realtime mentoring by talking with the operating team and telestrating—drawing on a computer screen using a special pen. “Tremendous research is being done around all the possibilities for using digital operating rooms,” he says. “It is an exciting areas which we’ve only begun to tap.”

Medical students in an auditorium on site are able to view the procedure live, seeing each step in minute detail

The Minimally Invasive Surgery programs at the Grey Nuns and Misericordia Community Hospitals are part of a larger regional initiative. Capital Health's Centre for the Advancement of Minimally Invasive Surgery (CAMIS) offers leading-edge expertise in surgical management, education, training and research. In addition, the Centre also provides innovative research in minimally invasive surgery education and training.

Orthopaedic Nurses Achieve Certification

Cecilia Bloxom, Public Affairs, MCH

Not many people can say they were the first in Canada to do something. Four orthopaedic nurses from the Misericordia have earned this right. They are a part of an elite group in Canada that challenged the first ever Canadian Orthopaedic Nurses Certification Exam. After waiting for eight long weeks the nurses got their results and great news is—they all passed.

This group of dedicated women spent over 39 hours studying together. From December until April eleven nurses in the Capital Health region from the University of Alberta, Royal Alexander and Misericordia Hospital would meet to prepare to write the exam. Each nurse was assigned a topic. They would then have to prepare a presentation they could use to teach to the group.

One night a week for three hours the nurses would congregate, have dinner and study hard. Some of these nurses have



Pictured from left to right: Sylvia Treloar, CNE for Orthopaedics and Pre-Admission Clinic; Deb Chalupa, Acting Patient Care Manager for Orthopaedics and Pre-Admission Clinic; Fred; Gwen Sergenson, Charge Nurse 6 West Ortho; Jackie Simpson, Charge Nurse 6 East Ortho

been practicing Orthopaedics for more than twenty years but they still managed to learn new information. "It really demonstrated how progressive Orthopaedic's medicine is," says Deb Chalupa. "It is also pretty gratifying to test your knowledge and become apart of this group."

To be nationally recognized in your field takes a great deal of dedication and commitment. This time commitment is a lot easier if you are with a good group of people. "We really are a fantastic group of friends," says Sylvia Treloar. "We are very close. It is nice to know we can rely on each other." 



fulfillment at work

Hot off the press is a new Caritas recruitment brochure aimed at nursing and allied health professional staff.

Know someone who is considering a major career decision? Why not send them a copy!

Call 735-2244 for details.

HR Advisors


Receive Rooney Award

Bert Vriens, Manager of Human Resources

Recruitment of staff is a top priority and challenge for Caritas, as is the reality for many Canadian healthcare employers. The Human Resources team is responding to this challenge with enthusiasm and a commitment to raise the Caritas profile at key health care career fairs—specifically those that target nursing and allied health care staff. Over the past year we have done just that, sending representatives to a total of ten career fairs and conferences in the city, province and throughout the country. We look forward to showcasing Caritas in several important recruitment events in the months ahead—in St. John's Newfoundland, Halifax, Fredericton, and Toronto. Also, Cesar Sandoval, has joined the Human Resources recruitment team, bringing significant clinical experience as well as



first hand knowledge of international nursing to his new role as Nurse Recruiter.

I'm pleased to highlight two other important members of our recruitment team—HR Advisors Jayne Cunningham and Michelle Byer. The pair were honoured with "a Rooney" Exhibitor Award at the Edmonton Marskell Group Health Careers Fair this March for having the "Best Booth in Show". This award highlights excellence in booth theme, presentation, and overall appearance and is voted on by their peers. Congratulations Michelle and Jayne on this achievement! 

Ensuring Optimal Care

from admission through discharge

Caritas has incorporated a new role to the care team with nurse practitioners joining the Internal and Family Medicine units at Misericordia Community Hospital. “This was a tremendous opportunity to change the way we work and improve quality of care,” says Alison Morin, Director of Medicine and Geriatrics at the Misericordia. “Everyone benefits from having nurse practitioners on board—patients and health professionals alike.”

Nurse practitioners have graduate education and experience in order to be able to provide expert clinical decision-making and critical judgment when assessing and treating patients. “The role was borne out of need,” says nurse practitioner Kim Scherr. Increased complexity in people’s health conditions and demands on physicians’ time, along with a need for consistent support and timely interventions on the unit, meant that someone with an advanced skills set was required.

Nurse practitioners focus on ways to improve quality of care for patients and have the ability to diagnose, assess and treat patients—including seeking consults, ordering diagnostic tests and prescribing medication. Practitioners provide clinical expertise and function as coordinators.

“We look at the whole person when we are doing assessments so will call on our colleagues in areas such as social work, rehabilitation medicine and spiritual care to meet with patients,” says practitioner Gay Lam. Weekly interdisciplinary rounds ensure that everyone involved in a patient’s care is updated. “The rounds are also opportunities for us to talk with other health disciplines to come up with better solutions for patient care,” says Kim.

Working with families of patients is also an important aspect of the nurse practitioner role. Through formal and



informal family meetings, practitioners convey medical updates and provide as much information as possible so that patients and families can make informed choices and know what resources are available to them. “We build relationships

of trust with patients and their families,” says practitioner Manju Enjati. “They know we are there from admission right through discharge.”

“Nurse practitioners complement our work as physicians,

providing important continuity of care,” says Dr. Stan Kroeker, a family physician who cares for patients at the Misericordia. “Their diligent attention to both the details and the overall care of inpatients, gives me the time and support I need to also serve patients in the community through my family practice.”

Nurse practitioners also have a role to play in supporting nursing staff on the unit to better enable them to do their work. With practitioners available to track the progress of patients, follow up on consults and provide timely interventions, the registered nurses on the unit can focus greater attention on bedside care and practice within their scope of responsibility.

Alison believes what the nurse practitioners do each day helps Caritas live our mission of Healing the Body, Enriching the Mind and Nurturing the Soul. “They promote holistic care for the patient and family,” she says. “They look at the physical, emotional and spiritual.”

This sense of fulfillment and connection is very much present in the minds of the nurse practitioners. “I love my job,” says Manju. “It is the best combination of patient care and autonomy of practice.” Both Gay and Kim echo this sentiment, adding that every day is a new experience with opportunities to learn and be stimulated. 🇺🇸

“We build relationships of trust with patients and their families. They know we are there from admission right through discharge.”

Staff Education

Caritas Corporate Orientation

To register your staff, call 57205

Monday, October 2, 2006

Grey Nuns

Wednesday, November 22, 2006

Edmonton General

Monday, December 4, 2006

Misericordia

Upcoming Nursing Education Fairs

Misericordia Community Hospital

- October 23
- November 13

Grey Nuns Community Hospital

- October 18
- November 8

Upcoming Events

Osteoporosis Workshop

Invest in your bones!

Join us for a relaxing discussion about osteoporosis and osteopenia including fracture risk evaluation, interpretation of bone density reports, nutrition, exercise and treatment options. Learn some practical strategies to improve your bone health by attending:

Thursday, September 28 or

Thursday, November 16

9:30 to 12:30 pm

Grey Nuns Community Hospital

Space is limited. Pre-registration is required.
To register call 735-73216.

17TH ANNUAL

Palliative Care Conference

EDUCATION AND RESEARCH DAYS

October 23 and 24, 2006

Fantasyland Hotel, Edmonton

For more information, call 482-8081

E-mail: www.pallconf.gnch@cha.ab.ca

Website: www.palliative.org



CARITAS HOSPITALS FOUNDATION 14TH ANNUAL HOME LOTTERY

Thank you Caritas Health Group staff, physicians and volunteers for making last year's event so successful. \$1.95 million was raised to help support the establishment of Minimally Invasive Surgical Suites at the Grey Nuns Community Hospital and support the Caritas Hospitals Foundation Board Endowment

2006 PROCEEDS

New Surgical Centres of Excellence at the Misericordia Community Hospital & Caritas Hospitals Foundation Board Endowment Fund

72,000 tickets are being sold (singles and 3-packs)

PRIZES - 1 in 15 chances to win

- Early Bird Prize-2007 Mercedes-Benz SLK 350 Roadster and \$50,000 cash
- Three Grand Prize Showcases include a beautiful Jayman Master built home that is fully furnished, decorated and landscaped, plus a 2006 BMW 323ia
- 4,807 prizes in all, worth over \$3M
- Grand Prize Showhomes are open to the public commencing Aug.19 and located at 504, 506 and 508 Stewart Cres. SW, in the Estates of Summerside, Edmonton

HOW TO PURCHASE YOUR TICKET(S)

- In person at Grey Nuns and Misericordia ticket kiosks in the main lobbies
- In person At Foundation Office at the Edmonton General
- In person commencing August 19 at the three Grand Prize Showcases
- By phone with Visa or MasterCard: 702-2995 in Edmonton; 1-877-819-8885 elsewhere in Alberta
- Order online: www.CaritasHospitalsHomeLottery.com
- Order by Mail: complete the official ticket request and send it with your cheque, money order, VISA or MasterCard # to:
Edmonton Home Lottery 2006,
Box 1850, Stn. Main,
Edmonton, AB T5J 4V5

DRAW DATES

- Early Bird Deadline: Midnight, October 26, 2006
- Early Bird DRAW DATE: November 7, 2006
- Final Ticket Sales Deadline: Midnight, November 14, 2006
- Final DRAW DATE: November 23, 2006

TICKETS ARE ON SALE NOW!

Thank you for your Continued Support & Good Luck!!!

Lottery License #239391

Caritas News

Facilities Management Team Update

Brian Monaghan was appointed the new Corporate Director of Planning and Facilities Management for Caritas Health Group this May. A familiar face to Caritas, Brian had served as Facilities Manager for the Grey Nuns Community Hospital for the past four years, providing leadership to the site's Facilities team. "I'm very pleased to welcome Brian to his new role," notes Caritas Vice-President Greg Hadubiak. "Certainly he will bring not only years of experience in the field to the role but his several years of work with Caritas will also provide continuity to Facilities Management and Security Services during this significant growth period for all of our services."

Joining Brian's team this summer are Bruce Andrusiak, the new Facilities Manager for the Grey Nuns site and Larry Bush, the new Facilities Manager for the Edmonton General Continuing Care Centre. Richard Ferchoff continues in his role as Facilities Manager at the Misericordia Community Hospital.

Caritas Dragon Boat Team

The 10th Anniversary Dragon Boat Festival was held August 18-20, 2006 at Government House Park. Approximately 25 Caritas staff members were involved this year on the Holy Rowers Team. Congratulations to all who participated!

Caritas Nutrition & Food Services Week



Over 300 Nutrition and Food Services staff celebrated Caritas Nutrition & Food Services

Week April 3-7 with Reality Challenge Week. Staff tested their mental and physical mettle with everything from "Face Your Food Fear Factor" to "Ultimate Survivor". Fun was had by all!

"Bowled" Over

Environmental Services, Nutrition & Food Services, and Laundry, Linen, and Distribution staff from the three Caritas sites got together for pizza and fun on July 12, 2006 at the Callingwood Bowling Lanes. They were "bowled" over in laughter!



Meals on Wheels Fundraiser



A very successful bake sale organized by Dwight Boisvert (Food Services) with support from Misericordia Hospital employees and the Boisvert family raised almost \$800 for Edmonton Meals on Wheels. Alison Morin (Interim VP) presented the proceeds on behalf of everyone to Liz Tondou (Executive Director, MOW).

New Names for Caritas Additions

The additions to the Grey Nuns and Misericordia Community Hospitals which were initially referred to as Day Clinic Support Buildings are now called to Health Services Centres. The change, which came

into effect this June, was approved by the Caritas Board of Directors and is in keeping with a regional approach for hospital additions built as part of the region's capital plan Growing in Place 2010.

Act of Kindness

A heartfelt thanks to students Mikhail and Carter for the generous donation to the Grey Nuns Neo-natal department that was collected through sale of original pictures, magnets, painted rocks, buttons and bookmarks. Your act of kindness has made a quite an impression on our Caritas team. Well done!

Congratulations Gemma!

Congratulations to Caritas nurse Gemma Roque on being awarded the Jacquie Tiltgen Memorial Award for the Capital Health region. This award is presented to a nurse who most effectively facilitates a positive Obstetrics/Gynecology rotation for medical students. "Gemma does an excellent job with her patients and the students she works with whatever the discipline. She is very deserving of this award," says Manager of Labour and Delivery, Heather Crosland, Grey Nuns Community Hospital.

Beau Geste Deli & Grill Re-opening

By Jolene Martin, Business Manager
Thank you to all those who attended the Beau Geste Deli & Grill re-opening at the Misericordia Community Hospital this summer. We hope to see old and new customers enjoy our new menu and specials on Wednesdays. Associates of Caritas is proud to have announced our annual donation of \$400,000 to Caritas Health Groups three sites which will assist patient and residence through the purchases of medical equipment, program and supplies. Thank you to all those who made this donation possible.

Athabasca University Team thanks the Misericordia

By Cecilia Bloxom, Public Affairs,
Misericordia Community Hospital



Top row left to right: Susan Poonai, Instructor, Athabasca University; Serina Reay (Surrey); John Akiyayamen (Toronto); Alison Blair (Calgary)
Bottom left to right: Juliet Onabadejo (Toronto); Sonya Biamonte (Edmonton); Alexis Ranger Edmonton)

The Centre for Nursing and Health Studies from Athabasca University wishes to acknowledge Unit Manager, Sally Stuart and all the staff of 7 East at the Misericordia Hospital for the excellent learning experience they have facilitated for the six students completing their NURS 401 practicum during the month of June, 2006. NURS 401 is a 4-credit clinical course during which students are expected to integrate and apply theoretical concepts in the provision of nursing care for adults experiencing acute and/or chronic alterations in health and their families.

Further Post LPN BN program information and course descriptions are available online at www.athabascau.ca/cnhs or contact the Centre for Nursing and Health Studies at 1-800-788-9041 local 6381.



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caritas.ab.ca

- job postings
- employee information
- program information
- inspirational stories
- ...and more



13th Annual

“Everyone’s A Winner” Golf Tournament

Working Together. Giving Our Best. Showing We Care.

On Monday August 28th, our community joined together to celebrate the 13th Annual Caritas Hospitals Foundation “Everyone’s A Winner” Charitable Golf Tournament.

This year, with 176 players, 63 Major Event Sponsors, and over 60 volunteers, the Caritas Hospitals Foundation was able to raise over \$100,000 net revenue for the Tertiary Paediatric Care Unit at the Grey March Community Hospital. The success of these supporters has enabled us to provide the highest quality of patient compassion and dignity of care to those who are in their final stages of life due to an incurable disease.

Thank you!

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Caritas Hospitals Foundation
A Foundation of the Edmonton General & Grey March Hospitals



Let's Do The Math Weight Management Presentations

Presented by Ruth West, Registered Dietitian

- ★ Come taste healthy foods! Learn from food demos!
Practical "everyday" ideas
- ★ Leave each session with nutrition goals that fit into your lifestyle.

Saturday, September 23 9 AM to noon

- ★ I learn how to "tame" your snacking...
...and be successful at making a lifestyle change.

Saturday, October 21 9 AM to noon

- ★ Come explore the surprising facts and figures
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- ★ Learn how to put together meals that will
make you feel full with fewer calories.

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- ★ Holiday strategies for parties, buffets and eating out
Learn the magic of choosing quality over quantity



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for information and to register.
\$10/presentation at the door

Held at the **Grey Nuns Community Hospital**
3015 69 Street, Edmonton

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- Process Quality Management

For details on dates, times and locations, contact

Cathy Kirkland @ 735-2724,
e-mail ckirklan@cha.ab.ca

or visit the Caritas intranet at
www.intranet.cha.ab.ca/
Caritas-OrgDevelopment.

Workshops & facilitation sessions are Free to Caritas staff

There is a small fee for non-Caritas staff.

For information on how you can support the Caritas Hospitals Foundation or for details on our Planned Giving opportunities, please contact:

Caritas Hospitals Foundation
3C60, 11111 Jasper Avenue
Edmonton, Alberta T5K 0L4
(780) 482-8126 (phone)
(780) 482-8195 (fax)
Foundation@caritas.ab.ca

www.caritashospitalsfoundation.org



Caritas Hospitals Foundation

insight

A newsletter for the Caritas community

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