



## Hamilton Health Sciences

# insider

THE BIMONTHLY NEWSLETTER OF HAMILTON HEALTH SCIENCES

### Message from Murray T. Martin, President & CEO

As the New Year approaches, I want to take this opportunity to reflect on our accomplishments and challenges through the past year, and give you a sense of what is to come in 2010.

While 2009 was challenging in many ways, everyone at Hamilton Health Sciences can take pride in our numerous achievements over the course of the year. The opening of RBC Child and Youth Mental Health Unit; the completion of the Regional Rehabilitation Centre and David Braley Cardiac Vascular Stroke Research Institute at the General; the world and provincial firsts in molecular breast imaging and CyberKnife radiosurgery technology at the JCC and Henderson; the opening of the Alexander Pavilion at St. Peter's; the new Inflammatory Bowel Disease Clinic at MUMC; the launch of the Internationally Educated Nurse Integration Project; and the rollout of eCARE, are just a few of the highlights.

These accomplishments reinforce what we already know – that we are leaders in innovation and quality care. It's also clear that accomplishments don't happen in isolation. They grow from teamwork, and the contributions each individual staff member makes, whether it be the nurse checking vital signs, a cleaner scrubbing equipment, or a surgeon extracting a tumour. It is the everyday successes that support great achievements. You have much to be proud of, and I thank you for all that you have done throughout 2009.

While we marked many important milestones in 2009, it was also a difficult year when it came to finances. We needed to search for \$25 million in cost savings. Detailed benchmarking and consultations with staff, physicians and suppliers found opportunities for savings and built an even more efficiently run organization. But this also required job changes for some staff and we were forced to say good bye to a few of our valued colleagues. I recognize how difficult that has been, and I do not take these hardships lightly.

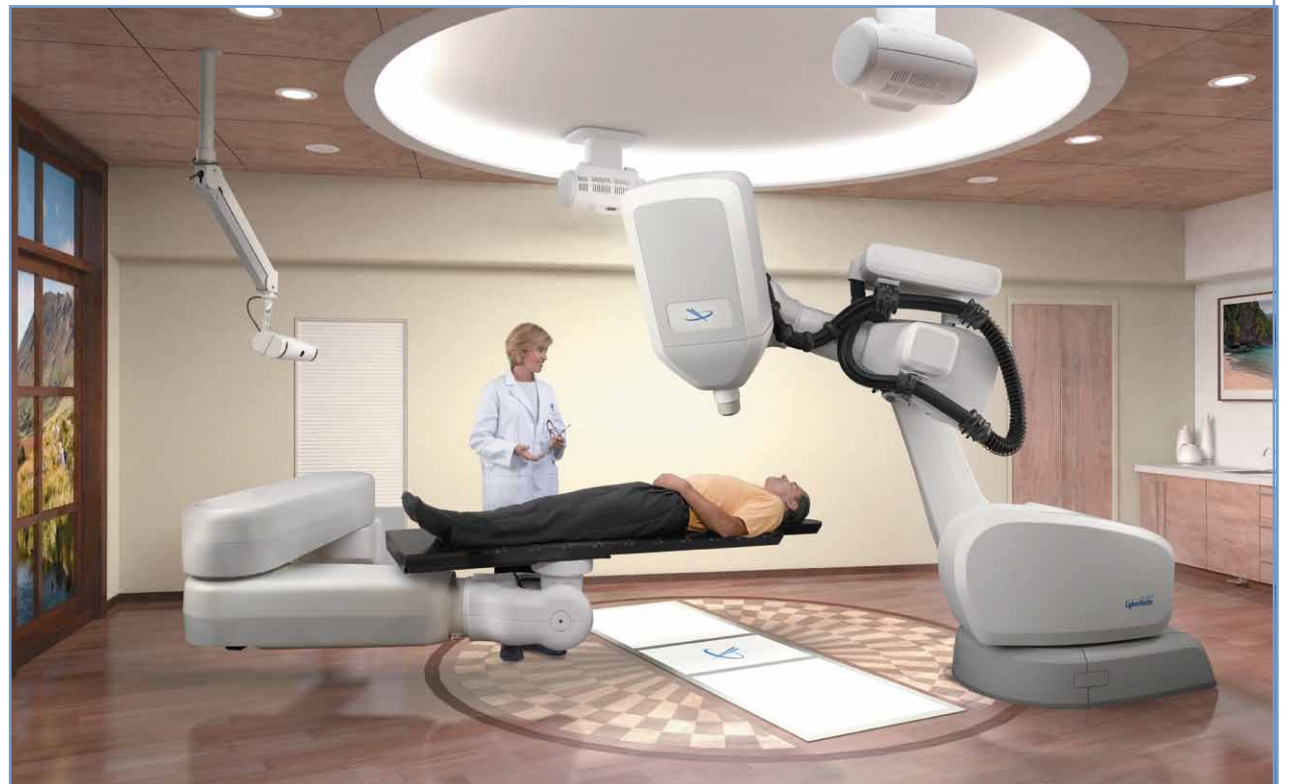
I wish I could say that we are through it, and that 2010 would focus solely on the achievements. But as you know, in health care, change is constant and there are more challenges ahead. The magnitude of change we will see next year is unprecedented when combining the advancement of our clinical realignment program (Access to the Best Care - ABC) and further budget constraints. So I want to take a moment to reiterate the differences between the two.

Access to the Best Care is **our vision**, created by our staff and physicians to ensure that we are organized to make the best possible use of our staff, equipment and facilities. It's only by utilizing those precious resources carefully that we will be able to build a local and regional health care system that is strong, sustainable and agile.

Extensive planning involving hundreds of our staff members continues as we work towards realizing the goals of ABC. The major milestones will include:

- Opening of Phase 1A of the new Henderson - August 2010
- Hematology Oncology consolidation from MUMC to Henderson - August 2010
- Urgent Care Centre – planned opening early 2011
- Clinical Teaching Unit transfer from MUMC to Henderson – anticipated timeframe mid 2011
- Major clinical activity transfer – anticipated timeframe mid 2011

- Continued on page 4.



**Advancing cancer care** – The CyberKnife Robotic Radiosurgery System is designed to treat tumours anywhere in the body with sub-millimeter accuracy.



## Ontario's first CyberKnife technology coming to Juravinski Cancer Centre

Ontario marks a milestone with the announcement of the province's first CyberKnife Robotic Radiosurgery treatment option for cancer patients at Juravinski Cancer Centre. The technology will offer many cancer patients an effective alternative to surgery for some cancers.

The technology is the world's first and only robotic radiosurgery system and is designed to treat tumours anywhere in the body with sub-millimeter accuracy. Within Canada, this form of radiation therapy is only available at one Quebec cancer centre and is new to Ontario.

"The addition of the CyberKnife to Ontario is great news for cancer patients," said Terrence Sullivan, President and CEO, Cancer Care Ontario. "This new technology allows a level of precision that is not currently available for some cancer patients, especially for those who have tumours that are considered inoperable or surgically complex."

Unlike a traditional radiation treatment machine, which delivers radiation in a linear way, the CyberKnife system has a robotic arm which can move around the patient to deliver radiation. It has a sophisticated tracking system that uses X-rays to ensure that the radiation beam is directed precisely where the patient requires treatment. In addition, this image-guided approach continually corrects for any movement, such as breathing, helping to ensure that the beam is optimally positioned during the entire treatment.

The CyberKnife system uses larger doses of radiotherapy per treatment, with each session lasting 30 to 90 minutes. This means that most patients will require only one to five treatments, compared to 20 to 30 treatments

for conventional radiotherapy. Additionally, because the system is so precise, tissues and organs around the tumour and in the path of each beam receive very little radiation.

"The Juravinski Cancer Centre is renowned for our expertise in clinical trials and evaluating shorter, more effective radiation treatments for cancer patients," said Dr. Bill Evans, President of the Juravinski Cancer Centre. "We're looking forward to developing further research into the use of this technology to decrease treatment time for patients with cancers of the prostate and breast."

The Juravinski Cancer Centre Foundation raised approximately \$1 million towards the cost of the CyberKnife which will replace an older piece of equipment currently at the hospital. It will be available for patient use in spring 2010.

"We are grateful and thrilled with the generous support we've received from Mischa Weisz, SC Johnson Canada and other supporters of the Juravinski Cancer Centre Foundation who have made the acquisition of the CyberKnife possible," said Pearl Veenema, President and CEO, Hamilton Health Sciences Foundation.

Mischa Weitz, a Hamilton businessman who died of cancer in October 2009 at age 53, contributed \$500,000 to the CyberKnife. "He didn't win his own battle, but he knew his gift would ensure that other families and patients would win their battles," said his wife, Connie Weisz.

SC Johnson Canada, Brantford donated \$250,000 to the cause.

- Continued on page 3.



## Celebrating staff and volunteer milestones

On November 26, staff members and volunteers celebrating their 25th, 40th and 45th year with Hamilton Health Sciences were honoured at a special celebration in Marg Charters Auditorium at the General.

Seventy-two of the 146 staff members and volunteers celebrating these important milestones attended a tea where they received gifts and their service pins. Staff mingled while enjoying snacks and beverages and later listened to congratulatory speeches from Murray Martin, President & CEO of Hamilton Health Sciences, and Louise Taylor Green, Vice President, Human Resources and Organizational Development.

“Thank you on behalf of our patients and families for being there when they needed you the most,” said Louise to those in attendance. “You are living our values during a time when the demands on the health care system couldn’t be greater and I am so proud to be here honouring you today.”

“I had such a lovely time at the reception. After 40 years of hard work and dedication, it’s so nice to be recognized,” said Myrtle Mills, an RN on 5 South at the General.

Staff members celebrating five, 10, 15, 20, 30 and 35 years were able to pick up their service pins at the holiday staff teas which took place at each site this month.

Check your e-mail for the January 6 issue of Insider Express for the list of staff members celebrating their 25th, 40th and 45th year.

**A dedicated bunch** – Louise Taylor Green, Vice President, Human Resources and Organizational Development (left) and Murray Martin, President & CEO (right) congratulate 40-year pin recipients, from left: Mary Ellen Mattina, Joanne Mills, Myrtle Mills, Carol McIlwain, Barbara Laughland (volunteer), Marilyn Miller.



## House Calls with Christine Todoroff

**Q:** How can I eat healthy during the holidays when there’s so much delicious, tempting food?

**A:** A recent study found that Canadian adults don’t meet the minimum recommended number of servings from any of the four food groups in Canada’s Food Guide. So the first answer to eating healthy during the holidays is to go to [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) and get a copy of Canada’s Food Guide.

When most people ask the question “How can I eat healthy during the holidays?” they are really wondering how to keep from gaining weight. As a Registered Dietitian, I would make the following suggestions:

- Stay away from high calorie/high fat foods. These can usually be identified by their silky sauces, crunchy coatings and decadent appearance. Instead, focus on less adorned foods and use lower calorie condiments such as specialty mustards, cranberry/fruit sauces and salsas or chutneys.
- Alternate soda water with your favourite seasonal drink.

- At a buffet, survey the table before you even pick up your plate and stick to the fractional style of eating: ½ your plate full of vegetables, ¼ starchy food and ¼ meat, fish or poultry.
- Treat yourself to a special dessert but don’t do this every day.
- Focus on people at parties. Catching up with family and friends keeps your mouth occupied.

I recently did my own survey and observed the eating habits of three women I know. Each of these ladies is at a healthy weight and has a good relationship with food – they don’t obsess about every morsal they put in their mouths and they eat a bit of everything. Here’s what I learned about their habits and how they control their weight year round:

**They make choices.** When D goes out for a special dinner she always wants to have dessert so she passes on the appetizer (although she’ll often ask her husband for a taste.) If you prefer savoury foods and want an appetizer, pass on dessert or share it with someone else.

**They apply balance.** The day after having a large meal, C eats less. She’ll have more fruit and less cereal at breakfast; she’ll eliminate the butter, margarine or mayo on her sandwich and have more raw veggies on the side; she prepares her family’s main meal with no sauces and accompanies it with baked potatoes topped with salsa and eats her vegetables plain. Dessert that evening is always fruit. In fact, she uses this basic menu throughout the holidays to balance out social gatherings.

**They indulge then they stop.** If M feels like having a shortbread cookie she has one or two. And that’s the secret, she stops when she’s had her treat. She mindfully eats those two cookies and savours each bite. How many times have you eaten four of Aunt Lucy’s squares before you realized they were gone?!

The best way to eat healthy during the holidays is to eat what you want when you want it, but keep the indulgences balanced with lighter fare. If you develop this habit, you’ll be eating healthy all year long!

**Christine Todoroff is a Registered Dietitian at Hamilton Health Sciences.**



## An Evening of Remembrance helps parents and staff deal with the death of children at McMaster Children's Hospital



**Sharing special moments** – Dr. John Watts, Neonatologist, started An Evening of Remembrance nine years ago to help parents deal with the loss of their children. Here, he holds a copy of the touching dragonfly story that is read at the event and is given to parents as a keepsake, along with a dragonfly pin.

The evening includes parents lighting candles for their lost children, a series of non-denominational readings by An Evening of Remembrance committee members, parents and siblings, and a musical performance by the Hamilton Philharmonic Youth Orchestra. All of these elements bring a sense of comfort to those in attendance.

The opportunity for the parents to meet with each other and share similar feelings and difficulties is something they are particularly grateful for. Coming back to the hospital and seeing other parents who are in a similar situation gives them a great deal of relief and is very positive for the family.

"I remember one mother who, because she was part of a small community, had not been able to share her feelings with other members of the community. She collapsed in tears talking to me during the Evening of Remembrance because it was the first opportunity she really had to share some of her grief and feelings; that was a particularly special moment for me. It is the ability to share grief that can be so important to these parents and that makes it all worth while," said John.

The committee would like to see more staff members become involved in the annual event because it is difficult for staff to deal with the death of their patients and it can benefit them to share in the bereavement. It is also often an opportunity for parents to say a second thank you to the staff.

"I'd like to thank the committee members for their dedication to this annual event," said John. "Without their commitment, it would not be possible."

Over the past nine years, a special group of McMaster Children's Hospital staff, including social workers, nurses, chaplains and doctors, has developed a unique way to assist families in dealing with the death of their children.

Dr. John Watts, Neonatologist at McMaster Children's Hospital and Professor and Associate Chair, Education, in the Department of Pediatrics at McMaster University, is the architect of the "An Evening of Remembrance" event held each year at McMaster Children's Hospital.

After attending a session on bereavement at the Canadian Pediatric Society in Montreal 10 years ago and learning that a few other hospitals had introduced the idea of a memorial service, it became apparent to John that, although the Neonatal Intensive Care Unit (NICU) was doing good work at the time of death and immediately afterwards, they saw relatively little of the parents later on.

"We had always recognized that bereavement in the case of children is not something that can be resolved quickly and certainly not easily," said John. "It is a particularly devastating event for a family to have a child die, whether that child has been with them for 10 years or 10 minutes."

The Evening of Remembrance, which is a secular, multi-faith, multicultural event, is a time when the families of those children who passed away at McMaster Children's Hospital can come together with the staff once again.

"It is important for parents to know that the hospital staff has not forgotten them," said John. "They become very close to the members of the staff in many cases, particularly with older children. They find a lot of relief and a lot of gratitude for just simple things that recognize that this death wasn't just something that happened but that the staff remember and care."



## CyberKnife technology offers new option for cancer patients at Juravinski Cancer Centre

- Continued from page 1.

A selection process was held by Cancer Care Ontario to determine the location of host centres for this technology. After evaluating applications, an expert panel selected Juravinski Cancer Centre to be one of two sites in Ontario, with the Ottawa Hospital also in line to host the Cyberknife technology.

"The expert panel chose the Juravinski Cancer Centre because of its terrific program in general but also because of the terrific Radiation program led by Dr. Tim Whelan," said Michael Sherrar, Vice President, Planning and Regional Programs, Cancer Care Ontario. "Of all the regions in Canada, the JCC in Hamilton is consistently at the top for improving the cancer system."



**A first in Ontario** – The Juravinski Cancer Centre will be the first cancer centre in Ontario to receive the state-of-the-art CyberKnife Robotic Radiosurgery System. From left to right: Dr. Tim Whelan, Head of Radiation Oncology at JCC, and Head of the Division of Radiation Oncology in the Department of Oncology at McMaster University; Dr. Bill Evans, President of JCC, and Regional Vice-President, Cancer Care Ontario; and Michael Sherrar, Vice President, Planning and Regional Programs, Cancer Care Ontario.





## Message from Murray T. Martin

- Continued from cover

As soon as the plans for these changes are finalized, we will share the details with the individuals most affected. In the meantime, I know the professionalism and commitment of all staff and physicians will ensure patients' needs will continue to be met.

Budget challenges are the result of **external factors** – a battered economy that will severely restrict any increase to hospital funding from the provincial pocketbook. The Ontario government set the stage when it revealed the province is suffering an unprecedented deficit. I have written previously that we are anticipating – at best – a 2 per cent increase in funding next year. With costs rising more than 4 per cent, that will leave us with a shortfall of \$17 million next year.

That's a tough blow for an organization that has already worked so hard to ensure we are operating as efficiently as possible. Unfortunately, following this year's reductions, we know further cuts will affect services and staff. Early in the New Year, once consultations are completed and we've finalized our decisions, we will communicate next steps.

I realize this is a difficult message that comes at a time of year when we want and need to focus

on family and holiday celebrations. But it is also my responsibility to provide information to you as soon as I am able and that is what I am trying to do here. I know you will continue to demonstrate your dedication and caring as we work together to pursue our goals and face our challenges.

Over the next couple of weeks, the site executive leads are hosting staff forums. I plan to attend each one and will be there to speak to our challenges and answer your questions. Please attend if you can.

**The staff forums will be held:**

**December 14, 2:30 - 3:30 p.m. - Chedoke**

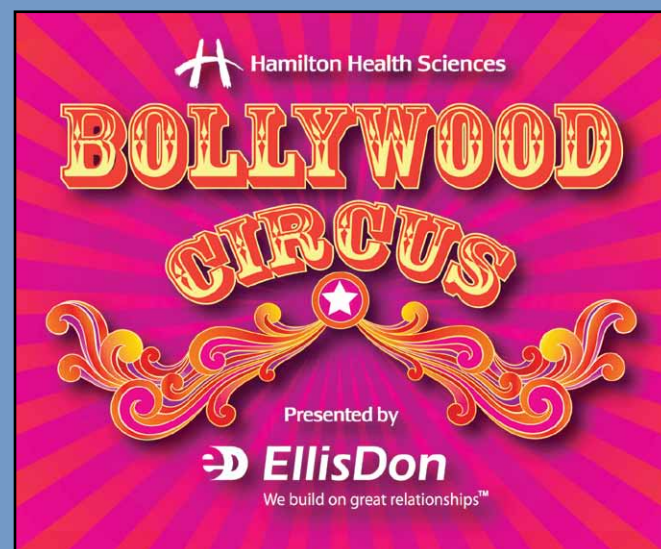
**December 15, 12 - 1 p.m. - MUMC**

**December 18, 1:30 - 2:30 p.m. - St. Peters**

**December 21, 10 - 11 a.m. - Henderson/JCC**

**December 22, 2:30 - 3:30 p.m. - General**

If I don't see you at the forums, please accept my best wishes for a happy holiday season. While I know many of you will be working, I hope you will find some time to spend with your family and friends. Thank you for all you do to serve our patients and for helping to keep our organization strong during these challenging times.



Save February 20, 2010 for Hamilton Health Sciences' gala to support HHS research initiatives, including the New Investigator Fund.

This event will honour Dr. Peter Rosenbaum, Director of the McMaster Child Health Research Institute.

For one night the Hamilton Convention Centre will turn into a Bollywood Circus! You won't want to miss this entertaining and colourful evening!

For tickets please visit [www.hhsgala.ca](http://www.hhsgala.ca) or call 905-521-2100 ext. 76871



## Diabetes clinics implement eCare

On November 17, electronic clinical documentation was further expanded to include the Diabetes Clinics at MUMC and on Wellington Street. Electronic documentation makes patient information immediately available in an easy-to-read and organized electronic chart. It also makes it possible to standardize documentation processes – including focus charting – across all disciplines and clinical areas at HHS, and facilitates the sharing of information between units, departments and health care providers.

**Ready to go – The Diabetes Clinic at 293 Wellington St. goes live with eCare.**

**Front row: Brenda Murch, Anita Gupta, Cheryl Miller  
Back row: Teresa Tucci, Anka Brozic, Jennifer Holterman, Cynthia Lambert, Susan Noyes, Marian Wheeler.**



The Insider is published bi-monthly by Hamilton Health Sciences Public Relations & Communications Department.

The next Insider will come out February 3, 2010. Look for the next Insider Express in your e-mail January 6, 2010.

**Manager**  
Heather Pullen

**Editor**  
Carly Baxter

**Graphic Design**  
Simon Oakley

**Contributors**

Lillian Badzioch	Peter Foulds
Agnes Bongers	Bridget Greer
Shannon Cotnam	Eva Infanti
Cyprian Estrada	Michelle Sharp

Hamilton Health Sciences  
McMaster University Medical Centre  
Room 1K, 1200 Main Street West  
Hamilton, ON L8S 4J9



## McMaster Children's Hospital: 20 Years and Growing

Please join us in celebrating the official grand opening of the **2G Child and Youth Clinics**

**THURSDAY, DECEMBER 17 | 10 A.M.**

**At the MUMC/MCH front entrance on the second floor  
1200 Main Street West, Hamilton**



The new clinic will bring together more than 20 ambulatory clinics from McMaster Children's Hospital into one bright, child, youth and family-friendly area that will serve as the new geographical front to the children's hospital. The redevelopment represents the continued growth of the hospital as it celebrates 20 years of caring for children in this region.

**Join us for cake and refreshments.  
Guided staff tours of the new facilities from 11 a.m. - 3 p.m.**

**WE WANT TO  
HEAR FROM YOU**

**The Insider welcomes comments and suggestions.  
Contact us at:  
[publicrelations@hhsc.ca](mailto:publicrelations@hhsc.ca) or (905) 521-2100 ext. 75387.  
Visit us online at [www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca)**