Dear All,

Another year, another RSNA. It reminds me of my first RSNA, I won’t tell you how many years ago, in Atlanta, long before it elected to set its home in Chicago. I was in second year of residency and replaced a colleague who had been awarded a bursary to present his research there and couldn’t go as he had just been diagnosed with diabetes. I was reminded vividly about this RSNA, as my colleague and friend just passed away two months ago. At the time, I was conducting research on a novel doppler ultrasound technique to differentiate acute tubular necrosis from rejection in renal transplants, and I was so thrilled to meet Edvig Hricak, who at the time was a rising star of radiology at UCSF, long before becoming Chairman at Memorial Sloan-Kettering, and already a recognized expert in the field. That was really worth the trip and I’ll never forget the excitement. I hope that our residents going to their first RSNA can experience the same kind of excitement.

Things have changed since my first RSNA, and the highlights this year were dominated by the growing penetration of Artificial Intelligence. Each vendor had to show something coined AI, and for the first time, there was an entire hall dedicated to AI. AI is here, and we have to make sure that we make the best use of it. It is up to us to identify the best solutions and convince our administrations to implement them in our practices. It is a priority for me to encourage research in AI in our Department by making tools and support available to all interested.

A new lung disease induced by vaping is creating a lot of interest, and advances in breast and lung screening as well as prostate imaging were also among the top presentations. I went to an excellent session on thyroid imaging, where we saw a huge increase in the number of cancers but no increase in mortality, which is pretty reassuring.

As my term as Chair is coming to an end, I want to take the opportunity of this newsletter to thank you for your support these past 12 years; thank you for the miracles that you perform every day in such a constrained fiscal environment; thank you for your positive impact on our patients, making their experience less stressful and improving their health. All together, we made this department one of the best in Canada and it has been (and will still be) a privilege for me to work with you all.

I wish you all a wonderful holiday season, may the new year bring you and your families health and happiness.

All the best,

David Koff
Department of Radiology
Visiting Professor Program
2020

Hold these dates for more Visiting Professor series:

2020

January 7th and 8th
Jonathon Leipsic - Cardiac

February 4th and 5th
Sara Durfee – Ob/Gyn

March 3rd and 4th
Carlos Torres - Neuro

April 7th and 8th
Pablo Ros – Liver/ Abdominal

May 5th and 6th
Mark Cresswell - MSK

June 2nd and 3rd
Hooker Distinguished Award Lecture - Prof. Steve Halligan

Please go to Visiting Professor Program web page for more information and to view all of Visiting Professor group photos with our Radiology Residents at: http://www.fhs.mcmaster.ca/radiology/vpp/
Dr. Jonathon Leipsic
Professor, Radiology & Cardiology
University of British Columbia
Chairman, Department of Radiology, Providence Health Care
Vancouver Coastal Health
Vice Chairman of Research, UBC, Dept. of Radiology
Vancouver, British Columbia

Dr. Leipsic will be presenting on the following topics:

“CORONARY CTA FOR STABLE ANGINA IN 2020 - STATE OF THE SCIENCE”
Tuesday, January 7, 2020
6:00pm
St. Joseph’s Healthcare Hamilton
CAMPBELL Auditorium—Level 2—Room T2202
Juravinski Innovation Tower

“How to Read a Coronary CTA”
Wednesday, January 8, 2020
7:30am
St. Joseph’s Healthcare Hamilton
DOFASCO Boardroom—Level 2
Juravinski Innovation Tower

“CT of Valvular Heart Disease”
Wednesday, January 8, 2020
12:00pm
St. Joseph’s Healthcare Hamilton
CAMPBELL Auditorium—Level 2—Room T2202
Juravinski Innovation Tower
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<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>JURAVINSKI</td>
<td>0800 Resident Rounds (all rounds in DI</td>
<td>0800 MSK Rounds</td>
<td>0800 Resident Rounds</td>
<td>0700 Hepatobiliary Rounds</td>
<td>1100 Head/Neck Rounds JCC</td>
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<td>HOSPITAL AND</td>
<td>Conference Room)</td>
<td>1200 Resident Rounds</td>
<td>0800 Multidisciplinary Breast Rounds DST</td>
<td>0800 CNS Tumor Board</td>
<td>1200 Interesting Case Rounds</td>
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<td>CANCER CENTRE</td>
<td>(Rm)</td>
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<td>(3-88-JCC)</td>
<td>1000 Neuro Onc Rounds (Fellows)</td>
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<td>1200 Rad/Path Breast Rounds (Rm 106 E Wing)</td>
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<td>1200 Resident Rounds</td>
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<td>1215 DI DST Rounds</td>
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<td>1310 Sarcoma Rounds (3rd floor Conference Room JCC)</td>
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<td>1400 GIUP Rounds</td>
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<tr>
<td>HAMILTON</td>
<td>1200 Radiology Teaching Rounds</td>
<td>0700 Spine Rounds</td>
<td>0730 Vascular Rounds (5N Teaching Room)</td>
<td>0800 Stroke Rounds (David Braley Centre, General Campus, Auditorium)</td>
<td>0800 Neuroscience Rounds (David Braley Centre, General Campus, Auditorium)</td>
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<tr>
<td>GENERAL</td>
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<td>0800 Regional Cardiology Rounds (David Braley Centre, General Campus, Auditorium)</td>
<td>0800 Arrhythmia Rounds (Theatre Auditorium )</td>
<td>0800 CNS Tumor Rounds (DI Classroom) once a month</td>
<td>0800 Radiology Teaching Rounds</td>
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<tr>
<td>HOSPITAL</td>
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<td>0815 MSK Tumor Rounds (DI Classroom)</td>
<td>1230 M&amp;M Rounds (DI Classroom) set once a month</td>
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<td>1200 Combined Stroke Rounds (DI Classroom, Rm 2-158)</td>
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<td>1600 Trauma Rounds (Theatre Auditorium) M&amp;M Rounds 1st Tues. of month</td>
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<td>MCMASTER</td>
<td>0800 Pediatric Hot Seat Resident Rounds (3F)</td>
<td>1200 Adult Hot Seat Resident Rounds</td>
<td>0800 Adult GI Rounds (Room 2532)</td>
<td>0800 Surg/Rad/Path (SRP) Rounds (3rd Thursday of each month—Room 2532)</td>
<td>0800 Pediatric Hot Seat Resident Rounds</td>
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<td>UNIVERSITY</td>
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<td>1300 Neuro-oncology Rounds (3F)</td>
<td>0800 Nep/Ur/Rad (1 per month—3H40/3H41)</td>
<td>1200 Adult Hot Seat Resident Rounds</td>
<td>1200 GI Ped Rounds (Room 2532)</td>
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<td>MEDICAL CENTRE</td>
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<td>1300 Rheumatology (1 per month—2532)</td>
<td>0800 Child Maltreatment (quarterly—3N10)</td>
<td>1200 Peds Ultrasound (every 1st &amp; 3rd Thursday—Room 2532)</td>
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<td>ST. JOSEPH’S</td>
<td>1200 Ultrasound Rounds</td>
<td>0800-0900 Vascular Difficult Access Rounds</td>
<td>0800-0900 Neuroradiology Rounds (3rd Wednesday of each month)</td>
<td>1300 Hemon-Oncology (every 2nd week—Room 2532/Rad Office)</td>
<td>0715-0800 Colorectal Rounds</td>
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<td>HEALTHCARE</td>
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<td>(1st Tuesday of each month)</td>
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<td>1200-1300 Lung MCC Rounds</td>
<td>0730-0830 Radiology Respiratory Rounds (various dates)</td>
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<td>HAMILTON</td>
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<td>1200-1300 Resident Hot Seat Rounds</td>
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<td>(All rounds in DI Conference Room TO102 unless otherwise specified)</td>
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<td>1300-1400 Head &amp; Neck MCC Rounds (4th Wednesday of each month)</td>
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<td>1630-1730</td>
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<td>1200-1300 Interesting Case Rounds</td>
<td>1200-1300 MSK Radiology Rheumatology Rounds</td>
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<td>1300-1400</td>
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<td>1300-1400 Resident Hot Seat Rounds</td>
<td>1630-1730 Thyroid Malignancy Endocrine MCC Rounds (1st Wed. of each month)</td>
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<td>0800-0900 Vascular Difficult Access Rounds (1st Tuesday of each month)</td>
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<td>0800-0900 Breast Pathology Rounds</td>
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<td>Neuroradiology Rounds (3rd Wednesday of each month)</td>
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<td>0715-0800 Colorectal Rounds</td>
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<td>More information can be found on the McMaster ETA website: <a href="https://fhseta.mcmaster.ca/">https://fhseta.mcmaster.ca/</a></td>
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In Memoriam

Mary Grant

It is with heavy hearts that we would like to share, Mary Grant, a respected colleague and friend to many across Diagnostic Services, suddenly and unexpectedly passed away on November 19, 2019 at the age of 60.

In our thoughts are her children, Christopher and Katie, and the love of her life, her grandson, Marcus.

Mary’s 30 years were spent as a clerk at McMaster and then the last 9 years booking ultrasound from our Central Booking Office at HGH. She was a kind, fun, hardworking woman and just overall loved life. Mary will truly be missed by all.

A celebration of life for Mary was held on Friday, November 29th at the Moose Lodge in Hamilton. We would like to thank the HGH Radiologists for the donation of a memory box and Jeanine Risk for organizing and collecting memories of Mary from staff and colleagues. Jeanine presented this memory box to Mary’s family at her celebration of life.

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others”

~ Thucydides

“Many people will walk in and out of your life, but only true friends leave footprints in your heart”

~ Eleanor Roosevelt
Carol Dunne, Integrated Manager of Nuclear Medicine and Molecular Imaging at both Hamilton Health Sciences and St. Joseph’s Healthcare announced her retirement in December 2019.

Carol’s passion for Nuclear Medicine and Molecular Imaging was very evident in her day to day interactions with her staff and members of the HHS and SJH management teams. Carol was very effective in her role as an integrated manager and demonstrated a capacity and willingness to take on new responsibilities. This included the Imaging Informatics Integrated Manager position.

Carol’s last day with us was December 20th, 2019. We wish to thank Carol for her exemplary management and leadership skills that paved the way to the integrated partnership between HHS and SJH within the Nuclear Medicine portfolio. We will miss Carol’s friendly and inviting disposition and her dry sense of humour. We wish Carol all of the best in her retirement and life moving forward!

Congratulations on your retirement Carol!

Residents Holiday Gift Exchange & Potluck

Thursday, December 11, 2019
Once again this year the MUMC Adult Radiologists sponsored our Annual Christmas Party at the McMaster University Faculty Club. As always the dinner and venue were perfect. A welcome addition to the annual event was our very own Medical Staff Association Band, starring Charles Meli, Liz Cesar, Dr. Tony Carr, Gary Moniz and Sherry Moniz (absent Dr. Carine Wood). The event would not be possible without the commitment of Drs. Mernagh, Singh and Vora. Staff attendance has grown year after year which speaks to the enjoyment and engagement the evening brings. We look forward to the event next year, the venue has been reserved!!!

The Juravinski Radiology Department had their annual Christmas Party on Saturday, December 14th at Carmen’s Banquet Centre. It was a lovely evening, well attended and enjoyed by techs, nurses and residents!
Festive Lunch Celebration!

Thank you so much to the MUMC Pediatric Radiology Team; Dr. Nina Stein, Dr. John Donnellan, Dr. Kelly Ainsworth, Dr. Ali Yikilmaz, Dr. Mutaz Alnassar, Dr. Heba Takrouri and Dr. Yongdong Wang, who generously sponsored a Festive Lunch Celebration for DI staff on Wednesday, December 18th.

Staff were able to purchase raffle tickets or make toy donations to earn tickets for prizes and there were many prizes to be won!

The Pediatric Radiology Team was able to raise $568.00 in cash donations and lots of toys which will all go to McMaster Child Life! Thank you to all staff for purchasing tickets and making donations to this worthy cause! A Special Thanks to the MUMC Pediatric Radiology Team!!!

Congratulations to the BIG winners:
Niagara Couples Getaway - Lianne Broughton
Niagara Family Getaway - Betty K
TV - Linda Mitchell
Laptop - Lisa
Kindle - Donna
Kettle - Jeanine Risk
Keurig - Jackie
RSNA Conference 2019
December 1st to December 6th, 2019 - Chicago
McMaster Radiology Resident Presentations

- **Ultrasound vs CT-guided Peripheral Lung Biopsies: A comparison of safety, effectiveness and wait times.** Mirek Mychajlowycz, Abdullah Alabousi, Oleg Mironov

- **The Diagnostic Yield of CT Urography in the Workup of Hematuria with Negative Cystoscopy**
  Jessica Commons, Milita Ramonas, Abdullah Alabousi

- **A 2019 International Survey to Assess Trends in Follow-up Imaging of Blunt Splenic Trauma**
  Devang Odedra, Vincent Mellnick, Michael Patlas

- **MRI vs CT for the Detection of Liver Metastases in Patients with Pancreatic Carcinoma: A Comparative Diagnostic Test Accuracy Systemative Review and Meta-Analysis**
  Mostafa Alabousi, Matt McInners, JP Salameh, Janakan Satkunasingham, Yoan Kagoma, BM Meyer, T Aziz, Christian van der Pol
ATTENTION:
MEDICAL STAFF ASSOCIATION
( M S A )  M E M B E R S
HHS Winter General Business Meeting
&
15th Annual Art Show 2020
Thursday, January 23, 2020
Sheraton Hamilton Hotel

**RSVP - by January 3, 2020 to https://www.surveymonkey.com/r/MQXWTGG

5:30pm - Annual Medical Staff Art Show
6:30pm - Buffet Dinner and Award & Charitable Donations Presentations

The evening will begin with the display of our colleagues artistic talents and performance by the MSA Jazz Band. The General Business Meeting will consist of a quick update from the MSA Executive Committee, presentation of 2020 winner for Charitable Donations, our Consultant’s and Family Medicine Awards and the Ceremony for Years of Service Pins.

**NOMINATION letters for all awards are due by January 3, 2020**
EMAIL to msa@hhsc.ca

This includes nominations for 4 site awards:
The Dr. Clive Davis Award - Hamilton General Hospital
The Dr. Dan Dwyer Award - Juravinski Hospital and Cancer Clinic
The Dr. Jeffery Coates Award - McMaster University Medical Centre
The West Lincoln Colleagues’ Award - West Lincoln Memorial Hospital
A Great Big HUG

Awards – CME’s – Prizes – 50/50 – Lunch - Networking

JHCC Auditorium A4-4 - **February 29th** 8:00am to 3:45pm

Tickets $10.00 - $$ will be reimbursed at meeting to attendees

FOR MORE INFORMATION CONTACT:

farrell@hhsc.ca
chisala@hhsc.ca
whyte@hhsc.ca

PROGRAM HIGHLIGHTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>Registration opens</td>
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<tr>
<td>8:15am</td>
<td>Patients with Challenging Behaviours</td>
<td>Karen Robins</td>
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<tr>
<td>9:15am</td>
<td>#HHS Social Media at HHS</td>
<td>James Scarfone HHS</td>
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<td>9:45am</td>
<td>BREAK</td>
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<tr>
<td>10:00am</td>
<td>Togo: Imaging in the 3rd World</td>
<td>Ray &amp; Michelle Lappalainen</td>
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<td>11:15am</td>
<td>POCUS US “The Right Way”</td>
<td>Dr. Muzafar Gani Abdul Wahab</td>
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<td>11:45am</td>
<td>LUNCH/AWARDS/Wellness Talk</td>
<td>Michelle Cassidy</td>
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<td>1:00pm</td>
<td>Distal Bicep’s Imaging</td>
<td>Sarah Allred HGH</td>
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<td>1:45pm</td>
<td>Twin to Twin Transfucion</td>
<td>Jinal Patel MUMC</td>
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<td>2:15pm</td>
<td>BREAK</td>
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<td>2:30pm</td>
<td>Gestational Trophoblastic Disease</td>
<td>Andrea Koopman MUMC</td>
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<td>3:00pm</td>
<td>Penis US: What Your CEL Didn’t Teach You</td>
<td>Steve Zuccolo JHCC</td>
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You’re invited to the 1st Annual HHS spring fling
HHS MRT Education Day

Cost is $10 – attendees will be reimbursed at the event
50/50 – Lunch, education, awards, prizes, networking

Where:  Juravinski Hospital Auditorium
A4-4

When:  March 28th 2020
Registration Now Open!

WAVELENGTHS 2020 is our 2nd annual meeting offering research workshops and a symposium for Imaging Technologists that recognizes the growing interest in cultivating quality improvement and research competencies. Imaging technologists from all modalities are invited to participate as speakers and attendees in what will be a dynamic opportunity for sharing knowledge and building professional networks.

WAVELENGTHS 2020 is comprised of 2 concurrent pre-symposium research workshops and a full-day & a half symposium for imaging technologists to build their skills and showcase works-in-progress, quality improvement projects, innovations in practice and completed research.

Dates:
April 24, 2020
9:00 am – 12:00 pm, Pre-Symposium Research Workshops
1:00 pm – 5:00 pm, Symposium: Technologist Led Research and Practice Innovation Presentations
5:00 pm – 8:00 pm, Poster Rounds and Symposium Welcome Reception

April 25, 2020
8:00 am to 5:00 pm, Symposium: Technologist Led Research and Practice Innovation Presentations

Location:
The Michener Institute of Education at UHN, Toronto, Ontario. Registration and symposium information can be found at https://michener.ca/wavelengths/

Call for Proposals for Poster, Podium and Panel Presentations

We invite you to submit proposals for Podium, Poster or Panel presentations that may be at early or advanced stages of development for Wavelengths 2020. Submission themes include but are not limited to professional practice innovation, education, quality improvement, primary/clinical imaging research, and patient care. Information on how to submit an abstract can be found at https://michener.ca/wavelengths/call-for-abstracts/

Submission deadline: February 7, 2020
Themes: Practice innovation, education, quality improvement and primary/clinical research
Formats: Podium, Poster, and Panel Presentations

Should you have any questions about Wavelengths 2020 or the abstract submission process, please email your questions to wavelengths@michener.ca

On behalf of the organizing committee, we look forward to seeing you in April.

Marc Potvin, Chair of the Wavelengths Organizing Committee
At this year’s RSNA Conference, Dr. Michael Patlas, not only presented a Refresher Course on imaging of diaphragmatic trauma but also was in receipt of three awards.

Dr. Patlas received two awards; a Certificate of Merit and an award Identified for Radiographics for “Utility of Single-Phase Contrast-Enhanced CT in the Evaluation of Abdominopelvic Trauma” Digital Education Exhibit. This exhibit was solicited by RadioGraphics.

Dr. Patlas also received a Cum Laude award for his Digital Education Exhibit, “How to Read, Review, and Write the Imaging Literature”.

Congratulations Dr. Patlas!

Dr. Devan Odedra, PGY4 Resident, was selected to participate in the European Society of Radiology (ESR) Review Fellowship. Only 10 candidates were selected from all around the world including, Mexico, Brazil, Spain, Germany, China, Saudi Arabia, Netherlands, Belgium and last but certainly not least, Canada.

It is a fellowship under the supervision of the Editor-in-Chief of the European Radiology Journal, Dr. Yves Menu. The fellowship will consist of an in-person workshop with Dr. Menu in Vienna at ECR 2020 and will be followed by online review assignments of manuscripts with one-on-one guidance from senior reviewers. The fellows will become familiar with manuscript handling, methods for analysing scientific papers and criteria for editorial decisions (accept, revise, reject, decline). At the end of the fellowship period, the fellows will receive a certificate with the possibility to remain as permanent reviewers for the journal.

Congratulations Dr. Odedra on being selected for this esteemed fellowship!
**FEATURE**

## HHS Policy Changes and Updates

Recently there have been five (5) policies updated and published by HHS since the last newsletter sent off at the end of November. Please take time to review these if you haven’t already. You can click on the policy hyperlink below and it will take you to the Policy Library to review.

- **DS - Working Alone Policy**
- **DI - Guidelines for Immobilizing Patients &/or Image Receptors**
- **DI - Lead Protective Devices Purchase and Quality Control Policy**
- **DI - Magnetic Resonance Imaging (MRI) – Expectation/Guidelines for Staff - Inpatients and Outpatients Protocol**
- **DI - Personal Lead Protective Devices Inspection Protocol**

## January is for Code Yellow & Amber Review

HHS satellites are to review and follow their building specific Emergency Response Quick Reference Guide. All the code yellow/amber related resources are online on the EDM intranet site code yellow/amber webpage (click here).

**Responsibilities:**

- **All staff** should review the HHS Code Response Plan for this Code, or complete the ppt Quiz, conduct a “what if...” area scenario on discovery and notification of this code and remember to complete the Monthly Fire Drill Review Quiz (click here) and participate in a monthly fire drill on-site if present.

- **Area Code Captains** should arrange staff huddles to ensure all staff know how to submit the online description report of the missing person and the area search and sweep report to indicate the area has completed their search and sweep with negative findings (click here).

- **Managers and Directors**, please ensure you and your staff

  - Complete the code review, scenario exercise/discussion & monthly fire drill
  - Submit your area(s) Code Review Report online for both the Code of the month review and Fire Drill by month’s end

  - **Remember if any area does not have a Code Captain, it is the Manager’s responsibility to fulfill this role.**

*If you have any questions or suggestions for improvements for the next code version, please contact moull@hhsc.ca*
CODE LOCKDOWN—EXTERNAL THREAT
Quick Reference Guide

This code term is used for a potential site safety/security risk due to external threats made against HHS, staff or patient by an individual deemed dangerous by Security and/or Police.

- **If a Security Advisory email is circulated in advance**, staff are to review the details, share the information with staff with no e-mail access and immediately contact Security if the individual is seen. *Note any HHS Security Advisory is an internal document and should not be disclosed to non-HHS individuals or posted in public areas.*

- **On hearing the overhead announcement and/or email alert for “CODE LOCKDOWN”...**
  - Staff are to remain in place until “all clear” is announced.
  - Security will automatically set all card reader doors to card access only so only staff with access badges can enter. If travel between units is urgent, watch for tailgaters lingering around hallways.
  - Staff on units without card access are to close all hallway doors, conduct access control and monitor who enters/exits the area.
  - If visitors wish to leave, advise them of the situation and encourage them to remain until all clear, but do not attempt to stop them if they are insistent.
  - Remain aware of your surroundings and attentive until the all clear has been announced.
  - If there is an immediate threat to your personal safety or that of a patient or visitor, please do not hesitate to call 911.

- **Additional staff direction will be via email and the Area Charge Person if there is no email access.**

Security will continue to patrol the hospital, monitor security cameras (inside and outside), and respond to requests for safety escorts.

For complete Emergency Code Response Plans go to the EDM SharePoint Site online.
Preventing Slips, Trips and Falls—Safe Footwear Reminder!

Slips, Trips and Falls on walking and working surfaces account for a significant amount of lost time injuries—they remain in the top 5 types of incidents this year. As we move from the warmer months to the colder months, there are weather hazards that we have to contend with both inside and outside of our buildings.

One important way to reduce your chances of getting hurt from a slip or fall is wearing proper footwear. Please remember that it is HHS policy to wear the appropriate footwear at work. The following is a summary of the policy:

**Clinical areas including their hallways and areas where there are biological, chemical and physical hazards, all employees must wear shoes that meet the following:**

1. Heel height—medium to low
2. Closed toes and closed heel with a solid upper covering
3. Flexible non-slip soles
4. Sturdy construction
5. Shoe must be maintained in good repair
6. Staff wearing a walking cast (plastic walking boot or air casts or any other leg support) will be evaluated on an individual basis to ensure they are safe for the work being performed. Responding to emergency situations will be included in any accommodation necessary
7. Any staff, including non-clinical staff, entering a clinical area must wear the appropriate footwear as outlined above

**Clerical or Office areas shoes must have:**

1. Heel height—medium to low
2. Sturdy construction
3. Flexible, non-slip soles
4. Shoes must be maintained in good repair

**The following workers must wear approved footwear appropriate to the task:**

1. Engineering—CSA
2. Stores/Shipping and Receiving—CSA
3. Any other worker based on a task analysis hazard identification
4. CSA Grade 1 footwear is required on construction sites

**Tips for Walking Safely in the Winter**

Slips, trips and falls can cause serious injuries, especially when walking on snow or icy surfaces in the winter! Here are some tips to keep you safe:

- Wear a good pair of winter boots. Make sure they are well-insulated and waterproof. Choose thick, non-slip soles and wide, low heels. Bring indoor shoes to change into.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.
- Stay on cleared established sidewalks and paths as it may be less likely to encounter uneven slippery surfaces which can contribute to slips, trips and falls.
- Keep your hands free, so that you are better able to maintain your balance and use handrails when needed.
- Avoid the temptation to text or check your phone; texting can be distracting not only when driving, but also when walking on snow or icy surfaces.

**Resources**

**HSW - Footwear and Personal Protective Equipment**
A quality assurance (QA) research project involving sonographers and radiologists at MUMC was recently completed with exciting results. The research team consisting of Robert Dima, Dr. Y. Wang, Sarah Zuccolo, Michelle Palmer and Kerry Cheong piloted a retrospective chart review of ultrasound scans performed at MUMC for acute appendicitis in 2018, for the purpose of assessing the downstream therapeutic value of the current imaging protocol. The researchers were interested in the proportion and type of incidental ultrasound findings that influence patient management in the Emergency Department (ED). Impact analysis of this nature is essential to promoting and maintaining value-based care, applying the ALARA (As Low as Reasonably Achievable) principle, optimizing delivery of services for patient-centered care, and promoting/implementing evidence-based practice.

The researchers reviewed 230 cases with the mean age being 9.27 years and approximately 75% of the patients being male. The appendix was definitively identified in 142 of 230 cases (61.7%). Within this sample, alternative findings on the ultrasound were found in 141 (61.3%) cases, and the patient management in the ED departed from standard acute appendicitis management in 28 cases. Only 18 cases (7.82%) demonstrated both alternative sonographic findings as well as a change in management in the ER.

The researchers look forward to developing and implementing a full-scale project in the very near future, which they hope will lead to future QA imaging research and potentially inform practice guidelines in radiology.

This work will be presented at the Annual Integrative Ultrasound Meeting (AIUM) 2020 in New York City, NY in March 2020 by Robert Dima and peers.

Please contact Jane Castelli (castellij@hhsc.ca) if you have any research project or results you would like to share with the department.
Holiday Calendar:
January 1st – New Year’s Day
February 17th - Family Day

DID YOU KNOW?
1. The song traditionally sung on New Year’s, “Auld Lang Syne,” means “times gone by.”
2. Black eyed peas, ham and cabbage are considered to be good luck if you eat them on New Year’s Eve or Day because it is believed they will bring you money.
3. Lobster and chicken are considered bad because lobsters can move backward and chickens can scratch in reverse, so it is thought that these foods could bring a reversal of fortune.
4. In Italy, people wear red underwear on New Year’s Day to bring good luck all year long. The tradition dates back to medieval times.
5. Time Square New Year’s Eve Ball was first dropped in 1907 after there was a fireworks ban. The original ball weighed 700lbs and featured 100 25-watt bulbs.
6. The earliest known New Year celebrations were in Mesopotamia and date back to 2000 B.C.
7. January is named after Janus, the god with two faces, one looking forward and one looking backward. He is the god of beginnings, transitions, gates, doors, passages, and endings.
8. The tradition to kiss at midnight isn’t a recent invention. According to English and German folklore, the first person you come across in the new year could set the tone for the next 12 months.
9. To ensure a year of good luck, firecrackers and noisemakers became tradition in order to scare away any remaining evil spirits and to ensure a brand new start.
10. 2,000lbs of confetti are dropped on the crowd in Time Square at midnight.

IN AND AROUND TOWN...

ROYAL BOTANICAL GARDENS
Winter Lights at the Rock Garden
January 2nd-5th, 2020

HAMILTON BULLDOGS HOME GAMES
January 4th vs Kingston
January 5th vs Niagara
January 11th vs Sarnia
January 26th vs Peterborough

HAMILTON PHILHARMONIC ORCHESTRA
Triumphant Tchaikovsky
January 18th 7:30pm

MOHAWK COLLEGE—McIntyre Performing Arts Centre
TARTAN TERRORS
Celebrate Robbie Burns Day with Celtic comedy, dance and music!
January 25th 8:00pm

HAMILTON WINRFEST
Community Activities - www.hamiltonwinterfest.ca
January 30th – February 17th

WE WILL ROCK YOU
First Ontario Concert Hall
February 1st 8:00pm

Happy New Year 2020!!! I hope everyone has a wonderful holiday season with their loved ones. Wishing you all the best in the New Year!

~ Tori

Do you have a story idea to share?
Email: howesv@hhsc.ca