



**Director,
Community
Development
& Integration**

Simone Atungo

Why Community Outreach Matters

Accessing the health-care services we need can sometimes be challenging. Now imagine if you were homeless, new to Canada or part of another marginalized group. The standard procedures and routine questions that you are asked by staff may not always apply. This can be intimidating and create an uninviting environment. That's why the office of Community Development & Integration was created. We are here to help make the hospital more accessible and easier to navigate for the most vulnerable members of our community. For example, at Scadding Court, a Toronto-based community centre, we offer programs that encourage women, many of whom don't speak English, to get mammograms.

Before I took on this position, I worked with community groups for over 25 years. Through these well-established relationships I can help the leaders of Mount Sinai address barriers and bridge any existing gaps.

Our office's mandate links back to the Hospital's origins — when a group of Jewish citizens created a new hospital after being refused opportunities and care. This same grassroots approach allows us to develop new partnerships and strengthen affiliations we've had for years. Through these connections we can help prevent our emergency rooms from getting overcrowded and facilitate better coordination of services with community agencies. In many ways, Mount Sinai is leading the way in terms of community engagement and I am so proud to be part of this important effort.

A Snapshot of Our Community Partners

- Circle of Care — home-care services and community support for seniors
- Margaret Fraser House: treating women with complex mental illness
- Miles Nadal Jewish Community Centre
- Reena — services for people with developmental disabilities
- Scadding Court Community Centre
- Seaton House — treating homeless men
- Toronto Central Community Care Access Centres (TC CCAC)
- Toronto Chinese Health Committee
- University Settlement House

Sinai Events

Eat Drink Give October 24
www.momsforsinai.com

Take Our Kids to Work Day
November 7

**Chef's Challenge®:
The Ultimate Battle for a Cure**
December 1
www.chefschallengeforcure.com

Healthy Bodies, Healthy Staff

A healthier you is closer than you think! The Rehab and Wellbeing Centre is located conveniently on the Hospital's 11th floor, where you are invited to take advantage of the services and expertise to help you put your best foot forward. Here are five reasons why it might be time for a visit:

1 Personalized Coaching Helps You Reach Your Goals

"I help with weight-loss programs and overall conditioning," says Janie MacDonald, kinesiologist and personal trainer at the Rehab and Wellbeing Centre. Her personal one-on-one consultations help staff establish and meet fitness goals. She says that postural strengthening is essential for any job — whether you sit at a desk or are on your feet all day.



Janie MacDonald, kinesiologist and personal trainer, demonstrates exercises on some of the equipment in the 11th floor gym

2 Physiotherapy Reduces Pain

Physiotherapy aims to assess, diagnose and optimize the body's movement patterns. Physiotherapists like Desmond Fung can help you reduce pain and discomfort through manual manipulation and mobilization of tissues and joints. Physical therapy also includes exercise therapy, postural, gait and balance re-training.



Desmond Fung, registered physiotherapist and medical acupuncture provider, works on a patient at the Rehab and Wellbeing Centre

3 Acupuncture Relaxes and Restores

Acupuncture is an ancient Chinese medicine practice. At the Centre, it is used to stimulate the nervous system to produce endorphin, a natural substance that controls pain and reduces your stress. Acupuncture can also be used to improve your sleep quality. "Working together with the modern medical technology, studies show it also helps women increase their chances at becoming pregnant," says Dr. Adam Chen, acupuncturist.

4 Chiropractors Readjust and Reboot

The science of joint manipulation when performed with the proper specificity can help regulate neurological input and improve joint function. Patients are also treated with soft tissue techniques, acupuncture and are given exercises to help them strengthen their core muscles.

5 Massage Stimulates and Invigorates

Regular massage helps improve overall body awareness and can make a huge difference in transitioning to a healthier lifestyle. Many clients begin with massage and then slowly incorporate other healthy changes such as stretching, exercise programs and drinking more water until they start to look and feel fabulous.

The Centre's services are offered to both staff and the public. Please check your insurer to determine what kind of insurance coverage you have for the services. Call 416-586-4800 ext. 5546 for more information.



Another Mount Sinai Star: 30 Years of Service

When Human Resources' Nicole DuCille first started to work at Mount Sinai in 1982, *E.T. The Extra-Terrestrial* dominated the box office, Journey's "Don't Stop Believing" was on the top 40 hit list and acid-wash jeans were in style. First hired as a Personnel Clerk, DuCille has held numerous positions including: Secretary to the Director of Human Resources, Employment Relations Officer, HR Assistant and most recently Recruitment Advisor. In addition to her responsibilities, Nicole co-ordinated annual dances, the 'Friends for Life' campaign and led the Hospital's United Way campaign in the 1980s. DuCille says while hair styles, fashions and the Hospital's logo may change, Mount Sinai's values have stayed the same.

"It's still the same family feel," says DuCille. "Sinai is a wonderful place to be. It's about community, family and has been my home for 30 years."

Nicole DuCille,
Recruitment Advisor



Nicole DuCille celebrates 30 years at Mount Sinai



Sinai Scene Editor Wants to Hear from You

Meet Tania Haas, Sinai Scene's new editor. Tania takes over for Ciara Byrne during her maternity leave. Ciara's son Ronan was born October 6 at Mount Sinai Hospital! Do you have a story idea or news to share? Contact Tania at thaas@mtsina.on.ca.

This publication is brought to you by **Mount Sinai's Communications & Marketing team.**

Sinai Scene

Putting Patients First

OCTOBER 2012



PHOTO COURTESY OF DR. HOWARD OVENS

Summit for Sinai climbers pose near the peak of Mount Kilimanjaro, Tanzania

Mount Sinai Heroes Return Home

Their goal was no small task: to climb one of the world's tallest mountains and raise funds for Mount Sinai Hospital. But what they accomplished was even greater. During their ascent, the *Summit for Sinai* climbers came upon a 6-year-old boy, who was lost, cold, hungry and dehydrated. He had traveled 40 kilometres and 10,000 feet up Mount Kilimanjaro alone. The doctors in the group treated the child and connected him to authorities who returned him to his worried family.

The very next day one of the climbers developed a severe case of high altitude pulmonary edema — fluid in the lungs due to a reaction to the low oxygen of high altitude. The group was prepared and were able to stabilize their patient using oxygen, medications and a 'Gamow Bag'

— a portable compression bag. A few hours later the team posed on the summit of the mountain. Their climb has raised an astonishing \$1.37 million to date for our Hospital!

There were two Mount Sinai physicians on the 15-man *Summit for Sinai* team. Drs. Bjug Borgundvaag and Howard Ovens say the trip was life-changing.

"Having climbed Kilimanjaro once before, I knew these climbers would have to dig deep," says Dr. Ovens. "And that's exactly what they did — both for themselves, and for Mount Sinai. I was honoured to have been a part of it."

"The mountain was spectacular" says Dr. Borgundvaag, "and being able to help these gentlemen achieve

their goal in a safe manner was very rewarding."

With the trek now officially over, the climbers are settling back into their pre-Kilimanjaro lives. Drs. Ovens and Borgundvaag have returned to treating patients in the Schwartz/Reisman Emergency Centre — where cases of oxygen deprivation are less common than on Tanzania's mountain. However, the impact of this group, and of all those who supported these climbers, will be felt for years to come. Two lives saved on the mountain, and many more saved at Mount Sinai.

If you would like to donate, the Mount Sinai Hospital Foundation is still accepting donations at www.summitforsinai.ca

Mount Sinai will be Home to Ontario's Only Human Milk Bank

In just a few months, Mount Sinai will proudly open the doors to Ontario's only human milk bank. Excitement is building as recruitment of milk donors is just getting underway.

The decision to make Mount Sinai the home of the new Rogers Hixon Ontario Human Milk Bank is a testament to the Hospital's renowned expertise in women's and infants' care.

The Rogers Hixon Ontario Human Milk Bank will collect donated breastmilk from lactating women, pasteurize it, and distribute it by prescription to medically-fragile babies in Neonatal Intensive Care Units across Ontario beginning in early 2013. Research shows that donor milk can protect preterm or very low birth weight babies against life-threatening illnesses such as necrotizing enterocolitis and potentially against other serious infections and complications related to preterm birth.

The Milk Bank was developed by Mount Sinai physicians Drs. Shoo Lee and Sharon Unger, in partnership with SickKids and Sunnybrook, as well as the Ministry of Health. An interprofessional clinical team from the three partner hospitals has been hard at work putting the processes in place to ensure the Milk Bank's smooth and safe operation.

The Redevelopment Office is busy building the new facility on the 18th floor of the Murray Street side of the Hospital. "We are building the gold standard of Milk Banks that will have a tremendous impact on preterm infants and their families, giving the tiniest, most vulnerable babies a fighting chance," said Dr. Lee, Paediatrician-in-Chief, Mount Sinai Hospital; Head, Department of Newborn Medicine and Developmental Paediatrics, Sunnybrook Health Sciences; and Head, Division of Neonatology, Hospital for Sick Children.

For more information, go to www.milkbankontario.ca



Collaboration at Every Level

Joseph Mapa, President & CEO

Here we are in October and our Hospital is humming with activity. How lucky we are to have so many amazing physicians, health-care practitioners and administrative

professionals who are doing everything they can to put patients first.

I am excited for you to read about the new Milk Bank in this issue of Sinai Scene. What an excellent example of how Mount Sinai is helping create new ways to serve our patients better — in this case some of the most vulnerable. The Milk Bank also represents just how much can be achieved when we work together. Because of the strong collaboration between the Ministry of Health, as well as our partner hospitals — SickKids and Sunnybrook — this project has become a reality and, in many ways, will serve as an example of

excellence. Congratulations to the entire Milk Bank team and best of luck as you start this exciting journey.

As we look forward, the need to collaborate will become even greater at every level. Not only will Mount Sinai be looking for ways to partner with other hospitals, but our care teams will be challenged to find new ways to work together to create communities of practice that will truly deliver the best medicine. I encourage all of you to start the conversation with your colleagues about how you can join together to find better ways to serve our patients and

make Mount Sinai the best hospital it can be.

Thanks for everything you do. Don't hesitate to reach out to me with your questions and ideas at Connecting With Joseph on our intranet home page.



Influenza Vaccination Campaign Kicks Off

Fast Flu Facts

- **Influenza is contagious:** It is spread by direct contact and by airborne droplets expelled during breathing, talking, sneezing or coughing.
- **Influenza is common:** About one in 20 healthy unvaccinated adults is infected with influenza each year; as many as one in six unvaccinated health-care workers get influenza.
- **Influenza can be fatal:** On average, 2,000 Canadians die of influenza and its complications each year.



What's New This Year?

- Flu Fighter Champions are armed with the facts and ready to help staff get the answers they need about influenza and vaccination.
- All staff are required to provide a "Vaccination Status Report" to help ensure that Occupational Health, Wellness & Safety knows the status of all workers in case of an outbreak.
- In a new vaccination study, half the participants will give themselves the flu shot with a needle not even 1/10 of the size of a regular needle. Sign up on the intranet today.



Cindi Wigston, Melissa Barton, Dr. Don Low, Dr. Allison McGeer

"Our 2012 Target is a 61 per cent vaccination rate reported to Public Health as of December 15. This represents a 15 per cent increase from last year, which is approximately 350 additional vaccinations."

Dr. Allison McGeer, Director, Infection Control



Breakfast for 'Flu Fighter' Champions

On September 18, a group of dedicated Influenza Vaccine Champions met with Dr. Don Low, Microbiologist-in-Chief, to discuss this year's efforts to combat the spread of influenza. The discussion included strategies to increase vaccination rates amongst Mount Sinai Hospital staff and why it's an important step towards protecting our patients and staff.



"Health-care worker vaccination saves patient lives. In healthy adults, vaccines prevent 70 per cent of infection, and offers almost 100 per cent protection against severe infection. In vulnerable and older adults (i.e. our patients), the vaccine prevents 20 to 30 per cent of infection, and prevents 40 to 60 per cent of hospitalization and death."

Dr. Don Low, Microbiologist-in-Chief



Influenza Vaccination Clinic Schedule

WEEKDAY CLINICS

600 University Avenue
Main Floor, Lobby

October 15-19, October 29-November 1
7 to 10 a.m.

600 University Avenue
Second Floor, Outside Cafeteria

October 15-19, October 29-November 1
10:30 a.m. to 2:30 p.m.

700 University Avenue (OPG)
Third Floor

October 15, 17, 19, 29, 31
November 2
10:30 a.m. to 12 noon, 1 to 2:30 p.m.

60 Murray Street
Second Floor, Lobby

October 16, 18, 30
November 1
10:30 a.m. to 12 noon

WEEKDAY EVENING CLINICS

600 University Avenue
Main Floor, Lobby

October 16, 18, 30
November 1
6:30 to 9 p.m.

WEEKEND CLINICS

600 University Avenue
Main Floor, Lobby

October 20, 28
November 4, 10
6:30 to 9:30 a.m.

Travelling Flu Carts will be scheduled throughout the entire three-week campaign. Please check the intranet for more information.

GET THE SHOT, NOT THE FLU

Leaving Your Legacy

Who is a legacy donor? They are community members, volunteers, health-care workers and patients. They do it say thank you, to support excellence in patient care and research, and to help others in need. Regardless of the reason, legacy donors are exceptional individuals who choose to support Mount Sinai by making arrangements in their Will to bequest a gift to our Hospital.

"Legacy donors come from all walks of life, including Mount Sinai staff," says Michael Anthony, Director, Legacy Giving at the Mount Sinai Hospital

Foundation. "Staff know first-hand the resources needed to make this Hospital all that it is. Employees feel lucky to be part of this top-tier institution, particularly because it enables them to flourish professionally."

Clinicians like Dr. Virginia Wesson consider giving back a natural progression of her commitment to the Hospital.

"It just feels like the right thing to do. I've dedicated a lot of myself to Mount Sinai because I truly believe in this institution, and I'd like to continue doing so, now and in the future."

Dr. Virginia Wesson, Psychiatry

"Legacy donations are a way to give back to the Hospital where we've lived and worked," adds Anthony. Mount Sinai's first legacy campaign was initiated in 1999 and included over 500 generous donors who left bequest gifts to our Hospital. The Foundation hopes to build on that success and secure funding for our highest priorities for decades to come.



The Foundation wants to hear from you! If you have made a bequest to our Hospital, or are interested in legacy giving, please contact Michael Anthony at manthony@mtsinai.on.ca

Sarcominators Sweep



Even with the NHL lockout, Mount Sinai has its own hockey greats to cheer. The Sarcominators remain undefeated after this year's Road Hockey To Conquer Cancer tournament. The team, including six Hospital staff, won all five games, making their two-year record an astounding 10-0! The team's donations will go toward sarcoma research.

Medical Undergrads Shadow Hospital Staff in Inaugural Program

For medical students, the Preclerkship years (academic years one to two) focus on the individual practice of history taking and physical examination. But in the Clerkship years, success depends on the student's ability to thrive in a team environment and to collaborate with other health-care professionals. That's why Wightman-Berris Academy Director Dr. Jacqueline James coordinated the launch of the first Interprofessional Education Academy Day, which highlighted the important role of interprofessional care as students transition to Clerkship.

Over 90 third-year medical students shadowed non-physician staff in various hospital settings associated with the Academy. Numerous departments were involved including physiotherapy, social work, nursing, respiratory therapy, nutrition, pharmacy and chaplaincy. The goal was to introduce students to other professionals before they start their rotations, and witness how each member's skill set contributes to positive patient care outcomes. Students interviewed patients and families regarding the care they received, and met with facilitators to debrief and reflect.

Students remarked that this was the best interprofessional education session they had experienced to date in medical school. Here are some of the participants' thoughts on the program:



"I got a sense of how much time and expertise is required for patient counselling regarding diabetes education. It was important to understand the role of the diabetes educator and good to know what the interaction is like between the nurse and the patient."

Hamed Nazzari, Third-Year Medical Student

"Diabetes care requires a collaborative team approach. It's a great opportunity for medical students to gain a better understanding of the scope of practice of other health-care providers as well as the patient experience."

Christine Opsteen, Nurse Practitioner, Leadership Sinai Centre for Diabetes



PHOTOGRAPHY BY GRAPHICS AND NEW MEDIA

"It takes an entire team of health professionals to ensure the patient receives optimal care. That's why it's so important to us as medical students to understand how the system works and the roles of individuals responsible for completing different tasks with expertise as part of the team."

Howard Meng, Third-Year Medical Student

"My student was with me when I counselled a family after a patient had just died. It was a new experience for the student who learned that death is a reality in the hospital and communication with families around times of death must be clear, but it can be an emotional process. As a chaplain, you put yourself in the place of the family and you feel their loss."

Christina Dashko, Roman Catholic Chaplain

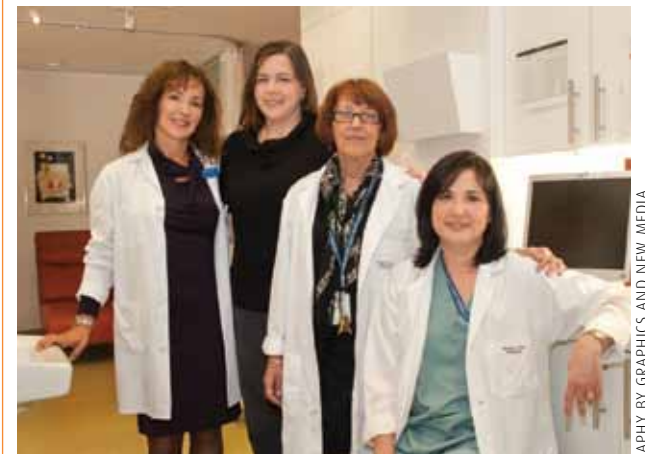
What's Happening

Centres of Excellence

Strong Teamwork Prioritizes Patient Experience

According to Dr. Tom Stewart, Chief Clinical Officer, Mount Sinai's commitment to the best patient experience is exemplified at The Centre for Fertility and Reproductive Health (CFRH), which continues to rank as one of the Hospital's most high-performing departments, and was awarded Exemplary status by Accreditation Canada earlier this year.

One of the many programs at the CFRH, a branch of the Frances Bloomberg Centre for Women's and Infants' Health, offers traditional fertility assistance and preservation for patients facing treatments that may compromise their fertility. These men and women, many of whom are being treated by Mount Sinai oncologists, can typically see a physician at the fertility clinic within 72 hours instead of waiting for weeks at other clinics. Being part of the Hospital means patient care is virtually seamless, and current research is translated to patients faster. All CFRH programs run seven days a week, and often nurses or lab staff come in on very short notice to help meet patient needs. There is even financial assistance available for men or women undergoing cancer treatment through the Power of Hope program.



Members of CFRH team include Dr. Heather Shapiro, Kathryn Thompson, Cathie Dwyer and Pat Chronis-Brown

PHOTOGRAPHY BY GRAPHICS AND NEW MEDIA

Dr. Stewart attributes CFRH's success to strong teambuilding and a common goal of putting the patient first. Dr. Ellen Greenblatt, Director, Reproductive Endocrinology and Infertility, agrees. "It takes a multi-disciplinary team to do what we do," she says. "The medical staff, the nursing staff, the administration, the laboratory staff and the social workers — we are all open to improvement and we communicate non-defensively. It's an area that is constantly evolving and we realize that our patients are under tremendous stress. We are going to go that extra mile to help them out, every day."

Best of the Best



Dr. Jacqueline James

Academy Director Appointed Second Term

Congratulations to Dr. Jacqueline James, Vice-President, Education, on her re-appointment for a second five-year term as Director of the Wightman-Berris Academy. During her first term Dr. James recognized the importance of providing a diversity of clinical learning environments and expanded the Academy's teaching affiliations.



Dr. Heather McDonald-Blumer

Top Honours for Medical Mentor

The University of Toronto has presented Dr. Heather McDonald-Blumer, Associate Professor of Medicine, Division of Rheumatology, with the 2012 Department of Medicine Teaching Award for her sustained excellence in education administration within the department and as a teacher and mentor over the past eight years.



Dr. Paul Walfish

Pioneer in Thyroid Cancer Treatment

Dr. Paul Walfish's ground-breaking research has identified biomarkers that can help determine the behaviour of thyroid tumours, allowing clinicians to provide appropriate treatment and avoid unnecessary interventions. His findings were presented at the annual meetings of the European and the American Thyroid Associations and published in PLOS ONE.



Jubilee Scholarship Winners

Awards for Academic Aces

Five recent high school graduates, who are children of Mount Sinai employees, were each awarded a Diamond Jubilee Scholarship valued at \$1,000. The award recognizes academic excellence, contribution to school and leadership through extra-curricular activities.

Pictured from left: Myra Wein, Catherine Wein, Madison Peters, Rose Jansen, Cheenee Llera, Demetria Llera, Marck Mercado, Virginia Mercado. Not pictured: Dr. Heather Shapiro, Simon Axelrod.