

INSIDE HUMBER

Humber is your hospital, these are your stories.

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Monthly Highlights

"...revered for her innovative thinking and dedication to improving patient care."



Women Leaders in Digital Health

Beatrise Edelstein: Winner of 2022 Women Leaders in Digital Health Award

We are pleased to announce that Beatrise Edelstein, Program Director of Seniors Care, Inpatient Medicine, Allied Health, and Ambulatory Services, is this year's recipient of the Women Leaders in Digital Health Award. This award celebrates female visionaries who are harnessing the power of IT to transform health and healthcare in Canada.

[Read More](#)



Giving Back Through Operation Walk

This past October, Dr. Sebastian Rodriguez, Dr. Barry Cayen, and Fellow Dr. Ryan Perlus participated in Operation Walk Canada, a non-profit humanitarian mission that began in 2006. Every year, Operation Walk sends healthcare professionals and support personnel to Cuenca, Ecuador and La Antigua, Guatemala, to perform hip and knee replacement surgeries.

[Read More](#)



International Day of Radiology

November 8 marked the International Day of Radiology. Radiology is a field of medicine that uses a variety of advanced imaging modalities, such as ultrasound, CT and MRI, to take detailed pictures of the inner workings of the human body. Radiologists Dr. Sean Kennedy and Dr. Stephen Nash from Humber have shared their thoughts regarding their role and the vitality of radiology in the healthcare system.

[Read More](#)



Osteoporosis Awareness Month

To assist in managing osteoporosis, the fracture screening and prevention program (FSPP) is available at Humber. The FSPP is based in Humber's fracture clinic and was implemented by Arely Salib, who works collaboratively with Elizabeth Stanton. In honour of Osteoporosis Awareness Month, the two have provided their insight into the disease and the FSPP.

[Read More](#)



The River Ball 2022: Into the Future

The River Ball: Into the Future was a tremendous success! The event raised over \$1,130,000 that will go towards expanding our Robotic Surgery Program. The Foundation also had the chance to recognize one of Humber's astounding physicians, Dr. Jack Barkin as our 2022 Doctor of Philanthropy. Click below to see all of the photos from the event.

[Click Here](#)



Humber Named Meritorious Hospital by American College of Surgeons

Humber has been named a Meritorious Hospital by the American College of Surgeons' National Surgical Quality Improvement Program (ACS NSQIP). All eligible hospitals were evaluated in two categories, all cases and high-risk only, and Humber was one of 40 hospitals recognized in both areas. Humber is also one of only six hospitals in Canada to receive this award.

[Read More](#)

You're Invited!

The Board of Directors, Leadership Team, and The Foundation cordially invite you to Humber River Hospital's annual Staff, Physicians, and Volunteers holiday party.

Due to COVID-19 restrictions, the event will be held outside in the Team Revolution Piazza to allow for a larger group.

Date: December 15
Time: 2:00 p.m. - 4:00 p.m.
Location: Team Revolution
Piazza, Level 0

Please join us for hot chocolate, apple cider, cookies, and a complimentary toque!



Holiday Giving Events

Drop off your toy donation at the toy box near the information desk on Level 1 near the South Entrance until **December 25th**. Toys will be distributed to paediatric patients by our Child Life Specialists.

NEW

Drop off your new or gently used winter coats at the coat drive box near the information desk on Level 1 near the South Entrance until **December 22nd**. Items will be distributed through our local community centres.

If your department would like to sponsor a family in need this holiday please contact Joe Gorman for more information. In partnership with Firgrove Learning Centre & local schools.

For more information please contact Joe Gorman | jgorman@hrh.ca | x82122

Medical Radiation and Imaging Technologists (MRIT) Week - November 6 - 12

MRIT Week is an annual celebration of the essential role that Medical Radiation and Imaging Technologists (MRITs) play in the healthcare system. At Humber, they work in General X-ray, Ultrasound, CT, MRI, Interventional Radiology, Breast Health and Nuclear Medicine. MRITs deliver professional imaging and radiation-related treatment services with a caring touch, allowing patients to fully benefit from the latest in medical diagnostic and treatment technology. Our technologists play an integral role in the healthcare team to diagnose and provide minimally invasive treatments to patients.



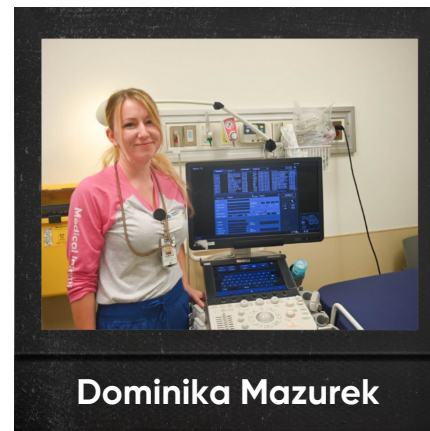
Walter Cariazo



Calvin Fung



Kenneth Chung



Dominika Mazurek



Julia Thang

World Diabetes Day - November 14

On World Diabetes Day, we highlighted our team at the Diabetes Education Clinic, who work with patients to look for patterns that contribute to their high blood sugar levels and help them take control of their health. Physicians and nurse practitioners can refer patients to the Diabetes Education Centre for support and education on medication management and dietary/lifestyle modifications.



World Prematurity Day - November 17

On World Prematurity Day, we raise awareness of preterm birth, as well as highlight concerns, treatments, and strategies to maintain a healthy pregnancy. On this day, we featured the team in Humber's NICU, who commonly assist babies with concerns of prematurity.



National Addictions Awareness Week - November 20 -26

National Addictions Awareness Week is an annual campaign that highlights ways to address health issues related to alcohol, cannabis, opioids, and other drugs. It provides an opportunity for people in Canada to learn more about prevention, talk about treatment and recovery, and share solutions.

Michael Kaszkur is a social worker with the chemical dependency program. Michael's responsibilities primarily include programming, such as the day program. Michael also assists in screening, and meets with patients to provide any additional support.

"There is a great need for this type of support in our community and raising awareness for it is important."



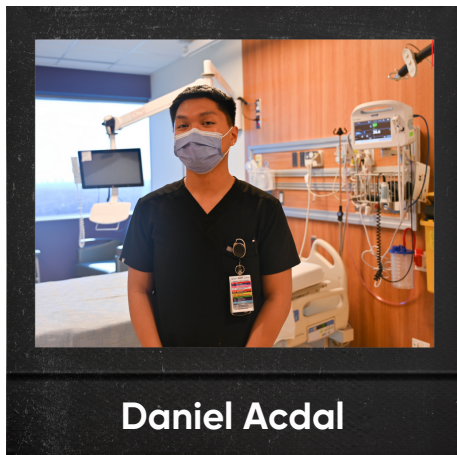
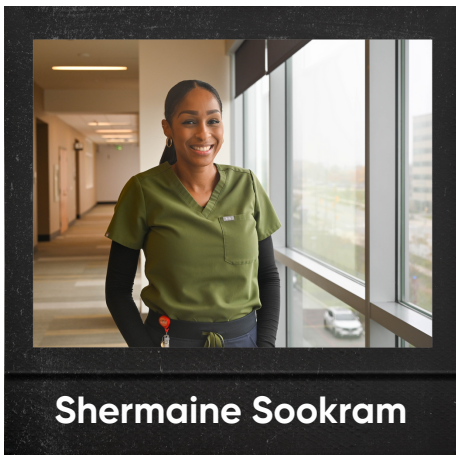
Black Professionals of Dufferin-Peel Conference

Cecile Marville-Williams, Director of Critical Care, Cardiac, Respiratory and Oncology, took part in the Black Professionals of Dufferin-Peel Conference. She connected with aspiring youth to share her career journey and discuss the opportunities available at Humber, including volunteering and placement positions.



Perioperative Nurses' Week – November 13-19

Perioperative Nurses' Week is celebrated every year in the second week of November. This week, we celebrated the achievements and contributions of perioperative nurses to our Hospital. These nurses handle patient care before, during, and after surgical procedures and are critical to the surgical program. Thank you for everything you do!



“There are lots of opportunities to learn with the team both in our skillsets and in the new things we see during our post-operative days. Our role in delivering post-operative care is to ensure the patients have a good end-of-surgery experience and that they are prepared for a discharge home”

Bhavleen Singh, Resource Nurse, 11 East and West



National Nurse Practitioner Week - November 13 - 19

November 13 - 19 was National Nurse Practitioner Week across Canada. This special week recognizes the unique contributions nurse practitioners make to healthcare every day. This week provided a valuable opportunity to celebrate their many contributions across the healthcare continuum in all corners of Ontario. During the COVID-19 pandemic, NPs took on the challenges in long-term care homes, in ICUs, at assessment and vaccinations centres, among others. Thank you for all you do!

Lynne believes nurse practitioners are invaluable in healthcare. "They fill the gap between the Hospital and the community, help coordinate care, and help explain situations to families."

Lynne Penton, Nurse Practitioner, Oncology Department



Karina's role entails rapid assessment and diagnostics to identify the cause of a transient ischemic attack (TIA) or stroke, treating stroke and cardiovascular risk factors, among other duties.

Karina Sherman, Nurse Practitioner, Stroke Prevention Unit

"At Humber, our small group of nurse practitioners are so experienced and provide tremendous mentorship. They are so talented and knowledgeable- that's what I like about Humber."

Stella Cruz, Nurse Practitioner, Medical Imaging Department



Physicians of Humber River Hospital

Doc Talks with Dr. Kinneret Fleiman

In this Doc Talks segment, Dr. Kinneret Fleiman discusses her role, as well as what she is most excited about regarding psychiatry at Humber. Click below to watch the interview.



Interview with Dr. Abdullah Algadheeb

Dr. Abdullah Algadheeb is currently completing a fellowship with Humber River Hospital's Urology Program. In this interview, Dr. Algadheeb discusses his training experience, surgery using the da Vinci Surgical Robot, as well as working with Dr. Jack Barkin.



[Click Here](#)

Doc Talks with Dr. Lesley Hawkins

In this Doc Talks segment, Dr. Lesley Hawkins discusses her role, as well as what inspired her to become a physician. Click below to watch the interview.



Doc Talks with Dr. Vighnesh Bharath

In this Doc Talks segment, Dr. Vighnesh Bharath discusses his role, as well as what he is most excited about regarding Medicine at Humber. Click below to watch the interview.



Take Our Kids to Work Day - November 2

On November 2, Humber hosted Grade 9's for Take Our Kids to Work Day! Thank you to all staff who were able to participate and give these students a great sense of hospital life. There are many careers in the healthcare sector - we planted the seed!



The Winner of a Brand New 2022 Nissan Versa: Christine O!

Thank you to everyone who bought tickets to the Foundation's Prize Raffle. You helped raise over \$73,000 in support of our Robotic Surgery Program at Humber, which will save lives and help even more Canadians get back to their families and their lives more quickly!



Stroke Best Practice Workshop

The stroke team at Humber hosted a stroke best practice workshop with 60 participants comprised of nurses and allied health team members, along with 9 facilitators, including our neurologist Dr. Pelikan. The education on stroke was very well received and will support the team in ensuring best practice care for our patients and families.



Oral and Maxillofacial Surgery Annual Education Day

On November 5, Humber hosted the University of Toronto Oral and Maxillofacial Surgery Annual Education Day, with featured speaker Dr. Brian Farrell. This event allows Oral and Maxillofacial Surgeons to collaborate and share knowledge about the field.



An Act of Appreciation: Edward Zaretsky

For the second year in a row, 88-year old Edward Zaretsky visited Humber to deliver hundreds of gifts and notes of gratitude to show his sincere appreciation for our Hospital's staff, physicians, and volunteers. "Everyone at Humber is so amazing and I want to thank them all for their tireless efforts."



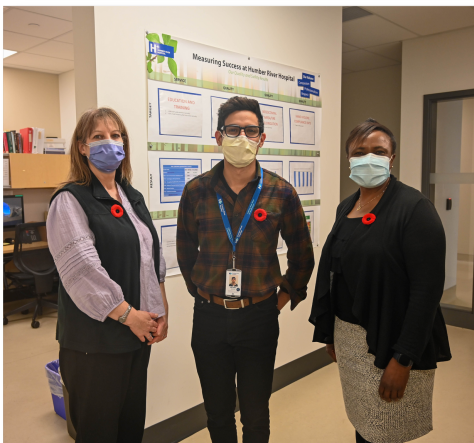
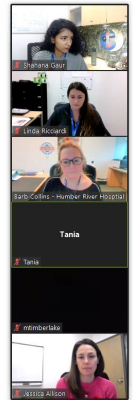
Remembrance Day 2022 🌸

On November 11, we reflected and gave thanks for all the Canadians who risked their lives to preserve our peace. We honour and admire their relentless strength and courage.

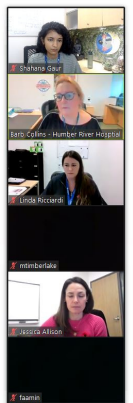
To commemorate this day, we held a special President's Forum which included an interview with a 100-year-old Humber patient whose husband fought during WWII. This was a great opportunity to reflect upon the sacrifices made for the freedom we enjoy today.



Remembrance Day



Remembrance Day



Holiday Bazaar - November 16

On November 16, our Volunteer Association hosted the annual Holiday Bazaar! This event was an excellent way for our staff, physicians, volunteers, and patients to start their holiday shopping. All of the proceeds are going towards the purchase of capital equipment for Humber.



MoreOB Event - November 23

Managing Obstetrical Risk Efficiently (MoreOB) is a patient safety program for healthcare providers and administrators in hospital obstetric units. MoreOB has been implemented widely in Canada and the main goal of the program is to build a patient safety culture and improve clinical outcomes.

In November, Humber's multidisciplinary maternal and child teams successfully participated in MoreOB, including nurses, OBGYNs, family OBs, anesthesiologists, and midwives. The goals of this session were to practice the teams response to obstetric emergencies, work on high-performing teamwork, and identify any systems issues that may hinder patient care. Multidisciplinary teams managed simulated emergencies to ensure they are equipped to manage real emergencies that may occur in the birthing unit. No real patients participated.



Canadian Patient Safety Week 2022 - Door Decoration Contest

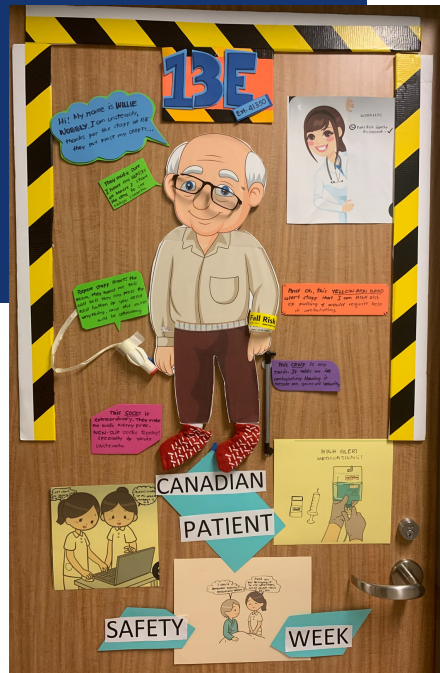
As part of Canadian Patient Safety Week 2022 in October, teams and departments were invited to participate in a contest called "ROP Door Decoration for Patient Safety". Many teams creatively decorated a door to highlight what Patient Safety means to them. The top three winners were chosen, and included Level 11, Level 13 East, and Procurement.

We admire each team's commitment to Patient Safety! You can see all submissions below.

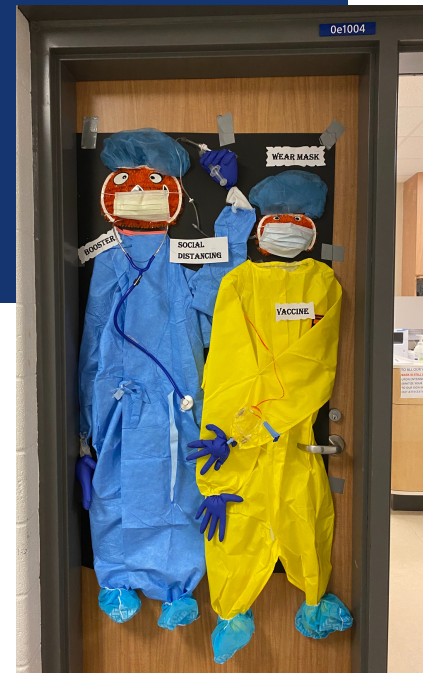
1st Place - Level 11



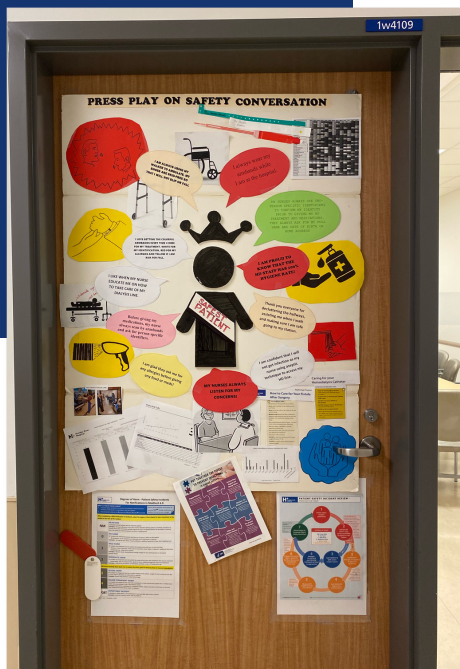
2nd Place - Level 13 East



3rd Place - Procurement



Wilson Renal Dialysis Unit



Level 9



Information Systems



Cyber Security at Humber

As a pioneer in the digital health sector, Humber faces daily cyber-attack attempts and remains a constant target for cybercriminals. Although Humber is well-equipped with state-of-the-art security tools to prevent and respond to most cyber incidents, it is inevitable that a small number of malicious phishing emails will get through. Therefore, cyber security awareness and best practices are essential to minimize future cyber attacks. As October was Cyber Security Awareness Month, Humber ran Cyber Security Awareness Phishing Campaign from October 5 to October 21.

Results from campaigns showed that there had been an increase in staff participation to report the phishing emails over the three weeks of the campaign, and a decrease in the number of staff getting phished. 50 winners were selected based on who was first to report the phishing emails. On November 10, Peter Bak, Chief Information Officer, and Kevin Fernandes, Chief Technology Officer, presented the winners with \$50 gift cards.



The Digital Learning Team will continue to send out weekly Cyber Security tips throughout the year with interesting Cyber Security knowledge and various fun activities. And always remember, SEC_R_TY is not complete without U and I!

Strategic Planning Update

Thank you to all staff, physicians and volunteers for providing your insight and feedback for our next strategic plan. Between October 31 – November 18, we launched our Strategic Planning pop-up booths and wall posters and have collected valuable information that we are working to integrate into our strategic plan that will launch in early 2023.

- Over 80 Strategic Planning wall posters were placed in common areas for staff, physicians and volunteers across all three sites. We have taken pictures of all of these poster to collect and amalgamate your feedback.
- Over 430 Strategic Planning surveys were completed and submitted.

Our next step is to integrate the feedback we have received and work with our Strategic Planning Steering Committee and Board of Directors to draft and finalize our next Strategic Plan's vision, mission, values and strategic directions. Stay tuned as we continue to provide you updates on our strategic planning efforts.

At anytime should you have any questions, please do not hesitate to contact Sudha Kutty (SKutty@hrh.ca) or Jessica Allison (JAllison@hrh.ca).

Humber River Hospital's Employee Referral Program

This program provides rewards to current employees whose referral successfully fills a vacancy.

*Please visit the Human Resources page on iHumber for eligibility.

1

**SUCCESSFUL
REFERRAL:**

\$600/hire

*Subject to deductions

2-3

**SUCCESSFUL
REFERRALS:**

\$700/hire

*Subject to deductions

4+

**SUCCESSFUL
REFERRALS:**

\$800/hire

*Subject to deductions

FOR MORE INFORMATION AND TO REFER A CANDIDATE:

[iHumber > Services > Human Resources > Employee Referral Program](#)

QUESTIONS?

Email: Careers@hrh.ca

[Click Here](#)



Diversity and Inclusion Minute

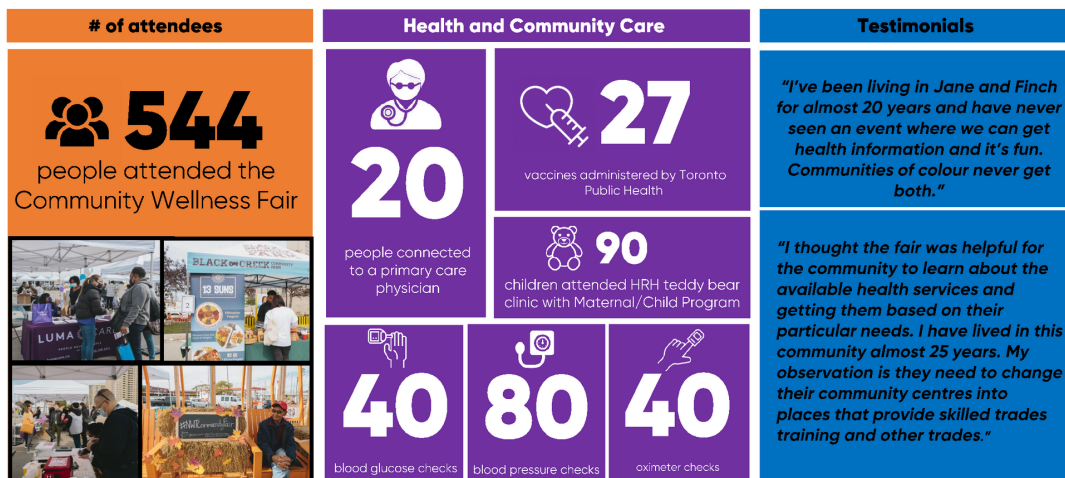
In this edition of our Diversity and Inclusion Minute, we want to showcase our recent Community Health Fair held at Corner Commons at Jane and Finch on October 1, 2022. This fair was hosted by our North Western Toronto Ontario Health Team (NWT OHT) in partnership with Black Creek Community Farm, Black Entrepreneurship Alliance and Jane and Finch Community and Family Centre. The Humber River Hospital Breast Screening team, as well as the Maternal Child Health Program participated in the fair and had the opportunity to provide a number of health screenings and a Teddy Bear Clinic! The Humber River Hospital Foundation was also present and provided gift cards as part of the giveaways.

The team embedded an equity approach to planning the event, which proved to be incredibly successful. The event connected patients/clients in the community with resources and tools to manage their individual health concerns.

Equity planning efforts and strategies implemented:

- Initiative we conceived off of, and driven by, the NWT OHT Patient and Family Advisory Committee
- Involvement of community ambassadors to help with face-to-face promotion, supported relatability
- Giveaways to combat challenges within the community (i.e. grocery gift cards for food insecurity, gift sets for wellness, etc.)
- All promotional materials were translated in applicable languages reflective of our community

How did we impact our community?



Social Media Highlights

Humber River Hospital
@HRHospital

Throughout **#Movember**, we bring awareness to men's physical and mental health. Prostate cancer is one of the most commonly diagnosed cancers in men. It is important to visit your physician and undergo regular screening to ensure proper health and physical well-being.



Humber River Hospital
@HRHospital

Hugh Lee is a nuclear medicine technologist in the medical imaging department and has been at Humber since 2016. **#PeopleofHRH**

Hugh enjoys working at Humber because the technology he uses day-to-day is always up-to-date and the people he works with are very team-oriented.



Humber River Hospital
@HRHospital

Great to have the MVP of **@GreyCupFestival** **@HenocMuamba** visit us today! We are honoured to be able to help get you put back together after a long successful season courtesy of our **#PlasticSurgery** department. Congratulations to **@TorontoArgos** for their Grey Cup victory!



Barb Collins
@BarbCollinsHRH

A simulation-based orientation program (SBOP) offers a successful transition to practice. Our SBOP provides a safe learning environment, improves staff morale, and prepares them to provide safe and effective patient care.



Barb Collins
@BarbCollinsHRH

Today we welcomed leaders from **@chudequebec** for a tour of **@HRHospital** to share knowledge and discuss Humber's role as a digital, patient-focused hospital.



Barb Collins
@BarbCollinsHRH

At **@HRHospital**, our kindness cart is one way we care for our staff, physicians, and volunteers. Our incredible volunteers run this initiative; the kindness cart carries goodies to spread joy throughout the Hospital. **#WorldKindnessDay**



Barb Collins
@BarbCollinsHRH

@HRHospital is developing its new multi-year strategic plan. As we value the perspectives of our teams, boards have been placed on every unit for staff & physicians to share direct feedback. We are excited to strengthen our strategic focus & improve Hospital practices together.

Barb Collins
@BarbCollinsHRH

Great to have over 115 staff at this month's orientation. As much as I would love to have the day in person we still need to be careful and keep up safety measures - so everyone can stay healthy! Welcome aboard everyone!



Barb Collins
@BarbCollinsHRH

@HRHospital's Information Systems and Technology team welcomed **@hh_angus** for a tour of our IT department and Humber's technology. This was a wonderful chance for information sharing about how hospitals may increase efficiency by utilizing technology like Humber's Command Center.



Barb Collins
@BarbCollinsHRH

Our Mental Health Program hosted **@FCLEdu** and HeartMath to provide education on breath practices HRV and coherence which are all part of Trauma informed care practice that can help our patients with better managing their mental health and improve overall wellness.

Barb Collins
@BarbCollinsHRH

As we celebrate **#MRIT** week - we thank **@ajayvirmani** and his family for going out of their way to provide a luncheon for our Medical Imaging department. Also a special thank you to **@SottoSottoTo** for the incredible meal! Together we are better.

