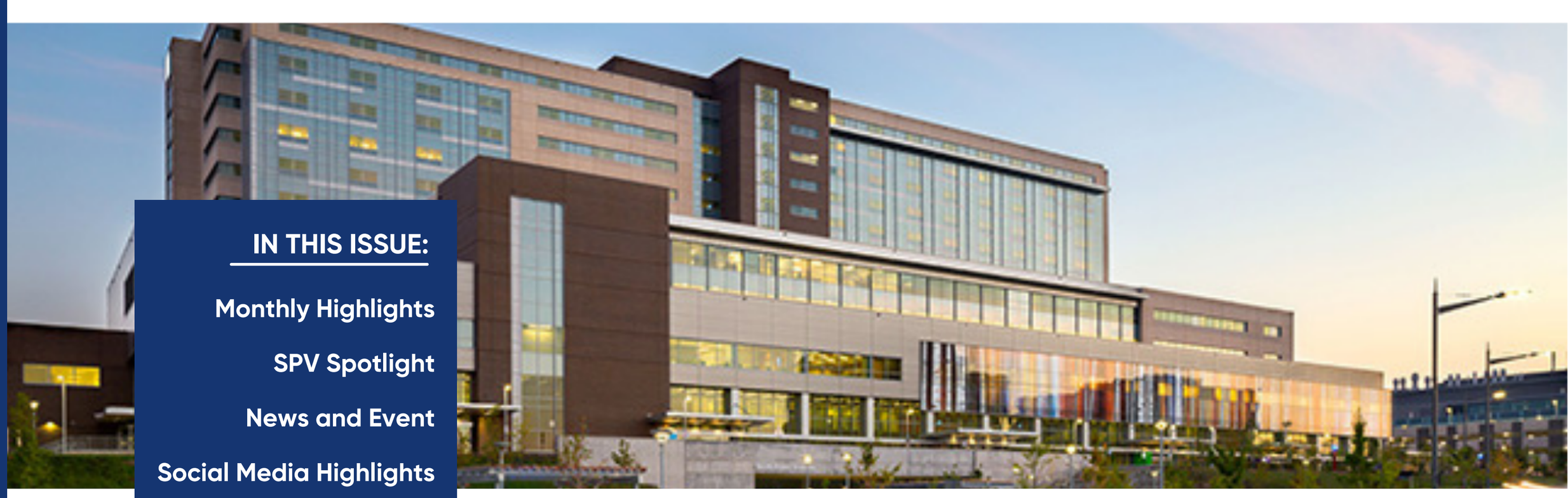
Humber River Hospital

INSIDE HUMBER

Humber is your hospital, these are your stories.



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Monthly Highlights

Engineering Excellence: An Academic Partnership with the University of Toronto

Humber welcomed engineering students in collaboration with the Department of Mechanical and Industrial Engineering at the University of Toronto. These students have helped to support the Medical Device Reprocessing Department (MDRD) and Patient Registration, along with the Innovation Excellence team.

Read More

Black Mental Health Day with Felisha Avelar

The first Monday of March is recognized as Black Mental Health Day, a day to bring awareness to mental health and wellness, and amplify the voices of Black Communities. Felisha Avelar, a Program Service Assistant for Surgical Services at Humber, shares her insight into the day and provides strategies to improve one's mental health.

Read More

New Hospice @ Home Program Wins $65K in the 2023 WINK Den

On March 7, the women of WINK gathered for the Foundation's 2023 WINK Den to hear pitches from two amazing new programs at Humber: the expansion of our Acessa ProVu program, a minimally invasive approach to treating uterine fibroids, and a new Hospice @ Home project, an initiative supporting patients who prefer end of life care at home.

Read More

Meet Daniel Tziatis: Humber's new Mental Health and Addictions Program Director

Daniel Tziatis is Humber's new Mental Health and Addictions Program Director. Daniel's extensive academic and professional background make him an excellent contribution to the Mental Health and Addictions team. Watch this video to learn about Daniel and his vision for Humber.

Watch Here

The BRAVE Program

Sunnybrook's Breaking the Cycle of Violence with Empathy (BRAVE) Program has received renewed funding to continue and expand its work to Humber and Scarborough Health Network (SHN). The program promotes positive alternatives to violence to reduce retaliation, criminal involvement and re-injury. We are excited bring in our case manager, Brooklyn Watson, to support and care for patients who have undergone violent experiences.

Read More

Professional Development Catalogue

The HRH Professional Development Catalogue features the current and ongoing professional development opportunities offered here at Humber. Inside, you will find more information about opportunities such as Tuition Reimbursement and Scholarships; Workshops and In-person Learnings; and Online Remote Learnings, among others. If you have any questions about the catalogue, please contact Organizational Development at organizationaldevelopment@hrh.ca.

Read More

SPV Spotlight

Employee Appreciation Day - March 3

On March 3, we celebrated Employee Appreciation Day to highlight Humber's outstanding staff, physicians, and volunteers! Today and everyday, we recognize your compassion, professionalism, respect, and drive for excellence demonstrated to patients, visitors, and each other. We appreciate you!

Humber River Hospital Wellness Strategy

We want to hear from you!

Humber River Hospital has developed a new HRH Wellness Strategy, that incorporates the 7 dimensions of wellness. We are seeking your input on the current wellness offerings at Humber and your suggestions on any new wellness initiatives that staff, physicians and volunteers would appreciate. Click on the link below to review our current offerings.

Read More

Thank you for your time and we appreciate your input!

Occupational Health, Safety and Wellness Team

We would like to invite you to please complete the wellness survey by Friday, April 15 by scanning the following QR code:

Social Work Week - March 6 - 12

Social Workers are uniquely positioned to identify and navigate the multiple dimensions that influence health, mental health and well-being. To the incredible, dedicated Social Workers at Humber, we appreciate you! Thank you for all the work and care you provide for our patients and our Hospital.

Gilda Dacanay-Dumasal

Gilda Dacanay-Dumasal is a Social Worker at our Reactivation Care Centre and has been at Humber for 25 years. When deciding on a career, Gilda knew she wanted to help others. Social work provided her with the skills to assist patients and families as they cope with changes and crises. “It built my confidence to continue to advocate for patients, myself, and the social work profession.”

To Gilda, social work is important in order to recognize healthcare obstacles encountered by the vulnerable and oppressed in our community. “We play a critical role in facilitating efficient, patient-centred, and safe discharges back to the community.”

Social workers Sarah Barbara and Sara Mottola enjoy assisting patients in navigating complex situations and making them feel comforted and supported. They also offered advice for women looking to pursue similar careers for International Women's Day.

Watch the video to learn more!

Celebrating Women at Humber

March 8 is recognized as International Women's Day, a day that gives us the opportunity to celebrate the achievements of women worldwide. In addition, Canadian Women Physicians' Day celebrated on March 11 recognizes the achievements of women in medicine. Below, we have highlighted outstanding women who discuss these two very important days.

To the amazing women at Humber, thank you for inspiring us. We appreciate and value you and your work in caring for our patients and Hospital.

Dr. Nasrin Safavi

Dr. Nasrin Safavi, a General Internist here at Humber, explains the significance and history of women physicians in this video. She hopes that women physicians continue their innovative and inspiring work they do!

Watch Here

Dr. Lynn Sterling

In this edition of Doc Talks, Dr. Lynn Sterling, an OBGYN here at Humber, discusses her role, as well as the various innovations and clinics offered within our OBGYN program. Dr. Sterling also talks about the significance of International Women's Day from the perspective of an OBGYN.

Watch Here

Meet Victoria Wagg, a mammography/x-ray technologist, and Kelly Lee, a sonographer, in our Breast Health program. For women working to balance their work/personal life, Victoria and Kelly encourage you to "take it one step at a time and remember to make time for yourself!"

World Hearing Day - March 3

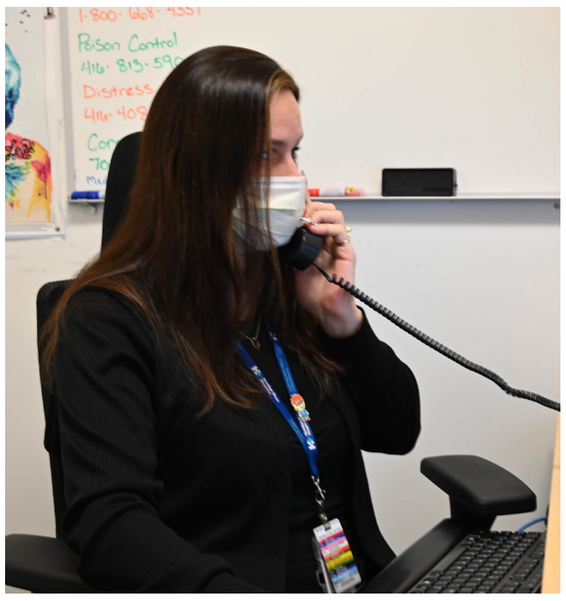
The audiologists at Humber are concerned with the prevention, identification, assessment, treatment and (re)habilitation of auditory difficulties in children. They provide education and counseling services for those experiencing problems in these areas.

World Kidney Day - March 9

Sheila Salas is a Nephrology Social Worker at Humber. Sheila explains that patients struggle with the emotional, practical, and lifestyle impacts of living with kidney disease. Sheila meets with patients and families to assist them on their kidney care journeys. According to her, Humber's renal team is the most valuable resource for our patients and families. The team consists of nephrologists, nurses, pharmacists, dietitians, social workers, nurse practitioners, transplant and home dialysis coordinators, and more.

World Telephonists Day - March 10

Our dedicated Locating Team are available 24/7 and manage about 50,000 calls per month. Their duties rely on their extended knowledge, their ability to multi-task, and their ability to remain professional and courteous while responding in a timely manner.



Engineering Month

The team of biomedical engineering technologists at Humber perform a vital role in the support of patient care across all sites. They ensure that the equipment is safe for use and ready for care, which is vital to enhancing the patient experience at Humber.

Pharmacy Appreciation Month

During Pharmacy Appreciation Month, we highlighted the outstanding work of Humber's pharmacy professionals! We proudly recognize the Pharmacy Services Team for their relentless contributions and dedication to providing efficient, high-quality care to patients and families everyday.

Nutrition Month

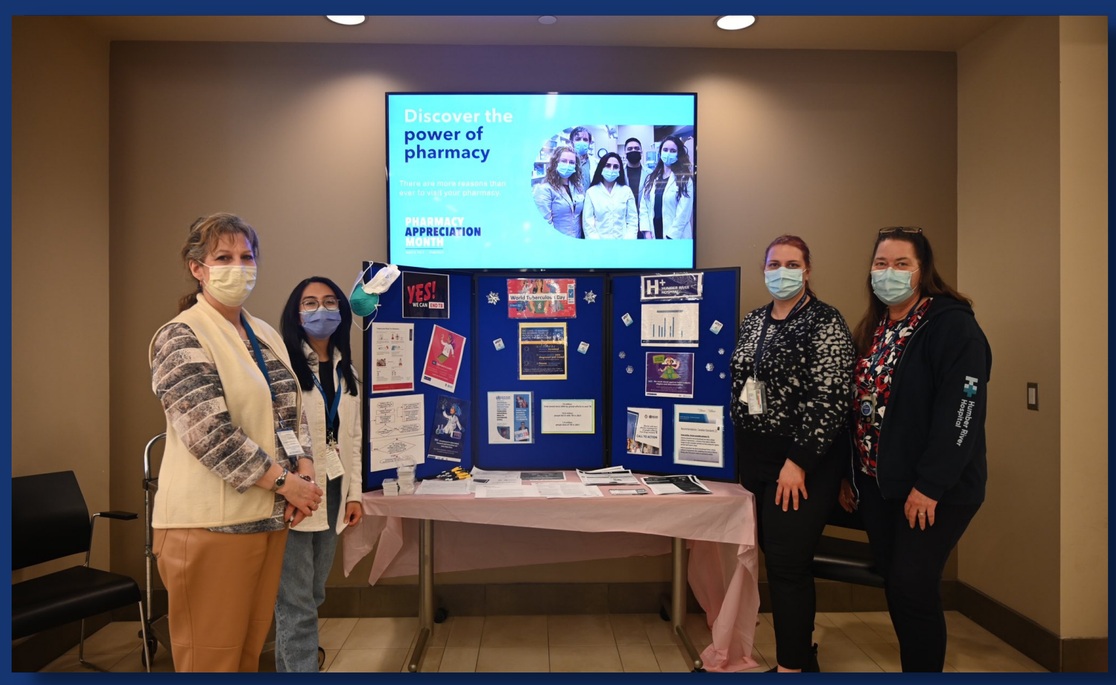
Christine Lee is a Diabetes Dietitian Educator at the Diabetes Education Clinic and has been at Humber since 2017. "Dietitians assist patients in achieving their health goals by providing individualized education, which is based on credible evidence."

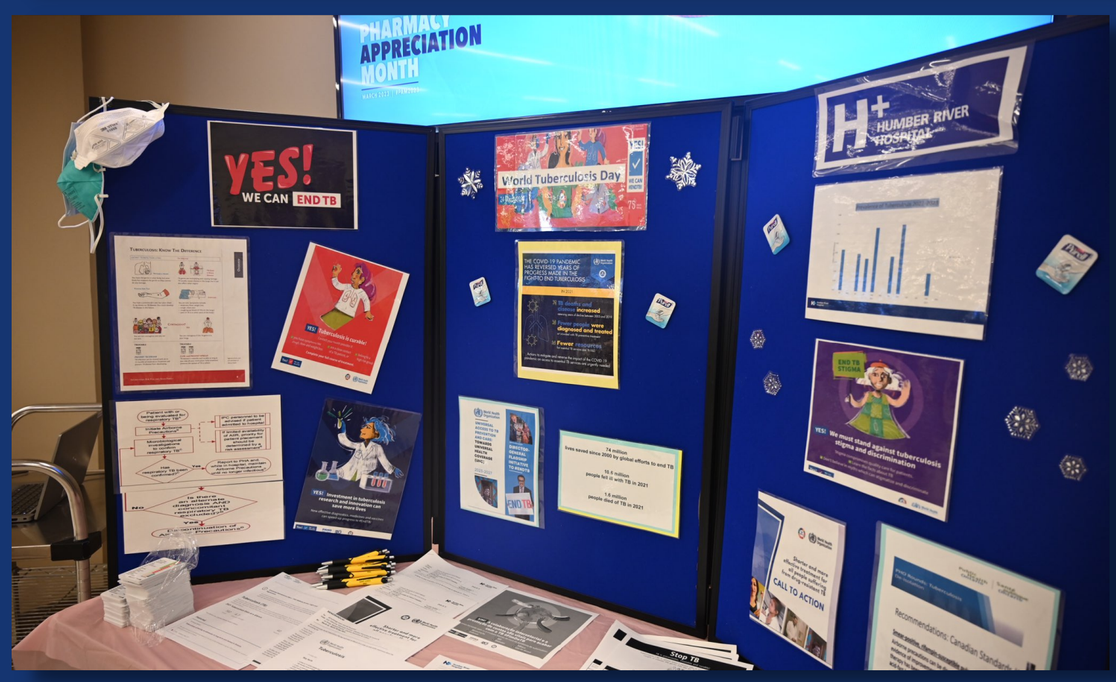
World Sleep Day - March 17

Humber's Sleep Clinic is a 9 bed, outpatient clinic, located at the Finch Reactivation Care Centre. This clinic conducts diagnostic and treatment sleep studies on patients experiencing symptoms of a sleep disorder, and who are referred by their family doctor or specialist.

World Tuberculosis Day - March 24

To highlight World Tuberculosis (TB) Day, a display was created by Infection Prevention and Control, Toronto Public Health and Occupational Health, Safety and Wellness. This display allowed SPVs to learn more about TB Prevention and awareness.





Child Life Month

Our Child Life Specialists at Humber provide Child Life Services in all areas of the Hospital. They work in partnerships with families, and in collaboration with our interdisciplinary healthcare teams and community professionals.

Our Child Life Team strives to make a positive impact on paediatric patients from birth to 18 years of age, youth, and families to help them cope and get through healthcare experiences. We thank our outstanding Child Life Team for all that they do!

An Insight into Bipolar Disorder

Bipolar Disorder (BD) is a psychiatric condition that is primarily recognized for its effects on mood. To obtain a better understanding of Bipolar Disorder, Dr. Kinneret Fleiman, an Outpatient Psychiatrist at Humber, has offered her insight into the disorder and the importance of raising awareness.

Read More

Humber recognized as one of 2023 World's Best Hospitals - Canada

Humber has been recognized as one of the 2023 World's Best Hospitals in the Canadian category. To ensure validity and quality, Newsweek and Statista evaluated hospital recommendations from medical experts, patient experience surveys, hospital quality metrics, and patient- reported outcome measures. Humber is proud to provide professional, compassionate, high-quality healthcare on an international scale. We appreciate the ongoing efforts and continuous excellence demonstrated by our staff, physicians, and volunteers to improve the health in the diverse community we serve!

Read More

Community Health and Wellness Family Fair – March 5

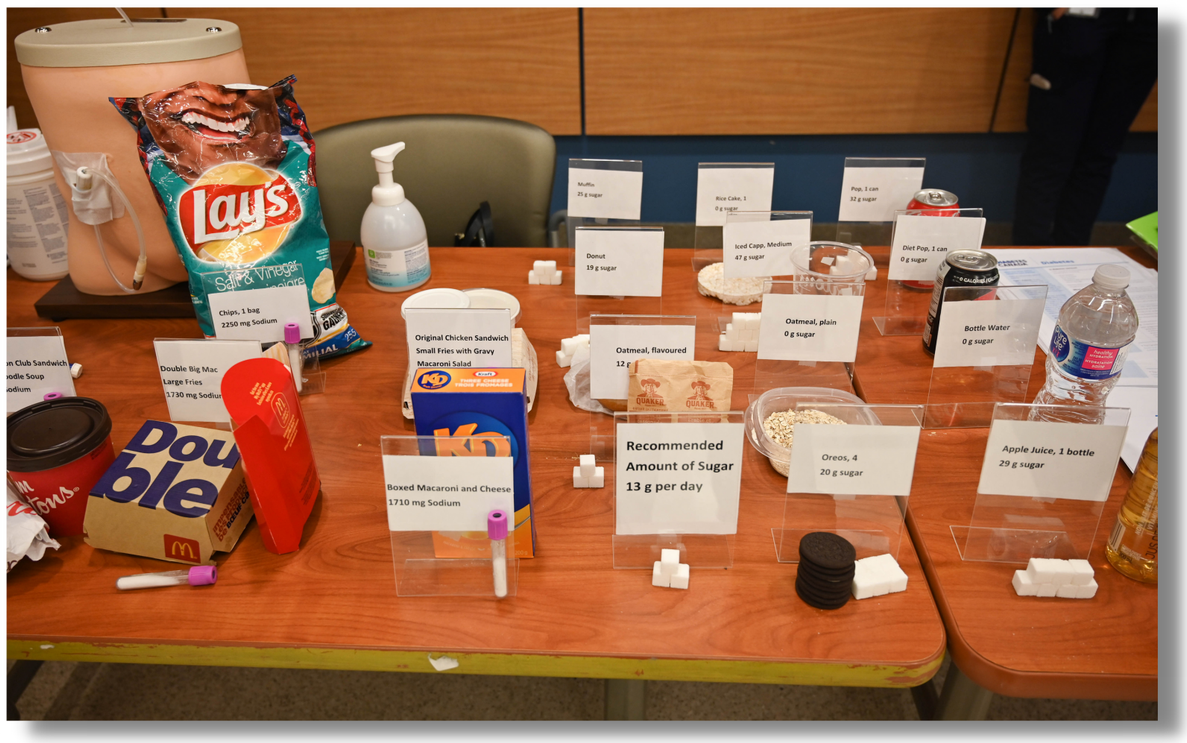
On March 5, Humber, the North West Toronto OHT, and Black Creek Community Health Centre attended the Community Health and Wellness Family Fair hosted at The Jamaican Canadian Association. This event was in partnership with Black Physicians' Association of Ontario, Toronto Public Health, The Walnut Foundation, and Sickle Cell Awareness Group of Ontario (SCAGO). The event presented informative health discussions with clinical specialists on cancer, diabetes and heart health.

Humber was represented at the event in two ways. Our Radiology team was present to provide valuable information regarding Breast Health and the importance of breast screening. Natasha Batchelor, a member of our Breast Health team, gave a wonderful talk about the challenges of the Black community accessing healthcare and trust of the healthcare system.

World Kidney Day Event - March 9

In honour of World Kidney Day, Humber's Nephrology Program set up educational booths for staff, patients, and visitors to visit at our Wilson and Church sites. This year's theme was "preparing for the unexpected, supporting the vulnerable," making our goal kidney health for all! World Kidney Day provides us with the opportunity to recognize the significance of creating awareness of preventative behaviours and risk factors, as well as how to live with kidney disease.

Thank you to all who participated in the successful event!



International Pressure Ulcer Prevalence (IPUP) - March 22

As a Best Practice Spotlight Organization (BPSO), Best Practice Spotlight Champions from our inpatient unit worked together on March 22 to conduct the annual International Pressure Ulcer Prevalence (IPUP). During the IPUP, our champions collected the data (number and severity) of pressure ulcers at Humber. The team will use this data to build strategies and interventions based on evidence-based practice guidelines and provide a continuous evaluation.

This is in alignment with Humber's mission and vision of working together to deliver innovative, safe, and compassionate healthcare for our patients and build a healthier community.

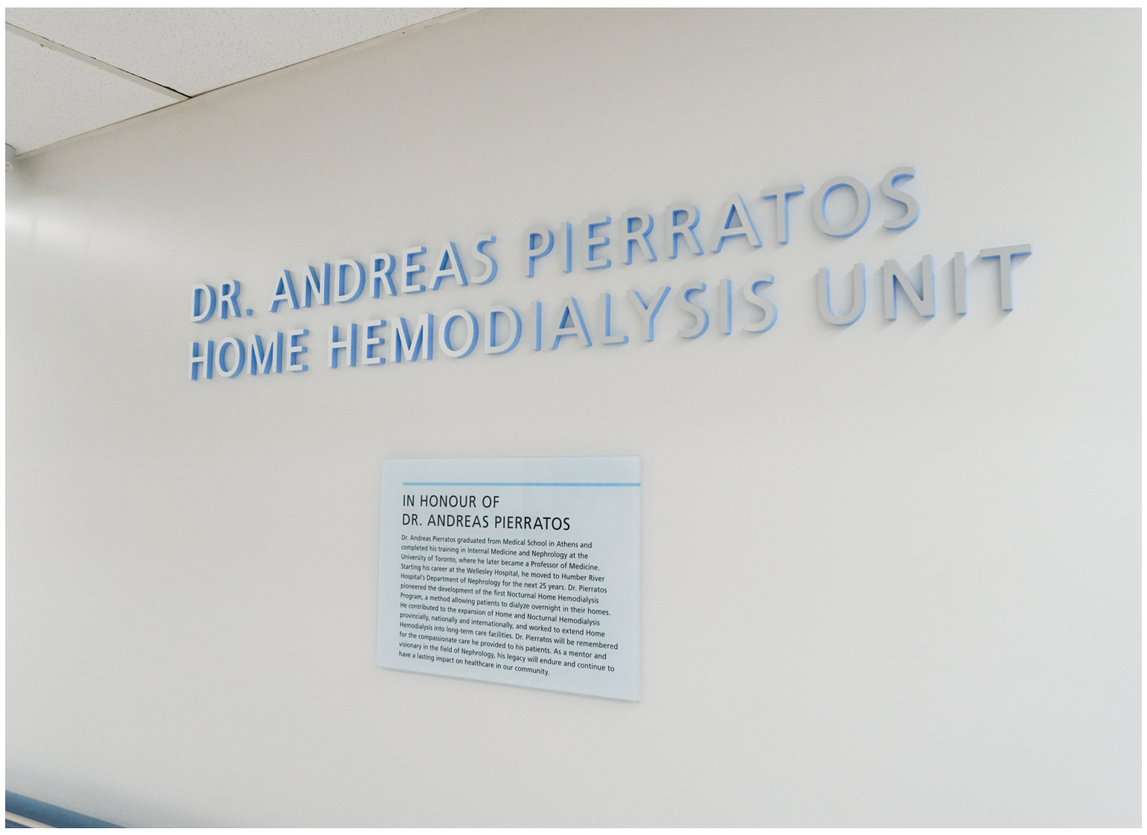
Leadership Development Institute - March 22

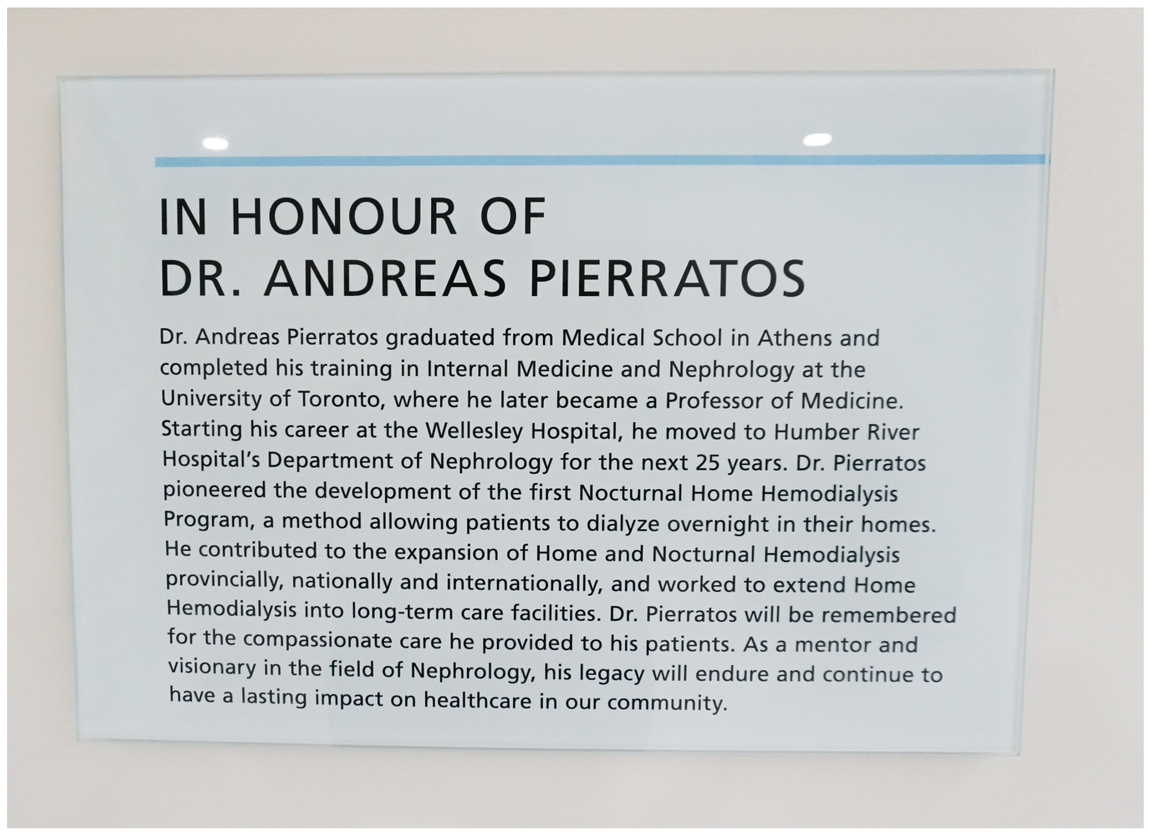
On March 22, we held our Leadership Development Institute! Our leaders gathered together to discuss our new strategic plan, and how they can inspire and align their teams to our vision, mission and values. We were pleased to be joined by Jackie Gaines, national speaker and best-selling author, as our keynote speaker.

Dr. Andreas Pierratos Tribute - March 26

Humber held a tribute in honour of Dr. Andreas Pierratos, where staff, physicians, volunteers, and past patients came together to honour his legacy. Dr. Pierratos was a long-serving Nephrologist at Humber who is known for expanding nocturnal home hemodialysis, among many other accomplishments.

In honour of his legacy, Humber, the Foundation, and the community came together to unveil the Dr. Andreas Pierratos Home Hemodialysis Unit at our Church site. Thank you to all who participated in this commemorative and compassionate tribute to honour a remarkable physician!





Social Media Highlights

Black Creek CHC
@BlackCreekCHC

Thank you to everyone who came out to the Community Health & Wellness Family Fair! We would like to say a special thank you to our panelists and our partners: @jcaontario @thebpao @HRHospital @TOPublicHealth @TheWalnutFounda @SCAGOSCD for this event!

Humber River Hospital
@HRHospital

Music therapy is the use of clinical & evidence-based interventions that use music to assist patients of all ages with a variety of different conditions. Although Humber does not have Certified Music Therapists, our Recreational Therapists often incorporate music into programs.

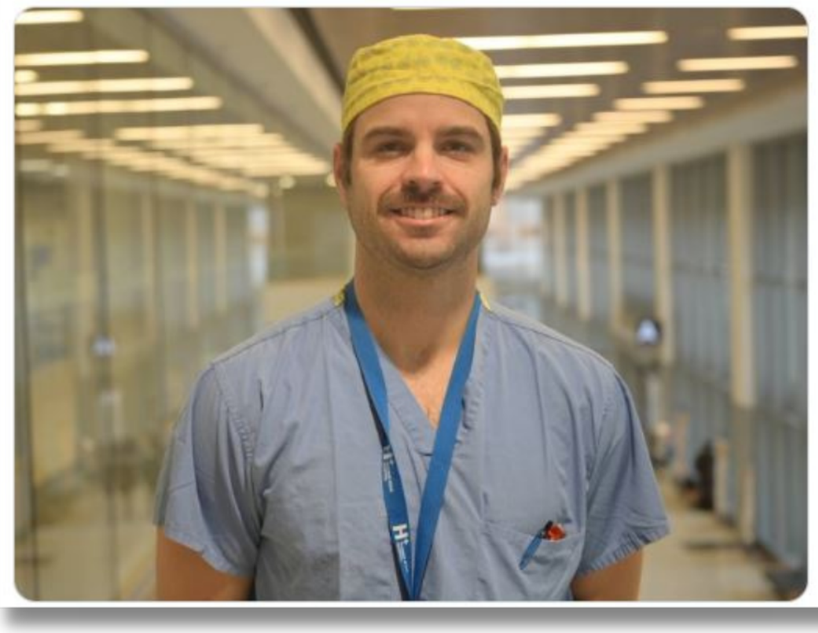
Humber River Hospital
@HRHospital

The Home and Community Care Support Services team are onsite 365 days of the year to coordinate in-home and community-based care for patients at Humber. Their mission focuses on "helping everyone to be healthier at home through connected, accessible, patient-centered care."

Humber River Hospital
@HRHospital

Dr. Christopher Bernard is the Chief Resident in Humber's Oral and Maxillofacial Surgery Department, in his final year of residency training with @UofT OMFS.

Dr. Bernard believes that Humber is both a privilege and pleasure to rotate through on a weekly basis. #ResidentCorner



Humber River Hospital
@HRHospital

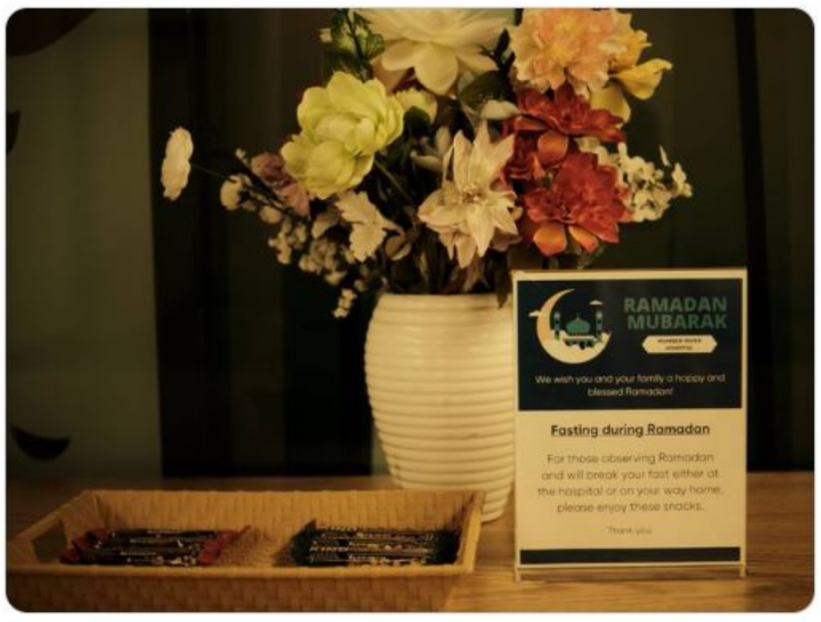
Happy St. Patrick's Day to all those celebrating! Enjoy the celebrations and have a safe and healthy day! #StPatricksDay

Humber River Hospital
@HRHospital

Recently, Humber held an orientation to welcome aboard our newly hired nurses. We look forward to the care, support, and outstanding contributions you will provide to our clinical units for both our patients and our Hospital. #NursingOrientation #LightingNewWays

Humber River Hospital
@HRHospital

This year, the holy month of Ramadan is observed from March 22 to April 20. The word 'Ramadan' refers to the name of the ninth month of the Islamic lunar calendar. It is a month of fasting, introspection, reflection, and a time to focus on spirituality and charity. 1/2



Humber River Hospital
@HRHospital

Ensuring Mental Health Addictions Outpatient Program patient and staff safety with a successful Mock Code Red Fire and Evacuation event Thursday. Over 70 staff, physicians and volunteers participated. Emergency Preparedness is a @HRHospital priority as we care for patients.

Humber River Hospital
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Meet Ruth Mariano and Samantha Anderson, Hospital Team Assistants with Humber's Home and Community Care Department.

Hospital Team Assistants are the first point of contact when connecting with Home and Community Care. #HomeAndCommunityCare