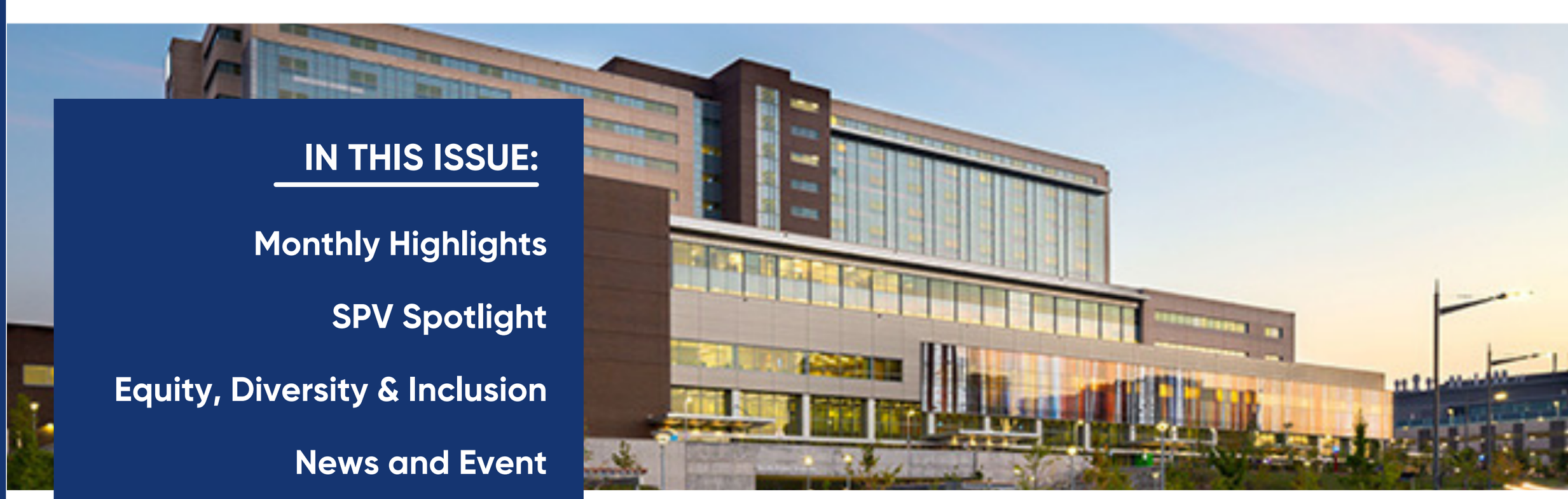
Humber River Health

INSIDE HUMBER

Humber is your hospital, these are your stories.



IN THIS ISSUE:

Monthly Highlights

SPV Spotlight

Equity, Diversity & Inclusion

News and Event

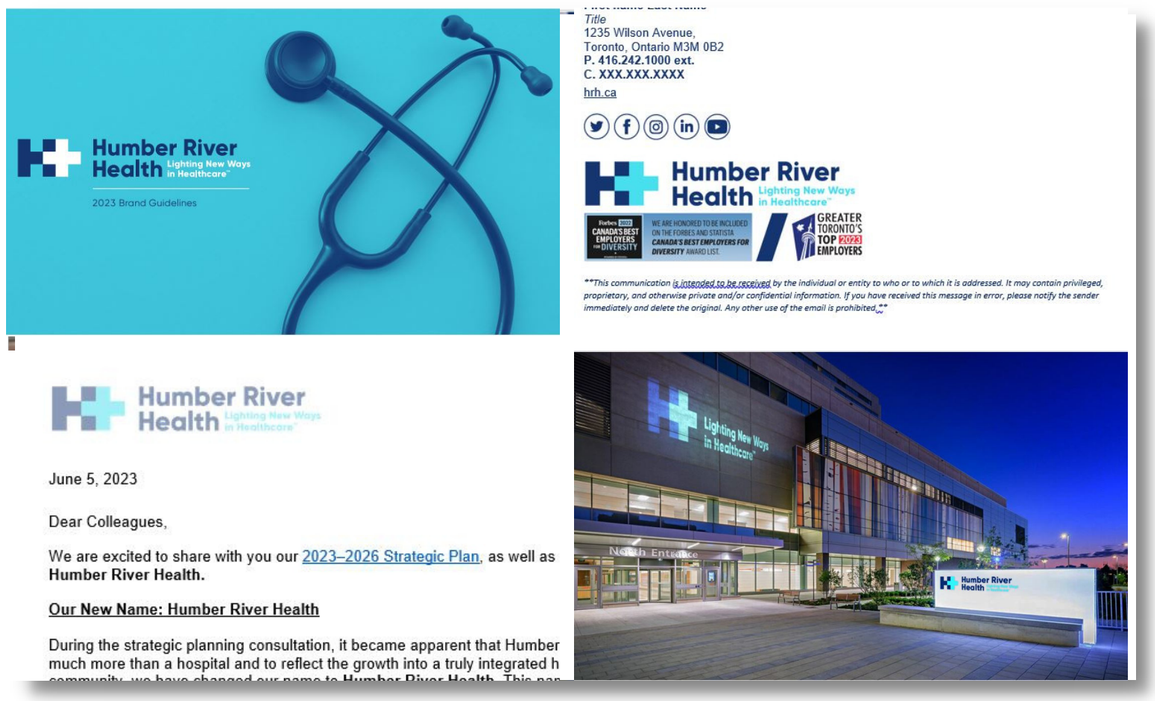
Social Media Highlights

July Calendar

Our New Name: Humber River Health

As you are aware, we have changed our name to **Humber River Health**, which brings together Humber River Hopsital, Finch Campus, Church Campus, our Research Institute, and the Schulich Family Medicine Teaching Unit. As it relates to operations, Humber River Health will operate as one corporation with one board, one management team, and one medical staff.

It is very important that we maintain visual consistency across all pieces of communications. Therefore, we have developed new materials to replace our old branding throughout the organization. We ask that you update your email signature and use the new logo on all materials moving forward.



Click here to access Corporate Communication's iHumber page, where you can find our **new branding guidelines, email signature, PowerPoint slides, letter template, and full logo package.**

Click Here

Humber River Health's 2022 Annual Report

A message from Barb Collins and Michael Iacovelli:

We are pleased to introduce Humber River Health's 2022 Year in Review – **Igniting Hope: A Journey of Innovation and Inspiration!**

It has been a monumental year for our organization. The launch of our 2023 – 2026 Strategic Plans also led to the ideation and recent introduction of our new name: Humber River Health. Renaming our organization is representative of the exciting growth and expansion that we embraced in 2022.

Our people – staff, physicians, volunteers, Board of Directors, donors, and community – are our biggest strength and their contributions to our organizations throughout the past year have not gone unnoticed. Our team is comprised of talented, passionate, and dedicated professionals, all of whom continued to make significant sacrifices to provide lifesaving care in 2022. These organizations showed resilience and determination to provide unwavering patient- and family-centred care for our community.

It is this focus and commitment on improving patient outcomes that made 2022 an outstanding year for Humber. We focused on our vision, mission and values, and achieved significant milestones to the benefit of our organizations, community, and healthcare. We are excited for continued growth as we embrace our new identity as Humber River Health.

We extend our profound gratitude and appreciation to everyone who strengthens our organization, paving the way for remarkable advancements in healthcare, and helping us to continue our vision of **Lighting New Ways in Healthcare.**

Click Here

Microsoft Office 365 Migration

Last year, Humber began the move to Microsoft Office 365 (M365) with the migration of email to the cloud to support our cyber-security initiatives and to modernize our email and productivity systems.

Building on that success, we've moved over to OneDrive for file storage and sharing. This week we upgraded iHumber to the new SharePoint Online!

For more information, including how to access iHumber on SharePoint Online, click on the link below.

Click Here

What's in it for me? These changes allow for:

- **Enhanced Accessibility** to email, personal and shared files when off-site, without having to go through Citrix (VPN).
- **Streamlined Collaboration** by sharing and collaborating on documents without having to send emails with attachments.
- **Modern User Interface** enables site owners to create more modern SharePoint sites.
- **Integration across the Microsoft 365** suite of tools to allow for greater efficiency when collaborating on files.
- **Better cybersecurity.**

Monthly Highlights

Cancer Survivor Day - June 4

For Cancer Survivor Day, we highlighted 38-year-old Evan Bolotta, who was diagnosed with stage four large diffuse b cell lymphoma in October of 2021. Due to the cancer's aggression, Evan was admitted to Humber River Health as an inpatient, where he remained for six weeks until his care team believed he was in an appropriate condition to return home.

Read More

Men's Health Week – June 12 - 18

Men's Health Week provides the opportunity to raise awareness for men's physical and mental well-being and the importance of accessing care early to identify vital healthcare needs. According to Dr. Leon Rivlin, Chief and Medical Director of Emergency Medicine, this week provides the opportunity to eliminate any existing stigma regarding men's health moving forward.

Watch Here

MEDITECH and Canada Health Infoway Working with Humber to Deploy E-Prescribing

We are excited to work with Canada Health Infoway and MEDITECH to deploy electronic prescribing through PrescribeIT. According to Chief of Staff, Dr. Zaki Ahmed, E-Prescribing will benefit physicians, reduce the risk for potential errors, and improve patient safety.

Read More

Dr. Sud Awarded Funding from CIHR

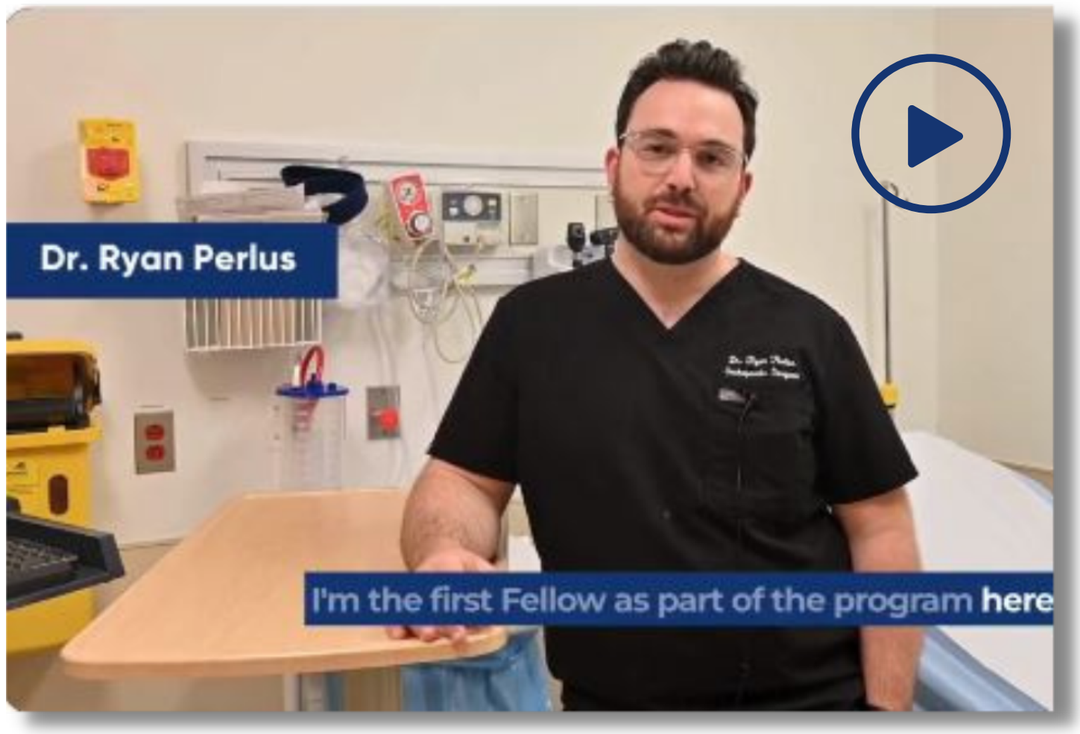
Dr. Abhimanyu Sud, Research Chair in Primary Care and Population Health Systems at Humber, has been awarded funding from Canadian Institutes of Health Research (CIHR) to conduct an international comparative policy analysis to identify new ways to address the Canadian opioid crisis. Dr. Sud explains more in this video.

Watch Here

Interview with Mayura Kandasamy

Mayura Kandasamy is the Program Director of our Maternal and Child Department. Her experience developing clinical and administrative expertise in maternal and child services allows her to build upon and bring an optimal lens to the patient care provided at Humber.

Watch Here



Interview with Dr. Ryan Perlus

Dr. Ryan Perlus and the Humber team placed second with their Orthopaedic Fellow Research Project at the University of Toronto. The project examined the use of optical navigation in anterior hip replacements compared to conventional fluoroscopy, highlighting innovative ways to improve patient outcomes.

Watch Here

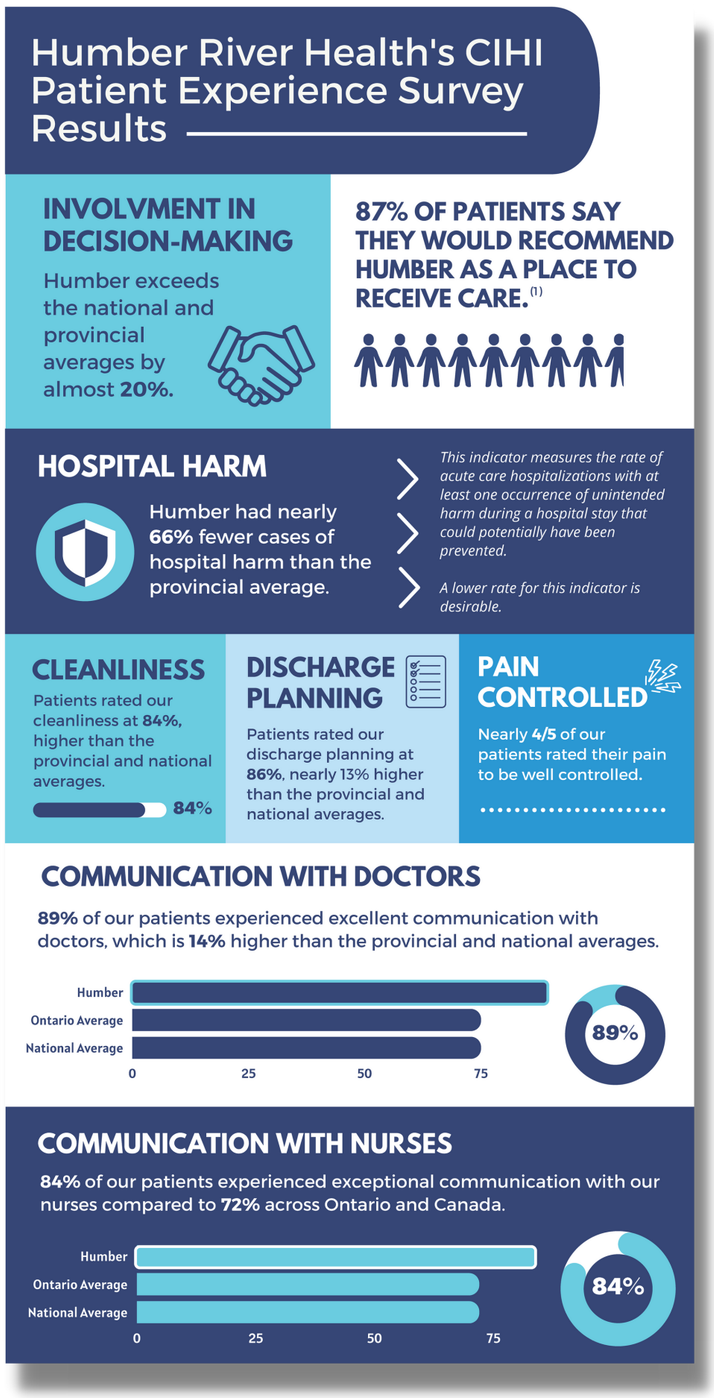
Humber River Health's CIHI Patient Experience Survey Results

The Canadian Institute for Health Information (CIHI) released results of the Canadian Patient Experiences Survey (CPES), as well as scores from their Hospital Harm measure reported annually. This is a standardized and validated tool patients use to provide feedback about the quality of care they received during their most recent stay in a Canadian acute care hospital.

Humber River Health's patient experience results exceed provincial and national averages in nearly all publicly reported measures, This includes: overall hospital experience, communication with doctors and nurses, involvement in decision-making, and discharge management.

These extraordinary results are only possible through all of your hard work and dedication to provide exceptional patient- and family-centered care!

To celebrate Humber's extraordinary results, we held celebratory barbeques at each of our sites. Thank you to everyone who came out and enjoyed food, drinks and music, and picked up a Humber River Health golf shirt and lanyard.



Wilson Campus - June 26

Finch Campus - June 27

Church Campus - June 30

World Food Safety Day - June 7

Gaurav Joshi, an experienced cook at Humber, ensures optimal safety in preparing food for patients by following the key practices: temperature control, food positioning, avoiding refreezing thawed foods, and checking use-by dates. Gaurav loves experimenting with different flavors and combinations, allowing patients to experience new tastes and blends. He takes great pride in his work, using his culinary skills to bring joy to patients.

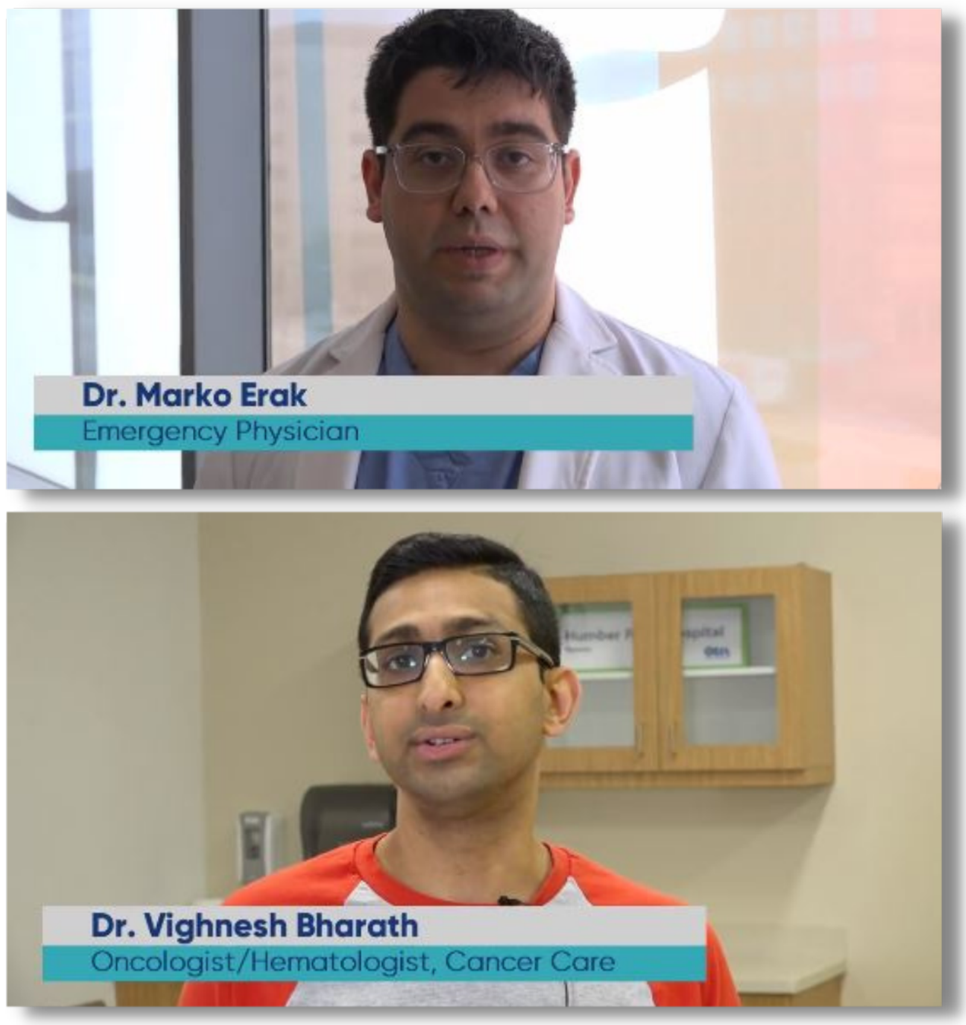
Action Anxiety Day - June 10

According to Dr. Laura Leong, a Psychologist in our Outpatient Mental Health Program, panic attacks are a sudden rush of fear and uncomfortable physical symptoms, such as a racing heart or shortness of breath that occurs at certain times or out of the blue. It is important to discuss any symptoms of anxiety or panic attacks with your family physician, as they can help decide on the best course of action to meet your needs. Click here to watch the full interview.

Watch Here

World Sickle Cell Day - June 19

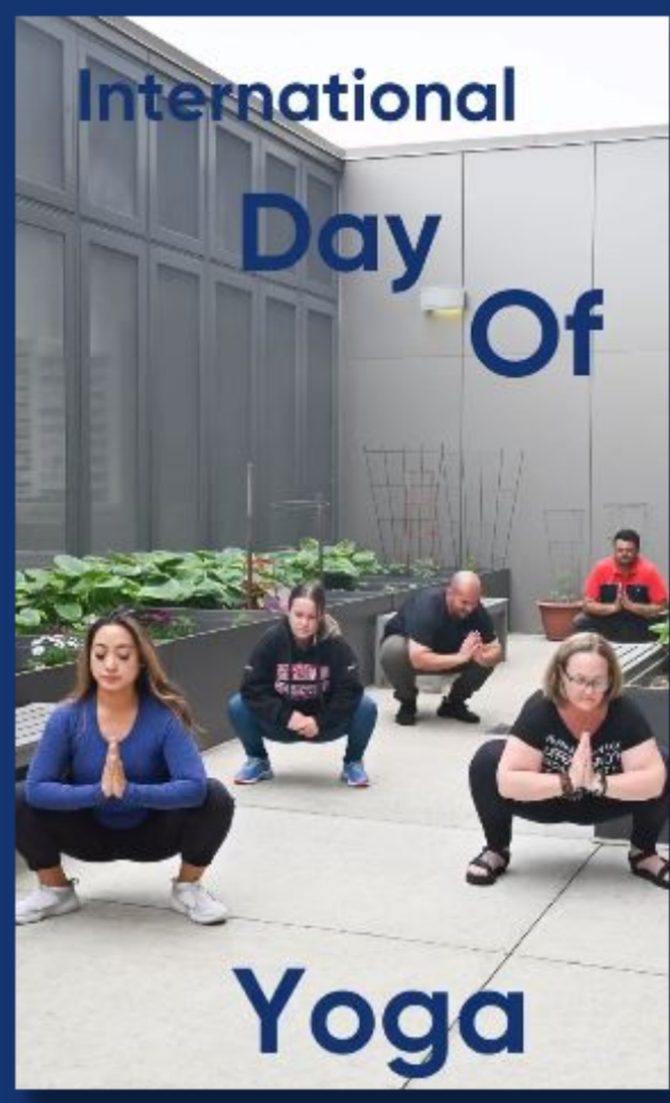
Sickle cell disease (SCD) is a genetic disorder that deforms red blood cells, causing them to stick together and disrupt blood flow. Individuals who have sickle cell disease experience intense pain episodes and are at risk of severe health problems. Dr. Marko Erak and Dr. Vighnesh Bharath tell us more in this video.



Watch Here

International Day Of Yoga - June 21

On the Inpatient Mental Health Unit, the Recreation Therapists teach our patients about the basics of yoga and utilize elements such as breathing and mindfulness techniques to offer a meaningful program that patients can continue after discharge. During lunch hours, yoga classes are also offered to SPVs to promote a healthy work-life balance and provide an opportunity to take a break from demanding schedules.



Seniors Month

To assist seniors during their transition home or another destination, the staff at our **Church Campus** are always available and prepared to provide optimal, patient-centric and family-focused care.

The team at our **Finch Campus** primarily caters to seniors who require a different level of care during their transition to home or another destination. The dedicated staff consistently delivers outstanding, senior-friendly, family-focused care.

Stroke Awareness Month

The team in our Stroke Prevention Clinic provides various services including rapid assessments and diagnostics to our patients. They assist in identifying the cause of a transient ischemic attack (TIA) or stroke, identification and treatment of risk factors, and education on lifestyle management and stroke symptoms.

International Women in Engineering Day - June 23

International Women in Engineering Day provides an opportunity to promote the outstanding work and leadership of women engineers worldwide. We celebrated the women in our Biomedical Engineering Department who play a vital role in ensuring the safety of our patients.

PTSD Awareness Day – June 27

According to Social Worker Caitlin McNeil, Post Traumatic Stress Disorder (PTSD) is a condition that can occur after experiencing a traumatic event or events. It manifests in 3 main categories of symptoms: re-experiencing, hyper-arousal, and avoidance.

Home and Community Care Department

Meet Amelia Surujpaul and Mayuri Gandhi, Hospital Care Coordinators with our Home and Community Care Department. They determine patient care needs and eligibility, provide access to required home care services, send referrals to community services, and assist with discharge.

Equity, Diversity & Inclusion

June was a time to appreciate the heritage, history and resiliency of the First Nations, Inuit, and Métis peoples of Canada, as well as celebrate the pride, diversity, and resiliency of 2SLGBTQ+ communities.

Thank you to all staff, physicians and volunteers that participated in our Pride and National Indigenous History Month initiatives at Humber River Health. During the month of June, we facilitated in-person experiences for two webinars from the Canadian Centre of Diversity and Inclusion, hosted a Smudging Ceremony, welcomed the Canadian Centre for Gender and Sexual Diversity, and launched Humber River Health pronoun stickers. Throughout the month, staff had the opportunity to learn from diverse lived experiences and participate in capacity-building initiatives.

Pride

Pride Month 2023: Parker's POV

June is recognized as Pride Month worldwide – a time to celebrate the culture, progression, and achievements of the 2SLGBTQ+ Community. Parker Ducharme, an Event Coordinator at the Humber River Health Foundation, believes in the importance of fostering a more safe and inclusive society and has shed light on what true Pride means to him.

Read More

CCGSD Presentation: Understanding Gender Diversity and Pronouns - June 28

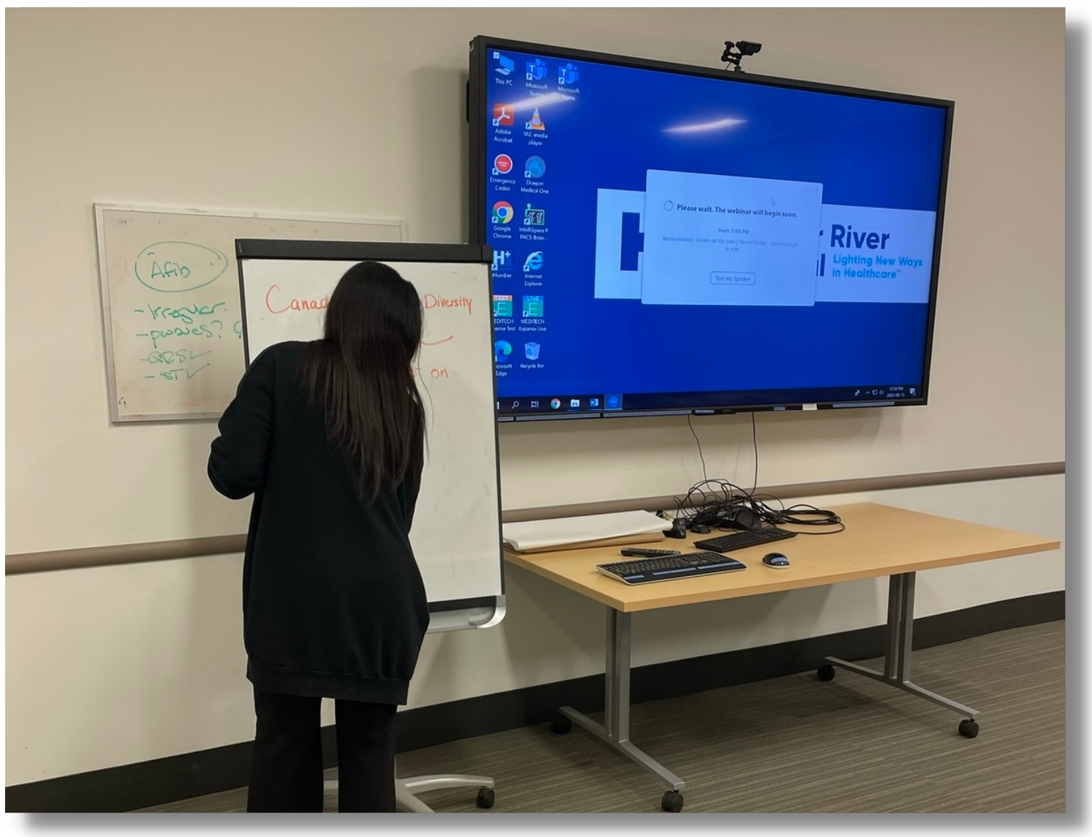
Humber River Health was pleased to welcome Ahmed Abdallah and Eliot Newton from the Canadian Centre for Gender and Sexual Diversity (CCGSD) for a comprehensive and engaging learning experience focused on gender identity, pronouns and gender-affirming care. This session provided a safe space for individuals to learn, reflect, and actively contribute to creating more inclusive environments for 2SLGBTQ+ communities at Humber River Health.

Following the presentation, attendees had the opportunity to choose pronoun stickers for their ID badge to promote equity for all sexual orientations, gender identities, and gender expressions, which assists in furthering discussions about inclusion and uplifting 2SLGBTQ+ voices. **If you are interested in acquiring a pronoun sticker, they will be circulated with the Kindness Cart throughout July.**

National Indigenous History Month

CCDI Webinar - Reconciliation: Sisters on the Path - June 15

In this conversation, CCDI brought together Indigenous and non-Indigenous voices to reflect on what reconciliation means to them on a personal, organizational, community, and national level and how to best forge a path forward together.



Smudging Ceremony - June 16

Leland Powless of the Mohawk Bear Clan walked us through the cultural significance of smudging for Indigenous peoples and the sacred medicines used during smudging.