

INSIDE HUMBER

Humber is your hospital, these are your stories.

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Monthly Highlights



Why We Care: The Volunteer POV

The nearly 500 volunteers at Humber River Health consistently display humanitarian characteristics as they help and care for all staff, physicians, volunteers, patients, and visitors with an outpour of compassion, professionalism, and respect. In honour of World Humanitarian Day, a few of Humber's outstanding volunteers shared why they care about devoting their time to helping others.

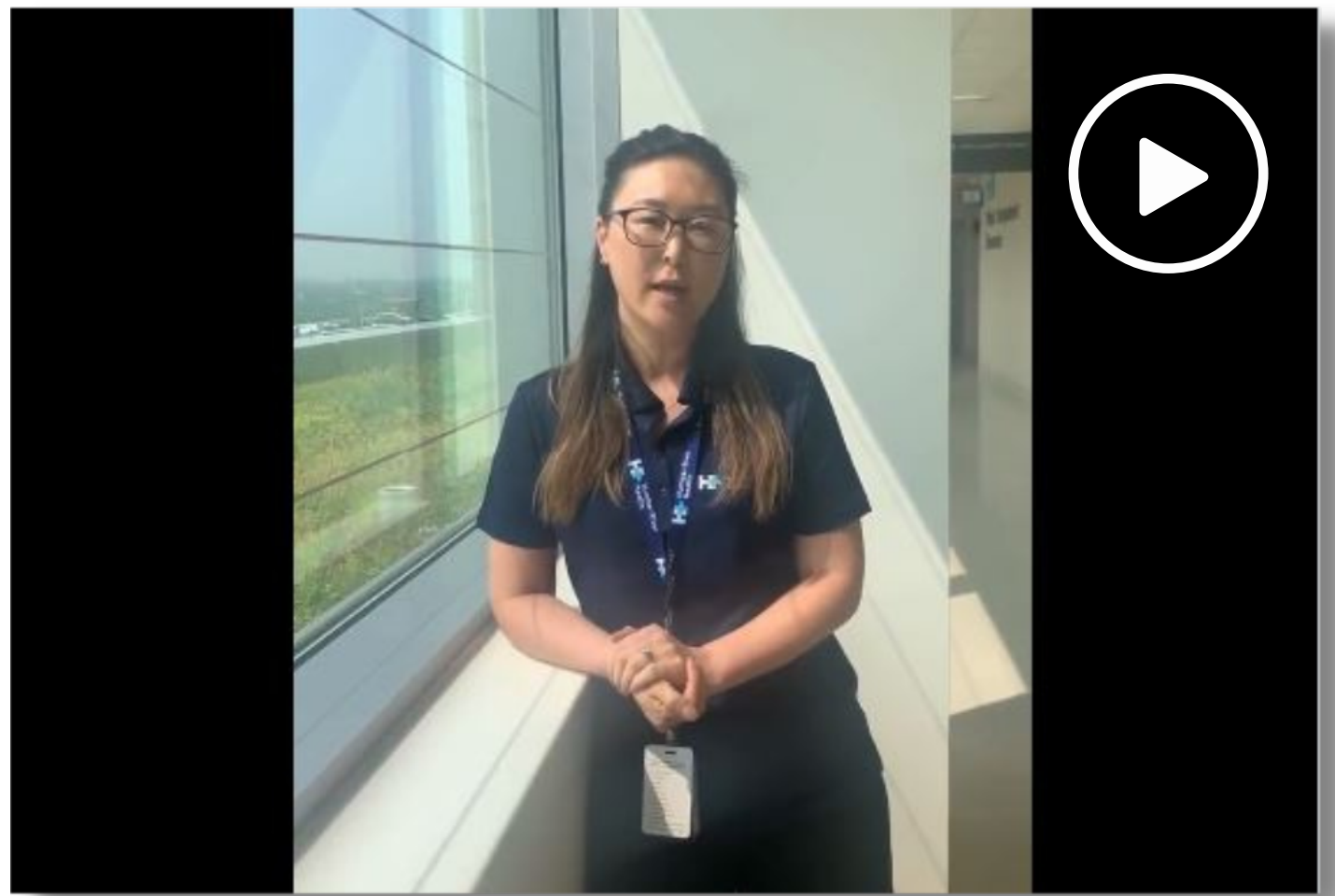
[Read More](#)



Meet our 2023 TDSB Top Scholar - Hari Pillai

Hari Pillai has been recognized as one of this year's Toronto District School Board (TDSB) Top Scholars! Outside of school, Hari is an Information Desk Volunteer at Humber, as well as one of this year's Volunteer Association Scholarship recipients. We congratulate Hari on his inspiring achievements! Watch his interview with CP24 below.

[Watch Here](#)



Interview with Dr. Justin Chang

Dr. Justin Chang is an Orthopaedic Surgeon at Humber River Health, specialized in robotic hip and knee surgeries. In this interview with the Foundation, Dr. Chang discusses how he got into robotic surgery, and gave us insight regarding our ROSA Knee System and Intellijoint HIP.

[Read More](#)

Immunization Awareness Month

Meet Angie Lee, our Manager of the Occupational Health, Safety and Wellness Department. Remaining up to date on your immunizations is important to your overall health and well-being. Unsure about your immunization status? Angie explains what to do.

[Watch Here](#)



Humber Implants First Abbott Aveir Leadless Pacemaker - OHA Article

This June, Dr. Irving Tiong, with the aid of Humber's laboratory team, implanted the organization's first Abbott Aveir™ Leadless Pacemaker (LP). Only the 2nd in Ontario, Humber joins nine centres across Canada to implant the Aveir™ LP. Read more in the latest issue of Health System News.

[Read More](#)

Play for your Chance to Win a Car!

The Humber River Health Foundation is hosting a raffle where the grand prize is a brand new 2023 Nissan Sentra valued at over \$28,000! There is also a chance to win two early bird prizes. Play today and help fund the areas of greatest need for the Humber River Health community. Click below to learn more and get your tickets!

[Get Tickets](#)

Remembering Dr. Vanessa Burkoski



We were sad to share the passing of Dr. Vanessa Burkoski, an extraordinary leader, mentor, and friend.

Vanessa joined Humber River Health in 2016 as Chief Nursing Executive, and then became our Chief of People Strategy in the subsequent year. She carried out both roles with grace, significantly reshaping and uplifting our organization's culture and effectiveness. Just recently, Vanessa was invested with the Order of Ontario for her immense contributions to nursing and safe healthcare.

Vanessa's passion for evidence-based practice played a pivotal role in guiding our strategic direction, helping to transform Humber River Health into a high reliability organization. Her relentless advocacy for excellence in professional practice and academic research has significantly benefited the health system and placed her as a truly transformative leader in her field.

In the wake of her passing, we honor the incredible legacy that Dr. Vanessa Burkoski leaves behind. She set an example for all of us at Humber to follow, reminding us of the true power of passion, dedication, and leadership. We are grateful for her contributions, and we will miss her kindness, caring personality, and willingness to help others.

On behalf of the Humber team, we have offered our sincerest condolences and sympathies to her family during this difficult time. She will be deeply missed but never forgotten.

SPV Spotlight

Emergency Department Team

Meet Alisha Russel, a Medical Laboratory Technician in our Apotex Emergency Department. Alisha enjoys the environment and the people she works with at Humber. "It's a very nice Hospital! Everyone is amazing and light-hearted...it's a good place to work!"



International Overdose Awareness Day - August 31

Meet Cassandra Abel, an Addiction Counsellor in our Outpatient Chemical Dependency Program. Cassandra believes Humber can help prevent and decrease overdoses in our community through our Rapid Access to Addiction Medicine (RAAM) clinics. Humber also offers an Outpatient Chemical Dependency Program for patients affected by substance use disorder.

"Our program educates patients on the effects and impacts of substance use and provides education around harm reduction and safe use. We work with community partners to support overdose prevention and education."



Nursing Team

Manpreet Gill is a Registered Nurse at Humber. For Manpreet, nursing is a career she genuinely loves. The more experience she gathers in nursing, the more her passion for it continues to grow.



World Hepatitis Day - July 28

World Hepatitis Day is a time to raise awareness of the different types of Hepatitis, most commonly Hepatitis A, B, and C. Watch this video with Sukhman Buttar, an Occupational Health and Safety nurse, to learn more about Hepatitis and how to prevent any infections.



[Watch Here](#)

Lung Cancer Day - August 1

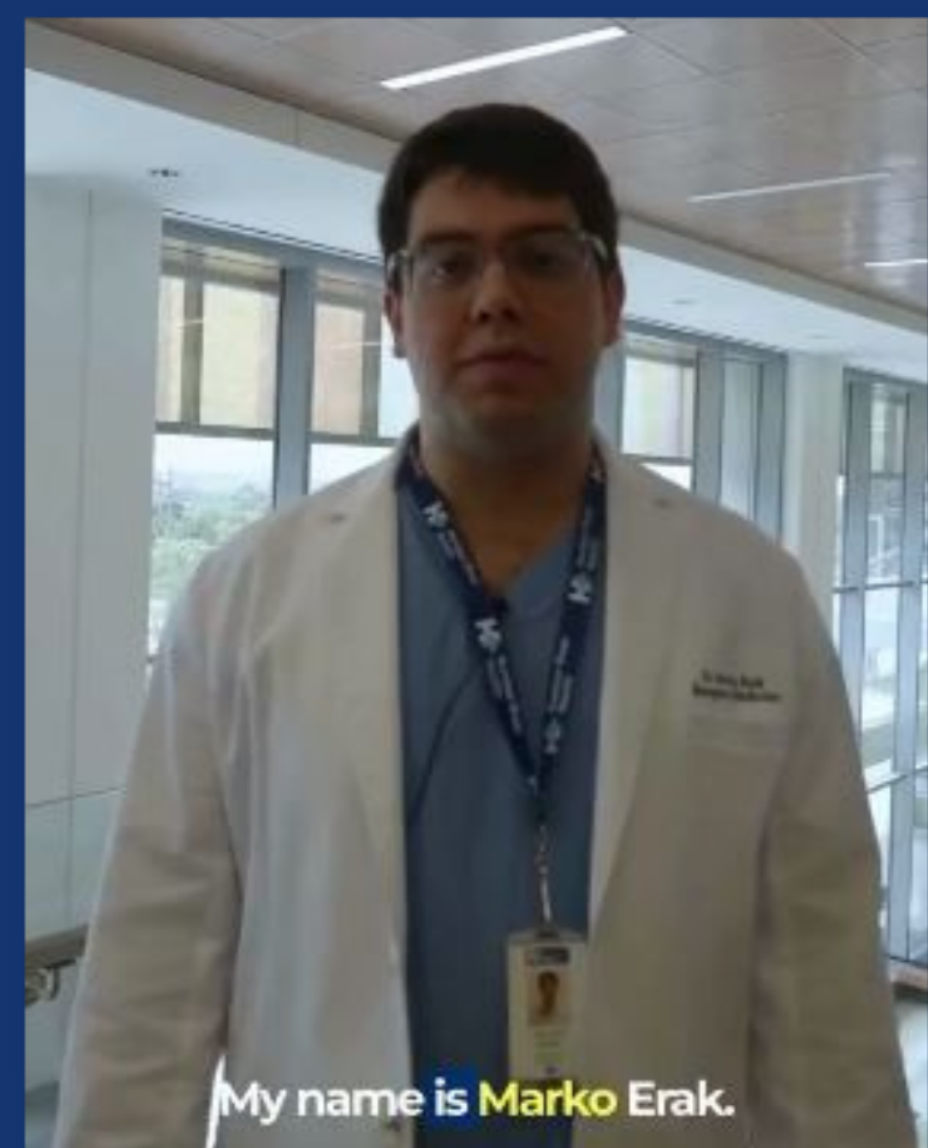
According to Dr. Punam Rana, an Oncologist in our Cancer Care Clinic, lung cancer is the leading cause of cancer deaths worldwide. To prevent lung cancer and maintain healthy lungs, check out Dr. Rana's tips in the link below.



[Read More](#)

Appendicitis - Dr. Marko Erak

According to Emergency Physician Dr. Marko Erak, appendicitis is an inflammation of the appendix, located in the right lower quadrant of the intestines. Symptoms include abdominal pain (which localizes in the right lower quadrant), nausea, vomiting, fever, or appetite loss. Learn more in this video:



[Watch Here](#)

Finch Campus

Meet Laura Barkin, a Recreational Therapist at our Finch Campus. Laura enjoys seeing her patients smile and hearing their positive feedback. "It's such a creative role that looks at the patients' individual interests. I find myself always learning something new from them!"



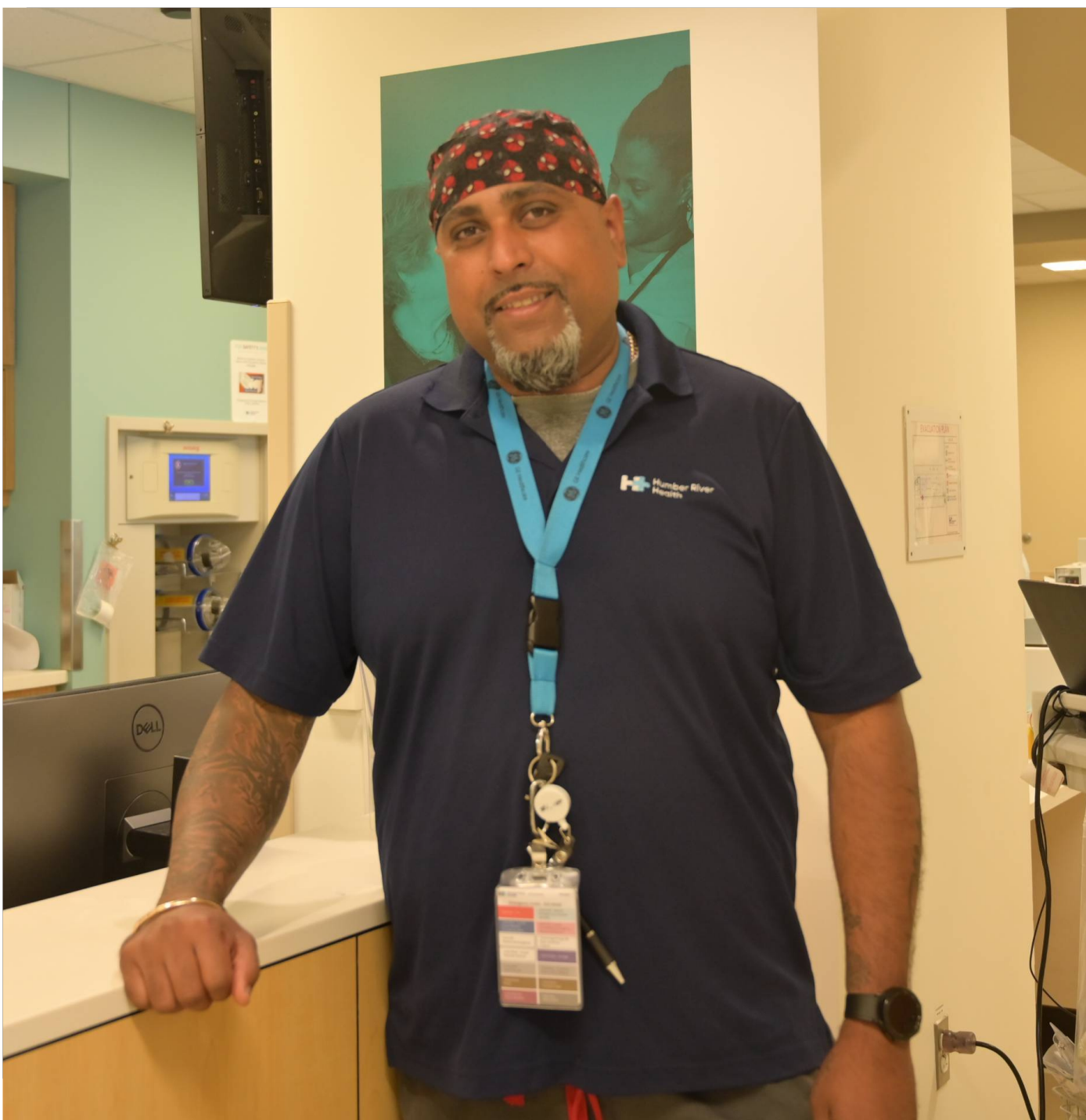
ABI Team

Toni Lorefice is a Data Integrity Analyst in our Analytics and Business Insights Department. Toni's responsibilities include correcting and collecting data for statistical reports. Her favourite part about her role is when all her work comes together towards the month's end.



ICU Team

Travis Seeram is a Unit Aide in our Intensive Care Unit (ICU). Travis ensures a functional and efficient system in the ICU. A significant component of Travis' role is gathering supplies and equipment to ensure the team always has what they need.



Hannah Ruth Dionisio is a Unit Aide in our Intensive Care Unit (ICU). Hannah's responsibilities include assisting the nurses with providing patient care and ensuring the unit has sufficient supplies by acting as a liaison with Stores and Logistics, Purchasing, and the ICU team.



Upcoming: National Day for Truth and Reconciliation - September 30

September 30 has been declared as Orange Shirt Day in recognition of the harm caused by the residential school system. The day honours the children who never returned home and survivors of residential schools, as well as their families and communities. Public awareness of the tragic history and ongoing impacts of residential schools is a vital component to understanding reconciliation. Orange Shirt Day is intended to raise awareness of the impacts of residential schools. On September 30, Canadians are encouraged to wear orange to honour the thousands of survivors and those who never made it home.

As part of our plans to commemorate this day, Humber River Health has sourced Orange Shirts from the **Native Canadian Centre of Toronto**. **Shirts will be available across all three sites for staff, physicians and volunteers in exchange for a minimum donation.** This year, the Native Canadian Centre of Toronto will donate proceeds to the Native Northwest Reconciliation Fund, an Indigenous harm reduction initiative dedicated to helping Indigenous communities who continue to be impacted by the legacy of the residential school system.



The 2023 Every Child Matters Orange Shirt features a unique design by Coast Salish artist Simone Diamond. Please look out for more information on how to purchase a shirt in the coming weeks!

[Read More](#)

Addressing Anti-Black Racism: A Humber Priority

At the forefront of helping Humber River Health achieve its strategic directions, embracing equity, diversity and inclusion is of high priority. In pursuit of this objective, Humber is proud to have launched the **Introduction to Anti-Black Racism eLearning Module** made available to the Hospital's Leaders.

Through the Introduction to Anti-Black Racism eLearning Module and supplementary learning path, Leaders will be introduced to key concepts in anti-racism and necessary tools to engage in critical reflection and dialogue about anti-Blackness in Canada, past and present.

While this module is currently only accessible by Leaders, the course will be available to all staff, physicians, and volunteers on **October 16, 2023**. The launch of this module will include group-training sessions for units to engage in critical reflection and dialogue on learning outcomes.



[Read More](#)

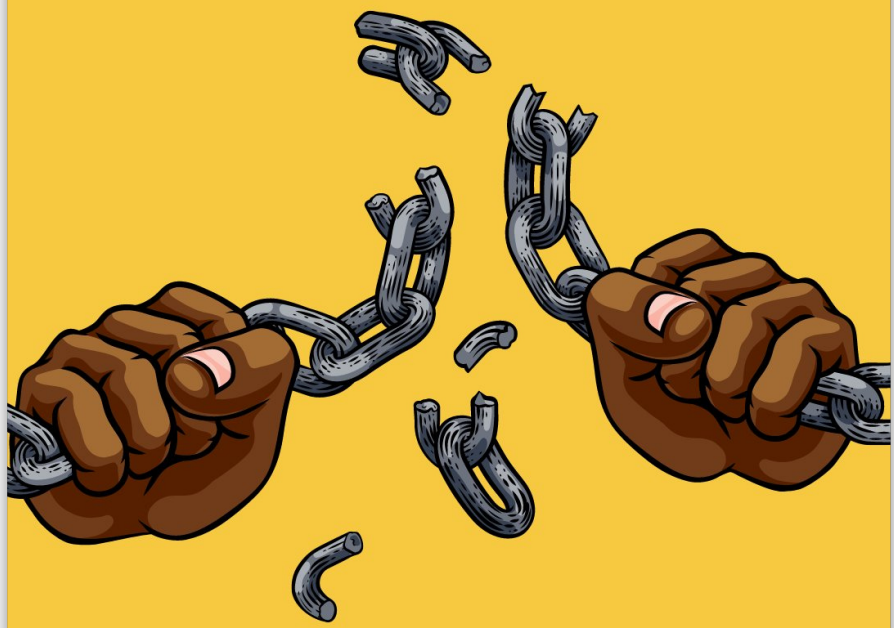
Emancipation Day - August 1

On Emancipation Day, we reflected on the resilience of activists who fought for the abolition of slavery in Canada and recognize the barriers Black communities continue to face. Together, we must work across all sectors to engage in the ongoing fight against anti-Black racism.

[Read More](#)

EMANCIPATION DAY

AUGUST 1, 2023



Humber River Health
Lighting New Ways
in Healthcare™

WHAT IS EMANCIPATION DAY?

- Emancipation Day is observed in many former European colonies in the Caribbean, Canada, and areas of the United States to commemorate the emancipation of enslaved Africans.
- On August 1, 1985, Trinidad and Tobago became the first independent country to declare a national holiday to commemorate the abolition of slavery.
- On March 24, 2021, the House of Commons voted unanimously to officially designate August 1 Emancipation Day in Canada.



WHAT IS THE SIGNIFICANCE OF EMANCIPATION DAY?

- Emancipation Day commemorates the bravery and resilience of activists who fought for the abolition of slavery in Canada.
- From healthcare, housing, and education, Black communities continue to face barriers rooted in the impacts of slavery. On Emancipation Day, we must acknowledge all aspects of our history

International Day of the World's Indigenous Peoples - August 9

August 9 marks the International Day of the World's Indigenous Peoples. According to the United Nations, there are about 476 million Indigenous Peoples living across 90 countries, many with unique ways of life. View the map below to learn about Indigenous Communities worldwide!

GREENLAND

- About 50,000 out of the 57,000 people who live in Greenland are Inuit.
- The Inuit diet consists primarily of fish and meat because it is hard to gain access to vegetables and fruit in cold, remote areas.

ASIA

- Indigenous Peoples represent about 5 per cent of the world's population, with 70 per cent living in Asia.

International Day of the World's Indigenous Peoples

BRAZIL

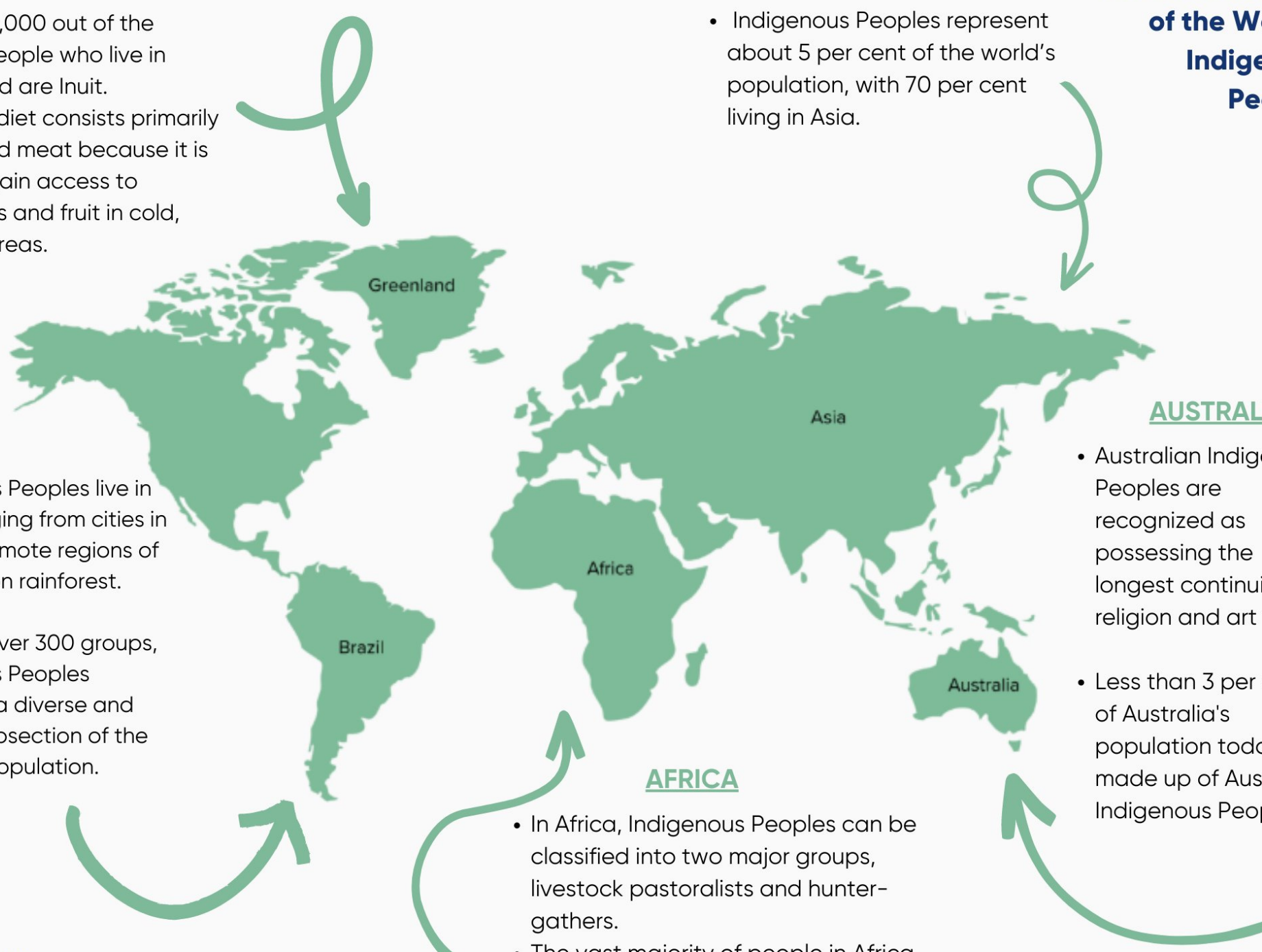
- Indigenous Peoples live in areas ranging from cities in Brazil to remote regions of the Amazon rainforest.
- Totalling over 300 groups, Indigenous Peoples represent a diverse and varying subsection of the Brazilian population.

AUSTRALIA

- Australian Indigenous Peoples are recognized as possessing the longest continuing religion and art forms.
- Less than 3 per cent of Australia's population today is made up of Australian Indigenous Peoples.

AFRICA

- In Africa, Indigenous Peoples can be classified into two major groups, livestock pastoralists and hunter-gathers.
- The vast majority of people in Africa are Indigenous.

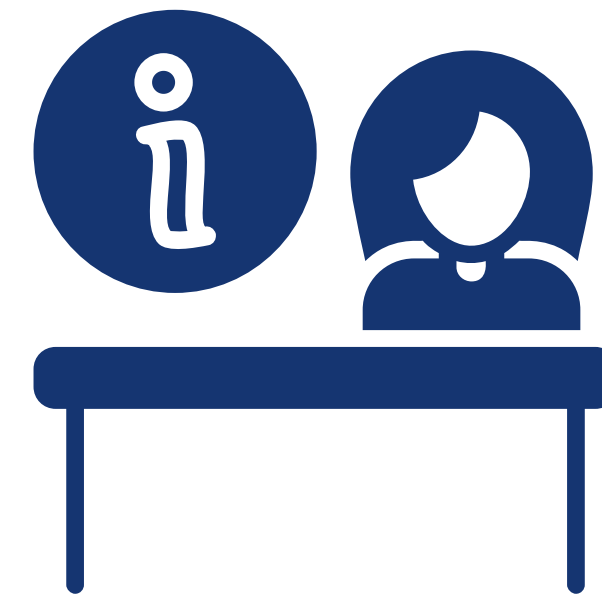


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Benefits Information Booth - September 28

The Human Resources Department is reminding eligible employees to designate a beneficiary for their Group Life Insurance. Designating a beneficiary is important to provide income protection to your dependents and loved ones in the event of a catastrophic occurrence.

If you have not assigned a beneficiary or your beneficiary has changed, **please visit the benefits information booth on September 28, 2023 in the Food Court (Level 0) at the Wilson Site from 8:30 a.m. - 9:30 a.m.** or contact the Human Resources front desk at extension x81900 for any questions.



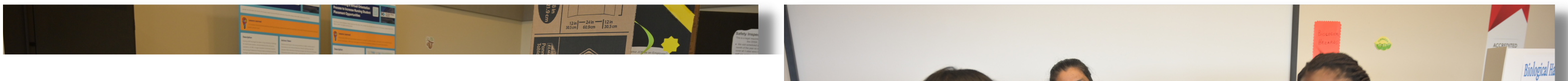
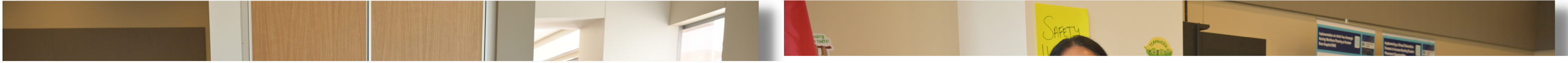
“To Catch and Know the Hazards” Safety Fair - August 1

On August 1, we held our “To Catch and Know the Hazards” Safety Fair at our Wilson Site. SPVs were provided with information on the most common safety hazards: physical, chemical, biological, ergonomic, and psychological. Our goal is to promote proactive safety at Humber!

Our last Health and Safety Fair will be held at our Church Campus. Please join us to learn about the different types of hazards in the workplace and how to prevent them. Play games, win prizes, and MORE!

Church Campus

- Boardroom
- Tuesday, September 19
- 11:00 a.m. - 2:00 p.m.



Community Safety Fair - August 16

On August 16, Humber participated in the Tim Hortons Annual Community Safety Fair in recognition of our Emergency Services. Joined by Toronto Police, Toronto Medics, Toronto Fire and many others, the fair consisted of informational booths and activities for individuals in our community!



Social Media Highlights

Humber River Health
@HRHealth_

Last week, Levi had his tonsils and adenoids removed at Humber. Dr. Raewyn Seaberg, a Surgeon in our Otolaryngology Department, performed the surgery with the assistance of the incredible team in our Child Life Program.

More about the program on page 20: hrh.ca/surgical-magaz...



Humber River Health
@HRHealth_

Namrata Thaivalappil is a Senior Clinical Analyst with our Analytics and Business Insights (ABI) Department.

Namrata is responsible for helping to create user-friendly dashboards and data automation to minimize manual workloads as much as possible.



Humber River Health
@HRHealth_

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ON Infrastructure @ONinfra · Aug 25

#DYK the new @HumberMeadows Long-Term Care Home is open at @HRHealth_'s Finch Campus in North York.

This state-of-the-art facility includes up to 320 new long-term care spaces and provides a safe place for seniors to call home.

Learn more: news.ontario.ca/en/release/100...

Infrastructure Ontario @InfraOntario · Jun 26

Just one month ago @HumberMeadows Long-Term Care Home celebrated its grand opening. #DYK the six-story facility, features two interior courtyards that provide all resident's rooms with natural light.

To learn more about the project, visit: ow.ly/cfz150OSGbj



Humber River Health
@HRHealth_

At Humber, we have incredible opportunities to take your professional development to the next level. Our new team members are thrilled to be learning the "Best Practice Guidelines" to provide evidence-based patient care.

Interested in joining our team? hrh.ca/careers/



Humber River Health
@HRHealth_

Breastfeeding is a learning experience that can take time to become comfortable with. Elena Zevlever, a Lactation Consultant at Humber, explains a few of the obstacles women may encounter and provides tips on how to help. #BreastfeedingWeek

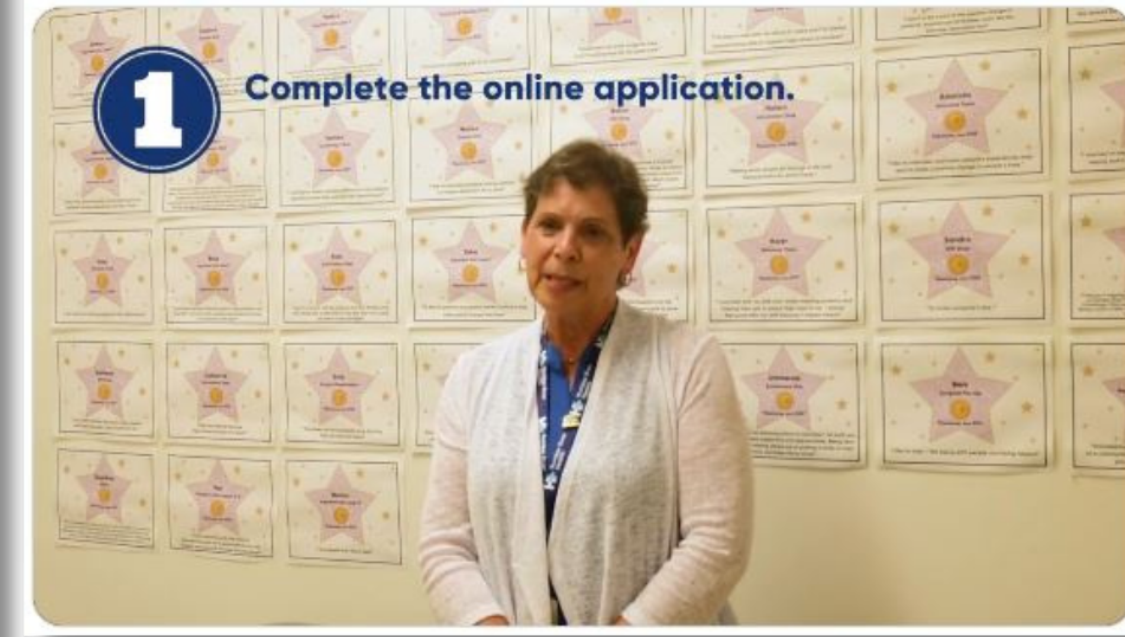
Watch here:

[youtube.com](https://www.youtube.com/watch?v=...)
Troubleshooting Breastfeeding Challenges

Humber River Health
@HRHealth_

#ICYMI: Last week, we celebrated #WorldHumanitarianDay and recognized our outstanding volunteers for the work they do in our Hospital.

Interested in becoming a Humber Volunteer? Louisa Ceci, Director of Volunteer Programs, explains the process of how to join the team!



Humber River Health
@HRHealth_

Mirella Ricci is a Data Integrity Analyst in our Analytics and Business Insights Department.

Mirella ensures the accuracy of wait times and reported data to Ontario Health in different areas, such as Surgery, Endoscopy, ALC, and the Surgical Efficiency Target Program.



Humber River Health
@HRHealth_

Our unique Child Life Program is delivered to children having surgery and their families, to help them feel informed and empowered during what can be a scary process.

Read more about our Child Life Program on page 20 of our Surgical Magazine: hrh.ca/surgical-magaz...



HUMBER RIVER HEALTH GRAND ROUNDS

TOPIC: VALUE OF ACCREDITATION

When: Thursday, September 14, 2023

12 p.m. – 1 p.m. (doors open at 11:45 a.m.)

In person: Auditorium – Level 3, Wilson Hospital

Virtual: Zoom

REGISTRATION REQUIRED

Learning Objectives:

At the conclusion of this activity, participants will be able to:

- Have an understanding of the hospital Accreditation process.
- Be aware of expectations of physicians' involvement in the accreditation process.
- Elaborate on activities to excel at during Accreditation.

SCAN QR CODE TO REGISTER



ALL STAFF AND PHYSICIANS ARE INVITED

DR. DAVE WILLIAMS MD, MSC, FRCP, MBA

◆ EXECUTIVE MEDICAL DIRECTOR OF CLINICAL QUALITY & PATIENT SAFETY FOR FRASER HEALTH ◆ CLINICAL ASSISTANT PROFESSOR, DEPARTMENT OF MEDICINE, UNIVERSITY OF BRITISH COLUMBIA ◆ CO-CHAIR, SSC-FH PHYSICIAN QUALITY IMPROVEMENT AND SPREADING QUALITY IMPROVEMENT STEERING COMMITTEE

LIGHT LUNCH WILL BE SERVED

The Humber River Health Grand Rounds is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and meets the certification criteria of the College of Family Physicians of Canada and has been certified by Queen's University for up to 1.0 Mainpro+ Credits.

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