

INSIDE HUMBER

Humber is your hospital, these are your stories.

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Monthly Highlights



New Youth Wellness Hub - Daniel Tziatis

Humber River Health was part of the announcement regarding the official launch of a new Youth Wellness Hub to serve the west-end of Toronto and the surrounding areas. Daniel Tziatis, our Program Director of Mental Health and Addictions, had the opportunity to participate in the grand opening and shared a few words.

[Watch Here](#)



Dr. Avramescu's Teaching Experience

Dr. Sinziana Avramescu, an Anaesthesiologist at Humber, teaches in the Department of Anesthesia and Pain Medicine at the University of Toronto and was recently recognized by the university for her overwhelmingly positive teaching evaluations. Dr. Avramescu reflects on her teaching experience in this article.

[Read More](#)



Cervical Cancer Awareness Month

Cervical Cancer Awareness Month emphasizes the importance of early detection and prevention through regular screenings and education about risk factors. Pap tests are a pivotal way for women to check for abnormalities in their cervix. OB/GYN Dr. Lynn Sterling has provided insight on what to expect during a pap test and the vital role they play in women's health.

[Watch Here](#)



New program to help men with enlarged prostates

HoLEP is a less invasive solution for men with very large benign prostate cases that previously would have required an open operation. Humber recently became the first hospital in the GTA to perform the HoLEP procedure. Urologists Dr. Jack Barkin explains the benefits of offering HoLEP to our patients in this CTV News interview.

[Watch Here](#)



CTV Interview with Dr. David Kepecs

Our Emergency Physician, Dr. David Kepecs, met with CTV Toronto's Pauline Chan to discuss the rise in Group A streptococcus cases in Ontario. Click here to watch the full segment.

[Watch Here](#)



Program helps primary care providers deliver quality care, faster

This article in Hospital News describes SCOPE (Seamless Care Optimizing the Patient Experience), which is designed to support PCPs by facilitating enhanced access to care pathways for patients and alleviating the burden of administrative tasks, such as finding the right specialists for referrals and coordinating diagnostic imaging.

[Read More](#)

Jayun Han

Jayun (Jay) Han is an Organizational Development (OD) Specialist and part of our OD Team.

Jay's tasks vary from day-to-day as his team works on various projects throughout the year, intended to support leaders with numerous initiatives. For example, Jay supports leaders and their teams with team development and team building sessions for a variety of challenges that involve conducting analysis, session development, delivery, and evaluation.



Kemesha O'Connor

Kemesha O'Connor is a Registered Nurse in the Emergency Department who started at Humber in 2022.

Kemesha is grateful to be working with a team who is extremely helpful and collaborative to ensure patients receive safe and effective care.



Kimberly De Cicco

Kimberly De Cicco is an Executive Assistant at Humber. "The digital innovation and technology drew me to Humber," explained Kimberly. "The use of technology to decrease critical incidents, increase efficiency and improve communication amazes me every day!"



Sheenamma Arun

Sheenamma Arun is a Registered Nurse in our Dialysis Department who has been at Humber for 18 years. Sheenamma enjoys Humber because of her great team, leadership, and the patients she works with.



Simulation-Based Orientation

In January, Humber welcomed the first nursing cohort embarking on a simulation-based orientation. By embracing this simulation-based nursing orientation, the cohort will acquire the necessary skills to provide safe and high-quality patient care.



Paula Podolski

We welcome Paula Podolski as our Program Director of Medicine, Seniors, Transitions in Care and the Command Centre.

Paula has over 22 years of progressive leadership experience in hospital clinical operations. She has 15 years at the Director level, overseeing complex clinical portfolios.

Her experience as Clinical Director includes oversight of diverse clinical programs and services, including Corporate Access and Flow, the Emergency Department, Mental Health and Addictions, Family Medicine, Infection Prevention and Control, and Interprofessional Resource Teams.

Paula has most recently served as the Senior Clinical Program Director for Obstetrics, Gynecology, Paediatrics and Neonatal Intensive Care at a large multi-site academic and community teaching hospital.

A Registered Social Worker, Paula is educated with a Master's in Social Work from Wilfrid Laurier University and a B.Sc. (Hons) from the University of Toronto.



Humber Brings Minimally-Invasive HoLEP Prostate Surgery to the GTA

Last November, Humber became the first Hospital in the Greater Toronto Area to offer HoLEP, a minimally invasive treatment for enlarged prostates.

The new HoLEP procedure at Humber (Holmium Laser Enucleation of the Prostate) is a minimally invasive approach that can treat these large benign prostate cases without the need for an incision from the outside.

Click here to read the full article in Health System News.

[Read More](#)



Bell Let's Talk Day - January 24

Bell Let's Talk Day is an annual event that aims to promote mental health awareness and combat stigma associated with mental illness. It encourages open conversations about mental health and supports initiatives by donating to mental health programs. To recognize this day, we spoke to members of our organization about mental health challenges and ways we help patients with their mental health.

Katerina Rousianos

Katerina Rousianos is a Registered Social Worker in the Urgent Care Clinic and Child and Adolescent Outpatient Mental Health Clinic. Katerina believes in the importance of understanding what you're feeling as you are feeling it, without passing judgement.

Identifying emotions when they are operating at a lower level can be extremely helpful in managing them before a crisis erupts. "I try my best to recognize my emotions and use physical and emotional cues as a sign. I then try to acknowledge the feeling and let it pass by."



Patrick Grant

Patrick Grant is a Child and Youth Worker in the Child and Adolescents Transition Program. For Bell Let's Talk Day, Patrick shares that exercise is a beneficial coping strategy to aid with mental health challenges.

Involvement in exercise helps improve one's sense of self, which in turn, supports an increase in confidence and creates an environment to form meaningful human connections with those engaging in the same activity.



Flora Mucciarone-Peluso

Flora is a Child and Youth Counsellor in the Child and Adolescent Mental Health Clinic. Flora facilitates social skills groups, which allows patients to gain knowledge on topics including coping strategies, mindfulness, life skills, sleep hygiene and physical health.

The participants also have access to resources like websites, apps, books, and a list of crisis and non-crisis supports. "I feel it is important for their well-being that they have access to crisis counselling that is free, confidential and anonymous."



Data Privacy Day - January 28

January 28 is recognized around the world as Data Privacy Day, a time to remember that respecting our patients includes protecting their privacy and their personal health information (PHI). Jake Harmina and Alona Burman are members of our Privacy Office in the Health Information Service Department. As patient privacy is of top priority at Humber, Jake and Alona work to ensure patient information is accurate, retained and protected.



Denika Chang

Denika Chang is a Registered Practical Nurse in our Dialysis Unit and has been at Humber for three years. Denika and her team provide care to patients, ensuring their safety remains of top priority.



Black History Month

February 1 marks the beginning of Black History Month - a time to honour and celebrate the history, contributions and diversity of People of African, Caribbean and Black descent. Black History Month provides us all with the opportunity to hear their stories and celebrate their significant contributions to the cultural mosaic and identity of this country.

In the spirit of Humber River Health's commitment of embedding equity, diversity and inclusion (EDI) throughout the organization, the EDI Committee and EDI Leadership Team are thrilled to announce our 2024 Black History Month Event: Celebrating Hometown Heroes, which will highlight the outstanding contributions made by Black Leaders in healthcare and in our communities. Please see details for **Black History Month: Celebrating Hometown Heroes** below:

International African Medical Innovators Exhibit

Presented by the Canadian Multicultural Inventors Museum, this travelling exhibit highlights the biographies and contributions made by African American, African Canadian, African British, Caribbean and African Innovators. This event will be in-person and no registration will be required.

Wilson Site

Location: Auditorium and Portals of Care (A & B)

Date: Wednesday, February 21

Time: Auditorium - 8:30 a.m. to 10:30 a.m.

Portals of Care - 11:00 a.m. to 5:00 p.m.

Finch Campus

Location: Main Lobby

Date: Friday, February 23

Time: 9:00 a.m. to 5:00 p.m.

Church Campus

Location: Main Lobby

Date: Monday, February 26

Time: 9:00 a.m. to 5:00 p.m.

Black History Month Luncheon & Film Screening

We are excited to welcome **The Honorable Jean Augustine** for a pre-screening keynote of her film **Steadfast: The Messenger and the Message**. This film chronicles her remarkable journey from Happy Hill, Grenada, to becoming the first Black woman elected to Canada's House of Commons and serve in the Federal Government. Registration is required.

Please click here to register:

[Click Here](#)

Wilson Site

Location: Auditorium

Date: Wednesday, February 21

12:00 p.m.: Doors open and lunch served

12:30 p.m.: Welcome and pre-screening keynote

(This portion will be broadcasted via Zoom)

1:00 p.m.: Screening of film Steadfast:


The Messenger & The Message

2:00 p.m.: Audience Q&A

2:30 p.m.: Adjournment

Lunch provided by the Black Entrepreneurial Alliance.

Please click on the interactive calendar below to find all of the Black History Month content and events created by the Hospital, including interviews with staff and exclusive blogs and social posts:





FEBRUARY 2024

** Please note that the content will be available on the post date below

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				MEMO BHM SOCIAL POST X CCDI WEBINAR - CELEBRATING BHM THROUGH STORY (1 PM)	1 MEET JENICE	2 3
4	BHM SOCIAL POST X	5 MEET SAMUEL	6	7	8	9 10 MEET PATRICE
11	12	13 MEET EVELYN	14	15	16 MEET JUDENE	17
18	19 MEET JOAN	20	21 INTERNATIONAL AFRICAN MEDICAL INNOVATORS EXHIBIT (SEE MEMO FOR TIME SPECIFIC TO EACH SITE) IN CONVERSATION WITH THE HONOURABLE DR. JEAN AUGUSTINE (12 PM - 2:30 PM)	22 BHM SOCIAL POST X	23 MEET LESLIE-ANN	24
	26 MEET JOY	27		29 BHM SOCIAL POST X		

BLACK HISTORY MONTH

Click Here

You can find all of our Black History Month content included in the March issue of Inside Humber.

ABR Listening Sessions for Staff, Physicians and Volunteers

As part of our Strategic Plan in 2023, we committed to embrace equity, diversity and inclusion at Humber River Health. Our focus at this time is a deep commitment to understanding and addressing Anti-Black Racism across our workplace for staff, physicians and volunteers (SPVs).

As a significant step toward meaningful solutions, we are holding a series of **listening sessions** to hear the stories and experiences of people who self-identify as Black, Caribbean and African. This is a first step in a long-term initiative. At this time, we will focus on listening and understanding with the goal of using the information shared to inform subsequent action plans.



Our first groups, beginning February 10, will be for people who work, practice medicine and volunteer at Humber River Health. Participation is voluntary, and each group will be co-facilitated by two members of the Equity, Diversity and Inclusion leadership team, including: Dr. Zaki Ahmed, Chief of Staff, Faith Forbes, Chief Financial Officer, Jessica Allison, Director of Strategy and Organizational Development, and Shaianna Coleman, Manager of Equity, Diversity and Inclusion.

The purpose is to explore and understand the experiences of Anti-Black Racism at Humber River Health. It is only through our commitment to deeply listen to all experiences that we can plan for long-term, meaningful change.

We are hoping to include as many SPVs who self-identify as Black, Caribbean or African as possible, either in our listening groups or via an anonymous feedback form. If you have any questions or concerns regarding the listening sessions, please email ABREngagement@hrh.ca

For more information, including how to register for a session, please click here.

[Click Here](#)

Measuring Health Equity (MHE) Survey

On February 1, Humber River Health launched the Measuring Health Equity (MHE) Survey.

The voluntary survey, which supports the collection of patient demographic data consists of 13 core questions required by Ontario Health and a subset of optional questions carefully selected by Humber's MHE working group. This initiative aims to support hospitals and community health centres with promoting a system-level approach to health equity and evidence-based planning. The survey questions are comprised of various demographic variables including language, ethnicity and race, disability, gender and gender identity, sexual orientation, income, length of time in Canada, and education. The collected data will help our organization better understand the community we serve and identify potential inequities in quality care, patient access, and health outcomes.

For more information about this initiative, please direct inquiries to the resource page on our website. Please click below.

[Click Here](#)

As a staff, physician or volunteer (SPV) of Humber, you are encouraged to help promote the MHE Survey and support patients should they have questions about this important initiative. The survey is made available to all patients through the Patient Portal (My Humber Health). To support the launch, SPVs will have access to a video tutorial explaining where and how to access the survey, as well as a FAQ brochure with responses to frequently asked questions to assist in navigating patient questions and concerns. [Both can be accessed on iHumber here.](#)

Patient demographic data is imperative to increase access to services and improve the quality of care delivered in our community. We appreciate your support in this initiative and your ongoing commitment to ensure all patients receive the innovative, safe, and equitable healthcare they deserve.

Career Fair - January 18

On January 18, our Talent Acquisition Team attended the York University Career Fair. Thank you to everyone who came to visit!



HRH Excellence Recognition Awards

We are thrilled to announce the launch of the Humber River Health (HRH) Excellence Recognition Awards, an annual initiative designed to celebrate the outstanding efforts of our dedicated staff, physicians, and teams. This program will provide an opportunity for staff and physicians to recognize colleagues who consistently embody excellence and champion our core values.

From the 2022 Corporate Engagement Survey and external environmental scans, we have identified an opportunity to acknowledge the remarkable contributions of staff, physicians, and teams.

There are six distinguished award categories, which honour various aspects of the organization:

1. Living Our Values
2. Leadership Excellence
3. Quality Care Excellence
4. Service Excellence
5. Equity, Diversity, and Inclusion Excellence
6. Innovation Excellence

[Click Here](#)

The HRH Excellence Recognition Awards is now open for nominations. We encourage staff and physicians to nominate a deserving colleague or team through the completion of a nomination form. **Click on the button above or visit the HRH Excellence Recognition page on [iHumber](#) for nomination forms and additional information regarding the categories and process.**

The call for nominations is now open and will remain open until April 30, 2024.

Please contact Organizational Development at organizationaldevelopment@hrh.ca should you have any questions about the HRH Excellence Recognition Program.

Annual Scholarly Practice Conference - January 30

On January 30, we held our sixth Annual Scholarly Practice Conference. The conference provided an opportunity to celebrate the quality improvement initiatives that have been and continue to be implemented by our staff and physicians. These posters illustrate how our teams were able to identify, formulate, execute and evaluate continuous quality improvements while improving patient and family care.

We thank all presenters, as well as our teams, for their ongoing commitment to providing innovative, safe, and equitable patient-centered care.

10 of these posters were displayed at the Institute for Healthcare Improvement's (IHI) annual conference that took place from December 11 to 13, 2023 in Orlando, Florida.



River Ball 2024 - Buy Tickets

Join us Thursday, May 2 at Paramount Eventspace in support of the Humber River Health Foundation, as we highlight the critical work of our Apotex Emergency Department and honour Terry Leon with the **2024 No Limits Award** in recognition of his outstanding support.

Prepare to be captivated by an evening that promises a blend of excitement, culinary delights and get out of your seat entertainment!



[Get Tickets](#)

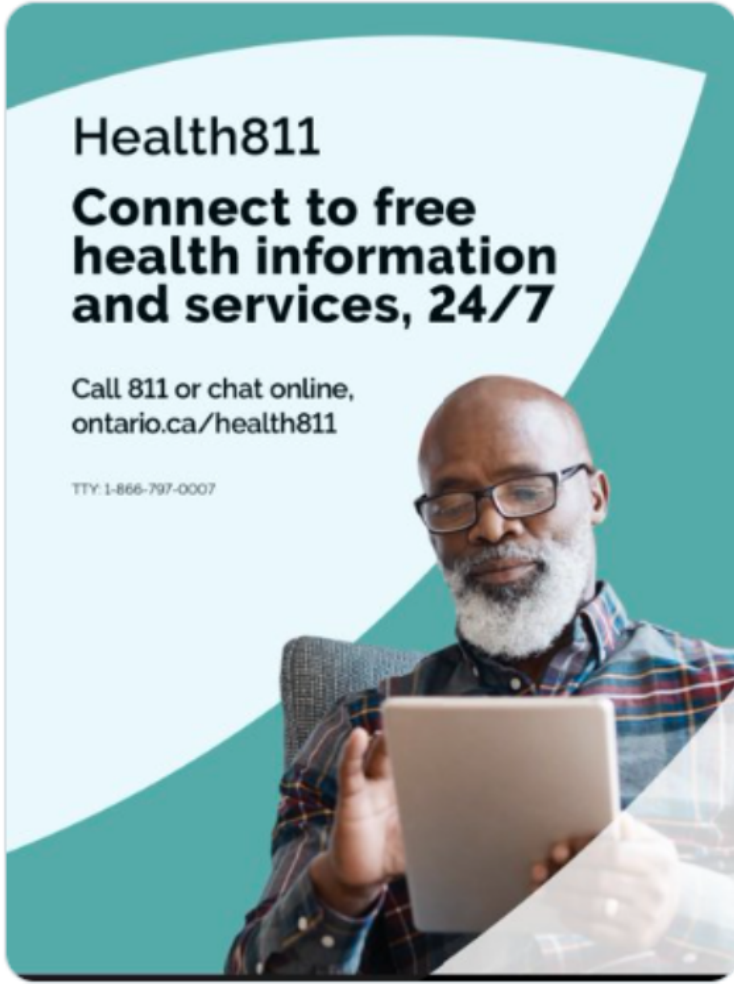
Reminder: Pink Shirt Day - February 28



Social Media Highlights

Humber River Health @HRHealth_ · Jan 8
 Health811 is a free, secure and confidential service Ontarians can access 24/7 to receive health advice from a registered nurse, locate local health services and find trusted information.

Learn more: hrh.ca/2023/12/14/hav...



Humber River Health @HRHealth_
 Vaccination, hand hygiene and other infection control practices help keep our patients, families and community safe. Help us reduce the risk for the entire community by being a #FluFighter.



Humber River Health @HRHealth_ · 2h
 Meditation is used to decrease stress, improve focus and enhance mental and physical health. Spiritual Care Providers Mary Ann Blaksley and Grygoriy Chorniy shared a toolkit to encourage the integration of meditation into our everyday lives.



Humber River Health Foundation @HRH_Foundation
 Meet Humber's Very Own Mary Gibson, a Registered Nurse who has worked at Humber for almost 40 years!

"I love working at Humber—I wanted to be an HVO member so I could give back to the patients and people of Humber."

Join today! humberveryown.ca



Humber River Health @HRHealth_ · Jan 9
 In collaboration with Toronto Public Health, we are offering a support group for postpartum women who are adjusting to caring for themselves and their new babies.

To learn more or to self-refer, visit hrh.ca/postpartum-sup...

Postpartum Support Group

mother?
 isolated?
 sad or anxious?
 difficulty sleeping?
 adjusting?
 or intrusive thoughts?

In Collaboration with Toronto Health, we are offering a virtual Postpartum Support Program on Wednesday 10:00-11:30 a.m.

Join us by visiting Maternal and Humber River Health Website



Humber River Health Foundation @HRH_Foundation
 Allan Ramkissoon, Chandra Narayan, and Their Children are leaving a \$1 Million Legacy through life insurance as a means of giving back to their community at @HRHealth_, a natural extension of their family values.

