



Lamont Health Care Centre

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P.O. Box 479, 5216-53 Street, Lamont, Alberta T0B 2R0



2011 COMMUNITY NEWSLETTER – CHRISTMAS EDITION

Greetings! We are pleased to provide an update on the operations of Lamont Health Care Centre, an affiliate organization under the auspices of The United Church of Canada.

During the Season of Advent, we invite you to recall the birth of our Lord Jesus Christ who was born to bring us salvation and joy.

May the spirit of Advent, the joy and richness of this beautiful feast remain forever in your heart. We wish you happiness and health throughout the year. Have a wonderful and peaceful season.

Governance

The Board continues to work in the interest of our community, seizing on every opportunity it gets to be an advocate for better health services.

The Board is committed to the principle of “Patient/Resident focused care” and will work on its strategic directions to ensure that the delivery of Patient/Resident care remains safe, is of a high quality and meets best practice standards.

You may recall that in an earlier Newsletter, we informed you about preparation for an Accreditation visit in September 2011.

A team of Surveyors from Accreditation Canada visited our facility from September 12-15, 2011. This national body reviewed the care and service provided at Lamont Health Care Centre against a series of national standards. The report highlighted our strengths and noted areas for improvement.

The overall response indicated that Lamont Health Care Centre met 89% of the standards. Areas for improvement focused on:

- Patient identification/verification in Emergency Room/Out-Patient Department (ER/OPD)
- Medication Reconciliation in ER/OPD & Day Surgery
- Risk assessment for Patient falls in Acute Care, Emergency Room & Operating Theatre
- Risk assessment for Thrombosis
- Definition of services/limitations provided at Lamont Health Care Centre
- Refine and redefine the Board’s commitment to Patient Safety.
- Review criteria for Board term of office
- Review/simplify Continuous Quality Program including reporting relationships.

Governance – continued ..

Our Staff is currently addressing the identified gaps with a view to have all conditions removed from the Accreditation Survey findings.

The facility will be resurveyed in approximately three years. Special thanks are extended to all Staff who continue to work in an atmosphere of openness, teamwork and professionalism.

Operational Matters

Details of the funding arrangements for the Long Term Care are now finalized for the fiscal year ending March 31st, 2012.

Discussion is in progress regarding details of the Acute Care funding envelope for the fiscal year ending March 31st, 2012. We expect that this matter will be resolved soon.

Morley Young Manor–Assisted Living is a self-sustaining operation; we receive no direct grants for operating this section of Lamont Health Care Centre. However, Home Care is provided by a group of dedicated professionals at no charge to the Resident; the care to be provided is based on an assessment in order to confirm the need for personal care, medication assistance, rehabilitation, etc.

Pastoral Care and Spiritual Counseling are provided to all Patients & Residents under the direction of our facility Chaplain, Rev. Debbie Brill.

The projected utilization of Lamont Health Care Centre for the year ending March 31st, 2012 includes:

Total Beds available in Acute Care	14
Acute Care Occupancy	76%
Total Beds in Long Term Care	101
Community Beds	4

(designated for Palliative & Respite Care)

Mission Statement

We believe that wholeness of body, mind and spirit is God’s will for every person.

We are committed to the healing process, the promotion of health and the provision of compassionate care to all persons.

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Operational Matters – continued ..

Long Term Care Occupancy	78%
Total Admissions to Acute Care	446
Total Admissions to Long Term Care	65
Emergency/Outpatient Visits	6216
Miscellaneous Clinic Visits	935
Surgical Procedures	2244
Minor Procedures performed outside of Main Operating Theatres	322
Operating Expenditures	\$14,522,509.
Grants from Alberta Health Services	\$12,209,523.

Capital Project

The expansion project at Morley Young Manor-Assisted Living is now complete. Some site work is in progress. We expect the site work will be completed in early Spring 2012.

The total construction cost including Consultant and other fees will be approximately \$3.7 Million.

The number of units now stands at forty-two (42). All suites are occupied.

The units are designed to meet the needs of Seniors and the disabled. Applications for admission can be obtained by calling the Business Office at 780-895-2211.

Medical Services

Medical Services are offered by a core group of Active Physicians who operate their private Clinics on the Ground Floor of the Archer Building.

A number of Physicians on the Courtesy Medical Staff work in partnership with Surgeons at Lamont in order to assist at Surgery and to provide Anaesthetic Services as required. We currently have on Staff:

- 6 Active Physicians (including one Surgeon Specialist)
- 8 Active Consultants (Ophthalmologists, ENT Specialist, Gynaecologist, General Surgeons)
- 9 Courtesy Staff
- 2 Podiatrists (includes Foot/Ankle Surgical Specialist)
- 1 Dentist
- 1 Optometrist
- 1 Radiologist.

Lamont Medical Clinic Phone: **780-895-2515**

Dr. Mihir Ray – Specialist in General Surgery
Consult Appointments by Referral Only: **Monday.**

Lamont Family Physician Clinic Phone: **780-895-5910**

Dr. Jaime Namit – Family Physician
Clinic Days: **Monday through Friday**
Office Hours: **7:30 a.m. – 5:00 p.m.**

Medical Services – continued ..

Astotin Medical Clinic Phone: **780-895-7436**
Dr. Zainool Mohamed – Family Physician & Palliative Care Consultant for Alberta Health Services
Clinic Days: **Monday, Tuesday, Wednesday & Friday**
Office Hours: **9:00 a.m. – 5:00 p.m.**

Dr. Eyad El-Hajj – Family Physician
Clinic Days & Hours: **Monday, Tuesday, Wednesday & Friday 9:00 a.m. – 5:00 p.m.**
Thursday 9:00 a.m. – 8:00 p.m.

Walk-ins are also welcome.

SANUS Medical Clinic

Dr. John Slanina – Family Physician
Phone: **780-895-2272**
Clinic Days & Hours: **Tuesday 8:30 a.m. – 8:00 p.m.**
Wednesday & Friday 8:30 a.m. – 5:00 p.m.
Thursday 8:30 a.m. – noon

Mundare Office Phone: **780-764-2200**
Clinic Day & Hours: **Monday 10:00 a.m.-3:30 p.m.**
Thursday 2:30 – 5:30 p.m.

Claudiu Iordache Medical Clinic

Dr. Claudiu Iordache – Family Physician
Phone: **780-579-1333**
Clinic Days & Hours: **Monday, Wednesday, Thursday & Friday 9:00 a.m. – 5:00 p.m.**

Mundare Office Phone: **780-764-2200**
Clinic Days & Hours: **Tuesday 9:00 a.m. – noon**
Walk-ins are also welcome.

EMERGENCY SERVICES

A reminder to residents that the **Emergency/Out-Patient Department** is open **daily (including weekends and statutory holidays)** between the hours of **8:00 a.m. and 8:00 p.m.** A Physician is on-call for emergency services.

Please note that residents requiring access to Emergency Services after 8:00 p.m. are reminded to attend Fort Saskatchewan Health Centre, St. Joseph's General Hospital (Vegreville) or another community hospital which offers 24-hour Out-Patient/Emergency Services.

Notwithstanding the above, if you or an Ambulance should visit the Emergency Department after 8:00 p.m. because of a life-threatening emergency, a **Nurse** will assess your condition and will provide advice about treatment options or request the presence of the Physician on-call for immediate treatment **if required and deemed necessary.**

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EMERGENCY SERVICES – continued ..

Ambulance and other emergency vehicle traffic can access the Emergency Department on the West side of the Main Entrance via 52nd Avenue and North on 54th Street.

HEALTH Link Alberta Health advice 24 hours a day Call toll-free 1-866-408-LINK (5465)

You never know when you'll need immediate health advice or information. That's why Health Link Alberta is available to you 24 hours-a-day, 7 days-a-week. One call will connect you to a Registered Nurse who can answer your questions and give you sound advice whenever you need it because health needs don't keep office hours. Current reports indicate that the Health Link is serving a very useful purpose.

Visiting Specialists

Obstetrician/Gynaecologist

Dr. S. Azer

Foot/Ankle Surgical Specialist

Dr. Karim Ravji

Appointments with *Dr. Azer* and *Dr. Ravji* are by Referral Only.

Stress Testing

Dr. M.Z. Hoque

Ophthalmology

Dr. R. Harris, Dr. J. Heston &

Dr. M. Kutzner

Appointments with *Dr. Hoque, Dr. Harris, Dr. Heston* and *Dr. Kutzner* are made through their respective Offices.

ENT Specialist

Dr. V. Velmurugiah

Appointments by Referral Only Phone: 780-579-1717

Clinic Days & Hours:

Thursday & Friday

8:00 a.m. - 4:00 p.m.

The ENT Clinic is located in LHCC across the hallway from the Diagnostic Services (Laboratory/X-Ray) Department.

Other Health/Medical Services

Podiatry – *Dr. D. Gibbs*

Visits are made at least monthly. No referral necessary. Please phone the Lamont Health Care Centre Business Office at 780-895-2211 if you wish to access this Service.

Prosthetics & Orthotics Clinic

Bouma Orthotic Clinics and Troppman Prosthetics Ltd. have partnered with Lamont Health Care Centre to hold clinics for those persons requiring these services. Appointments can be made by calling:

Troppman Prosthetics

780-438-5409

Bouma Orthotic Clinics

780-417-7008

Other Health/Medical Services – continued ..

Massage Therapy – *Ms. Shauna Moore*, a Massage Therapist, continues to provide Massage Therapy Services to residents of the community. Appointments can be made directly with *Ms. Moore* by phoning 780-996-4297.

Lamont Vision Centre Phone: 780-895-2770

Dr. Scott Lopetinsky operates an Optometry Clinic that is located on the Ground Floor of the Archer Building.

Clinic Days & Hours:

Tuesday & Thursday 9:30 a.m. – 5:00 p.m.

Monday, Wednesday & Friday 1:00 p.m. – 5:00 p.m.

Lamont Dental Clinic – located on Main Street Lamont (next to Alberta Treasury Branch)

Dr. Dorothee Saleski - Dentist

Clinic Days:

Tuesday through Friday

Clinic Hours:

9:00 a.m. – 5:00 p.m.

Telephone:

780-895-2566

Alberta Health Services – Home Care/Community Health, Rehab Services, Mental Health & Addiction Services

These Services are available from the Lamont Health Unit which is located in the Archer Building of the Lamont Health Care Centre. Residents requiring access to these Services may call 780-895-2211 and ask for Home Care, Community Rehab or Mental Health & Addiction Services.

Smoking

Lamont Health Care Centre is a designated smoke-free facility (Hospital & Grounds). Residents on the Long Term Care Unit are allowed to smoke in a designated smoking area. Acute Care Patients are not given the privilege of smoking in the facility. We would ask those who need to smoke, to do so at least 5 metres away from all doorways and building entrances.

Parking

Community patrons are reminded to observe/obey the parking signs around Lamont Health Care Centre. Please do not block the Main Entrances, Fire Hydrant or any other marked areas. **Vehicles found in these locations will be towed away at owner's expense.**

Patrons are also asked to turn off running engines since the engine exhaust is taken into the regular ventilation system. The exhaust can be very nauseating to Patients, Residents, Staff and Visitors.

'MEDICAL CORNER'

Importance of the Family Doctor

by *Dr. Zainool Mohamed, Chief of Medical Staff - LHCC*

I would like to take the opportunity to discuss the importance of the Family Doctor with regards to patient care. In this day and age of instant gratification, we sometimes think that a Family Doctor is unnecessary as there are multiple opportunities to get health care, namely via a Walk-In Clinic, the Emergency Department, as well as with a Pharmacist. However, I feel that I can give you a unique perspective on what the Family Doctor's role is in managing your own medical care.

Firstly, the Family Doctor is the navigator of the Health Care System. This is the one person who knows what specialty would be required for a referral, what test is needed when a person comes in with a complaint, what is the next course of action depending on the investigations which are carried out. The same cannot be said for other health care professionals as they do not do continued follow-up for a particular Patient but may give advice to a patient on a one to one basis.

The second thing is that the Family Doctor is an advocate for the Patient. In actual fact, the Family Doctor is the primary advocate for the Patient. Often times you hear that there are other health care professions that advocate for the Patient, but if you think about it, the Patient voluntarily attends a Family Doctor and then he/she advocates for tests, medications or therapy in order to improve health or to cure illness. I do not know of any other profession that can advance a position to say that they do as good a job of advocating as a Family Doctor.

In terms of treatment, a Family Doctor is there to provide both acute and chronic treatment for any Patient. This treatment can include medications, physical therapy or counseling since there is more than one modality of treatment. Prescription of medication is not the only form of treatment. Following treatment there is always follow-up; follow-up belongs in the realm of the Family Doctor, since he/she is aware of not only the history of the Patient but the Patient's present complaint as well as the resources available to the Patient. Follow-up can be accomplished from a previous examination, transfer from another physician, or from another specialty. At other times, a Patient who has no Family Doctor can only see a doctor in Emergency following surgery for further treatment because this person has no other option. Often times, the doctor in Emergency will change and so patients never get the same level of care that they could receive if they were following up with their own Family Doctor.

Remember that one of the primary concerns of a Family Doctor is ongoing preventative care. This is very well covered on television with shows like Dr. Oz, at the Pharmacy that advertises millions of preventative medications, at the Chiropractor and at the Optometrist; however, in reality, primary prevention which is the realm of the Family Doctor can only occur in the Family Doctors' office. Ongoing preventative care is not a generic salad that can be administered to everybody, but it is a very specific plan for each Patient, depending on one's own circumstance as well as the family history. This personal relationship with the Family Doctor forms a significant bond as compared to a Pharmacist who might not be aware of other significant pieces of information. Many times the Family Doctor is looked upon to answer questions namely from articles in the newspaper or in the media as well as from other family members that Patients may have talked to. Education is also part of the job of the Family Doctor.

Provision of Emergency Care in the setting of Family Medicine is also an important part of the job that Family Doctors have taken. For instance, if one walks into the clinic and has an Emergency, a good Family Doctor should have the ability to care for the Patient in Emergency as well as in the clinic. At times it may be impossible for the Doctor to leave the office, but he/she should be able to transfer not only information about the Patient but also express his concerns to the Physician who will care for this Patient. If you did not have a Family Doctor as the advocate, this transfer of care would not occur and neither would all the subsequent follow-up.

Each Family Doctor is different; physicians have different skills; although the core training is similar, some doctors take great pains to upgrade their knowledge in different ways. Some learn from their colleagues and others take extensive training programs in other hospitals. However, no two Family Doctors are the same. As well, the training interests vary and this is important when selecting a Family Doctor. One can get very confused in thinking that the job of the Family Doctor is to refill a prescription. In actual fact, every visit is accompanied by a surreptitious examination of the Patient which does not necessarily mean that a blood pressure machine or a stethoscope will be used during that visit. However, the Doctor is aware of the Patient's state.

I once was told by a patient, "while I'm seeing another doctor you may as well just fill in my prescription". That is in the essence of what a Family Doctor is not. Family Doctors are there to provide care to individual Patients as well as their families; they are not there as purveyors of medications or pushers of drugs. There are many other agencies that can accomplish that. The importance of the Family Doctor is to be there as a guide for health care decisions.

Thank you and have a Merry Christmas!!

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Centennial Celebration

We will be celebrating one hundred years of health service to our community in 2012.

Planned events involving the Public include:

Sunday, June 3, 2012

Ecumenical Church Service at the facility to be followed by a Brunch on the Parking Lot directly South of the Nursing Home Wing. The Public is invited. Donations will be accepted.

Saturday, September 1, 2012

Official Banquet and Dance at the Lamont Recreation Centre. Tickets will be available in early Summer 2012.

A number of memorabilia is now available for sale; this includes the following:

- Centennial Pillowcases
 - Cost - \$8.00 each or \$15.00/pair
- Christmas Decoration – A double-sided ‘coin’ with a ‘replica’ of LHCC and Lamont Public Hospital with appropriate inscriptions
 - Cost - \$10.00 each

Sale of the above is sponsored by the Auxilians to Lamont Health Care Centre; please contact Sheila Vilcsak at 780-895-2971.

- Through a special arrangement with the Lamont Elementary School, calendars will be available for sale to the Public in Spring 2012.

As part of our desire to add a special feature to this event, we are engaged in a Sponsorship Project with Industry, Suppliers, Service Organizations and Local Businesses requesting donations for the purchase of special equipment. Our goal is to raise \$100,000.00 in 2012.

Donations

We encourage community support of monetary gifts, memorial donations and/or bequests to Lamont Health Care Centre.

These donations are applied towards the purchase of special equipment such as Video Colonoscopes, IV Pumps, Monitors, Patient Beds, Emergency Equipment, Special Instruments for use in the OR, etc. The availability of these pieces of equipment contributes immensely toward enhancing the care and quality of service offered at our community hospital.

As always, donations made to Lamont Health Care Centre are tax deductible. We value your commitment, loyalty and trust in Lamont Health Care Centre.

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts \$9,490.70

In memory of Alexandra (Sadie) Matwichuk, Francis Purschke, Katie Huculak, Tom Craigen, William Andruik, Steve Mokrycky, Melbourne Carriere, Rena Ginther, Elsie Ginther, Joe Melnyk, Maurice Olynyk, Harry J.S. Zukiwsky, Ron Runzer, Barbara Klymchuk, Mike Ropchan, Marshall Boyko, Janice Helton, Valentine (Val) Rinas, Max Lucyk, Doris Shortt, Bertha Frauenfeld, Bill Letwin, Martha Radke, Sophie Baidak, Bernie Ludwig, Ida Fleming, Pauline McCombe, Jessie Pawluk, Anne Tychkowsky, John Melnyk, Tillie Franchuk

‘Healing’ Garden \$ 180.00

In memory of Jane Holm

Palliative Care/Low Air Pressure Mattress \$ 180.00

In memory of Lena Marie Morie

Other Donations

Patient Comforts

by Auxiliary of LHCC \$ 560.00

by Rose Motyka \$1,000.00

by Bruderheim Lioness Club \$ 570.00

by Blanche & Anthony Dembicki \$ 200.00

by Helen Yaremie \$ 50.00

by St. Michael Golden Age Club \$ 300.00

Patient Comforts for Use of MYM Rotunda

by Gwen Rice \$ 50.00

by Raymond Scheers \$ 150.00

by Norma Alton \$ 35.00

Chapel

by Margaret Kolenc \$ 100.00

Christmas Tea

by Gale Birch \$ 200.00

Garden

by Pastor George Takashima \$ 100.00

LHCC Centennial Celebration

by Stawnichy’s Meat Processing \$ 150.00

by Beaver Creek Co-Op Ltd. \$ 500.00

Equipment

by Eddie & Joan Nowicki \$ 200.00

Website

We are pleased to announce that the Lamont Health Care Centre Website is in the final stage of development.

You may visit this site at www.lamonthehealthcarecentre.com

Expect to find details on the following:

Mission, Vision, Values, History, Job Postings, Current Events, Results of Patient/Resident Surveys and other interesting notes.

Your feedback will be greatly appreciated.

Thank you.

Sincerely,

Board, Administration & Staff