

## STAKEHOLDER UPDATE – NOVEMBER 2019

### WELCOME DR. ANDREA LUM, NEW SWAHN CO-LEAD



Dr. Andrea Lum assumes the role of Vice Dean, Faculty Affairs, Schulich School of Medicine & Dentistry, Western University in January 2020. In this role, Dr. Lum will serve as a co-lead for SWAHN, taking over from Dr. Davy Cheng.

In 2000, Dr. Lum was recruited to Schulich Medicine & Dentistry for her expertise in body CT/MRI imaging as Assistant Professor and served as the Program Director for the Diagnostic Radiology Residency Training Program; Director of Abdominal Imaging Radiology Resident Training; and Medical Leader of Abdominal Imaging.

She was promoted to Associate Professor and appointed Acting Chair of Medical Imaging in 2008, later becoming Chair in 2009. She became the first city-wide Chief of Diagnostic Radiology in 2011. In this role, she merged the departments of Diagnostic Radiology and Nuclear Medicine at London Health Sciences Centre (LHSC) and St. Joseph's Health Care London becoming the first combined Chair/Chief, Medical Imaging. During this time, Dr. Lum served as Interim Vice-Chair, LHSC Medical Advisory Committee (MAC). In 2016, she was appointed Chair, MAC and Director of Quality Medical Care.

Dr. Lum's leadership accomplishments include leading physician engagement for the Accreditation Canada 2018 survey when LHSC achieved Exemplary recognition. She is also credited for introducing professional staff quality indicators integrated into LHSC's balanced scorecard at the MAC. She became the first LHSC physician leader to be awarded the Canadian Certified Physician Executive in 2012. Upon re-certifying in 2017, she joined the Editorial Board of the Canadian Journal of Physician Leadership. For more than 30 years, Dr. Lum has volunteered with and led many associations including the Canadian Association of Radiologists; the Ontario Association of Radiologists', and the Canadian Medical Association. She is currently the Vice-President of the Canadian Radiological Foundation Board and serves on the Advisory Board of the Canadian Association of Radiologists Journal Editorial Board; the Medical Women Canada Foundation Awards Committee; and the Physician Provincial Leadership Council of Ontario Hospital Association.

Dr. Lum has received numerous awards, including the Chair's Award of Inspiration in 2016 in recognition of exemplary humanitarian efforts and the MAC Award for Excellence in Leadership in 2017 and 2019. In June 2019, Dr. Lum was honoured with the Lifetime Achievement Award from the Department of Medical Imaging at the Schulich School of Medicine & Dentistry, Western University.

### NEW NETWORK CONTRIBUTOR: MCCORMICK CARE GROUP



SWAHN welcomes the McCormick Care Group, a non-denominational charitable organization based in London, Ontario, as a new financial contributor. Founded in 1874 as the Women's Christian Association (WCA), the McCormick Care Group has a long and remarkable history of providing compassionate care to the community. The organization oversees the operation of McCormick Home, a long-term care facility for seniors, and McCormick Dementia Services (formerly Alzheimer Outreach Services), a program that serves individuals and their families who are coping with dementia. In 2016, the McCormick Care Group established McCormick Dementia Research in order to attract and engage with research partners to continue discovering new ways to enhance the lives of those living with a dementia diagnosis. For more information, please visit: [www.mccormickcaregroup.ca](http://www.mccormickcaregroup.ca)

## 2019 SWAHN CONFERENCE – PROMOTING AND SUSTAINING PSYCHOLOGICAL WELLNESS IN HEALTH CARE CLINICIANS, LEARNERS, AND EDUCATORS

Thursday, October 17, 2019 – Parkwood Institute, St. Joseph's Health Care London

This year's SWAHN Conference gathered 65 health care professionals from across the region. Our keynote speaker, Dr. Javeed Sukhera, Department of Psychiatry, Schulich School of Medicine & Dentistry, Western University, started the day with a thought-provoking presentation on implicit bias recognition and management, setting the tone for the remainder of the presentations. Mr. Andrew Harkness, Workplace Safety & Prevention Services, discussed the National Standard for Psychological Health & Safety in the Workplace and was followed by Ms. Debra Miller who provided an overview of how her organization, St.

Joseph's Health Care London, has worked to implement the Standard. Mr. Neil Mackenzie and Ms. Alexis Erickson of the Department of Chronic Disease and Injury Prevention, Windsor-Essex County Health Unit, discussed the development of a program to address training, education, and support needs of first responders to help build their mental health literacy and resiliency given the mental and post-traumatic stress they regularly encounter in their work.



Following a presentation by Mr. Andrew Williams (President & CEO, Huron Perth Healthcare Alliance; Member, SWAHN Secretariat and Network Contributor) who shared SWAHN updates with the audience, a panel presentation was assembled. The panel, focused on psychological wellness in health care learners, was facilitated by Dr. Gillian Kernaghan (President & CEO, St. Joseph's Health Care London; Co-Chair, SWAHN Secretariat and Network Contributors' Roundtable). Panelists included Dr. Donald Farquhar (Assistant Dean, Learner Equity & Wellness, Schulich School of Medicine & Dentistry, Western University) and current students Ms. Nastaran Keshmiri, School of Pharmacy, University of Waterloo, and Mr. Zachary Weiss, Schulich School of Medicine & Dentistry, Western University. This panel highlighted the importance of embedding learner wellness principles within the culture of health care programs.

The day closed with Dr. Mithu Sen, Acting Vice Dean, Faculty Affairs, Schulich School of Medicine & Dentistry, Western University, who discussed faculty wellness. In her presentation, Dr. Sen highlighted the importance of acknowledging the variant needs of individuals as they progress through different stages of their career. She also spoke to the challenges of burnout among health care professionals. In an effort to address faculty wellness, the Schulich School of Medicine & Dentistry has developed and implemented an award-winning framework, which includes increased resources focused on wellness and self-awareness as well as mentorship programs, which offer career guidance.

Slide-deck presentations from the conference are available on the resources page of SWAHN's website [here](#). Conference proceedings will be available in the new year.

## 2020 COMMUNICATIONS PLAN

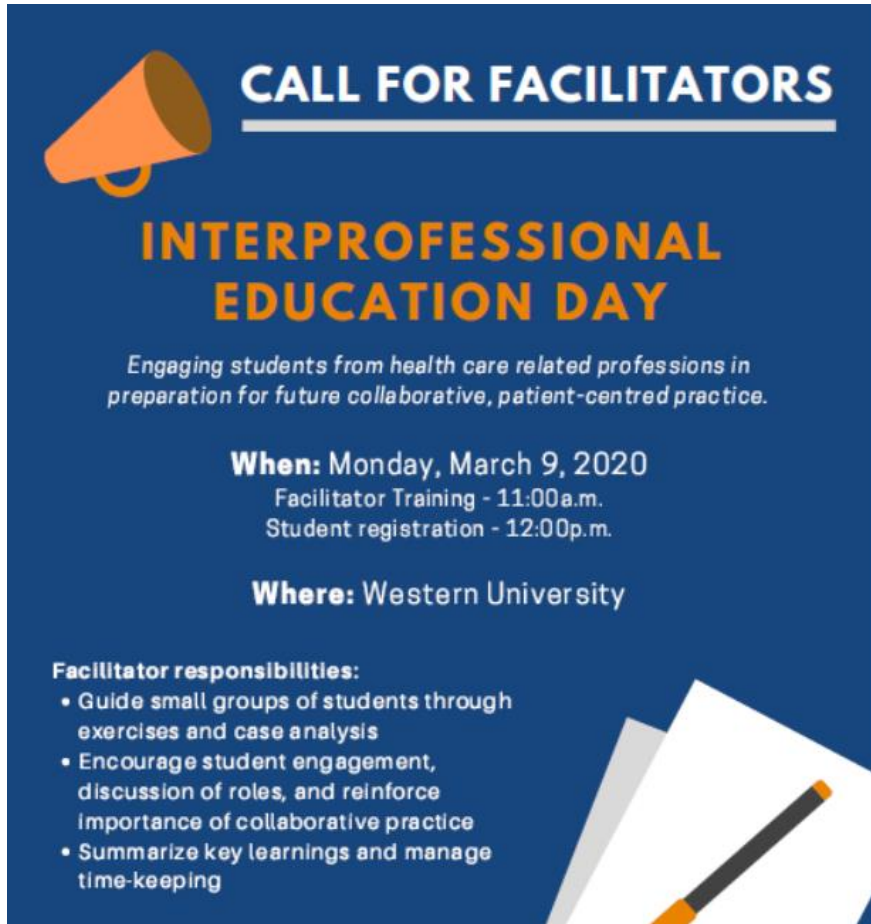
SWAHN's Communications Advisory Committee, which includes representation from SWAHN's contributors from across the region, regrouped this fall to discuss the development of a new communications strategy that aligns with the updated strategic plan. This group will convene again in early 2020 to determine next steps.

## PALLIATIVE CARE

**SWAHN palliative care curriculum research** – SWAHN's Palliative Care Project Team continues its focus on exploring gaps associated with palliative care education and training at the entry-to-practice level for nursing and practical nursing students. The project's survey of graduates from the region's institutions closed this month. The results will be analyzed in 2020 along with the information shared by

faculty focus groups at Fanshawe College, the University of Windsor, and Western University. Scheduling for focus groups at Lambton College and St. Clair College is currently in progress.

## INTERPROFESSIONAL EDUCATION (IPE) DAY 2020



**CALL FOR FACILITATORS**

**INTERPROFESSIONAL EDUCATION DAY**

*Engaging students from health care related professions in preparation for future collaborative, patient-centred practice.*

**When:** Monday, March 9, 2020  
Facilitator Training - 11:00a.m.  
Student registration - 12:00p.m.

**Where:** Western University

**Facilitator responsibilities:**

- Guide small groups of students through exercises and case analysis
- Encourage student engagement, discussion of roles, and reinforce importance of collaborative practice
- Summarize key learnings and manage time-keeping

A planning committee with representatives from across Southwestern Ontario are collaborating to offer the **5th annual** interprofessional learning opportunity to health care students, IPE Day, on **Monday, March 9, 2020.**

Since the inaugural event in 2016, IPE Day has gathered a combined total of 2,495 students and 218 facilitators at two venues. In 2020, the event is expected to engage the largest cohort ever. Up to 800 students in London and 200 students in Windsor will participate.

This event has served as a key introductory session for students to explore professional roles, build communication skills, and a better understanding of collaborative practice. One of the afternoon's activities is a facilitated case discussion in small interprofessional groups of 10-11 students.

In 2020, 100 facilitators are required for both events – 80 in London and 20 in Windsor. In London, the day will begin with training and lunch for facilitators at approximately 11:00 a.m. The IPE Day program for students will take place between 12:30 p.m. to 4:00 p.m. (Student registration will begin at noon). The Planning Committee will provide the facilitator guide and campus map by email along with other details (e.g., timing, location, parking directions) in the new year.

If you would like to participate as a facilitator at the London venue, we have developed an online registration process for 2020. **Please register through this [link](#) under the appropriate profession and/or affiliation.** If you would like to serve as a facilitator in Windsor, please contact [Catherine Joyes](#).

### Participating programs for IPE Day 2020 include:

#### London venue:

#### University of Waterloo:

School of Optometry & Vision Science

School of Pharmacy

School of Social Work – Renison University College

**Western University:**

Dentistry - Schulich School of Medicine &amp; Dentistry

Medicine - Schulich School of Medicine &amp; Dentistry

Nursing – Arthur Labatt Family School of Nursing, Faculty of Health Sciences / Fanshawe College

Nutrition – Brescia University College

Occupational Therapy – School of Occupational Therapy, Faculty of Health Sciences

Physical Therapy – School of Physical Therapy, Faculty of Health Sciences

Social Work – King's University College

**Windsor venue:****University of Waterloo:**

School of Pharmacy

**University of Windsor:**

Medicine - Schulich School of Medicine &amp; Dentistry (Windsor campus)

Faculty of Nursing

School of Social Work

**CHOOSING WISELY**

**Opioid Reduction Research Project** – SWAHN has assembled a research team to pursue funding to support the regional spread of an initiative developed by the Opioid Stewardship Council (London). The primary purpose of the study is to find a practical way to reduce unnecessary opioid prescriptions (and their harms) after surgery. Using an innovative randomized stepped-wedge approach, this study will investigate the impact of a multi-faceted opioid reduction strategy (composed of patient educational tools, prescriber educational tools, evidence-based prescribing recommendations, prescriber benchmarking and feedback) to see if it reduces the amount of opioids released into the community while also improving patient outcomes. The Huron Perth Healthcare Alliance and Bluewater Health have agreed to collaborate with the research team. Other sites will be included as appropriate as the study develops.

**NUTRITION**

The Nutrition Research Project Team is now reviewing the raw data for the retrospective study entitled, *Perioperative Malnutrition and Frailty in Older Adults Undergoing Elective Surgery*. Once completed, the retrospective study results will inform a prospective interventional study, currently under development. The prospective study will involve a similar patient group but will focus on patients from London Health Sciences Centre who are on the roster of the Thamesview Family Health Team in Chatham. Consenting patients will be offered community-based prehabilitation in the form of perioperative nutritional support to optimize surgical outcomes. In addition to improving patient outcomes, the goal of this project is to create a feasible model for cross-institutional communication that is not currently in place. The research team hypothesizes that this innovation will lead to:

- improved nutrition before surgery and after discharge thereby optimizing recovery;
- reduced costs of hospital care by engaging Registered Dietitians in the community;
- reduced use of hospital resources by decreasing postoperative morbidity and mortality;
- and, in the long term, the implementation of prehabilitation programs in other areas known to be highly influential determinants of surgical outcomes in seniors, such as smoking cessation, improving mobility and exercise tolerance, and improving glycemic control, using the established collaboration.

**Hip fracture study: *Evaluating the Impact of a Dedicated Geriatric Hip Unit at London Health Sciences Centre***

– Enrolment for this study is underway. The goal is to provide optimized, integrated, and multidisciplinary care for elderly patients with hip fractures. Measures will include comparing average length of stay, rates of delirium, complications and patient reported outcomes. The Academic Medical Organization of Southwestern Ontario (AMOSO) has generously provided funding for this initiative.

## REGIONAL HIGHLIGHTS

**Provincial Investment: Personal Support Worker Certificate Program** – In October 2019, the South West Local Health Integration Network (LHIN) announced \$1-million in funding to four colleges (Fanshawe, Conestoga, Georgian and Lambton) to help address persistent shortages of personal support workers (PSWs) in communities across southwestern Ontario. This funding will create bursaries to help students in financial need to cover the costs of the PSW certificate program. Read more about this investment [here](#).



University  
of Windsor

**Canadian Centre for Alternatives to Animal Methods** – A \$1-million donation representing the largest single gift in the history of the University of Windsor has allowed the institution to open the first research centre for alternatives to animal testing methods in Canada. The centre's main research and training lab will study human biology in health and disease using human cell and tissue-based models. For more information, please visit the Centre's [website](#).



Schulich  
MEDICINE & DENTISTRY



**Opioid Prescribing and the Risk of Addiction** – Dr. Blayne Welk, former Co-Chair of SWAHN's Choosing Wisely Project Team, was the lead author on a recent study, which indicated that men who filled a prescription for opioids after minor surgery were at significantly higher risk of persistent long-term opioid use and hospitalization for opioid overdose. The team examined health data through ICES Western for 90,000 men in Ontario who had undergone minor urologic surgeries. [Visit Lawson Health Research Institute's website to learn more.](#)



Western  
HealthSciences

**Study targeting graduate student stress** – In a newly published study, Dr. Rebecca Fried uncovered the benefits of a peer-coaching program focused on mentorship, motivational interviewing and life coaching among graduates – leading her to suggest the idea could be expanded. Her paper, [Breaking Grad: Building Resilience Among a Sample of Graduate Students Struggling with Stress and Anxiety via a Peer Coaching Model](#), appears in the *International Journal of Evidence Based Coaching and Mentoring*.

## FINAL THOUGHTS

[www.swahn.ca](http://www.swahn.ca) – Is your organization involved with SWAHN? If so, is the SWAHN logo and website address currently featured on your organization's website? Help us build awareness of our work together!

[www.swahn.ca/event](http://www.swahn.ca/event) – Don't forget to post your organization's events on SWAHN's events page. The Healthline.ca vets all submissions for inclusion on the SWAHN website as well as for posting to its regional Healthline sites across the region. Please contact [Catherine Joyes](#) for more information.



Follow our [LinkedIn page](#) for updates.

**CONTACT US** – Please contact us for more information, to share ideas, or to learn about how you may participate in SWAHN's work!

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