MCH webinar brings H1N1 information home
By Denisse Campos

You’re a parent, the H1N1 virus has you worried, you want to find out more about it, but between the Metro, a full day’s work and getting enough sleep, there isn’t much time left to read up on the subject. What’s more, with so much information out there it’s hard to know where to start. And that’s where the MCH comes in, bringing an online conference on the topic right into people’s homes.

Just imagine how simple it is. It’s 8:00 at night, the kids are in bed, and you sit down in front of your computer with a cup of tea and ask Dr. Caroline Quach, infectious disease specialist at the MCH, your questions about H1N1.

It sounds too good to be true but that’s exactly what happened last week when the MCH offered, for the very first time, an interactive multimedia seminar on H1N1 for the general public. As expected, the topic drew a large audience. One week after announcing the webinar, the English session was full with 100 people signing up, while 45 people signed up for the French session. What’s more, the event received a tremendous amount of media coverage.

“It’s an excellent way of reaching people because they can take part in the session from the comfort of their own home,” says Dr. Quach, who thanks to this new technology, was able to share her expertise with the public from the comfort of her own home. After a presentation on the issues, there was a Q&A session using a ‘chat’ format. Dr. Quach made every effort to answer as many questions as possible. There were also several quick polls, which participants were able to answer on the spot.

Certain modifications will be made for upcoming webinars, but this new way of reaching people in the community will definitely be adopted.

“We’re seeking ways to become more accessible to more people,” says Lisa Dutton, Manager of Public Relations and Communications at the MCH, who initiated the idea for the webinar project. “We have to adopt new communication technologies in order to share our expertise. We also have to take initiatives to promote our activities to the francophone population.”

If you have ideas on topics to be covered, or if you’d like to give a conference on a particular subject, contact the Public Relations and Communications team. Visit the MCH website to find out about dates and topics for upcoming webinars.

Sarah Cook honoured by Lance Armstrong

Champion cyclist Lance Armstrong was in Montreal on September 11 to host the Tour de Lance in support of the Cedars Cancer Institute. Over 40 cyclists participated and helped raise an incredible $2,000,000 for the Cedars. Later that evening, hundreds of guests attended the inaugural Cedars Cancer Heroes Night with Lance Armstrong and friends where Sarah Cook was honoured for her own incredible fundraising achievements.

(Continued on page 2)
Welcome back from your summer holidays. Despite the soggy weather in June, July and part of August, I hope you had a chance to relax because unfortunately it looks like we will be in for a very, very busy fall and winter.

Period 5 financials – not so healthy
Once again, I regret welcoming you back from vacation with some challenging news. Our period 5 results indicate a current year-to-date deficit of $2.8 million dollars (our deficit was $1.9 million at this time last year). Salaries, the biggest part of our budget, are one of the main reasons for the deficit (mainly due to overtime and premium pay). Additional over-expenditures occurred in diagnostic services, laboratory supplies, and drugs.

In June, we presented a brief to the Agence requesting additional funding of $4.5 million to provide the necessary services to our patients (e.g., technology dependent patients, medical emergency room (MER), ICUs, to name a few), but we have not yet received a response. Last year we received only one-third of the request for the MER ($250,000), but none for the other briefs presented. So, if recent experience holds, additional government funding will not help us balance our budget.

The MER continues to see an increased number of children (+610 visits or 2.6%) and the number of inpatient days increased by 593 or 7.2%. However, there has been a decrease in ambulatory visits (-1,962, down 5%) and admissions (-206, down 10%). These latter decreases are partially due to the reorganization of several services, including closure of the Owen’s Centre. The data reflect the increasing intensity of inpatient care and the continuing shift of patient care from hospitalization toward ambulatory care in the community. This change in practice has been encouraged and we believe is most beneficial to the patient population we serve.

The MCH Executive Committee has asked Virginia Porato to conduct an audit of all cost centres. She has begun with the cost centres that have experienced the steepest deficits: Emergency/Trauma, PICU, NICU, and the 7C surgical ward. The goal will be to identify areas where we can cut costs without sacrificing patient care. We look forward to your assistance in addressing our serious budgetary deficit. We welcome energetic and innovative discussion.

(Continued on page 3)
Intraoperative MRI – Good News!
The official opening of the MCH Intraoperative MRI will take place October 26. The Minister of Health and Social Services, Yves Bolduc, the Minister of Justice, Kathleen Weil and the MNA for Westmount-St-Louis, Jacques Chagnon, are expected to attend. The MCH is very proud of this spectacular initiative. We will be the first Canadian pediatric hospital with an intraoperative MRI. We sincerely thank the MCH Foundation and its fundraising community, most particularly Opération Enfants Soleil, the Sarah Cook Foundation and Hydro Quebec for their financial support. Dr. Jean-Pierre Farmer, Director of the Department of Pediatric Surgery, is the visionary who led this project that will greatly improve the quality of care we provide our tertiary care patients.

Forging stronger ties with CHU Ste-Justine
I have begun meeting on a regular basis with Fabrice Brunet, the new Director General of the CHU Ste-Justine. We meet at our respective hospitals once a month to discuss common objectives and difficulties, such as MER volumes, trauma, and H1N1. During our first meeting, M. Brunet clearly stated that there is a need for two pediatric tertiary care institutions in Montreal and Quebec.

In order to forge stronger bonds between the two institutions, the MCH and Ste-Justine will hold an introductory social event later this month for the senior management teams of both hospitals. This is a ‘get to know you’ gathering that will help both teams put ‘a face to a name’. Another goal is to publicly demonstrate our mutual willingness to work together in the best interest of the children of Quebec. We are planning a public show of solidarity in the coming months.

MCH Trauma Program – moving ahead
A formal letter has been received confirming the supraregional designation of our Neurotrauma Program. The letter included a glowing review of the Program, which was evaluated earlier this year. Our Neurotrauma Program has been recognized for providing tertiary/quaternary services in Abitibi, Montérégie, Laval, Laurentides, Lanaudière, Mauricie Centre-du-Québec, and Montreal. We have interpreted this as a major step towards the restoration of the supraregional status for all five of our trauma programs.

Dr. Daniel Lefrançois, the new Director of Trauma and Pre-hospital Services for the MSSS, visited the MUHC’s adult and pediatric Trauma Programs on August 27. During the visit, he mentioned how much he admired the MUHC Trauma services. Before joining the MSSS, Dr. Lefrançois worked for 15 years as an ER physician in the Montérégie. He indicated that he has always referred his patients to the MCH and MGH of the MUHC because of the quality of our service.

Dr. Lefrançois is also responsible for the AETMIS, a group of quality experts who have also acknowledged the high standards of trauma care at the MCH. He received with interest and surprise our summary of the various issues we have faced in pediatric and adolescent trauma since 2005. He pledged to evaluate these issues and to maintain regular interactions with the provincial trauma teams.

The MCH Trauma Website has received two awards recently, one from the Health Care Public Relations Association (a national organization) and one from the La Société québécoise des professionnels en relations publiques. Congratulations to the Trauma Team and to the MCH Public Relations and Communications team. Check out the website at www.thechildren.com/trauma.

Also, look out for a new banner to be installed along Atwater between René-Lévesque and Lambert Closse which will promote our excellence in trauma care and the trauma website.

H1N1 – we’re getting ready
The MCH has been very actively developing a pandemic preparedness plan under the tutelage of Jocelyn Albert and Dorothy Moore. We are doing everything possible to make sure we are ready in the event of a flu pandemic. In order to make sure you stay informed please refer to the MUHC intranet site, where you will find a prominent link to the pediatric H1N1 flu preparedness.

Media relations – let’s brag a little
We want to shine the spotlight on the terrific work you do. One way of doing this is through media relations. If there is something interesting going on in your department, please let Lisa Dutton, Manager of Public Relations and Communications, know. She will help you plan and execute a media relations strategy.

Dr. Harvey Guyda
Associate Executive Director
Visiting Quebec as part of a cooperative agreement between France and Quebec, Denis Lucas, cultural attaché from the Haute-Normandie regional hospital agency and Sylvain Grould, a renowned choreographer, received a warm welcome at the MCH. “The goal of this initiative was to present to MCH staff the program which brings culture into the hospital setting that was established by the Centre hospitalier universitaire (CHU) de Rouen,” explains Gina Rizzo from MUHC Human Resources.

Starting in 1997, in France, the ministers responsible for both culture and healthcare put in place a structure that was favourable to the integration of art in the hospital setting. “This type of event is possible thanks to the partnerships between the care units and cultural organizations,” explains Mr. Lucas. “Hospitals thus benefit from the presence of qualified artists who make these cultural events available to a public that wouldn’t generally have access to it.” Going beyond simple entertainment and moving away from art therapy which often centres on the disease, the approach presented by Leduc and Grould is global and participative. “The artist present addresses not only the patient but also healthcare personnel and visitors,” says Mr. Grould. “It questions, in a way, the established order in the hospital and puts the emphasis on the individual through participation in the creative process.”

“The exchanges which take place between the participants, whether they be artists, patients or healthcare providers, are enriching and greatly contribute to improving life in a hospital setting,” adds Mr. Lucas. “The idea of integrating art into the healthcare setting is so positive that it was even put into law several months ago in France,” he says.

Following the conference, patients and members of the healthcare team on 6C were able to appreciate how Mr. Grould has mastered the sensitivity and the art of contemporary dance. His dance improvisation in the hallways of the Unit surprised some and made many people smile …

MCH Trauma reaches out to community

The MCH Trauma Injury Prevention Program was active in the community this summer.

On June 8, members of MCH Trauma participated in a bike rally in St-Eustache. They shared their expertise and helped adjust the helmets of 700 cyclists. Along with their partners, they also gave new helmets to those sporting ones that were old, too small or cracked.

In St. Constant, trauma coordinators gave a seminar to firefighters. They gave advice on how to treat and evaluate various pediatric traumas such as shaken baby syndrome, fractures, sprains and concussions. As a result, MCH Trauma will be a participant at the fire department’s open house October 4th where they will be conducting a car seat verification clinic.

On September 2, MCH Trauma organized a car (Continued on pg 5)
seat certification course which was offered to MCH staff and community partners like St. John Ambulance, Shriners Hospital and others. With this certification, the trauma team can now teach others how to make sure car seats are properly installed. Studies done estimate that up to 90% of all car seats might be incorrectly installed. MCH Trauma also participated in a Canada-wide booster seat research project and recruited two hundred participants.

MCH Trauma has also partnered with the Greater Montreal Athletic Association (GMAA) providing them with information about concussions. The GMAA has been encouraged to refer children who suffer a concussion to the MCH Neurotrauma Program and Concussion Clinic for timely interventions and guidance in returning to sports and other activities.

MCH Trauma members were guest speakers at several educational events targeting emergency and community physicians.

MCH Trauma has been actively promoting its new website by encouraging schools, camps and community physicians to use the site as an educational tool. Check out the site at www.thechildren.com/trauma.

MCH Trauma treats about 15,000 patients each year. As a Provincial Trauma Centre the programs’ responsibility is to provide excellence in pediatric and adolescent trauma care, making certain that care is delivered in a timely and effective manner. The Trauma Centre also has a mandate to promote injury prevention, the treatment of choice for trauma.

Debbie Friedman, Director of MCH Trauma says developing partnerships with community organizations is an excellent way to share our expertise. “This enables others involved in first line care to be conduits of important information on trauma and injury prevention,” she says. “We are extremely pleased with our outreach initiatives and look forward to developing many more local, regional, provincial, and Canada-wide partnerships in the future.”

It’s an MCH foursome!

The MCH was well represented during the 20th anniversary of the Classique de Golf Opération Enfants Soleil. From left to right: Dr. Ciaran Duffy, Director of Rheumatology, Dr. Jean-Pierre Farmer, Director of Pediatric Surgery, Ms. Barbara Izzard, Associate Executive Director of Nursing, and Dr. Harvey Guyda, Associate Executive Director of the MCH.

Oddly, none of the players would reveal what they shot. Hmmm!

Opération Enfants Soleil (OES) has been a major partner of the MCHF for years. Most recently, their generous support ($5 million) made it possible to purchase and install our new intra-operative MRI.
Sukkot Out of Doors
Sukkah built at the MCH

The Montreal Children’s Hospital in collaboration with Rufuah V’Chesed Montreal are constructing a Sukkah (temporary structure) outside the hospital to the right of the Emergency Entrance to commemorate the Jewish holiday of Sukkot. The Sukkah will be there from October 2 to 6.

Sukkot is a holiday rich in tradition and meaning. From the sitting in a Sukkah, the holiday expresses one’s relationship to G-d. Sukkot commemorates the protective “Clouds of Glory” surrounding the Jewish people who departed from Egypt after forty years of wandering in the desert.

It also commemorates how Jews lived in temporary dwellings during their exodus. Today, Jewish people leave the safety and security of their houses to put themselves under the direct protection of G-d Almighty.

The Mitzvah (deeds) of Sukkah, eating meals, sleeping and spending time in the Sukkah is a unique religious experience and cultural custom. Some people decorate the Sukkah with fancy decorations such as fruit or New Year’s cards while others prefer to preserve its unadorned simplicity.

Shalom at Sukkot!

Call Sociocultural Consultation and Interpretation Services – SCIS for more information at 23002

CBC pays tribute to the 2009 Awards of Excellence winners

As the proud media sponsor of the MCH Foundation’s Awards of Excellence, CBC Television produced ten short videos featuring each of this year’s ten Awards of Excellence winners. These one minute videos aired on CBC Television last spring and were shown before an audience of over five hundred at Windsor Station during the ABC Awards Ball for The Children’s. The clips, which can still be viewed on the CBC website, offer a glimpse of the many contributions that go into making The Children’s the world class Hospital that it is. To view the videos of our friends and colleagues, visit: http://www.cbc.ca/montreal/features/mchf/

BLAST FROM THE MCH’S PAST

One of the buzzwords at the MCH is family centered care, an innovative approach to the planning and delivery of health care grounded in mutually beneficial partnerships among patients, families, and health providers.

Did you know that prior to the late 1950s, parents were only allowed limited access to the hospital’s clinics and wards? There were strictly enforced visiting hours and parents could only stay overnight if a child was critically ill and might die. Siblings were not allowed to visit in case they spread infections.

While parents were kept informed about their child’s condition, they were usually only told as much as the physician thought they absolutely needed to know. Most parents relied unquestioningly on the doctor’s experience.
Pediatrician and infectious disease specialist Dr. Chris Karatzios is a regular guest on CKDG 105.1 FM, one of Montreal’s multicultural radio stations. He can be heard the last Friday of every month from 11:00 a.m. to 12:30 p.m. The interviews have focused on H1N1 lately, but other topics of interest to the general public are also covered.

Dr. Karatzios is also on the pandemic committee for the Hellenic Community of Montreal and will be giving a public lecture on H1N1 October 1 at 7:00 p.m.

On Sunday, September 13, Dr. Sam Daniel, Division Head of Pediatric Otorhinolaryngology - Head and Neck Surgery, was interviewed on the subject of “Teenagers and IPods” on Radio-Canada TV (channel 2, cable 4) program “Découverte”.

On September 10, at 12:30 p.m., CBC Radio (88.5 FM) Radio Noon program welcomed Dr. Franziska Baltzer, Division Head - Adolescent Medicine at MCH, to talk about the challenges of raising teenagers. She also promoted Mini-Med School at the MCH.

@ Work

Off-shift work and its effects

Our 24/7 economy and the resulting effects it can have on our health, our relationships and our stress level was studied in terms of how it affects family life. The study of over 4,000 dual-earner households with children between the ages of 2 and 11 came to surprising conclusions and brings into question prior assumptions.

Mental health problems, the study points out, are directly related to what they term “unsociable work times”, in other words work times that occur on evenings, weekends or nights. Previously, it had been thought such flexible work schedules would provide more free time for families to interact and for children to have their parents available during their school days.

The results of these shift changes were that parents were “more hostile and ineffective” as parents, there was higher parental distress and depression and a direct, negative impact on family closeness and the effects were more detrimental when there were pre-school children in the family. Children had problems in concentration and hostility toward their parents.

When both parents worked these non-standard hours, the effects were most dramatic, but even if one parent worked non-standard hours, there were negative effects. Whether it was the mother or the father who worked these off-shift hours, it still had a negative impact on the family environment and the mental health of those in the household.

The researchers concluded that “work in the evenings, nights, and on weekends can make it harder to maintain family ritual, routines, and social activities that are important for closeness.”

The study is published in the May 2006 issue of the Journal of Marriage and Family.

Denisse Campos, Webmaster, Public Relations and Communications – 2 years at the MCH. “When I walked in here, it struck me... using the web for the well-being of children is what I wanted to do. I have the opportunity to do that, and the site evolves as technology improves. And of course, there are my team mates, and that’s a plus!”
Barry Pless was recently appointed to the editorial board of Chronic Diseases in Canada which is the official journal of the Public Health Agency of Canada.

Clarification regarding the new structure in Ambulatory Services
As previously announced, the management responsibilities have been revised, following Lynn Lebel’s mandate as MUHC Project Manager for the scanning of medical records, which is planned to begin in the fall of 2010 at the MUHC:

Louise Martin remains Manager of the clinics; Marisa Picciano has been promoted to Interim-Supervisor for the Medical specialty Divisions. And new to the team is Annie Capua, also promoted to Interim-Supervisor for the Surgical Specialty Divisions. Lynn Lebel remains Coordinator but is limiting her involvement to strategic dossiers such as planning for the Glen (PPP) and transition to the Glen.

Family Centred Care expert Juliette Schlucter Speaks at the MCH
Nationally recognized speaker, consultant and patient advocate in the field of family-centered care Juliette Schlucter will be giving a series of talks at The Montreal Children’s Hospital on October 13 and 14. Everyone is invited to attend her Pediatric Grand Rounds presentation on October 14 from 8 a.m. to 9 a.m. in the Amphitheatre.

During her visit, Ms. Schlucter will be addressing various groups including residents, nurses, allied health professionals and the Family Advisory Forum. As well, she will help the newly founded MCH Family Centered Care Steering Committee establish short and long term priorities. This interdisciplinary steering committee is chaired by Demetra Kafantaris, Senior Advisor Corporate Affairs and Anne Lagacé Dowson, member of the Family Advisory Forum.

Ms. Schlucter has pioneered programs that give patients and healthcare organizations the language and tools to connect with one another in a way that improves quality, safety and the experience of care.

With professionals at The Children’s Hospital of Philadelphia, Ms. Schlucter created an award-winning program in which parents teach healthcare professionals about family-centered care. She wrote and developed Partners For Excellence, a workshop to teach patients and families about using health care resources effectively.

Ms. Schlucter’s visit has been made possible thanks to the MCH Family Advisory Forum (FAF) and the department of pediatrics. Contributions were also made by Allied Health and the Pediatric Residency Training program.

Grateful thanks to Dr. Pat Riley for making most of the arrangements.

A HALLOWEEN REMINDER
It’s a must--dress up for Halloween or the ghouls, goblins and ghosts will haunt you! Surprises, music, dancing and prizes are waiting for you on Friday, October 30th.

More info in the next issue of Chez nous!

Quality of Life at Work Committee

A memorial service is being organized to remember the children who have died recently at the MCH. We shall also be commemorating children who have died of SIDS. All staff members are warmly invited to attend this service, which will be held on Tuesday October 13 at 2 p.m. in the Amphitheatre (D-182).
Pediatric Medical Grand Rounds

Wednesdays - 8:00 to 9:00 a.m. - MCH Amphitheatre

September 30
Saul Usher Lecture
Pediatric Cardiac Transplantation in 2009
Dr. Anne I. Dipchand
Associate Professor of Pediatrics
Head, Heart Transplant Program
Associate Director, Sick Kids Transplant Centre
University of Toronto – Hospital for Sick Children

Research Institute Seminars

Mondays - 12:00 noon - C-417

October 5
Understanding the Role and Regulation of the Blood-Epididymis Barrier in Human Infertility
Dr. Daniel Cyr
INRS-Institut Armand Frappier
Université du Québec

October 19
Phthalate Plasticizer Induced Endocrine Disruption in the Male
Dr. Vassilios Papadopoulos
Department of Medicine
McGill University and MUHC Research Institute

Mini-Med School at The Children’s

PROGRAM
ALTERNATIVE MEDICINE • Joe Schwartz, PhD
ENDOCRINOLOGY • Robert Barnes, MD
ADOLESCENT MEDICINE • Franziska Baltzer, MD
MICROBIOLOGY • Earl Rubin, MD
GENETICS • Teresa Costa, MD
CARDIOLOGY • Adrian Danaca, MD

Dates: Tuesday evenings
October 6, 13, 20, 27 and November 3, 10
Location: The Montreal Children’s Hospital of the MUHC
Forbes-Cushing Amphitheatre • 2300 Tupper Street
Space is limited...Enroll Online Today!
www.thechildren.com

La mini-école de médecine de L’HME

PROGRAMME
Ariel Fenster, Ph.D. • MÉDECINE ALTERNATIVE
Marie-Néïle Primeau, M.D. • ALLERGIES
F Baltzer, M.D. • MÉDECINE ADOLESCENTE
Luc Jutras, M.D. • CARDIOLOGIE
Teresa Costa, M.D. • GENÉTIQUE
Robert Barnes, M.D. • ENDOCRINOLOGIE

Dates : les mercredis soirs
7, 14, 21, 28 octobre et 4, 11 novembre
Lieu : L’Hôpital de Montréal pour enfants du CUSM
Amphithéâtre Forbes-Cushing • 2300, rue Tupper
Le nombre de places est limité … Inscrivez-vous en ligne aujourd’hui !
www.hopitalpourenfants.com

The English session of Mini-Med is already sold out. Space is still available in the French session... but it’s filling up quickly so register today!
Since May 2009, Lyne St-Martin’s agenda has been rearranged quite a bit by the appearance of the H1N1 virus. Other projects on her desk have been set aside for the time being since she and her team have had to devote all their energies to the development of an action plan to control the spread of this new flu strain.

Yellow information sheets distributed at the hospital entrance (and the security guard who reminds us to wash our hands as we enter and leave the building), disinfectant gel dispensers, and information sessions in the Amphitheatre are just a few of the initiatives that Lyne has had to coordinate since H1N1 prevention has become her top priority.

Lyne has been working as Infection Prevention and Control Practitioner since December 2008. This position, which has evolved over the years, includes a wide variety of responsibilities. It’s a pivotal role in the organization, and Lyne interacts with every level in the hierarchy. That’s because when it comes to infection prevention everyone’s involvement is essential.

Lyne has been a nurse for the past 21 years – with 20 of those here at the MCH, including 14 years in Emergency. It was a maternity-leave replacement assignment that brought her to infection prevention. “That year, I discovered a new passion,” she recalls. “When the person I was replacing did not return, they offered me the position. It has been – and continues to be – a fantastic learning experience. Since I wear many different hats, the work is anything but routine.”

Her roles are varied. As manager of the prevention program, she ensures that infection monitoring is carried out according to established norms. This includes the generation of reports which paint a picture of our performance as a hospital so that we can pinpoint any departments where action is required. “For example, we might have to improve staff training efforts, change the type of products we use, or investigate more thoroughly to find a source of infection.”

With so much knowledge and experience, Lyne is an important resource person. “I am available for individual consultations with staff members, nurses, management, and occasionally with family members for particularly complex cases. I combine my experience together with relevant data to respond to their questions, and to keep them reassured and well informed.”

Staff education is her department’s most important role. Whether she’s conducting formal information days or making her rounds, her mission is to promote an atmosphere of prevention. All of this adds up to a major challenge, not because of any lack of discipline on the part of staff but because there are so many employees, all of them with numerous responsibilities on their plates and not always the time to think about it. “A prevention-oriented culture requires us to believe in this, to be convinced, and to act accordingly.”

According to Lyne, we are already sufficiently well disciplined, and generally well aware of the importance of infection prevention. “But we continue to see that there are opportunities for improvement in certain areas,” she reminds us. She points out that not everyone learns in the same way. “We have to deal with Generation X and Generation Y so it’s always a work in progress. But when I see colleagues taking the necessary precautions, I know I’ve done my job.”

Lyne is certainly very active here at MCH. But she doesn’t stop once she leaves the building. Lyne serves as President of the Association des Infirmières en Prévention des Infections (AIPI), and is a member of the Comité de prévention des infections en service de garde à l’enfance du Québec (CPISEQ). She is also mother to three children, who, of course, wash their hands and practice proper respiratory etiquette!