

To: St. Joseph's Board of Directors  
From: Dr. Gillian Kernaghan, President and CEO  
Date: July 23, 2019

I hope you are enjoying the sunshine and some vacation time with friends and family. This report combines updates from June and July. In August, I will provide you with the environmental scan and "St. Joseph's in the News" only before we return to our regular board reports in September.

On June 28, I had the pleasure of welcoming about 200 new medical residents and fellows as they begin their training at St. Joseph's and London Health Sciences Centre. It's always a pleasure to be part of this orientation day and introduce this next generation of physicians to St. Joseph's.

I was also pleased to take part in the 30<sup>th</sup> anniversary celebration of the opening of the Western Counties Wing at Parkwood Institute. I attended that opening in July 1989, when Her Majesty Queen Elizabeth, the Queen Mother, was on hand to officially open the brand new facility. It was a momentous day for everyone. Thirty years later, it's gratifying to see the values of Parkwood Institute's founders – the Women's Christian Association – alive and well, that of respect, excellence, accountability and compassion.

As part of the celebrations, a [Vimy Oak](#) sapling was presented to veterans John Spievy and Arthur Stenning, President and Vice President of the Western Counties Wing Residents Council, as a 'birthday' gift from the veterans council at Sunnybrook Hospital in Toronto. The tree has been nurtured from generations of acorns initially collected by a Canadian soldier after the 1917 Battle of Vimy Ridge. It will be planted on the grounds of Parkwood Institute.

Also this month, on July 16, I met with Dr. Tom Stewart, the new CEO of St. Joseph's Health System in Hamilton. Like our own organization, St. Joseph's Health System is large and complex with multiple sites. In my role as Chair of the Catholic Health Association of Ontario as well as CEO of St. Joseph's, the meeting was an opportunity to welcome Dr. Stewart to Catholic health care and discuss opportunities for our organizations to work together.

Finally, on July 18, I met with St. Thomas Mayor Joe Preston to explore supportive housing for mental health care patients through Indwell as well as bus service to Southwest Centre for Forensic Mental Health Care. Currently, there is no city transit service to Southwest Centre, which is a challenge for our volunteers, patients as well as some staff.

## REACHING OUT

### **Stroke and allergies in the spotlight at Doc Talks**

The tremendous popularity of Doc Talks continued on May 14 and July 1, 2019, with presentations by Dr. Robert Teasell and Dr. Harold Kim respectively.

Dr. Teasell, Medical Director of St. Joseph's Stroke Rehabilitation Program, a professor of Physical Medicine and Rehabilitation at Western University and a clinical scientist at Lawson Health Research Institute, presented on "Recovery After Stroke: Retraining the Injured Brain Through Rehabilitation."

Dr. Kim, citywide Chair/Chief, Clinical Immunology and Allergy and Medical Director of St. Joseph's Allergy and Immunology Program, explained how certain food allergies can gradually be reduced or eliminated through the process of immunotherapy during his presentation, "Combating Food Allergies Using the Body's Immune System."

Both physicians presented to a full house at the Shuttleworth Auditorium at St. Joseph's Hospital.

DocTalks is a series of community health discussions featuring leading physicians and researchers at St. Joseph's. Participants have an opportunity to learn from the experts how St. Joseph's is tackling the pressing health issues of our time and why it matters to those we serve. [Archived presentations](#) are available for viewing on the foundation website.

### **Save the date – Tribute Dinner 2019**

St. Joseph's Health Care Foundation's Tribute Dinner on October 10, 2019, will feature veteran newscaster and one of Canada's most respected and recognizable figures, Peter Mansbridge. For five decades, including 29 years as anchor of CBC's The National, Mansbridge has guided us through the political, economic and cultural events that have shaped Canada. His keynote address will highlight the very real contribution of Canada, and its citizens, in building a better world, and the importance of health care to Canadians.

Tribute Dinner is an annual fundraising event celebrating the spirit of philanthropy and its impact on advancing patient care. Proceeds support innovation and discovery at St. Joseph's that would otherwise not be possible.

## **CONNECTING CARE**

### **Smart Homes for community living**

A first-of-its-kind research study by Lawson Health Research Institute is moving into the community and evaluating the use of smart technologies in the home for people with severe mental illness.

After prototyping this approach within a hospital setting at St. Joseph's, the research team will be outfitting eight affordable housing units at Canadian Mental Health Association Middlesex and London and Middlesex Community Housing with smart home technology.

Dr. Cheryl Forchuk, Assistant Scientific Director at Lawson and project lead for the Smart Home Community Model, says the technology is for people who are having difficulty managing their everyday life and need a high level of care to maintain community living. Technology and applications are being embedded in the lived environment and then tested to ensure they are safe, secure and appropriate for use in health care. A key aspect of the study is looking at how the technology can be used to support more seamless communication between health care providers and the client to enhance care and wellbeing.

Study participants will select from a wide range of tools that will best meet their individual needs. Devices such as smartphones and touch-screen monitors connect with applications to provide videoconferencing, questionnaires, and prompts and reminders based on the person's care plan. They will also have access to automated medication dispensers and smart health monitoring devices, such as weigh scales, blood pressure monitors, glucometers and tracking monitors for heart rate, activity and sleep.

The health team has access to the data to more easily stay in touch with the person. They can work together to track trends and pinpoint triggers, creating more personalized and effective strategies. [Read more on Lawson's website.](#)

## INNOVATING TOGETHER

### **New imaging tool for diagnosing heart disease**

An international team led by scientists from Lawson Health Research Institute and Cedars-Sinai Medical Center are the first to show that magnetic resonance imaging (MRI) can be used to measure how the heart uses oxygen for both healthy patients and those with heart disease.

Reduced blood flow to the heart muscle is the leading cause of death in the Western world. Currently, the diagnostic tests available to measure blood flow to the heart require injection of radioactive chemicals or contrast agents that change the MRI signal and detect the presence of disease. There are small but finite associated risks and it is not recommended for a variety of patients including those with poor kidney function. More than 500,000 tests are performed each year in Canada.

Dr. Frank Prato, Lawson Assistant Director for Imaging, explains that the new method, cardiac functional MRI (cfMRI), does not require needles or chemicals being injected into the body, eliminates the existing risks and can be used on all patients.

The findings open the door to a novel way of doing cardiac stress testing to identify patients with ischemic heart disease. [Read more on Lawson's website.](#)

### **Research aims to reduce agitation due to Alzheimer's disease**

Two new interventional studies in London are focusing on improving quality of life for patients with Alzheimer's disease and their caregivers. Both hope to improve upon standard approaches to treating agitation, a core symptom of Alzheimer's.

Parkwood Institute is one of multiple sites participating in these studies across Canada and the United States. Dr. Amer Burhan, Associate Scientist at Lawson Health Research Institute and geriatric neuropsychiatrist at St. Joseph's, is leading the study at Parkwood Institute.

Agitation is a significant source of stress for patients and caregivers. It is complex and difficult to treat. Often, families do not know about this particular symptom of Alzheimer's and are not properly trained on how to manage care while dealing with agitation.

One study aims to identify patients while they are living at home or in the community and will apply a comprehensive psychosocial approach, with or without medication, to help with the management of agitation. Another study is focused on Alzheimer's patients who are admitted to hospital or living in long-term care. The aim is to standardize the approach to care for agitation related to Alzheimer's. After baseline assessment, participants will be randomized to receive the

current treatment as per usual, or an integrated care pathway derived from evidence-informed treatment guidelines. These include stopping medications that have not helped, adding individualized behavioral and environmental support, and if medications are needed, use a specific set of medications and dosages based on best evidence.

[Read more on Lawson's website](#)

### **No Fixed Address study phase 2 shows results**

A research team from Lawson Health Research Institute has announced the results of a nine-month, federally funded project tackling the issue of homelessness from within hospital walls.

The No Fixed Address (NFA) strategy reaches and supports patients during the crucial transitional period when they are being discharged from the hospital and re-integrated into the community. The approach was initially tested with strong success for mental health patients across the city, including Parkwood Institute, and the second 'version' of the project was extended to medical units at London Health Sciences Centre's University Hospital and Victoria Hospital. Through partnerships between service providers and non-profit organizations, the NFA strategy helps prevent homelessness by providing timely and accessible supports to patients who would otherwise be discharged into homelessness. Community partners include Canadian Mental Health Association Middlesex, Ontario Works in the City of London and the Salvation Army's Housing Stability Bank.

Over nine months, 74 people experiencing medical health issues accessed the NFA program. Of those, 54 per cent were also experiencing mental health challenges. All of the study participants were in imminent danger of homelessness. Through the supports provided as part of this research study, half were able to arrange housing before being discharged.

From patient feedback, the research team, led by Dr. Cheryl Forchuk, Assistant Scientific Director at Lawson, found a need for the supports to be extended into the community post-discharge as the length of stay in the medical units tended to be short. The team suggests a housing support worker provide transitional, wrap-around services that follow the person. This individual would continue to meet and work with the patient after discharge to help him/her access community programs. [Read more on Lawson's website](#).

### **More than \$2 million granted to advance discoveries in health research**

On May 21, 2019, Kirsty Duncan, Minister of Science and Sport, [announced](#) an unprecedented investment of more than \$588 million through the Natural Sciences and Engineering Research Council of Canada's (NSERC) Discovery Grants program. The successful applications in London include 12 projects funded for Lawson scientists through Western University. In total, they will receive \$2.3 million in funding over five years. Researchers based at St. Joseph's who have received the NSERC funding are:

- Dr. Jeffrey Carson for development of non-contact photoacoustic tomography (Medical Biophysics)
- Dr. Louis Ferreira for multi-directional mechanical testing of bone using CT compatible loading mechanisms (Mechanical and Materials Engineering)
- Dr. Gregor Reid for detoxification functionality of lactic acid bacteria (Microbiology and Immunology)
- Dr. Rudolf Veldhuizen for mechanisms of surface tension reduction by pulmonary surfactant (Physiology and Pharmacology)
- Dr. Shuo Li for innovative machine learning for medical data analytics (Medical Imaging)

[Read more on Lawson's website](#)

### **Supporting the health of veterans**

Anthony Nazarov (PhD), a researcher with the new MacDonald/Franklin Operational Stress Injury (OSI) Research Centre at Parkwood Institute, has been awarded The Robert S. & Mary Gay, Donald, James and Helen (Taylor) Gay Endowed Research Fellowship in Veterans Care to pursue work on “*Beliefs about Confidentiality and Attitudes toward Disclosure of Moral Injuries.*” This award of \$39,000 from St. Joseph’s Health Care Foundation will help support Anthony’s exemplary research into the health and wellbeing of veterans with post-traumatic stress disorder and other operational stress injuries.

Before joining Parkwood Institute, Anthony was a defence scientist at Defence Research and Development Canada investigating psychological readiness and mental health in Canadian Armed Forces personnel and civilian populations.

As previously reported, the goal of the MacDonald/Franklin OSI Research Centre is to be a catalyst and enabler for the adoption of increasingly specialized and evidence-based pharmacotherapy and psychotherapy for veterans, members of the Canadian Armed Forces, Royal Canadian Mounted Police and their families who are experiencing mental health challenges as a result of military service.

### **A bridge to independence**

A team at Southwest Centre for Forensic Mental Health Care recently published the results of a study entitled “[Transitional housing in forensic mental health: Considering consumer lived experience](#)” in the journal *Health and Justice*. The study highlights a collaborative initiative of Southwest Centre and St. Leonard’s Community Services, London and Region, in providing transitional housing for forensic mental health care patients.

For individuals involved in the forensic mental health system, access to transitional housing can offer a bridge between custody and independence, says the research team. The study considers the meaning associated with such participation. Data was collected through interviews with six individuals who resided in justice-focused transitional housing for a minimum of six months. The study found that participants clearly identified the importance of transitional housing programs in supporting their move from a forensic mental health facility to the community.

In addition to the publication, this study was presented at the American Association of Occupational Therapy Annual National Conference and Expo in New Orleans in April 2019, and at the Canadian Association of Occupational Therapists Annual National Conference in June 2019.

The research team includes principal investigator Clark Heard (OTD) and Jared Scott, occupational therapists at Southwest Centre, Allan Tetzlaff, registered nurse and Coordinator, Forensic Rehabilitation at Southwest Centre, and Heather Lumley, former Executive Director at St. Leonard’s Community Services London and Region.

### **Local team receives nearly \$1.35 million to continue groundbreaking dementia research**

Researchers in London, including a project based at Parkwood Institute, have been awarded \$1.35 million over five years through the second phase of the Canadian Consortium on Neurodegeneration in Aging (CCNA).

CCNA is a collaborative research program tackling the challenge of dementia and other neurodegenerative illnesses. It was purpose-built to synergize dementia research within the

Canadian context. Phase I saw the creation of infrastructure fostering collaboration among Canadian researchers, and there are now 20 teams built around important research topics.

Lawson Health Research Institute scientist Dr. Manuel Montero-Odasso, a geriatrician at Parkwood Institute where he is Director of the Gait and Brain Lab, leads the Mobility, Exercise and Cognition (MEC) Team comprised of top London researchers in the areas of mobility, exercise and brain health.

The MEC team has several projects in the works, but the majority of the new funding is going to complete the SYNERGIC Trial, SYNchronizing Exercises and Remedies on Gait and Cognition. This first-in-the-world clinical study is testing a triple intervention aimed at treating mild cognitive impairment and delaying the onset of dementia. The trial incorporates physical exercises and cognitive training, along with vitamin D supplementation to determine the best treatment for improving mobility and cognition.

[Read more on Lawson's website.](#)

## LEVERAGING TECHNOLOGY

### **MyChart launches**

As previously reported, MyChart is a secure online service that gives patients, and their substitute decision makers, access to their medical records from various participating hospitals and home and community care services so they can be better informed and engaged in their own care. The vision is to provide patients and their family caregivers a single digital channel to access their health information.

The project involves the extension of Sunnybrook's MyChart™ Personal Health Record infrastructure, which has been integrated with the Southwestern Ontario's Clinical Connect platform. London hospitals, specifically the Breast Care Program at St. Joseph's Hospital and the London Regional Cancer Program (LRCP) at London Health Sciences Centre, have been participating as early adopters in this project. To test the portal about 40 patients were enrolled in March 2019. Based on their feedback, a formal launch of the portal began June 3, 2019 at St. Joseph's Breast Care Program and LRCP. As of July 19, a total of 769 individuals have enrolled in MyChart through the Breast Care Program and 507 through LRCP.

Patients who join the portal will eventually have access to data from all hospitals who share data through Clinical Connect. The following information from hospitals is currently available through MyChart. Most data in the system is dated from January 1, 2018 onward, with allergies and medication information available as far back as the electronic medical record contains.

- Allergies
- Medications
- Radiology and lab results
- Discharge summaries from hospital or clinic visit
- Care plans

### **Supporting health care decision making**

A readily accessible, broad set of tools to support health care decision making has been implemented at St. Joseph's and London Health Sciences Centre (LHSC).

Launched on July 1, ClinicalKey is a robust and fully accessible clinical search engine that gives health care providers access to a comprehensive collection of medical, surgical, nursing and drug information, as well as patient education. It is a knowledge solution designed to help health care professionals and students find the right answers at the right time through a trusted content.

Through ClinicalKey, every staff member at St. Joseph's and LHSC will have one-click access for the immediate use of: 1,400+ topic pages; 1,000+ full-text e-books; 600+ e-journals; 50+ clinic review articles; 300+ procedure consult videos; 17,000+ medical and surgical videos; 2.2 million+ images; 2,900+ drug monographs; 4,500+ practice guidelines; 10,000+ patient education handouts; and much more.

By making these standardized, evidence-based resources and information available citywide in an integrated way, consistency in decision making will be enhanced and care variability reduced, leading to improved patient outcomes and efficiencies.

## EMPOWERING PEOPLE

### **Volunteers to help shape volunteer programming**

A Volunteer Advisory Council made up of interested volunteers has been created by Volunteer Services to advise on matters pertaining to the planning, delivery and evaluation of St. Joseph's volunteer program.

The group will be comprised of volunteers in various roles from all sites and with varying years of service. To date, six volunteers answered the call to be on the council with years of service ranging from three months to 25 years. The purpose of this group is to:

- Be the voice of volunteers throughout the organization
- Identify and promote best practices that offer the best experience for volunteers, patients, visitors and staff at all St. Joseph's facilities
- Promote effective communication between volunteers and Volunteer Services staff.
- Identify and suggest recruitment, marketing and training opportunities for St. Joseph's volunteers

The first meeting is planned for September 2019.

### **Leader Self Service now live**

To streamline and automate various employee transactions, human resources eForms went live in May 2019, providing leaders with direct access to electronically initiate and approve activities related to hiring, leaves of absences, terminations and changes to an employee's records. Since initiated, the eForms have significantly improved business efficiency across the Human Resources department and St. Joseph's leadership team by eliminating high volume, manual paper-based processing and tracking, improving transaction processing timeliness, and reducing duplicate manual data.

To minimize errors, the forms have embedded logic within the fields to ensure quality of the data being provided. Transactions can be initiated by a leader in less than a minute and, once approved, automated workflow directly moves the transaction to the Human Resources department for processing.

A leadership advisory committee championed this initiative and provided feedback throughout the project in the design of the forms.

Annually, more than 3,400 employee transactions are completed and processed. This initiative builds on the goal to improve business process efficiency for leaders, which began in 2014 with the creation of the leader portal OneLink. OneLink is a centralized portal where reports, tools, resources and now eForms are accessible to leaders to quickly access what they need to do their job.

### **LEAN Green Belt training**

Twenty staff members in various programs across Parkwood Institute Main building are engaged in a wide range of innovative improvement projects with the overall aim of developing and enhancing a culture of continuous improvement by applying LEAN methodologies within their direct care and service teams.

This work was initially spearheaded by staff in Specialized Geriatric Services involved in the Changing CARE project and the Regional Strategy for Older Adults who had taken quality improvement and LEAN training and were inspired to pursue the next level of skill building. Collaborating with Organizational Development and Learning Services (ODLS), LEAN Green Belt Certification Training was offered to Specialized Geriatric Services and other staff across Parkwood Institute Main Building.

The six-month training, which took place from December 2018 to June 2019, was a significant commitment for staff. It involved three instructor-led days, five intensive online learning modules, a proctored exam, and a three- to five-month LEAN improvement project with showcase presentation. Participants not only completed this course but also demonstrated impressive outcomes in improving care and service for patients, their caregivers, and customers at Parkwood Institute Main Building and across the organization. The curriculum was provided in partnership with the LeadingEdge Group.

The 16 projects that emerged from the training varied significantly. Among them were: streamlining the often-overwhelming admission and orientation process for new residents and their family members in the Veterans Care Program; optimizing rounds in Complex Care; improving the work flow in the new Palliative Care Unit; reducing noise on the units for veterans; enhancing transportation of inpatients to and from the rehabilitation areas; increasing the opportunity for veterans to take part in art projects without leaving their unit; and improving components of the onboarding process of new professionals, to name just a few.

Interest in the training has been high and following an evaluation process, ODLS will explore possibilities for LEAN Green Belt training for teams across St. Joseph's.

### **Physician leadership announcements**

- **Interim Integrated Vice President, Medical Affairs & Medical Education:** With the retirement of Dr. Robin Walker, Dr. Bill Sischek will provide interim leadership, two days per week, in the Integrated Vice President, Medical Affairs & Medical Education role at St. Joseph's and London Health Sciences Centre. Dr. Sischek is a highly respected leader who is known to most as the Site Chief of Anesthesiology at St. Joseph's and the Chair of the Academic Medical Organization of Southwestern Ontario.
- **St. Joseph's Medical Advisory Committee leadership:** Dr. Brian Rotenberg has been appointed as the new Chair of the St. Joseph's Medical Advisory Committee (MAC) and Dr. Michael Motolko as the new Vice-Chair, effective July 1, 2019. Dr. Rotenberg is a surgeon with Otolaryngology - Head and Neck Surgery, and Dr. Motolko is Chair/Chief,

Ivey Eye Institute. Medical Affairs and St. Joseph's Board of Directors recognizes and thanks Dr. Sarah Jarman, who has been the Chair of St. Joseph's MAC since July 2013. Dr. Jarman's dedication and contributions to the Board, MAC and their respective subcommittees has ensured a continued focus on quality of medical care at St. Joseph's.

- **Interim chief appointments:** Dr. Christine MacDonald has been appointed Interim Chief of the Department of Emergency Medicine and Jessica (Dieneke) Kouwen has been appointed Interim Chief of the Department of Midwifery. Both of these citywide appointments commenced June 1, 2019. In addition, Medical Affairs announces the continuation of two interim department chief appointments, which will allow for the continued recruitment of permanent citywide chiefs for the following clinical departments:
  - Dentistry - Dr. Shawn Steele (August 1, 2019 to June 30, 2020)
  - Obstetrics & Gynaecology - Dr. Tracey Crumley (July 1, 2019 to June 30, 2020)

## OUR FINANCES

### **Customer advisory group established by Healthcare Materials Management Services**

As a group, the Chief Financial Officers of the regional hospitals who participate as affiliates in Healthcare Materials Management Services' (HMMS) supply chain services have been formalized as HMMS' Customer Advisory Committee. The purpose of the group, which will meet quarterly, is to ensure awareness of market conditions affecting the regionalization of supply chain, including notable operational performance indicators and financial trends and factors affecting the cost of service.

Discussions by this committee are expected to generate additional collaborative opportunities for consideration.

## UNCOMPROMISING QUALITY AND SAFETY

### **Accreditation 2019 – an update**

Preparations are ongoing for the Accreditation Canada on-site visit scheduled for September 30 to October 3, 2019. The following is an update on this work:

- **Passport to Excellence:** To support the preparation for accreditation, four booths were set up at each of the staff BBQs in June 2019 to provide a fun way for staff to “brush-up” on their knowledge. The booths focused on medication safety, patient and family caregiver engagement, effective communication and a miscellaneous category. At each booth, staff were asked to play a game and answer specific questions, after which they received a stamp on their “Accreditation Passport to Excellence”. If they received four stamps, the passport could then be put in the ballot box for a chance to win a prize. This exercise also helped the Accreditation Core Team identify any areas where staff struggled to answer questions and, similarly, where they excelled in their responses.

The response from staff who participated in the accreditation games was overwhelmingly positive, with many stating it helped to support their knowledge and give them confidence for the upcoming survey. For those unable to attend the BBQs, an online questionnaire was developed, which also allowed staff to enter a draw after completion.

- **Accreditation insert:** A four-page accreditation insert was included in the July/August Imprint to provide staff, physicians and volunteers with valuable information to prepare

for the upcoming survey. The insert is chockfull of information for staff and physicians and supplements weekly E-Print items and the regular two-page spread in Imprint. The insert was also designed to be a stand-alone piece for use in all areas of the organization. It includes general questions, tips, ROPs, the role of client-centred services, patient/resident and caregiver engagement, and information on the Improving CARE Together project.

- **Communication summaries:** Communication summaries have been developed to highlight key information related to required organizational practices (ROPs) and other initiatives occurring across St. Joseph's. This information aims to help leaders and staff link the work they do each day with the accreditation standards and how we meet the criteria for each. Information is posted on the intranet for all staff to access and is also highlighted in the weekly E-Print newsletter. Many coordinators have built discussion of the communication summaries into their weekly huddles and staff engagement forums.

### **Palliative care receives top marks in quality of care**

The Palliative Care team at Parkwood Institute Main Building received their 2019 Patient Experience Survey results. The overall rating for the quality of care on the unit was 97.7 per cent positive for combined excellent or very good responses. Notable improvements from the most recent survey in 2017 were an 82.1 per cent rating for 'the safety information package obtained during admission to the unit' as excellent or very good as compared to 65.4 per cent in 2017. As well, there was a 97.6 per cent rating for 'the notification of changes in their loved one's condition' as excellent or very good as compared to 89.2 per cent in 2017.

The survey was conducted with patients who received care in the old Palliative Car Unit prior to the opening of the new unit in December 2018.

## **PARTNERSHIPS WITH PATIENTS, RESIDENTS, FAMILY CAREGIVERS**

### **Lounge spaces designed with the help of patients and families**

In support of our focus on patient and family centred care, the patient and family lounge spaces in Complex Care at Parkwood Institute Main Building have been refreshed. The spaces now provide a more welcoming space for patients and families with new lighting, paint and furniture.

Patients provided input into layout and furniture choices, which include two options for rest/sleeping for family members staying overnight.

This project was made possible through generous donor support from the [Angel Project](#), a non-profit charity that raises funds specifically for patients on complex care units.

### **Family presence at any time**

In support of our focus on patient/resident and family-centered care, St. Joseph's Family Presence corporate policy and guiding principles came into effect June 1, 2019. With this policy, visiting hours have been removed across all sites and 'Quiet Hours' introduced between 10:00 pm and 7:00 am. Family caregivers, as identified by the patient/resident, are now welcome at any time with consideration of the safety and wellbeing of all.

Research and experience show that family caregivers play an important role as partners in patient/resident care. Family presence can reduce feelings of isolation, enhance emotional support, and improve communication and care transitions for patients/residents.

Based on an early audit at Parkwood Institute four weeks after implementation, staff said they are now more likely to include caregivers and patients in discussions about care redesign. Some initial resistance to the change, they added, has shifted to a realization that, for the most part, many programs were already embodying the Family Presence guiding principles.

For one patient, the family presence philosophy made a significant difference. The patient, who had a large family, was initially admitted to a four-bed room. The spouse slept at the hospital nightly and many members from the patient's community visited, often as early as 6 am. To minimize the disruption to other patients and their caregivers, this patient was moved to the first available private room so that family support could be maintained.

Staff indicated that family caregiver support in this case eventually enabled the patient to return home for short periods of time. Staff also said they gained confidence in their ability to care for patients and family caregivers with different cultural needs.

## **ADVOCACY AND COLLABORATIONS**

### **From one warrior to another**

As previously reported, veterans at Parkwood Institute have been creating 'warrior' beads for paediatric patients as part of the Bravery Bead Program at London Health Sciences Centre's Children's Hospital. The program helps children and families note their personal journey through a long-term illness or injury using coloured beads, which are added to the child's bravery string to represent a different type of care or treatment. The bravery beads are an important aspect of a child's health care experience as they are a physical representation of the unique journey they have endured.

In the studios of Veterans Arts, a team of veterans have molded, painted and glazed clay beads. Painted bright blue, each one is the diameter of a dime and has a fingerprint of a veteran. Red poppy beads have also been created to distribute to young patients who are in hospital on Remembrance Day.

On May 31, 2019, four veterans travelled to Children's Hospital to personally deliver the 'warrior' beads to children. The symbolism of the beads is powerful. When a child is in hospital and feels frightened or scared, he or she can hold a bead made by a veteran who knows what it's like to fight.

### **Supportive housing success**

Over the next two months, 30 of St. Joseph's mental health care patients will begin moving into the new Indwell supported apartments in London at Woodfield Gate, 356 Dundas St., marking the beginning of improved opportunities for supported, independent living in our community.

As previously reported, mental health leaders at St. Joseph's have been addressing the struggle faced by many patients who have no adequate discharge destination. They have been working with Indwell, a reputable, not-for-profit housing development and service provider that has developed and operates high-support housing in communities outside London. St. Joseph's advocacy efforts, along with those of various partners, resulted in the South West LHIN committing new funding for high-support apartments in London and Woodstock developed/purchased by Indwell.

Over the past several weeks, temporary office space was set up at Parkwood Institute Mental Health Care Building for Indwell staff, where Indwell has been interviewing and selecting prospective tenants.

### **Microbiology testing expanded to St. Thomas**

On June 17, 2019, St. Thomas Elgin General Hospital (STEGH) successfully moved their microbiology testing to London. The agreement between STEGH and citywide Pathology and Laboratory Medicine provides a complete service model for STEGH, which will provide St. Thomas patients and clinical teams with faster and more comprehensive microbiology testing results, even accounting for the logistics of moving specimens between cities. This will allow for improved infection control management and cost-savings for STEGH, while offsetting fixed costs in London. Feedback from STEGH clinicians will be closely monitored to ensure quality service.

### **St. Joseph's completes blood drive with second place finish**

Staff, physicians, volunteers, family and friends rallied in support of this year's Canadian Blood Services (CBS) hospital donor challenge – earning St. Joseph's an impressive second-place finish. With 121 donations during April, May and June, up from 72 donations the previous year, St. Joseph's was once again a top finisher among 18 Ontario hospitals that participated in this year's challenge.

This annual challenge sees hospitals across Ontario go head-to-head to donate the most units of blood per capita (employee population) in the lead up to summer, when the demand for blood is high and donations tend to decrease.

The challenge is an extension of CBS' Partners for Life program – a nationwide program that engages corporate companies and community organizations in donating blood on a larger scale. As part of the program, St. Joseph's sets an annual blood donation target for the organization and makes a lasting commitment to blood donation.

### **A spectacular surprise**

In full costume and magical splendor, members of Cirque du Soleil performed at Parkwood Institute's Western Counties Wing on June 13, 2019. Performing some of the smaller acts from Corteo – the touring show that was visiting London that week – troupe members dazzled, mystified and charmed veterans and patients. The troupe also mingled with the audience after this special informal performance, providing an intimate, enchanting and rare close-up experience with one of the world's most famous and fantastical entertainment companies.

### **Poppies for D-Day**

As part of a longstanding partnership between the Veterans Care Program and history students at Sir Frederick Banting Secondary School in London, students and veterans worked together to create felt poppies leading up to the 75th anniversary of D-Day. For the June 6, 2019 anniversary, 50 Banting students (history as well as other students) travelled to France to deliver the poppies to the D-Day memorial. They returned to Parkwood Institute on June 14 to share their stories and photos with our veterans. The visit was meaningful and well received by the veterans.

There are two D-Day veterans who make their home at Parkwood Institute. In another special event, all veterans living at Parkwood Institute received a commemorative D-Day coin handed out by one of the D-Day veterans.

These and other D-Day anniversary events will be highlighted in photos and video at Parkwood Institute's Remembrance Day Service in November 2019.

## **RECOGNITIONS AND CELEBRATIONS**

### **An exceptional partner**

St. Joseph's has been selected as the recipient of the 2019 Organization Leadership Award from the School of Food and Nutritional Sciences at Brescia University College. This annual award recognizes an organization that has demonstrated exceptional leadership and dedication to supporting Brescia dietetic practicum students and consistently demonstrates qualities aligned with Brescia's core values and strategic plan. Recipients are organizations that:

- Develop an actively engaged and positive student experience
- Model and nurture excellence, service and leadership among staff
- Create an environment and culture that supports the competency development of the student
- Are dedicated to innovation, inquiry and lifelong learning
- Exemplifies client-centred, interprofessional collaboration and care

In announcing the award, Brescia recognized St. Joseph's for being "an exceptional partner" in the education of dietetic practicum students since the inception of the Brescia program in 2007.

The award was presented June 17, 2019 at Brescia's Master of Science in Foods and Nutrition graduation ceremony.

### **Provincial honours for therapeutic recreation team**

The therapeutic recreation team at Mount Hope Centre for Long Term Care has been recognized for their innovative approach and named "Organization of the Year" at the Therapeutic Recreation for Ontario conference in May 2019. The award recognizes an organization that shows outstanding support of the growing therapeutic profession and assists in elevating the field through innovative programming, education and awareness.

For the Mount Hope team members, the award is a testament to their contributions to the wellbeing and care of residents. The team has developed an ever-evolving calendar of innovative recreational leisure programs tailored to meet the needs of residents in long term care. The honour demonstrates the effort and creativity it takes to develop therapeutic recreation programs within the unique setting of a long term care home. [Read more on St. Joseph's website.](#)

### **A national leader, educator, mentor and advocate**

Just days before his retirement, Dr. Robin Walker was awarded the 2019 Paediatric Academic Leadership Clinician Practitioner Award from Paediatric Chairs of Canada (PCC).

The award recognizes a clinician whose clinical practice has served as an outstanding environment for the education of trainees and the advancement of practice through knowledge translation and dissemination, and leadership within the discipline. Recipients of this award are remarkable role models for medical trainees as they have led an exemplary professional life as a true advocate for child health both within an academic and community setting.

### **Excellence in emergency medicine**

Congratulations to team members of St. Joseph's Urgent Care Centre (UCC) who received a 2019 Department of Emergency Medicine Award. The awards recognize excellence within the citywide Department of Emergency Medicine, which includes the UCC. More than 600 staff and physicians work in London's emergency departments and UCC. It's the third year for the awards, which received more than 157 nominations from four sites this year – St. Joseph's Hospital, University Hospital, Victoria Hospital and Children's Hospital.

From the UCC, the staff recipients are:

- Emma Wright - Communication Clerk Award
- Alex Pasqual - Emergency Nursing Award
- Bonnie Tupholme- Emergency Nursing Award
- Nicole Meech - Emergency RPN Award

### **A lifetime of achievement**

Congratulations to surgeon Dr. John Denstedt, who has been chosen to receive the Karl Storz Lifetime Achievement Award for 2019, which is presented to urologists who have made a significant and lasting contribution to the field of endourology.

The award was designed by Sybill Storz, daughter of Karl Storz who pioneered the idea of introducing into the body (via a flexible fiber-optic cable) bright light generated by an external source. The innovation paved the way for modern endoscopy and laid the foundation for the Karl Storz Se & Co. Kg company's success as a leader in endoscopy instruments.

The award is given to a senior endourologist whose lifetime contributions have had a major impact on the field of endourology. It will be presented at the World Congress of Endourology in Abu Dhabi on November 1, 2019.

### **Professional Staff Organization Awards**

Congratulations to the following recipients of this year's St. Joseph's Professional Staff Organization (PSO) Awards:

- Dr. Eric Wong, a family physician at St. Joseph's Family Medical and Dental Centre, has received a 2019 PSO Leadership Development Award. This award was established in 2018 to support PSO members who wish to develop or enhance their leadership skills. Recipients receive a financial contribution toward their leadership development activities.
- Dr. Tony Lin has been awarded the 2019 St. Joseph's PSO Recognition and Reward Award. The award recognizes the performance of an individual who enables exemplary patient care, teaching and research through leadership, collaboration and/or innovation. Dr. Lin is an ophthalmologist at the Ivey Eye Institute at St. Joseph's Hospital.

### **A common thread**

A quilt was made and donated to the Veterans Care Program by seven-year old Bella Morin, granddaughter of Heather Tales, Director of Veterans Care. Bella created this quilt for a female veteran. The youngster attended the veteran's Ladies Group where the quilt was shared and then a name was drawn. Bella joined the veterans for tea and had the opportunity to interact with each of them and learn about their military service. Veteran Bea Ellacot won the quilt and was very moved as she was a quilter for many years.

## OTHER

### Ontario introduces Bill 116

On May 27, 2019, the provincial government introduced Bill 116, the [Foundations for Promoting and Protecting Mental Health and Addictions Services Act, 2019](#). This legislation proposes to enact two Schedules: the *Mental Health and Addictions Centre of Excellence Act, 2019* (Schedule 1); and the *Opioid Damages and Health Costs Recovery Act, 2019* (Schedule 2).

Schedule 1 of Bill 116 would require the Minister of Health to develop a mental health and addictions strategy that recognizes mental health and addictions care as a core component of an integrated health care system. The proposed legislation would also require that Ontario Health establish and maintain a Mental Health and Addictions Centre of Excellence to carry out the following functions:

- Put into operation the mental health and addictions strategy
- Develop clinical, quality and service standards for mental health and addictions
- Monitor metrics related to the performance of the mental health and addictions system
- Provide resources and support to health service providers, integrated care delivery systems and others related to mental health and addictions
- Perform any other functions that the Minister of Health may direct

Schedule 2 of Bill 116 would allow the province to sue opioid manufacturers and wholesalers for alleged wrongdoing in order to recover past, present and future health care costs due to opioid-related disease, injury or illness. The proposed legislation is intended to support Ontario's participation in a national class action lawsuit British Columbia launched last year against more than 40 opioid manufacturers and wholesalers.

### Court rules physicians must give referral despite religious beliefs

The Ontario Court of Appeal has affirmed a lower court decision which ruled that Ontario physicians must give an “effective referral” for medical services which clash with physicians’ religious beliefs.

In the unanimous [ruling](#), Ontario’s highest court was asked to review a College of Physicians and Surgeons of Ontario (CPSO) policy requirement that an “effective referral” must be made when a physician opposes providing specific medical services, including medical assistance in dying, abortion and other reproductive health services, due to religious beliefs.

While the court held that the referral requirement does infringe upon a physician’s religious freedom, the benefits to the public outweigh the cost to physicians under the Canadian Charter of Rights and Freedoms. The court ultimately noted that, based on the CPSO policy requirements, a physician can either ask their staff to handle the referral process or choose to specialize in a type of medicine where these issues are less frequent.

### Implementation of national pharmacare – an update

On June 12, 2019, Health Canada [announced](#) the recommendation from the Advisory Council on the Implementation of National Pharmacare stating that Canada implement universal, single-payer, public pharmacare.

Specifically, the council recommends the federal government work in partnership with provincial and territorial governments to establish a universal, single-payer public system of prescription drug coverage in Canada. It also recommends the establishment of a Canadian drug agency,

which would be responsible for developing a national list of prescription drugs (the formulary) beginning with an initial formulary of common or so-called essential medicines by January 1, 2022. The council recommends this initial formulary be expanded to a fully comprehensive formulary no later than January 1, 2027.

Additionally, the council recommends: pharmacare be portable for Canadians wherever they travel or live within Canada; there be a separate pathway, with dedicated funding, for expensive drugs for rare diseases; and the approval process for drugs be further streamlined so Canadians can get faster access to new, innovative drugs.

### **Cabinet shuffle announced**

On June 21, 2019, Premier Doug Ford announced a shuffle of ministerial assignments within Ontario's Cabinet. Under the health portfolio, Christine Elliott remains Minister of Health, as well as Deputy Premier, with Merilee Fullerton named Minister of the newly created Ministry of Long-Term Care. Michael Tibollo has been named the Associate Minister for Mental Health and Addictions. Other notable changes include:

- Minister of Finance - Rod Phillips
- Minister of Labour - Monte McNaughton
- Associate Minister of Small Business and Red Tape Reduction - Prabmeet Sarkaria

The government's news release and a full list of changes is available [here](#).

### **Premier's Council releases second report**

On June 25, 2019, the Premier's Council on Improving Healthcare and Ending Hallway Medicine, chaired by Dr. Rueben Devlin, released its second report, [A Healthy Ontario: Building a Sustainable Health Care System](#). The report contains recommendations to break down barriers within the system and facilitate new models of care, including:

- **Integration** - Putting patients at the centre of the health care system to help make it easier to navigate the system while providing better digital access to personal health information
- **Innovation** - Improving options for health care delivery with more virtual care options, modernizing the home care sector and providing a more flexible mix of health care and community supports
- **Efficiency and alignment** - Strengthening partnerships between health and social services and providing open and transparent data to improve health outcomes
- **Capacity** - Addressing wait times for specialist and community care by maximizing existing assets and skills, making strategic investments, designing financial incentives to promote better health outcomes for patients and populations, and championing collaborative and interprofessional leadership

The council will provide advice on the development of Ontario Health Teams and the Ontario Health agency – key components of the government's plan to modernize and integrate health care. Future reports from the council will focus on the progress being made in delivering better health care services and recommendations on long-term planning for the health care system.

### **Health Canada announces new reporting requirements for hospitals**

Federal Minister of Health Ginette Petitpas Taylor has announced [new regulations](#) that will require hospitals to report serious adverse drug reactions and medical device incidents to Health Canada within 30 days of the documentation within their institution. The regulations will come into force in late 2019.

The regulations – part of Health Canada’s Action Plan on Medical Devices announced in December 2018 – aim at improving the quality and quantity of reports Health Canada receives on serious adverse drug reactions and medical device incidents, allowing the department to better monitor the safety of drugs and devices on the market, and to take action when needed to protect Canadians.

## Environmental Scan

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### **Some insulin pumps at risk for cyber attacks, Health Canada warns**

Health Canada is warning people with diabetes and health care providers that some insulin pumps could be susceptible to cyber attacks. Models at risk are those distributed between 2010 and 2015, according to a statement issued June 29, 2019.

Health Canada says 2,620 of Medtronic MiniMed 508 and MiniMed Paradigm pumps have been sold in Canada. While there are no concerns with how the devices function, says the agency, they are vulnerable to attacks that could affect the device’s settings, which could result in an incorrect dose of insulin. But the agency is not aware of such incidents occurring.

Those with affected pumps are being asked to continue using the devices as the risk for attacks is low, but they should contact their health care provider about switching to a newer model that has increased cybersecurity protection.

[Global News, June 30, 2019](#)

### **First Nations suicide rate three times higher than for non-Indigenous people**

The suicide rate among First Nations people in Canada was three times higher than in non-Indigenous populations between 2011 and 2016 in Canada, according to a Statistics Canada report issued June 28, 2019.

The suicide rate among First Nations people was 24.3 deaths per 100,000 person-years at risk, which Statistics Canada says is “roughly understood as number of deaths per persons per year.” That is compared to eight deaths per 100,000 person-years at risk for non-Indigenous people.

The suicide rate for First Nations people living on a reserve was twice as high as those living off a reserve. However, Statistics Canada noted there is a high level of variability for suicide rate “at the community level” for Indigenous people, with just over 60 per cent of First Nations bands reporting a suicide rate of zero, the agency reported.

[Global News, June 30, 2019](#)

### **Ontario marks first PTSD Awareness Day**

The first official PTSD (post-traumatic stress disorder) Awareness Day in the province was held June 27, 2019. It stems from a private member's bill brought forward by Brantford-Brant Progressive Conservative MPP Will Bouma in July 2018. The bill was part of the provincial government's budget bill, which received royal assent in May 2019

Bouma, who worked with MPP Monte McNaughton on the bill, says he's also had his own experience as a firefighter and has seen how hard calls can impact people. Better prevention is

needed, he said, so that supports are in place for police, fire, dispatch, paramedics, nurses, and personal support workers when traumas arise in the workplace.

The awareness day comes after a year of headlines marking officer suicides in the province. Ontario's chief coroner is reviewing the circumstances of nine suicides in 2018 alone.

[CBC News, June 27, 2019](#)

### **Research finds higher concussion rates**

A team of researchers with Toronto's University Health Network combed through patient data collected throughout the province between 2008 and 2016 and assessed the number of diagnosed and suspected concussions treated during that time. The resulting study, published in the *Journal of Head Trauma Rehabilitation*, found the number of patients experiencing concussions and their side effects was considerably higher than past research had led the team to expect.

Study co-author and concussion rehabilitation specialist Dr. Mark Bayley said past efforts to study concussions focused on smaller sample groups, such as participants in a specific sport or patients seeking treatment through one particular avenue such as an emergency department. The larger research sample in this study, he said, provided a better sense of both the scope of the problem and the factors underpinning the study's findings.

Previous research had pegged the concussion rate in Ontario at roughly 600 per every 100,000 people. By mining Ontario patient data compiled by the Institute for Clinical and Evaluative Sciences, the researchers concluded the real figure was almost twice as high.

The study found more than 1.3 million concussion patients between 2008 and 2016. The annual average concussion rate in the province during that stretch was 1,153 per 100,000 people or about 1.2 per cent of the province's population, the data suggested.

"It does appear that this is due to increasing awareness more than an increased actual incidents of concussion," Bayley said.

[Ottawa Citizen, July 4, 2019](#)

### **New research shows only half of countries globally have cardiac rehab programs**

More than 20 million people develop heart disease globally each year, but there is only one cardiac rehab spot for every 12 of those patients to prevent another heart event, according to new research from York University.

A global audit and survey of cardiac rehab conducted by York's Faculty of Health showed that cardiac rehab is available in only half of the world's countries, and the programs that do exist can only serve 1.65 million patients, leaving a gap of more than 18 million patients in need. This first-ever audit and survey was undertaken through the International Council of Cardiovascular Prevention and Rehabilitation.

Previously-published data from this study shows that while Canada ranks among the best in the world for program capacity, cardiac rehab is only available in the provinces, with no programs in the territories. Overall, there is only one cardiac rehab spot for every 4.5 heart attack patients each year nationally.

[York University, July 5, 2019](#)

### **Falls top cause of injury hospitalizations for seniors**

In Canada, more than 137,500 seniors age 65 and older were hospitalized for injuries in 2017–2018, with most injuries caused by falls, according to new data from the Canadian Institute for Health Information (CIHI). Last year, seniors accounted for more than half of all injury-related hospitalizations among Canadians.

CIHI's data shows that four out of five injury hospitalizations involving seniors were because of a fall. Vehicle collisions were the second leading cause and accidental poisoning was the third.

Over the past three years, the largest increases for injury hospitalizations among seniors were for falls (nine per cent), vehicle collisions (eight per cent) and collisions with people or objects (eight per cent). The data shows that women are hurt more than men for all top five causes of injuries except vehicle collisions.

[Canadian Institute for Health Information, July 11, 2019](#)

### **New program to support seniors' mental health**

With an estimated 17 to 30 per cent of older adults suffering from a mental health disorder, the Ontario government has announced funding of \$250,000 to develop and deliver a senior mental health and addictions educational program. Components of the program will include resource materials and a workshop series, which will educate seniors on common risk factors and prevention strategies, signs and symptoms of mental health and addiction issues, and how to access appropriate supports. It will be delivered across the province in community settings such as Seniors Active Living Centres by in-person facilitators with expertise in mental health and addictions beginning early 2020.

[Ministry for Seniors and Accessibility, July 16, 2019](#)

### **Ontario preparing for 'very difficult' flu season**

Minister of Health Christine Elliott says officials have been looking at Australia's flu season and, based on what that country is experiencing this year, it will likely be a "very difficult" flu season here. Australian health authorities are reporting unusually high activity for this time of year and more than 200 deaths so far.

Ontario's health ministry says it has ordered 300,000 more high-dose flu vaccines for this year compared to last year, with a total order of 1.2 million. That vaccine has four times the amount of antigens than the regular flu shot and is given to more vulnerable people, such as seniors.

[Globe and Mail, July 15, 2019](#)

### **Ontario hospital visits related to sexual assault much higher than previously thought**

New research suggests the number of sexual assault survivors to visit Ontario hospitals is significantly higher than previously thought. The study, published July 18 in the [American Journal of Public Health](#), examined five databases used for medical documentation in Canada and found there have been 52,780 cases of sexual assault survivors treated in Ontario hospitals between 2002 and 2016, amounting to about 3,500 cases each year.

Two of the databases use an internationally recognized code for identifying the reason for a patient's hospital visit known as the Classification of Diseases. The code "Y05: sexual assault by bodily force" is typically only used for the most extreme cases, leading to underreporting of other instances of sexual violence. The researchers expanded the definition of sexual assault to include several additional codes, including "Z04.4: examination and observation following

alleged rape and seduction” and “Z61.4: problems related to alleged sexual abuse of child by person within primary support group.” By adding the additional codes, the researchers found another 40,000 cases of sexual assault which had been previously missed.

The study found that approximately 90 per cent of the cases involved female victims, but there were 7,094 incidents involving males, primarily under the age of 10. Among the females, most of the victims were aged 15-19 (11,829 cases), while the study also found 696 cases of sexual violence among women over the age of 60.

[CTV New, July 18, 2019](#)

### **Group calls on international community to prevent dementia by preventing stroke**

The risk factors for stroke and dementia are the same, and a growing body of evidence demonstrates that preventing stroke can also prevent some dementias. Now, a group of experts led by Western University Professor, Dr. Vladimir Hachinski and international collaborators Matthias Endres, Martin Dichgans and Zaven Khachaturian are calling on the global community to come together to take action on preventing dementia by preventing stroke.

“The evidence for doing so is incontestable; the time to act is now,” the authors write in an article, “Preventing dementia by preventing stroke: The Berlin Manifesto,” published July 18, 2019 in the journal *Alzheimer’s and Dementia*.

The authors note that because stroke doubles the chances of developing dementia, and 90 per cent of strokes are preventable, mitigating stroke risk at the population level provides the most immediate and promising opportunity reduce the rates of both stroke and dementia. They say the best way to do this is through international and national policies. “However if we are to succeed, radical new approaches are needed moving well beyond current paradigms,” the group writes.

[Western University, July 18, 2019](#)

## **St. Joseph’s in the News**

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[OneRun does more for breast cancer](#), CTV London, June 14, 2019

[Researchers have developed a new test for heart disease](#), Medical News Bulletin, June 25, 2019

[Ending hallway healthcare, interview with Dr. Gillian Kernaghan](#), CBC London, June 27, 2019

[Award: Dr. John Denstedt honoured for lifetime achievement](#), Schulich School of Medicine & Dentistry, June, 2019

[If you can’t walk AND do this at the same time your dementia risk could be higher, says researcher](#), Woman&Home, June 29, 2019

[Study finds post-surgery opioid prescriptions pose significant addiction risk](#), London Free Press, (also published in the Woodstock Sentinel Review), July 3, 2019

[Markham woman wins Dream Lottery grand prize](#), London Free Press, July 4, 2019

[Winners of top Dream Lottery prizes announced in London](#), CTV London, July 4, 2019

[Markham woman wins Dream Lottery](#), Blackburn News, July 4, 2019

[Spring 2019 Dream Lottery winners announced](#), Global News/980 CFPL, July 4, 2019

[New imaging tool for diagnosing heart disease](#), Hospital News, July 2019

[Expanding transitional support for young adults with diabetes](#), Hospital News, July 2019

[Biomarker could bring earlier detection of heart disease: Lawson research](#), CTV London, July 9, 2019

[OneRun cancer care fundraiser sets new record](#), CTV London, July 11, 2019

[ONERUN organizers unveil record \\$208K tally for 2019 campaign](#), Global News/980 CFPL, July 11, 2019

[OneRun raises record amount, looks to 'something special' for 10th anniversary](#), London Free Press, July 11, 2019

[Teenagers from France honour local veterans](#), CTV London, July 13, 2019

[Emotions high as French students meet our veterans](#), CTV London, July 15, 2019

[How 'smart homes' could help Ontarians with mental illness](#), TVO, July 16, 2019

[Allergies: What parents should know before sending their children to school](#), The 106.9 The X FM, Fanshawe College, July 17, 2019

[Family hopes boy's ordeal will help improve communication and health care at LHSC](#), London Free Press (also published in the Woodstock Sentinel-Review), July 17, 2019

[Good bacteria, bad products](#), Globes, July 21, 2019