



## Minutes – Tamarack Health Advisory Council

November 8, 2018, 5:00 pm to 8:00 pm Mayerthorpe Healthcare Centre – Telehealth Room

**Council members present:** Ruth Martin-Williams (Chair), Denise Lambert (Vice Chair), Debra Hagman, Doug Heine, Christie Homeniuk, Sheila McKeand, Daniel Pritchard, Linda West.

**AHS:** Crystal Browne, Melony Cole Zettler, Matthew Doraty, Jolene Szybunka, Shuna Walbank.

**Public:** Holly Handfield (RhPAP), Kate Patrick (Mayerthorpe Mayor) Lillian Rozko (Auxiliary President)

**Regrets:** Darlene Chartrand, Sherry Jeffreys.

	<i>Agenda Item</i>	<i>Discussion</i>	<i>Action</i>
1.	<b>Approval of Agenda</b>	Moved by Doug Heine for approval of the November 8, 2018 agenda. <b>MOTION CARRIED.</b>	
2.	<b>Approval of Minutes</b>	Moved by Sheila McKeand for approval of the September 22, 2018 minutes. <b>MOTION CARRIED.</b>	
3.	<b>Presentation</b>  <b>Restorative Care – Jolene Szybunka, Seniors Health Manager</b>	Jolene Szybunka presented on Restorative Care and the highlights were as follows: <ul style="list-style-type: none"> <li>Over the last several months we have been working to establish Restorative Care spaces at the Mayerthorpe Healthcare Centre. We have slowly been transitioning 10 long term care beds in the Auxiliary Wing, to Restorative Care beds, to better meet the needs of the community. As of October 2018, six Restorative Care beds are open.</li> <li>New staffing positions have been created to support this specialized level of restorative care. With this program comes a .5 Social Worker, a .5 Physical Therapist, a .5 Occupational Therapist, a full time Register Nurse Case Manager and two new Licensed Practical Nurses as well as two new Health Care Aides.</li> </ul>	Melony to arrange Community Paramedic presentation in January. <b>Complete.</b>



- Restorative Care is designed to help patients, particularly seniors, maintain and improve function. It supports a client's journey to promote independence. Restorative Care focuses on improving an individual's physical function and mobility, with the goal being to return to their own home or transition to the most independent level of care possible. Restorative care is meant to be used for up to 30 days depending on how much they are advancing.
- Transitioning long term care beds to restorative care provides individuals with the opportunity to regain some independence, live at home longer and contribute to improving their quality of life. We know that the best place for most people to age is in their home, where they are most comfortable and where they have their community supports in place.
- The Restorative Care spaces will complement the acute and long-term care provided. No residents will be moved out of the long term care center, and residents with higher care needs in the community, will continue to have their care needs met at the Auxiliary, Extendicare, and Pleasant View Lodge.

Questions council had for Jolene:

Q - Acute side is 50% vacant – why wouldn't we convert those rooms?

A - Acute is not the correct independent space. We looked at the waitlists and we looked at placements. This is the correct space for these patients.

Q - What's the difference between auxiliary and Extendicare?

A - Level of care - everything is the same. Extendicare is privately run – not an AHS facility.

Q -Is this a pilot project or is this permanent?

A -This is the first in the north zone. It is a permanent project however we will continue to evaluate it.

Q- Is this similar to restorative care at the Glenrose?

A – It is based on the Glenrose model. All aspects of care are trying to restore independence. It's a little less intense, which fits better with the population.

Q- Will recruitment be an issue?



	A – It’s exciting, because it offers an opportunity to work in Rural Alberta and still have a fulfilling rehab career.	
4. <b>Old Business Arising from the minutes</b>	<p>Following are the action items from the minutes of June 7 plus any outstanding action items:</p> <ul style="list-style-type: none"> <li>• Send letter of support for Canadian Mental Health Association (CMHA) pilot project to approach Family and Community Support Services (FCSS) offices with. <b>On Hold.</b> <ul style="list-style-type: none"> <li>➢ Before we create and send this letter we are working with CMHA to see which FCSS offices have been successful for the pilot. More information needed.</li> </ul> </li> <li>• Melony to share PowerPoint with council members who request it. <b>Complete.</b></li> <li>• Melony to find out where the new Dialectical Behavior Therapy (DBT) program is and which Police and Crisis Team Partnership (PACT) and Primary Care Network (PCN) are involved from last NZ update? <b>Complete.</b> <ul style="list-style-type: none"> <li>➢ DBT - Community related to the above is Mayerthorpe. The children’s therapist will be running an adult group co-facilitated by the concurrent Addiction Counsellor starting after Christmas. The youth DBT will also start after Christmas at the High School with one of the school staff as a co-facilitator. Exact dates have not been finalized, will be finalized towards end of this month.</li> <li>➢ PACT is involved with the PCN in the community is Whitecourt.</li> </ul> </li> <li>• Melony to leave one hour in the next agenda for work plan development. <b>Complete.</b></li> </ul> <p>1. Melony to look into getting the Mobile Public Health Unit to attend next meeting in Mayerthorpe. <b>Complete.</b></p> <ul style="list-style-type: none"> <li>➢ Unfortunately the Mobile Public Health Unit was booked in High Level and was unable to make an appearance this week.</li> </ul>	Melony to send PowerPoint to all council members. <b>Complete.</b>
5. <b>New Business</b>		



<p><b>5.1</b>    <b>Voices of the Community</b></p>	<p>The Mayor of Mayerthorpe just received letter to do planning for physician attraction and retention. The municipality is now dedicating two to three people to be available to show people around. Show off the community and the schools and recreation facility, library, golf course and will help find houses for rent.</p>	
<p><b>5.2</b>    <b>North Zone Update – Crystal Browne, Director, Clinical Operations</b></p>	<p>Following are highlights from a full report provided by Crystal Browne:</p> <ul style="list-style-type: none"> <li>• With the Enhanced Care to the Community Phase II funding, a night Health Care Aide position will be added to the lodges in both Barrhead and Westlock.</li> <li>• Barrhead Continuing Care Centre now has Recreational Therapy Adult Day Program (Enhanced Respite services) moving forward. Two healthcare aides to be hired.</li> <li>• Allied Health - Early Hearing Detection and Intervention (EHDI) Program Area 4 - Screening of newborns is required to be completed no sooner than 15 hours following a vaginal birth or 22 hours following Cesarean Section and ideally within 1 month of birth. We have hired an Audiologist for the Edson and Whitecourt Healthcare Centres. This individual will also provide supervisory oversight to the EHDI Hearing Screener providing service in Hinton and in Edson.</li> <li>• Whitecourt operating room (OR) was reopened September 7th. A number of new nurses have attended a special two day OR orientation session with peri-operative instructors and will be attending on-site training at other sites for more hands on OR experience.</li> <li>• New Whitecourt/Mayerthorpe Site Manager is Matthew Doraty and his start date was October 22, 2018.</li> <li>• Information about the Seniors Health Enhancing Care in the Community Funding Initiative/Palliative Care Initiative</li> <li>• This month for Hinton Home Care we have added in an additional 0.63 FTE and current Licensed Practical Nurses will increase their FTE.</li> <li>• Mayerthorpe Restorative Care - Occupation Therapist (OT), Physiotherapist (PT) and Social Worker have now all been hired. OT and PT also provide service to Extendicare. 6 beds available for program and we are seeing more referrals for the program.</li> </ul>	



- Edson Wellness Clinic - Deficiency work continues and is expected to wrap up in November and site will be ready for occupancy. We have initiated negotiations with the Edson physician group to occupy space.
- The Hinton Dialysis Pod Grand Opening was held on September 18th, 2018.
- Harm Reduction- As of August 31, 2018 a total of 8,109 Take Home Naloxone kits from registered sites within the North Zone have been distributed. In addition 8,589 clients have been trained to use the kits. The North Zone has 2,493 pharmacies registered as distribution sites. Alberta Health Services Community Based Naloxone program continues to ensure there is access to Take Home Naloxone kits in all communities.
- AHS North Zone prepared for Cannabis legalization Cannabis legalization for those 18 years of age and older that was effective October 17, 2018. More information about what this means for Albertans can be found by visiting <http://www.alberta.ca/cannabis> in addition visit [www.drugsafe.ca](http://www.drugsafe.ca)
- Whitecourt has been funded through a research project with Health Canada and University of Victoria's Canadian Institute for Substance Use Research to host community dialogue "Cannabis Let's Talk Alberta" sessions to be held before November 30, 2018. These sessions will increase understanding of cannabis, and help strengthen community capacity to support dialogue related to cannabis and enhance citizen engagement.
- Westlock Public Health is partnered with community groups to host a Resilience in Times of Grief Women's conference on October 25th at the Westlock Inn and Conference Centre.
- Trauma Training with Youth - Partnership between Whitecourt Addiction & Mental Health (A&MH) and McLeod River Primary Care Network (PCN) continues with Addiction & Mental Health services offering training sessions on Trauma training with youth in October.
- Addiction Counselor servicing Mayerthorpe- Recently hired Addiction Counselor located in Whitecourt has begun providing service in Mayerthorpe on Thursday and Fridays each week. To book, clients can call the Mayerthorpe Addiction and Mental Health clinic (780) 786-2279 or

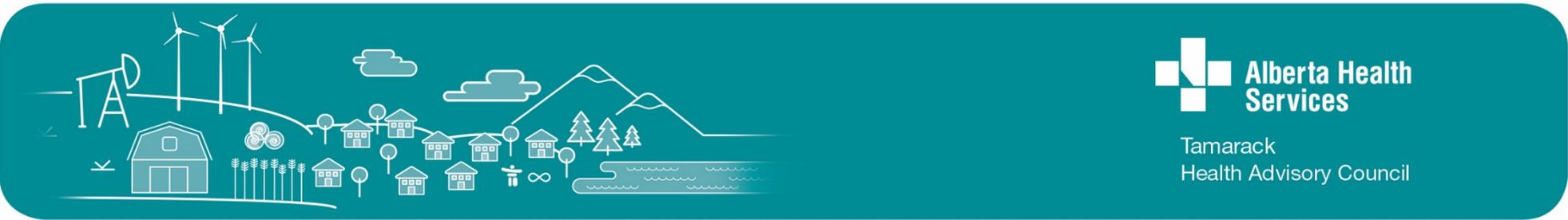


the Whitecourt Addiction Clinic (780-778-7123) for appointments.

- Mental Health Therapist, Oneway & Lac St. Anne County Area Schools - A new Mental Health Therapist position has been funded by Aspen Collaborative Services (RCSA) for schools in the Oneway and Lac St Anne County areas. This position has been created to enhance services available to support students and their families.
- Barrhead Wound Care Education sessions focusing on lower leg wound care were held in Hinton October 4, 2018 and Westlock October 10, 2018. Telehealth sessions for ostomy and wound VAC therapy will also be arranged in November and December with assistance of My Learning Link program assistants booking the Telehealth sites.
- Jasper - The ventilator which was donated by the local Masonic Lodge arrived on site and training has been provided by the vendor.
- Edson “Health is Wealth” fair was held October 2 in Edson. It featured a variety of interactive information sessions such as Nutrition Services, Cardiac Health, Public Health, Primary Care Network, Caregiver Support, Respiratory Therapy, Yellowhead County, Town of Edson, Health Promotion, and Addictions and Mental Health.
- The Bighorn Primary Care Network (PCN) recently expanded its Chronic Disease Management program in Hinton by hiring an additional Registered Nurse (0.75 FTE) that will serve the patient population. This is in addition to a 0.5 FTE PCN Chronic Disease Management Registered Nurse in Grande Cache. The Bighorn PCN’s respiratory program started in the fall of 2016 in collaboration with the University Lung Clinic, and AHS. The Bighorn PCN Respiratory Therapist (RT) provides community respiratory services in Hinton and Grande Cache such as the Breathe Easy program.
- We continue to try to reduce the number of Alternative Level of Care (ALC) patients waiting in acute care and reduce the number of hospital readmissions through the implementation/improvements to collaborative care practices such as rapid rounds to support better and faster discharge planning. We also utilize additional home care hours provided



		through the Enhancing Community Care Initiative.	
5.3	<b>Physician Recruitment Report – Shauna Wallbank, Physician Resource Planner</b>	Shauna Wallbank provided the following written report of physician vacancies to council: <b>Barrhead</b> – One posting for Family Physician with Anesthesia <b>Edson</b> – One posting for Family Medicine <b>Mayerthorpe</b> - One posting for Family Medicine. New Family Medicine starts November 13. <b>Westlock</b> - Two postings: One Surgical Assistant and One Family Medicine with Enhanced Surgical Skills <b>Whitcourt</b> - One posting for Family Medicine with Anesthesia	Shauna to send Melony FTEs of physicians in area. <b>Complete.</b>
5.4	<b>Report from the chair – Ruth Martin – Williams, Chair</b>	Ruth Martin- Williams provided the following report: She was part of the planning committee for the Fall Forum this year, she felt it went very well. It was unfortunate there wasn't a lot of opportunity for dialogue in the North Zone meeting, but the information was great. The wellness breaks were fun; the breakout sessions were informative; and, the graphic artist was a nice touch.	
5.5	<b>Advisory Council Update – Melony Cole Zettler, Advisory Council Coordinator</b>	Melony Cole-Zettler provided an information sheet about Community Conversations to the council. Budget update for our engagement 5k is \$3739.18	Melony to look into digital story telling videos for 2019. <b>In progress.</b>
5.6	<b>Work Plan Progress and Upcoming Events</b>	Work Plan Discussion for 2019/2020 work plan updates include: <ul style="list-style-type: none"> <li>We would like more diverse representation on council. Seek Indigenous / culture/ age gender etc. We need to target the recruitment to these communities: Jasper, Barrhead, Edson, Westlock, Swan Hills, Alexis, Alexander.</li> <li>Look into hosting meetings in more public areas in the communities to increase public attendance at meetings.</li> </ul>	Melony to send survey results and questions again. <b>Complete.</b>



	<ul style="list-style-type: none"> <li>• Book a Saturday AMH presentation in the afternoon and a meeting in the morning (Opposite to Whitecourt) for April 2019 in Jasper.</li> <li>• Share posters for meetings in all communities in region - Ask for a blurb on presenter/ presentation to put on posters to share. Send and share posters in calendar invite.</li> <li>• AMH presentation in Mayerthorpe in the evening – Partner with schools or interagency in May or June.</li> <li>• Connect care presentations to AUMA/ RMA conference – get booth for presentation also share information about HAC.</li> </ul>	
6. Council Round Table	<p>Doug Heine shared that he has been working with home care for the last several months while recovering from surgery, He is so glad he is able to receive their care. The nurses are so effective and knowledgeable.</p> <p>Linda West expressed that the Westlock Resilience in Times of Grief Women’s Conference had an excellent keynote speaker. There was excellent information about trauma and it was very well received.</p>	
7. Next Meeting	<p>The next Tamarack Health Advisory Council Meeting will be:</p> <p>Date: January 10, 2018  Time: 5:00 pm – 8:00 pm  Location: Telehealth – Multiple Sites.</p>	
8. Meeting Evaluation and Adjournment	<p>Moved by Dan Pritchard to adjourn the meeting at 8:11 pm.</p>	