



Minutes – Wood Buffalo Health Advisory Council

May 16, 2018 5:00 p.m. to 8:00 p.m. Northern Lights Regional Health Centre Boardroom

Council members present: Jim Moore (Chair), Cathryn Beck, Bonnah Carey, Sandra Grandison, Mary Gerosa, Valerie O’Leary, Rita Uzorchukwuamaka.

AHS: Dr. Mowaffaq Almikhlaifi, Melony Cole Zettler, Murray Crawford, Dr. Mayank Singal.

Public: Kim Fleming (RhPAP), Brandon Piper (Mix 107).

Regrets: Tinna Ezekiel (Vice Chair), Carol Theberge, Jon Willcott.

<i>Agenda Item</i>	<i>Discussion</i>	<i>Action</i>
Welcome and Introduction	Jim Moore welcomed everyone to the meeting.	
1. Approval of Agenda	Moved by Valerie O’Leary to approve the agenda for May 16, 2018. MOTION CARRIED.	
2. Approval of Minutes	Moved by Valerie O’Leary to approve the minutes for March 21, 2018. MOTION CARRIED.	
3. Presentations Cannabis Legalization, Dr. Mayank Singal, Medical Officer of Health, North Zone	<p>Dr. Manyak Singal outlined the Cannabis Legalization in Alberta – Promoting and Protecting Health Alberta Cannabis Framework.</p> <p>The areas covered were: 18 years is minimum age; there is a safeguard for Sales (AGLC); buying cannabis (storefront and online); public consumption; growing cannabis (indoor and outdoor); possessing cannabis (under 30 grams); drug impaired driving; impairment in the workplace and advertising and packaging.</p> <p>The public health priorities are to: minimize harm; protect health and safety of Albertans; prevent likelihood of use and problematic use; assess population health outcomes; address determinants of health and equity and provide services.</p> <p>The health effects outlined were:</p> <ul style="list-style-type: none"> • Brain – brain development is not completed until the mid-20s. Evidence suggests use prior to age 25 can cause adverse effects to the brain and can increase risk for long term cognitive impairments. • Lungs – smoking cannabis has potential to damage lungs. Second-hand cannabis smoke is at least as harmful as or more harmful than tobacco. 	

- **Mental Health** – in some people, particularly young people (adolescents and young adults) frequent cannabis use may increase the risk for mental health problems like depression, anxiety and psychosis.
- **Dependency** - there are reports that early, regular use is associated with higher risk of dependency.
- **Goals/performance** – using cannabis at early age can negatively affect work, school performance and extracurricular activities, increase risk of dropping out of school, increased absences.
- **Memory/learning**—cannabis use can affect your memory, learning and attention.
- **Judgment/decision making** – cannabis use affects judgment and can lead to risky behavior and poor decision making.
- **Driving** – cannabis-impaired driving is more common than alcohol-impaired driving but youth are less likely to recognize driving after consuming cannabis as a risk.

Responsible, lower risk use means:

- Cannabis may be legal for 18+ but there are negative health effects.
- Delay using cannabis until later in life.
- If you choose to use cannabis, choose lower-risk products such as low THC and avoid smoking it.
- Limit and reduce your use of cannabis
- Avoid mixing cannabis with alcohol, tobacco or other drugs (street & prescription).
- Don't use and drive.
- Don't use if you have your own or a family history of psychosis, substance use disorders or other mental health problems.
- Don't use if you are breastfeeding or pregnant (or think you might be).
- Don't use synthetic cannabinoids. It can be more toxic and potent and create a greater risk for overdose.
- Be aware of bad reactions /symptoms of using too much cannabis include: paranoia, panic, increased HR, confusion, nausea/vomiting.

Consumption

Second Hand Cannabis Exposure 2017 Study

- Second-hand cannabis smoke is more mutagenic and cytotoxic than tobacco smoke
- No universal threshold to determine smoker vs. second-hand smoke exposure

- Above levels found 4-8hrs after exposure to second-hand smoke
- Key public health considerations:
 - In addition to the Tobacco and Smoking Reduction Act, consider prohibiting all forms of smoking in public spaces and workplaces, including cannabis, e-cigarettes and water pipes.
 - Special attention for banning consumption in areas frequented by children
 - Health Canada (2017) has recommended a ban on smoking in multi-unit housing.

Key public health considerations:

- Limit the number of cannabis stores, and implement density and distance controls to prevent stores from clustering, while also keeping buffer zones around well-defined areas where children and youth frequent.
- No co-location with alcohol, tobacco and pharmaceuticals.
- Consider requirements for cannabis education and community engagement as part of the business/development licensing approval process.
- Restrict hours of operation to limit availability late at night and early morning hours.
- Restrict signage and advertising to minimize visibility to youth and dampen favorable social norms.

Public Safety

Key public health considerations:

- Begin conservatively & establish more restrictive regulations.
- 1/3 of total cannabis supply in Colorado comes from home growing. Issues are:
 - Odors, pests, herbicide/pesticide use, indoor air quality, ventilation, waste disposal, chemical storage/disposal, electrical
 - Safe storage of cannabis in the home (accidental ingestion)
- Lower-risk Cannabis Use Guidelines (CAMH)
- Support services for people with substance use issues and mental health disorders – key partnerships
- Education and awareness
 - Key message: delay first use, minimize intensity of use

Council had the following questions about the presentation:

Q - Does this include medicinal marijuana?

	<p>A - No, this does not include medical marijuana.</p> <p>Q- What is THC?</p> <p>A - THC is the active ingredient in marijuana, stands for Tetrahydrocannabinol.</p> <p>Q - Have there been any studies on increase in use after legalization?</p> <p>A- Yes, where it is legal the studies done have shown an increase in use.</p> <p>Q - Which countries is marijuana currently legal in?</p> <p>A- As far as I know, the United States and Netherlands</p> <p>Q- If all the research shows not to use before 25, why is it legal at 18?</p> <p>A- Balancing the variables, looking at what other jurisdictions have done and also looking at public acceptance. A lot of cannabis use starts in the youth, so we are trying to increase awareness and education to discourage early use.</p>	
Old Business		
4. Business arising from the minutes	<p>Melony to schedule time to plan the work plan at May Meeting. Complete.</p> <p>Melony to send video for winning design build. Complete.</p> <p>Bonnah and Sandy attended the ECC workshop. Complete.</p> <p>Melony to ask Mary about member parking. Complete.</p> <p>Tinna put forth as vice chair to the AHS board. Complete.</p>	
5. New Business		
5.1 Voices of the community	<p>Willow Square Committee is holding a series of open houses around the region for Willow Square. Developers will be there with drawings and videos of the development plans.</p>	
5.2 Work plan progress and upcoming priorities	<p>5.2.1 Review Engagement Session Positive feedback from those that did attend. We receive two applications for new council members. For our next event we will try a more public venue and try to advertise more.</p> <p>5.2.2 2018/2019 Work Plan Approval Moved by Sandy Grandison to approve the 2018- 2019 work plan. MOTION CARRIED.</p> <p>5.2.2 2018/2019 Annual Report Approval Moved by Sandy Grandison to approve the 2017/2018 Annual Report. MOTION CARRIED.</p>	
5.3 North Zone Update – Murray Crawford,	<p>Murray Crawford provided the following update:</p>	

<p>Senior Operating Officer</p>	<p>Capital Projects</p> <ul style="list-style-type: none"> • Heliport: Ground work is complete for storm water and water supply lines. Screw piles have been installed and foundation has been poured. Estimated substantial completion date: October 2018. • Building Envelope- Windows on the 5th floor are complete and windows on the 4th floor are well under way. Waiting for glass for the patio on the 4th floor and then the patio will be open again for residents. • Willow Square- Construction has started. Screw piling is currently underway and ground work is being done at the same time. Premier, Rachel Notley and representatives from Ministry of Infrastructure attended the ground breaking ceremony on April 20, 2018. • Medical Device Reprocessing Centre Remodel- Planning is underway for the project and it is on the books for the 2018/2019 year. This will most likely be the only planning during this fiscal year with construction to start in 2019. • Minimally Invasive Surgery Suites - Planning for suites has begun. As there are many projects on the go, Capital Planning visited April 18th to provide coordination for all current projects. • Palliative Suites - Tender has been sent out to bring on a contractor for the project. It is a 2 week RFP so by mid to end of May construction will start on the area. <p>Current Renovations (NLRHC)</p> <ul style="list-style-type: none"> • Multi-Purpose Clinic- Currently on hold as the plan for the space is being looked at again to increase flow in the department. Anticipated completion date: Fall/Winter 2018 • Mat/Child Nursery Project- Scheduled to start immediately following Second Floor Expansion completion. • Second Floor Expansion- Nearly complete with 6 new rooms are completed and ready to go. The addition of the med room, clean hold, and lunch room are scheduled to be complete soon. • MRI Replacement- the MRI is scheduled to be replaced this year. Inspections of the current shielding of the MRI room have been done and the current copper shielding is up to the required standards, so no need to replace it with lead. • Lobby- Refresh is still happening in small steps. New Lobby and Gift Shop furniture has arrived and has been placed in Lobby. Vending machines are in the process of being moved to a better location. Skylight is being replaced as part of the building 	
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	<p>envelope project.</p> <ul style="list-style-type: none"> • Cafeteria - New equipment received from Suncor and installed to allow for Cafeteria to increase options provided to staff and patients. • CT scanner - New CT scanner is installed and operational; Mobile CT scanner has been removed and sent back to Siemens. • Timberlea Psychiatric Outpatient - Location is finally moving forward. Contracts for electrical and for moving temporary walls have been awarded and work is almost complete. Building should be ready for occupancy by July. 	
<p>5.4 Physician Recruitment Report – Deborah Whetstone, Manager Medical Affairs</p>	<p>Gail Hachey and Deborah Whetstone were unavailable for the meeting. Dr. Dr. Mowaffaq Almikhlafi provided the following update to council:</p> <ul style="list-style-type: none"> • Child Psychiatrist – still recruiting – 1st priority in the province to receive one. • 3 new Anesthesiologist hired, fully staffed now for the first time since the wild fires. Which has helped open the operating rooms on the weekend. • 3 new pediatricians hired, now we have 5 in the community. • 3 new psychiatrists hired, and still two vacant positions. • Looking to add an additional 1-2 obstetricians – currently posted. • 1 vacancy for general surgery with specialist certificate to be posted soon. 	
<p>5.5 Advisory Council Update – Melony Cole Zettler, Advisory Council Coordinator</p>	<p>Melony Cole-Zettler provided the following update:</p> <ul style="list-style-type: none"> • Advisory Council Satisfaction Survey – Community engagement will now do a thorough evaluation of responses then prepare a survey report for each council as well as an overall report will be prepared. • Work Plan Approval – final drafts are complete and ready for approval by council today; • Annual Reports – final drafts are complete and ready for approval by council today; • Advisory Council Fall Forum – the forum is scheduled for October 26/27 in Edmonton. The steering committee has met and planning is well underway; <ul style="list-style-type: none"> - Members are being asked for input • Promotion of Tools – we are considering the use of a one-pager vs. brochure about and are asking for member input. See sample in meeting package; 	<p>Moved by Mary Gerosa to approve the Promotion of Tools. MOTION CARRIED.</p>

6. Council Round Table and Good News Stories	<p>Bonnah Carey shared a good news story. She had her first patient experience at the Northern Lights Regional Health Centre Emergency Department recently, and considering the situation she had a great experience. She was in really quick, the nurses had great bed side manner, and the doctor saw her right away. They ran tests on her and kept her over night to make sure she would be okay. Every staff member from porters and clerks to technicians and nurses were all wonderful to her.</p>	
7. Next Meeting	<p>Date: Wednesday, September 19, 2019 Time: 5:00 p.m. to 8:00 p.m. Location: Anzac Recreation Centre.</p>	
8. Meeting Evaluation and Adjournment	<p>Moved by Jim Moore to adjourn the meeting at 7:38 p.m.</p>	