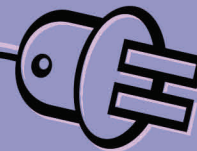
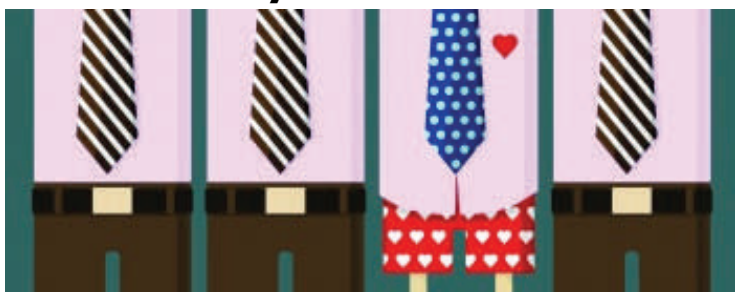


CURRENTS



Be Prostate Aware for Father's Day



With Father's Day coming up this month, it is a good time to raise awareness about prostate cancer, the most common cancer in men.

Prostate cancer will affect one in six men in their lifetimes. Approximately 25,500 men will be diagnosed with prostate cancer this year alone. No one thing causes prostate cancer, but the main risk factors include age, diet, weight, and family history. While we can't change our age or our family history – simple changes to diet, such as eating more fruits and vegetables and limiting fatty foods, can help cut the risk factors.

The challenge with prostate cancer is that it does not generally come with any symptoms in early stages. However, the cancer usually grows slowly and can take years to grow large enough to cause health problems. And while the image of the doctor with a lubricated latex glove is often played for comedy, it is still vitally important for men over 40 to be regularly examined for any abnormalities. Regular check-ups mean nine out of ten prostate cancers are found in the early stages, with a five-year survival rate of almost 100%.

In 2007, the Vancouver Island Health Authority re-released the award-winning video "Prostate Cancer – Your Treatment Options". This DVD outlines in detail the steps taken in the early diagnosis and treatment of prostate cancer. The DVD is available from VIHA Multimedia at (250)370-8204 or MediaSales@viha.ca or can be found online at <http://video.google.com/videoplay?docid=-6381901682907269455>

Most importantly, talk with your health care professional about your risks for prostate cancer, and have regular examinations. Do it for Dad. •

Home Safe Home— Safe Kids Week Focuses on Product Safety

There's no place like home...for hidden hazards and health risks.

A new review of child injury research from Safe Kids Canada suggests that Canadian homes may not be as safe for children as many parents believe. Each year in Canada, more than 18,000 kids visit hospital Emergency Departments after being injured by common household products.

Keep your home S.A.F.E.

- See products around your home through the eyes of your child and anticipate how a child might use it differently. Keep potentially dangerous products out of reach.
- Ask yourself if products are appropriate for your child. Look at the size, surface and remove any strings. The smaller the child, the bigger the product.
- Find products with safety standard seals such as CSA or ASTM when choosing an item for your home.
- Educate yourself on products that have been recalled. <http://www.healthcanada.gc.ca/cps/> has extensive information on product recalls, product advisories and children's products. •



VIHA Hero: Janice Cross



Earlier this Spring, **Janice Cross**, a Radiology Tech at West Coast General Hospital, went out for a game of golf at the local golf course, just as she often does on "Ladies Day." There was nothing extraordinary about the day, it was just what Janice often does on her day off. Little did she know how quickly that would change...

After her golf round, Janice settled in to the restaurant to spend some time with her friends. Their chat was interrupted when a woman rushed into the restaurant, calling "Does anyone know CPR!?"

Fortunately, Janice has always been conscientious about maintaining her CPR certification. In fact, she had just recently signed up for renewal. She was prepared to respond, and respond she did!

Janice raced out to the collapsed woman who was in full cardiac arrest, she obviously did everything right, because with the CPR she performed, she maintained the woman's life until the Ambulance arrived.

The woman was taken to WCGH, then transferred to RJH, where she received a triple bypass, and recovered.

When Janice checked in with the woman recently, she was on her way to Courtenay for lunch with friends.

Sometimes the difference we make to other people lives is not as obvious as this, but what a wonderful example of the everyday heroes in our midst! •

In the Habit of Giving



On April 26th, VIHA, maternity nursing staff, the Royal Jubilee Hospital School of Nursing Alumnae, friends and family honoured **Barbara Owen**, Alumnae member, who for 12 years has been the leading force behind the Pemberton Memorial Chapel restoration and creation of a heritage garden at RJH. In her honor a new lectern with a restored brass faceplate was donated to the RJH Chapel by the Anglican Synod of BC. •

Introducing... VIHA's New Manager for Rural Health

Marie Duperreault is no stranger to living and working in remote and rural communities. In fact, the new Manager for Rural Health wouldn't have it any other way.

"I definitely have a passion for small communities," she says. That is where my heart most certainly is."

Based in Port McNeill, Marie has been with the Rural Health portfolio since March. Over the last two months she has had opportunity to meet a number of colleagues in various programs, all of whom have been extremely supportive.

"I've really enjoyed the support in the organization," she says.

Before joining VIHA, Marie worked as a nurse and later as Director of Nursing in Bella Bella. After moving to Port McNeill in 2006, she worked as the Home and Community Care Nurse Team Leader at Ft. Rupert for the Kwakiutl District Council.

"While there I was able to develop great relationships with the community of Ft. Rupert, VIHA and Public Health," she says. "Having been connected directly with First Nation communities in this area has made a huge difference as I have been able to carry these relationships on to VIHA."

Marie received her Bachelor of Science in Nursing from the University of Alberta, and is currently working on her Master's of Science in Nursing specializing in nursing leadership and management through Walden University in Baltimore, Maryland.

Marie is married and has one grown son. Welcome to VIHA Marie! •



VHF Payday Lotto Winner!



Nursing team leader **Roberta Burns** of the VGH Acute Care GEM Team was thrilled to be the first winner of the Victoria Hospitals Foundation's new 50/50 Payday Lotto. Lotto funds help purchase medical equipment for VGH and RJH. For full details and application forms, go to www.victoriahf.ca/viha.lottery.htm. •



Kudos Are in Order

Congratulations to VIHA Ultrasound Technologist, **John Rozehnal** who won the 2009 Canadian Society of Diagnostic Medical Sonographers (CSDMS) Excellence in Ultrasound Award. A major academic achievement, John won the award based on his research on Volumetric Ultrasound procedures. His award-winning research paper, which will be published in the fall publication of *Interface* (www.csdms.com/), was presented to CSDMS at their annual general meeting in May in St. John's, Newfoundland. This prestigious recognition not only highlights the professional dedication of John himself, but also speaks to the high caliber of sonographers within VIHA. Well done! •

Left: John Rozehnal

Privacy & Security Awareness Week

Privacy and Security Awareness Week was celebrated at sites throughout VIHA from May 4-8.

Thanks to the hard work of staff at Information Access, Privacy (IAP) and Information Management/Information Technology, education sessions were held at VGH, RJH, Port Hardy, Port McNeill, Campbell River Hospital, West Coast General Hospital, Cowichan District Hospital, Lady Minto Hospital and Nanaimo Regional General Hospital.

Key messages and FAQs about privacy and security are available on the intranet at: http://intranet.viha.ca/departments/information_privacy. There are several reminders of simple things that everyone can do to help keep information private and secure. •



VGH Volunteer is One Amazing Kid!

A volunteer at Victoria General Hospital has been awarded a \$1000 "Amazing Kid" scholarship from Save on Foods and A-Channel. Seventeen year old **Jennifer Chang** has contributed more than 300 hours of time and energy doing patient support visits, and in the Toy Disinfecting Program. The program disinfects and cleans toys used in the family waiting rooms and Child Life playrooms. This is an important infection prevention measure for sick kids with suppressed immune systems. Jennifer also helps train other youth volunteers, and assists the Volunteer Department as an office helper. VIHA is fortunate to have her dedicated and invaluable volunteer support. Congratulations Jennifer, on this well deserved award. •



Aulds Road Trio Participates in Bike to Work Week

The Nanaimo-based Aulds Road Steering Committee, including **Diana Owens, Nancy Mayor** and **Diana Joanisse**, used pedal power to get to work during Bike to Work Week, held across the province May 11 through May 15. The small but mighty team represented the Continuing Health Services portfolio during the week long event, cycling an impressive 316-kilometres that week. The team members plan to continue to bike to work when possible and extend a challenge to VIHA staff from across Vancouver Island to consider a greener commute. •

Photo (l-r): Diana Joanisse, Nancy Mayor and Diana Owens "pedaled" up to the challenge, and cycled to work at the Aulds Road Administration Office in Nanaimo during Bike to Work week held in May.



Island Breaststrokers Take the Gold



Above (l-r): Marilyn McBain (Learning & Development), Heather Biasio (Camosun College UNS Programme), Darlene Knott (Cardiology) and Janet Bright (Data & Benefits).

This past April, the **Island Breaststrokers** Dragon Boat team traveled to Miami to defend their World Championship title as the first World Breast Cancer Survivor Dragon Boat Champions, a title won in Singapore, September 2006.

This year, there were fewer boats, but the team still had some stiff competition to contend

with, and they were up to the challenge.

The Island Breaststrokers managed to capture the gold in both categories in which they participated: the 2000 metre race and the 500 metre race, and they achieved some of the best times the team has ever set, all the while battling the gusty Miami winds.

In the final stretch of the 500 metre race they were five seconds ahead of the second boat from Miami and 10 seconds ahead of the Australian team.

The women trained relentlessly prior to their journey to Miami, practising on the Gorge waterway out of *Go Row and Paddle* three times a week. •

Making Every Step Count

Between the *Every Step Counts* program (run through FrontRunners) and the Power Walking group, VIHA had a total of 18 MHAS clients in the TC 10K Run/Walk. MHAS staff were proud to note that their clients posted some of the fastest times they have seen to date, in reward for the dedicated training time they've put in. And the fastest times don't reflect the most inspiring stories. Here are some of the highlights:

- PDH client: 1:10:15
- Client recently discharged from EMP: 1:02
- Client recently discharged from EMP: 1:23:10

Staff and volunteers at both programs have done an outstanding job supporting and challenging the participants. With the start of the new morning walk program at GROW MHAS staff members look forward to a wonderfully graded repertoire of walking/running programs and are confident they might even see a sub 1 hour time next year! •

Howard Dyan Patient Safety Day 2009

Dr. Howard Dyan was well known and well respected throughout VIHA for his tireless efforts to ensure patients received safe, quality care. Three years after his death, his legacy clearly lives on as seen by the more than 160 healthcare colleagues from numerous disciplines who attended the third annual Howard Dyan Patient Safety Day held in Nanaimo on May 8, 2009.

This year's theme was Medication Safety. Presented by VIHA's Quality and Patient Safety Program, the day-long event gave participants the opportunity to be a part of a panel discussion on the topic with members of VIHA's senior executive, including Dr. Owen Heisler, Dr. Lynn Stevenson and Brenda Uhrynk.

Participants were also treated to two guest speakers who are well informed on the topic of medication safety. In addition Dr. Marilyn Bater, VIHA's Medical Director for Senior's Health, gave an excellent and educational talk on medication use and the elderly. The Patient Safety Day also offered 10 mini interactive presentations on a range of topics and programs that centre on medication safety. A video of the day's events will be posted at: <https://intranet.viha.ca/departments/quality/Pages/default.aspx>. •

Bright Eyed & Bushy Tailed

A handful of VIHA's *Body Mechanics* team members gathered for an early morning group photo (pictured, right) before hittin' the road for the Times Colonist 10K Run/Walk last month. The sparkling Spring day provided a perfect backdrop for the waterfront course and allowed staff to enjoy the sunshine and sea breeze with their families and colleagues.

Many thanks to **Claire Winfield** and **Carolyn Little**, VIHA's ebullient team organizers, who noted a record-breaking roster of 82 members this year—53% of whom hailed from VIHA sites between Duncan and Port Alice.

And remember, no matter what time you crossed the finish line, you took a step in a healthy direction! •



Above: 30 of VIHA's 82 *Body Mechanics* team members. (Remaining 52 team members were off limbering up elsewhere.)