

SERVICE

highlights

OCTOBER 2005

Providing our community with a full range of health care services

Mental Health

Today, the treatment of mental illness is focused on recovery and reintegration. Rouge Valley's innovative inpatient and outpatient mental health services help patients live with their illness and wherever possible, become part of their families and communities again. Youth services include a specialized six-bed inpatient unit for children and teens and the Shoniker Clinic for assessment, treatment and referral. Adult services include crisis assessment and counseling, day hospital and day treatment, Community Progress—a community based day treatment program and a range of supportive housing.

Cardiac Care

Rouge Valley's Cardiac Care program continues to expand its range of services with a variety of inpatient and outpatient services at both sites. Emergency room staff and physicians are leaders when it comes to administering clot-busting drugs on a timely basis. And as a regional program, cardiologists and cardiac staff work with their colleagues in neighbouring hospitals to offer cardiac diagnostics, cardiac treatment including angioplasty and catheterization, and cardiac rehabilitation.



Nurse practitioner Yvette Dalrymple examines Daniel, a patient in the Sickie Cell Clinic.

Medical Care

The front line physicians and staff involved in Rouge Valley's Medical Program are highly trained to deal with any medical situation from pneumonia to chemotherapy and diabetes to Crohn's disease. Patients have timely access to treatment for throat, stomach, liver and bowel symptoms including endoscopic examinations and treatment, liver biopsies and respiratory dis-

ease. The Diabetic Education Centres educate adults and children, helping them improve their control of the disease and live healthy lives. Our cancer services provide multi-disciplinary support for patients and their families and our state of the art chemotherapy clinic and follow up clinics means that many patients can get the care they need, close to home.

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Rouge Valley
HEALTH SYSTEM

Regional Program: Paediatrics

Rouge Valley Health System offers a full range of key healthcare services and has been designated a Regional Paediatric/Perinatal Centre to care for paediatric patients from across the east GTA, in partnership with the Child Health Network and The Hospital for Sick Children.

We offer paediatric care at both Rouge Valley Ajax and Pickering and at Rouge Valley Centenary.

Rouge Valley Centenary hospital provides many of the east GTA Regional Services so that specialty services are available for children closer to home, without having to travel to downtown Toronto. These include:

Sickle Cell Clinic

The clinic, which is open two Mondays a month, at Rouge Valley Centenary, expects to have 100-150 visits a year.

An interdisciplinary core team works together to co-manage the outpatient work performed by Sick Kids.

This includes a paediatrician and hematologist, with special expertise with sickle cell disease; a Clinical Nurse Specialist/Nurse Practitioner; a specially trained nurse clinician; a paediatric social worker and a child life specialist. The team uses protocols developed by Sick Kids to manage the children acutely, dealing with short-term crisis as they arise.

Paediatric Oncology Program

In partnership with the Hospital for Sick Children and the Paediatric Oncology Group of Ontario (POGO), the clinic offers a variety of services including: chemotherapy; blood work, transfusions; vital sign monitoring; medication administration; X-rays, CT Scans and ultrasound tests; and more so that paediatric patients and their families can receive care closer to home.

Among the features of the Paediatric Oncology Clinic, located on the seventh floor of Rouge Valley Centenary hospital are a family lounge, three in-patient rooms and a clinic room.

The Neonatal Intensive Care Unit

Sick newborns are cared for in the Neonatal Intensive Care Unit at Rouge



Rouge Valley Centenary's Neonatal Intensive Care Unit is one of only four Advanced Level II facilities in the GTA, and the only one serving east Toronto and west Durham.

Valley Centenary, including babies requiring short-term ventilation or specialized monitoring. Having a child in the Neonatal Intensive Care Unit (NICU) can be a stressful experience, but the nurses, doctors and other health professionals here work together as a team to make it a positive experience, for the family.

Newborns are placed in one of the fifteen isolettes or cribs, the lights are dimmed and blanket rolls or head huggers are used to create a nest for the baby to snuggle into. With the extra special care delivered by the Healthcare Team, babies become stronger, move from intravenous feeding to tubes, bottles or breast and eventually go home.

The Healthcare Team includes a Registered Nurse (RN), who has special training to care for babies in an NICU; a Paediatrician, or doctor who has special training in the care of infants and children; a Neonatologist, with special training in the care of sick and premature babies; a Unit Clerk, who organizes the paperwork and answers the telephone in our unit; a Social Worker, who has special training and is able to counsel you and your family during your infant's hospitalization and after dis-

charge; a Respiratory Therapist (RT), a person trained to assist with breathing problems and to operate the equipment such as ventilators; a Registered Dietician - a professional who has special training about your baby's nutritional needs; a Public Health/Home Care Nurse who will be involved in your baby's care after discharge; and a Patient Service Representative (PSR), an individual who keeps the nursery clean

Galaxy 12

The Galaxy 12 Child & Adolescent Clinic at Rouge Valley Centenary provides outpatient sub-specialty services for children with heart problems, asthma, diabetes, kidney problems, digestive problems, nutrition concerns, and teen concerns from depression to acne. More than 2,300 children visit this clinic each year.

In addition, Rouge Valley provides a number of community hospital services for newborns and children.

Special Care Nursery

A Special Care Nursery at Rouge Valley Ajax and Pickering hospital

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Regional Program: Cardiac Care Program

We are very proud of our Cardiac Care Program—the best at any Ontario community hospital system

Services offered in Cardiac Care include:

- Emergency treatment, including the administration of clot-busting drugs;
- Seven fully-monitored beds at Rouge Valley Ajax and Pickering;
- A nine-bed Coronary Care Unit and 10 fully monitored inpatient beds at Rouge Valley Centenary;
- Complete diagnostic services, including Holter monitoring, nuclear medicine, echocardiography;
- Pacemaker insertion and implantable defibrillator follow-up;
- Cardiac Rehabilitation program, including individualized exercise and supportive education.

Cardiac Rehabilitation Services

Cardiac Rehabilitation Services, located at Rouge Valley Centenary, provide supportive education and risk-factor management services for cardiac outpatients. On-going education is provided to patients as part of their weekly visit through our seasonal News From the Heart Newsletter, monthly Updates in Cardiac Care Evening Lectures and special fundraising and social events. An individualized exercise program is provided to each patient based on the results of an exercise assessment. Patients exercise at home and in a structured supervised exercise class at the Centre. On each weekly visit, the patient works directly with their Exercise Therapist to progress their exercise prescription and manage their risk factors for heart disease. Referral to the Dietitian, Pharmacist or Social Worker is made as needed.

The Lobraico Cardiac Disease Prevention and Rehabilitation Centre, at Rouge Valley Centenary, is providing much needed follow up care after a cardiac incident such as a heart attack. The creation of the Centre was a direct result of cardiac patient initiatives, specifically the Cardiac Care Advisory Group (CCAG). It was named in honour of the Lobraico family, who have been active members of the Rouge



Valley Health System and the Foundation Board of Directors for many years.

C.A.R.E. Service

The Cardiac Assessment Risk Reduction and Education (C.A.R.E.) Clinic provides enhanced educational support and treatment pathways based on current evidence for the most effective intervention for high risk cardiac patients. The Care Service involves patients, primary care physicians, medical specialists and a multidisciplinary team of cardiac professionals.

Friends Of the Cardiac Care Program

The Lobraico Cardiac Rehabilitation Centre was built through the support of our community. Your support—past, present and future—directly impacts the quality of services we can provide to the cardiac patients of our community.

We are very grateful for all the generous contributions of our volunteers and those who support the hospital financially.

Please give careful consideration to support of our Cardiac Rehabilitation Program fund. If you have questions about the Cardiac Rehabilitation Service, call (416) 281-7113 or e-mail tfair@rougevalley.ca

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Emergency Care

When you or someone you care about is injured or suddenly becomes ill, you can count on Rouge Valley's Emergency Departments to be there for you, 24 hours a day, seven days a week. The dedicated staff and physicians in our two departments handle close to 100,000 patients visits every year and the number is continuing to climb. But despite these challenges, the program is meeting the challenges, with community support for new equipment and new facilities.



Surgery

Access to timely surgical services is a priority for Rouge Valley and through innovative surgical techniques, the introduction of more day surgery procedures and the purchase of more specialized surgical equipment, we are meeting this priority. Our surgeons and surgical staff are able to offer services in a variety of surgical specialties including general surgery, orthopaedics, plastic surgery, urology, gynaecology, ophthalmology, ear, nose and throat and laparoscopic surgery.

Continuing Care and Rehabilitation

When we think of health care, we often focus on high tech crisis interventions. But when the crisis is over, Rouge Valley's rehabilitation services are there to ensure that patients get back on their feet and into their community as quickly as possible. And for patients with more complex needs

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Regional Program: Child and Adolescent Mental Health

Life is not without its share of emotional problems and, for some children and adolescents, this includes problems like depression, family conflict and behavioural difficulties.

Assessment and treatment by experienced psychiatrists and therapists could begin during an admission to the hospital or from the child or teen's home by appointment at the Shoniker Clinic, located directly across Neilson Road from the Centenary site, in the T.J. Shoniker Building at 2877A

Ellesmere Road, Scarborough.

The Shoniker Child & Adolescent Clinic offers assessment, treatment and referrals for children and teens up to the age of 18 who are experiencing mental health problems, developmental problems or speech and language difficulties. Treatments include Family, Group, Play and other forms of therapy, Individual counselling and Parent education. For more information you or your family doctor can call (416) 281-7301.

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cares for reasonably stable babies who may experience problems following birth, or sicker babies transferred in from other hospitals following stabilization.



Rouge Valley
HEALTH SYSTEM



Rouge Valley Centenary
2867 Ellesmere Road
Scarborough, ON M1E 4B9
(416) 284-8131



Rouge Valley Ajax and Pickering
580 Harwood Avenue South
Ajax, ON L1S 2J4
(905) 683-2320

Acute Care

A newly constructed four-bed acute care unit at Rouge Valley Centenary provides care to sick children, who require on-going monitoring and constant nursing care.

Child Health Unit

The Child Health Unit at Rouge Valley Ajax and Pickering facilitates inpatient and outpatient care to children, by dedicated paediatric professionals. This unit also provides paediatric observation capabilities formerly performed in the Emergency Department.

Child Minding

The Child Minding Centre at Rouge Valley Centenary makes it easy for parents to attend appointments with their children while leaving other siblings in the care of child life specialists and volunteers.

Telemedicine Lab

Consultations between physicians and other health care professionals at both Rouge Valley hospitals and at The Hospital for Sick Children are made easier through the use of a telemedicine lab.

Here professionals can transmit lab and x-ray results to one another and view each other on television monitors as they discuss specific cases. Patients can be brought into the lab to be virtually assessed by physicians at a remote location, avoiding unnecessary trips for parents and families and yet ensuring specialized advice.

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with chronic conditions or multi-system disease, who may require a longer stay prior to returning home or to a nursing home, we are able to offer specialized services in our continuing care program to provide the support these patients and families require.

Women's and Children's Health Services

The Women's and Children's Health Service program provides family centred care to a very important segment of our communities – labouring women and sick children. Our birthing facilities at both sites are staffed by highly trained, dedicated health care professionals who are totally focussed on the safe delivery of babies and support for the new family. Together these professionals assist in close to four thousand births a year. Our paediatric services include dedicated inpatient units at both sites and a wide range of specialized outpatient services at the Rouge Valley Centenary for patients and their families from across the catchment area.

Clinical and other Support Services

Clinical Programs at Rouge Valley are supported by dedicated clinical support departments, including diagnostic imaging, cardiac diagnostics, pharmacy, laboratory services and respiratory therapy. Highly trained professionals in these departments work with the nurses and physicians to help assess, diagnose and treat both inpatients and outpatients. Other supports to our clinical areas include social workers, rehabilitation sciences professionals (physiotherapy, occupational therapy, speech and language pathologists), dietitians, recreation therapists, chaplaincy services along with facilities and support services staff who help transport patients and supplies, clean and maintain our facilities and keep staff, patients, visitors and our buildings safe and secure.