

# Fall Newsletter 2018

North West LHIN Regional Rehabilitative Care Program



ST. JOSEPH'S CARE GROUP

ST. JOSEPH'S HOSPITAL

## Sharing Knowledge in Northwestern Ontario



### Welcome to the North West LHIN RRCP Newsletter!

As this is our first ever newsletter, allow us to introduce ourselves. We are the North West LHIN Regional Rehabilitative Care Program, a health care service dedicated to creating a better, more inclusive physical rehabilitative care system for adults. This newsletter will be a quarterly publication sent out for public and organizational use, so everyone in our Northwestern community can remain up-to-date on our efforts. We hope that this newsletter will be an easy and effective way to keep in touch with our community, as they are who we aim to serve. We wish you all the best, and enjoy the newsletter!

### The North West LHIN RRCP

The Regional Rehabilitative Care Program (RRCP) is part of the North West Local Health Integration Network (LHIN), a regional organization dedicated to coordinating and funding health services at a local level. They have chosen to have St. Joseph's Care Group act as the lead for this program, due to their extensive experience with adult physical rehabilitation through their hospital and programs.

The RRCP was formed with the goal to create an integrated system of care across the full continuum - from primary care to hospital to

outpatient and community and back home for everyone in Northwestern Ontario who could benefit from rehabilitative care. This goal is not an easy task to accomplish, due to Northwestern Ontario's vast size and sparse population, but we are making strides through different projects, strategies, and policies to make sure everyone in our community can access rehabilitative services.

One of the main challenges we face as a region is standardization in our health care. Many of our more isolated communities are often stranded with stretched primary and secondary medical resources, leaving little room, time, and/or budget for rehabilitative care programs. We at the RRCP want to make sure no matter where you are in our region, we can provide you with standardized, quality rehabilitative care as close to your home as is possible.

### Our Key Deliverables for 2018-2019

The RRCP was developed using five key recommendations from the extensive North West Local Health Integrated Network Rehabilitative Care Capacity Plan. This plan allows us to best utilize our resources in fulfilling our goal of an integrated system of care. The five key recommendations of the plan are:

1

Improve client experience and outcomes through the implementation of the RCA definitions framework to align rehabilitative care in the North West LHIN with the provincial framework;

2

Develop a LHIN-wide strategy to improve client access and client transitions across the continuum of rehabilitative care;

3

Facilitate adherence to best practices for rehabilitative care to improve client-centered care;

4

Enhance utilization of innovative technologies to improve access to rehabilitative care services closer to home, particularly in remote and under-served areas; and

5

Develop and implement data collection and evaluation systems for quality of care monitoring and continuous quality improvement to improve resource efficiencies for the provision of client-centered care

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## The RCA

The recommendations which shape the RRCP were developed by the Rehabilitative Care Alliance (RCA). The RCA is also funded by the fourteen Ontario LHINs and works across the province to strengthen and standardize adult physical rehabilitative care. They are a vital force behind our program, and have an extensive network of collaborative practices with the top stakeholders and experts in Ontario.

The RCA aims to standardize Rehabilitative Care through a combination of:

- More effective planning;
- Improved performance, management, and evaluation; and
- Increased integration of best practices across the continuum

The RCA bases their work on available evidence and data, rehabilitative care providers, field experts, and patient/family representatives. All initiatives align with the objectives of Ontario's health system.

## Keeping You in Touch

The RRCP has recently launched their program website! This new site aims to make information on North West Rehabilitative Services accessible and simple to navigate for everyone in the region. You can find it at <https://www.rrcp.sjcg.net/> or by searching 'rrcp sjcg'.

The site functions as a place to find information on rehabilitative services in the region as well as information pertaining to the RRCP itself. You will be able to find this newsletter published [here](#) under our 'Communications' header.

Primarily, we do want the website to be used by the public. We prominently display our two most crucial features on our home page; the Care Streams Portal and the Service Map portal.

The Care Streams Portal takes you to a page where you can begin to search for relevant rehabilitative resources for your needs. The

Care Streams include: 'Medically Complex Services', 'Physical Rehabilitation Services' which includes Neurological and Orthopaedics streams, 'Palliative & Transitional Care Services', and 'Geriatric Assessment & Rehabilitative Care Services'. It is our way of allowing the public to navigate the often overwhelming world of rehabilitative services.

Our other exciting feature is the Services Map. This interactive map of North West Ontario has a filterable search feature by either Care Stream or geographical location which allows the public to find the best rehabilitative services closest to their community. We hope that this will help people in deciding which services will be best for them, especially for people living in more isolated areas.

## Educational Opportunities

The North West LHIN RRCP will be holding a Best Practices Conference November 15<sup>th</sup> and 16<sup>th</sup>, 2018! This will be a fantastic opportunity to learn about the most current standards in the rehabilitative care field! [REGISTER HERE](#)



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**Save the Date!**™

**North West LHIN  
Regional Rehabilitative Care Program**

Best Practices Conference 2018  
Thunder Bay, November 15 pm and 16 am

Topics of interest across the continuum for  
Rehabilitation Nursing, Social Work, Discharge Partners,  
and Rehab Assistants

 Ontario  
North West Local Health  
Integration Network

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## VON Elder Exercise Classes

A new exercise program has recently been delivered in North Caribou Lake First Nation and Eabametoong First Nation. Focussing on keeping the community Elders healthy and connected, the program consists of biweekly exercise classes aimed at positively impacting Elders' bodies, minds, and spirits.

Monica Kanate, Health Director for North Caribou Lake First Nation, knows that staying connected is important to wellbeing for Elders. "This program is great because it promotes healthy living and socialization among our Elders," said Kanate, who recognizes the risk that comes with isolation. "Our Elders don't get out too much, and we don't want to leave them behind."

Local exercise programs are one way to bring sustainable wellness and physical rehabilitation to remote First Nations communities. St. Joseph's Care Group and VON have worked closely with both communities to create a program that works for and is delivered by the community. In Eabametoong First Nation, the purchase of a recline stepper (NuStep) and development of videoconference equipment provides many more options for exercise programming than was previously available.

"I'm [already] seeing positive results," noted Molly Boyce, Exercise Leader, "An Elder who regularly goes for medical stress tests saw the benefits for himself when he got a good score on his most recent test."



## RRCP Community Engagement Council Sub-Committee:

Name	Affiliation
Angela Bishop	Red Lake – Margaret Cochenour
Laura Lee Barrie	Thunder Bay Regional Health Sciences Centre
Brenda Deck/ Kristen Miclash	Community Services for Independence – NorthWest
Brock Chisholm	Kenora- Lake of the Woods District Hospital
Chantal Bohemier	Réseau du mieux-être francophone du Nord de l'Ontario
Darren Lillington/Matt Mihalus	Spinal Cord Injury Ontario
Debbie Hardy	Manitouwadge General Hospital
Denise Taylor (chair)	Regional Rehabilitative Care Program
Esme French	NWO Regional Stroke Network
Wendy McAllister	North West LHIN
Janet Gordon/Cindy Hunt	Sioux Lookout First Nations Health Authority
Jason Taddeo	Community Physiotherapy Clinic – Fairway
Judy Mostow	Client and Family Partner
Jory Kettles	Sioux Lookout Meno Ya Win Hospital
Dawn McDonald (interim)	Rehabilitative Care & Chronic Disease Management, SJCG
Lucy Venne-Nabb	Dryden Area Family Health Team- Dryden Regional Health Centre
Michelle Strong	McCausland Hospital- North of Superior Healthcare Group
Samantha Moir/Dionne Sinclair	North West LHIN Home & Community Care
Sylvia Duranceau / Lucy Bonanno	Geraldton District Hospital
Ted Scholten/Glenna Morand	Riverside Health Care- Fort Frances