



Sunrise Health Region

Programs and Services Guide

November 2010

Mission, Values and Vision

OUR MISSION

To improve the health and well-being of individuals and communities through leadership, collaboration and the provision of high quality health services

OUR VALUES

"C" ING OUR VALUES.....

Collaboration...

We act as one united team providing the best care possible

Courage...

We act courageously in relentless pursuit of safety and excellence

Compassionate and Caring...

We listen to patients and then act and deliver services with compassion, care, and respect

Creativity...

We strive for innovation

Commitment...

We commit to integrity, honesty, and accountability

OUR VISION

Working together – for healthy people in healthy communities

Table of Contents

Regional Overview.....	1
Sunrise Health Region	1
Regional Health Authority	2
Management Staff.....	2
Affiliates	3
Medical Specialties	3
Health Care Facilities in the Region	4
Communications	7
Patient Safety & Improvement Unit	7
Regional Committees	9
Health Services.....	10
Hospital Sites	10
Long Term Care.....	14
Emergency Medical Services.....	15
Community Services.....	16
Home Care.....	16
Therapies.....	17
Mental Health and Addiction Services	19
Public Health	22
Primary Health Care	27
Corporate Services	31
Finance.....	31
Information Services	31
Materials Management.....	32
Building Services	33
Capital Planning.....	33
Human Resources	34
Labour Relations	34
Union Representation	35
Payroll and Benefits	35
Workplace Health and Safety.....	35
Volunteer Resources.....	36
Food & Nutrition Services.....	37
Laundry Services	37
Environmental Services	37
Health Care Partners	38
KidsFirst	38
Society for the Involvement of Good Neighbours (SIGN).....	38
The Health Foundation of East Central Saskatchewan	38
Saskatchewan Health Line	38
Directory	39
Facilities	39
Physicians.....	41

Regional Overview

Sunrise Health Region

Health services in Saskatchewan are delivered by 12 Regional Health Authorities. Located in east central Saskatchewan, Sunrise Health Region is responsible for the operation of 24 health care facilities and numerous local offices. The region employs more than 2,700 professional and support staff to ensure the delivery of quality care.

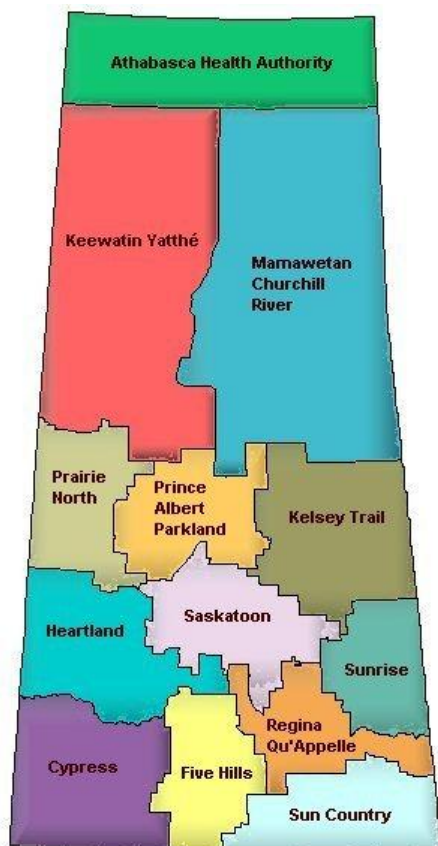
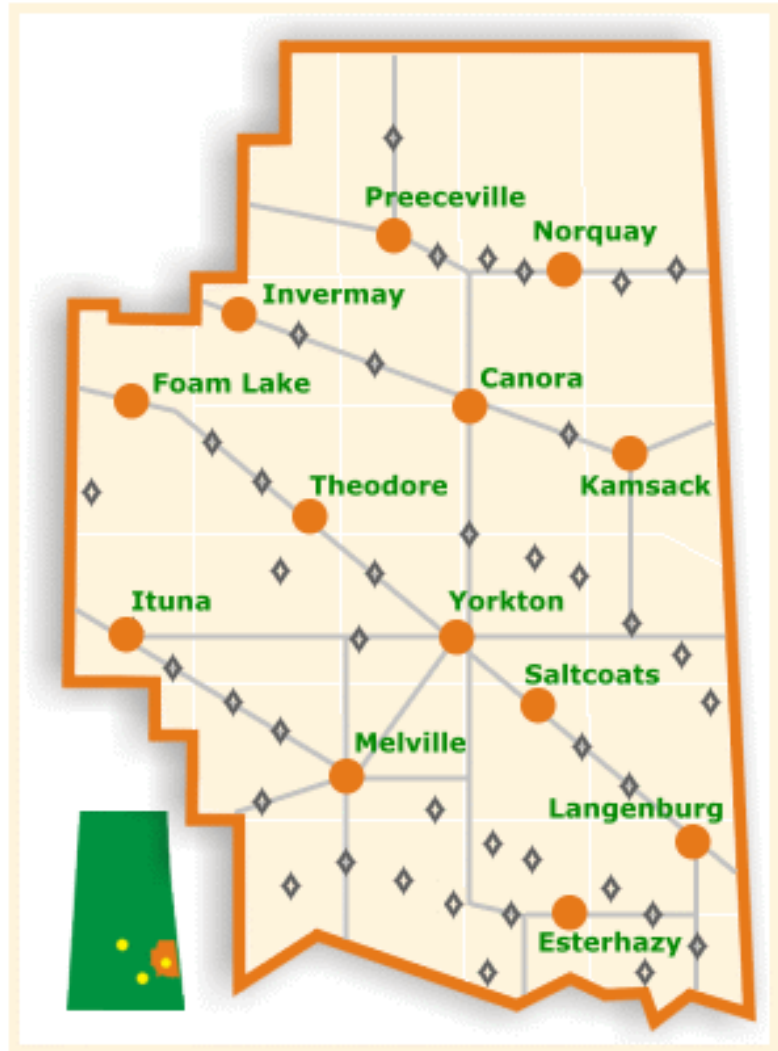
DEMOGRAPHICS

Total population: 56,806

Yorkton	17,608
Melville	4,667
Esterhazy	2,706
Canora	2,535
Kamsack	1,993
Foam Lake	1,275
Langenburg	1,237
Preeceville	1,214
First Nations*	1,575
All Other**	21,997

* First Nations communities include Key, Cote and Keeseekoosewa

** Includes the remaining towns, villages, hamlets, and Rural Municipalities that individually have populations of less than 1000 people.



Population by Age Groupings

< 19 years:	12,740 (22.43%)
20 - 64 years:	31,769 (55.93%)
65 - 74 years:	5,653 (9.95%)
>75 years:	6,643 (11.69%)

Source: Saskatchewan Health 2009 Covered Population

Regional Health Authority

Sunrise Health Region is governed by a 12-member Regional Health Authority Board, consisting of residents from all corners of the region appointed by the provincial government. Currently there are 3 vacant positions.

- Greg Kobylka (Chairperson) of Yorkton; Retail Development Coordinator
- John Nightingale (Vice-Chairperson) of Esterhazy; Former Mayor/ Retired CEO
- Lawrence Chomos of Esterhazy; Retired Educator
- Janet Hill of Canora Beach; Retired Business Person
- Doris Kopelchuk of Canora; Retired Registered Nurse
- Isabel O'Soup of Norquay; Former Band Chief
- Dave Schappert of Langenburg; Mayor/Businessman
- Jo-Anne Seib of Yorkton; Office Assistant/Youth Worker
- Walter Streelasky of Melville; Mayor/Faculty Advisor

All area residents are welcome to attend and observe any of its regular meetings. To confirm specific locations and times, contact the Sunrise Health Region at 786-0100.

Management Staff

The administrative staff is led by Suann Laurent, interim Chief Executive Officer, who reports to the health region board. She oversees and guides the Senior Vice President and four Vice Presidents, each responsible for a specific area of health care delivery and operations:

- **Chief Executive Officer**- Suann Laurent (Interim)
 - Strategic Planning
 - Quality Improvement
 - Risk Management
 - Patient Safety
 - Board/Community/CHAC Linkages
 - Accreditation
 - Lean
 - Communications
- **Senior Vice President of Health Services** – Roberta Wiwcharuk (Interim)
 - Acute Care Services
 - Long Term Care Services
 - Disaster Planning
 - Clinical Education
 - Emergency Medical Services
 - Emergency Preparedness
 - Infection Prevention & Control
- **Vice President of Medical Services** - Dr. Michael Bishop
 - Medical Administration
 - Physician Retention
 - Physician Recruitment
 - Physician Credentialing
 - Practitioner Advisory Committee
- **Vice President of Community Services** - Vincent Bornyk
 - Addictions Services
 - Mental Health
 - Public Health
 - Medical Health Officer
 - Palliative Care
 - Intersectoral Committees
 - Therapies
 - Home Care
 - Primary Health Care
 - Health Promotion
 - Social Work
 - Assessment/Placement LTC, Respite, Day Wellness
- **Vice President of Corporate Services** - Lorelei Stusek
 - Information Technology
 - Financial Planning
 - Financial Reporting
 - Receivables & Payables
 - Privacy Officer
 - Building Services
 - Purchasing
 - Capital Construction
 - Information Management
 - Budget Preparation
 - Internal/External Audit
 - Health Information Systems
 - Materials Management
 - Capital Planning
 - Insurance

- **Vice President of Human Resources** - Christina Denysek
 - Labour Relations
 - Staff Development
 - Staff Health
 - Staff Scheduling
 - Payroll and Benefits
 - Volunteer Resources
 - Spiritual Care
 - Housekeeping Services
 - Recruitment /Retention
 - Representative Workforce
 - Workplace Health & Safety
 - Telehealth
 - Library Services
 - Food and Nutrition Services
 - Ethics
 - Laundry Services

Affiliates

Sunrise Health Region has 3 faith based affiliated health care agencies. Affiliation status enables the agency to maintain its own Board of Directors and employ its management and staff. The relationship between the health region and the affiliate partner is defined by the Affiliation and Operating agreements.

St. Peter's Hospital, Melville: St. Peter's Hospital, a Catholic facility sponsored by the Saskatchewan Catholic Health Corporation, is a 30 bed acute care facility.

St. Anthony's Hospital, Esterhazy: St. Anthony's Hospital, a 22 bed acute care accredited facility, is owned by the Saskatchewan Catholic Health Corporation and managed by a local board and staff.

St. Paul Lutheran Home, Melville: St. Paul Lutheran Home, a 128 bed long term care facility, is affiliated with the Evangelical Lutheran Church of Canada. The Home is governed by a board of ten directors who are elected by the Saskatchewan Synod of the Evangelical Lutheran Church of Canada. The Saskatchewan Synod Bishop appoints one of these directors to be the Bishop's representative. The Board of Directors appoints an administrator of the corporation to oversee the management team.

Medical Specialties

The following medical specialties are available in the region. While most of the specialists are located in Yorkton, throughout the Region family practitioners may also undertake certain specialized services depending on their training and experience.

The specialties currently provided in the region, with the number of specialists for each are:

- | | | | |
|--------------------------|--------|------------------------|---|
| ○ Anaesthetics | 3 | ○ Surgery | |
| ○ Psychiatry | 3 | ◆ Surgical Assistant | 1 |
| ○ Pediatrics | 1 | ◆ General Surgery | 4 |
| ○ Obs/Gynecology | 3 | ◆ Ophthalmology | 2 |
| ○ Internal Medicine | 2 | ◆ Ear, Nose and Throat | 1 |
| ○ Radiology | 2 | (Visiting service) | |
| ○ Pathology | vacant | | |
| ○ Medical Health Officer | 1 | | |

Of the 23 specialists in the Region, at Yorkton Regional Health Centre, some also are general practitioners. Some, notably General Surgery and Gynecology, provide a visiting service to St. Peter's Hospital in Melville.

The numbers of general practitioners in each community are as follows:

- | | |
|---------------|---|
| ○ Canora | 3 (visiting service provided to Invermay and Norquay) |
| ○ Esterhazy | 5 (visiting service provided to Langenburg) |
| ○ Foam Lake | 1 |
| ○ Kamsack | 1 |
| ○ Langenburg | 1 |
| ○ Melville | 4 (Visiting service provided to Ituna) |
| ○ Preeceville | 1 |
| ○ Yorkton | 13 |

NOTE: The number of specialists and general practitioners may vary.

Health Care Facilities in the Region

Sunrise Health Region provides services at six hospital facilities with acute care beds, thirteen long term care facilities that provide care and comfort to an aging population, including six community health centres.

CANORA

Canora Hospital

- ♦ 16 acute care beds
- ♦ 6 long term care beds
- ♦ 2 respite/palliative beds

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ Pediatric Services
- ♦ Outpatient Services
- ♦ Laboratory /Cardiac Testing
- ♦ Radiology
- ♦ Pharmacy
- ♦ Palliative Care
- ♦ Dietitian
- ♦ Child and Youth Worker
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Physical Therapy Services
- ♦ Consulting Services

Canora Gateway Lodge

- ♦ 63 long term care beds
- ♦ 1 respite bed
- ♦ Adult Day Wellness Program

ESTERHAZY

St. Anthony's Hospital

- ♦ 22 acute care beds

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ Laboratory /Cardiac Testing
- ♦ Radiology
- ♦ Outpatient Services
- ♦ Pastoral Care
- ♦ Palliative Care
- ♦ Social Work
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Visiting Primary Care Services
- ♦ Physical Therapy Services
- ♦ Consulting Services

Centennial Special Care Home

- ♦ 52 long term care beds
- ♦ 1 respite/palliative bed
- ♦ Adult Day Wellness Program

FOAM LAKE

Foam Lake Health Centre

- ♦ Nurse Practitioner (Vacant)
- ♦ Physician Clinic
- ♦ Laboratory / X-ray services five days a week
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Physical Therapy Services
- ♦ Visiting Services

Foam Lake Jubilee Home

- ♦ 49 long term care beds
- ♦ 2 respite beds
- ♦ 1 palliative care bed

INVERMAY

Invermay Health Centre

- ♦ 24 long term care beds
- ♦ 2 respite/palliative beds
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ Visiting physician one day per week
- ♦ Dietitian
- ♦ Phlebotomy services once every two weeks
- ♦ Child and Youth Worker
- ♦ Drug and Alcohol Worker
- ♦ Physical Therapy Services

ITUNA

Ituna Pioneer Health Care Centre

- ♦ 35 long term care beds
- ♦ 3 respite/palliative beds

Services provided within the facility:

- ♦ Outpatient Services
- ♦ Laboratory/ X-ray services five days a week
- ♦ Physician Clinics Monday & Wednesday
- ♦ Home Care Office
- ♦ Visiting Primary Care Service

KAMSACK

Kamsack Hospital and Nursing Home

- ♦ 20 acute care beds
- ♦ 71 long term care beds
- ♦ 2 respite/palliative beds
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ Pediatric Services
- ♦ Laboratory /Cardiac Testing
- ♦ Radiology
- ♦ Outpatient Services
- ♦ Palliative Care
- ♦ Pharmacy
- ♦ Home Care Office
- ♦ Physiotherapy
- ♦ Consulting Services

Kamsack Public Health Office

LANGENBURG

Langenburg Health Care Complex

- ♦ 44 long term care beds
- ♦ 3 respite/palliative beds
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ Nurse Practitioner (Vacant)
- ♦ Physician Clinic
- ♦ Laboratory Services five days a week
- ♦ X-ray Services three days a week
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Foot Care Clinic monthly
- ♦ Visiting Consultants
- ♦ Enriched housing (10 units); support, including emergency call system, activities and contracted housekeeping, provided by LHCC.

MELVILLE

St. Peter's Hospital

- ♦ 30 acute care beds

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ General Surgery
- ♦ Endoscopy
- ♦ Chemotherapy Outreach Program
- ♦ Laboratory /Cardiac Testing
- ♦ Radiology
- ♦ Outpatient Services
- ♦ Pastoral Care
- ♦ Dietitian
- ♦ Social Work
- ♦ Palliative Care
- ♦ Pharmacy
- ♦ Physical Therapy Services
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Saul Cohen Family Resource Centre
 - Addiction Services
- ♦ Consulting Services

St. Paul Lutheran Home

- ♦ 128 long term care beds including a 23-bed cognitively impaired unit
- ♦ 1 respite/palliative bed
- ♦ Adult Day Wellness Program

NORQUAY

Norquay Health Centre

- ♦ 30 long term care beds
- ♦ 2 respite/palliative beds
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ Nurse Practitioner
- ♦ Home Care Office
- ♦ Public Health Office
- ♦ Visiting Consultants
- ♦ Laboratory/X-ray services five days a week

PREECEVILLE

Preeceville & District Health Centre

- ♦ 10 acute care beds
- ♦ 38 long term care beds
- ♦ 2 respite/palliative bed
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ Pediatric Services
- ♦ Outpatient Services
- ♦ Laboratory /Cardiac Testing
- ♦ Radiology
- ♦ Palliative Care
- ♦ Physician Clinic
- ♦ Nurse Practitioner
- ♦ Home Care Office
- ♦ Visiting Pharmacy Services
- ♦ Physical Therapy
- ♦ Consulting Services

Preeceville Public Health and Physiotherapy Office

SALTCOATS

Lakeside Manor Care Home

- ♦ 29 long term care beds
- ♦ 1 respite/palliative bed
- ♦ Adult Day Wellness Program

THEODORE

Theodore Health Centre

- ♦ 18 long term care beds
- ♦ 1 respite/palliative bed

Services provided within the facility:

- ♦ Nursing Services
- ♦ Public Health Office

YORKTON

Yorkton and District Nursing Home

- ♦ 229 long term care beds including a 48-bed Alzheimer's Unit
- ♦ 13 program beds (respite, convalescent, palliative, stroke rehab)
- ♦ Adult Day Wellness Program

Services provided within the facility:

- ♦ Cornerstone Therapies
 - Physical Therapy
 - Occupational Therapy
 - Acquired Brain Injury Program

Yorkton Home Care Office

Sign on Broadway

- ♦ Addiction Services

YORKTON (cont')

Yorkton Mental Health Centre

- ♦ 18 inpatient and assessment beds
- ♦ Adult Community Services
- ♦ Child and Youth Services
- ♦ Rehabilitation Services
- ♦ Behavior Management
- ♦ Psychiatry

Yorkton Regional Health Centre

- ♦ 87 acute care beds

Services provided within the facility:

- ♦ 24 Hour Emergency
- ♦ Medicine
- ♦ Obstetrics/Gynecology
- ♦ Pediatrics
- ♦ Hemodialysis
- ♦ Intensive Care Unit
- ♦ Operating Room Services including:
 - Anaesthesia
 - Ear, Nose and Throat
 - Emergency Call-Back
 - Endoscopy
 - General Surgery
 - Obstetrics and Gynecology
 - Ophthalmology
- ♦ Medical Imaging Services including:
 - Diagnostic Mammography
 - Screening Mammography
 - CT Scan
 - Radiology
 - Fluoroscopy
 - Ultrasound
 - Echocardiology (planned for 2010)
- ♦ Diagnostic Laboratory Services including:
 - Laboratory Testing
 - Cardiac Exam includes stress testing
- ♦ Outpatient Services
- ♦ Respiratory Therapy
- ♦ Chemotherapy Outreach Services
- ♦ Palliative Care
- ♦ Pharmacy
- ♦ Social Work
- ♦ Dietitian
- ♦ Consulting Services

Yorkton Public Health Office

- ♦ Medical Health Officer
- ♦ Speech Language Pathology
- ♦ Early Childhood Psychologist
- ♦ Podiatry
- ♦ Nursing
- ♦ Dental Health Education
- ♦ Diabetes Education
- ♦ Community Health Education
- ♦ Nutrition
- ♦ Inspection
- ♦ Hearing Aid Plan
- ♦ Women's Wellness Centre
 - Nurse Practitioner
 - Physician Clinic

Communications

Communications acts in a consultative role with Sunrise Health Region board members, the executive and regional directors, managers, physicians and staff. The goal is to assist them in meeting the communications needs connected with their roles.

The Director of Communications is involved in, or responsible for a number of projects and initiatives throughout various areas of operation. It is necessary to prioritize projects so that the health region's most essential communications needs are being met. Board directed initiatives (such as the Strategic Plan) and legal requirements (such as the Annual Report) are of primary importance.

METHODS OF COMMUNICATION

The Connection – an internal e-newsletter that is e-mailed to all staff. Managers are asked to post on departmental/team bulletin boards. We publish every three weeks and more often if time-sensitive information needs to be distributed. The primary purpose remains distribution of news concerning the region to keep employees informed. A secondary purpose is recognition and communication of achievements in the region, handling the overflow that Horizons has insufficient room to include.

Horizons – an eight-page print published newsletter primarily for staff, physicians and volunteers. The focus of the newsletter is staff achievements, recognition, events and healthy workplaces with additional 'interest' pieces.

Boardbrief – a summary of highlights from the monthly meeting of the Sunrise Regional Health Authority.

Website - www.shr.sk.ca – the Region's public website, maintained primarily by communications and selected representatives from public health and human resources. The site is updated regularly as required.

Annual Report/Budget Rollout – produced and reported on annually as required by law.

- Director of Communications
Telephone: 786-0144

Patient Safety & Improvement Unit

Client Representative Role

A critical component of any client-focused system is feedback on the services and programs we deliver. In order to help us ensure care/service is the best it can be, clients are encouraged to share their satisfaction or dissatisfaction with their care/service providers.

If there is a concern that is not easily resolved at the care/service level, or clients prefer to speak to someone not directly involved in their care/service, they are encouraged to contact the Client Representative.

Surgical Care Coordinator Role

In the surgical care coordinator role, patient safety & improvement unit staff can:

- Confirm that a patient is on the Sunrise Health Region wait list for surgery
- Give patients an estimated wait time and provide patients with general information about hospital booking procedures

Client Safety Reporting

As part of a system wide approach to improving safety & quality, all patient, client, resident, visitor and volunteer incidents shall be factually reported and investigated using the Client Safety Report. (Policy 130.003 Administration- General Quality)

Incidents are defined as an unexpected or unintended event that is not consistent with the safe and accepted standard of care or service. Incidents **may** result in injury, loss or damage to people, property and equipment.

Team Review of Critical Incidents

"Critical incident" means a serious adverse health event including, but not limited to, the actual or potential loss of life, limb or function related to a health service provided by, or a program operated by, a regional health authority (RHA). An outline of all incidents that must be reported to Saskatchewan Health is included in Policy 130.005 Administration – General – Quality.

Depending on the circumstances, reviews may be either single or team based in approach. All reviews ensure a comprehensive collection and review of the facts regarding the incident. An ad hoc review team (including physicians and staff) is appointed. Patient safety & improvement unit staff do the groundwork leading up to the review and facilitate team reviews to understand the root cause(s) of the incident and to make recommendations to make our health system safer.

Accreditation through the Accreditation Canada

Accreditation Canada is the leader in raising the bar for quality in health. Reinforcing that health service cannot be of high quality unless it is safe, Accreditation Canada continues to play a major role in improving patient safety. Patient Safety is defined as the prevention and mitigation of unsafe acts within the health care system.

The accreditation process is a way of identifying conditions of unsafe practice and supporting health care organizations to promote safe, quality care. In particular, it is a means of reducing risk and fostering attention to continuous quality improvement.

Accreditation Canada's accreditation process consists of a self-assessment, an on-site survey, and follow-up action for improvements. Organizations examine all areas of their service, obtain advice from peers, increase credibility, and involve partners and clients during on-site interviews.

Patient safety & improvement unit staff work with the regional Safety, Quality, Utilization & Risk Management (SQURM) Committee and 15 regional quality improvement teams in the pursuit of ongoing accreditation and improvement.

Regional Quality & Patient Safety Committees and Improvement Projects

Patient safety & improvement unit staff provide advisory support to regional committees and teams. Examples include: the Practitioner Advisory Committee, the Regional Pharmacy & Therapeutics Committee, the Safer Healthcare Now Medication Reconciliation project team and the provincial patient experience team.

For further information on any of the above contact:

- Patient Safety & Improvement Unit
Yorkton Regional Health Centre
Telephone: 786-0735 or 1-800-505-9220

Releasing Time to Care™

Releasing Time to Care (TM) is a program developed by the **NHS Institute for Innovation and Improvement**. It is a patient-centred approach to improving the quality of care on acute care nursing units, by freeing up caregivers' time for more direct patient care. Although RTC is designed around nursing processes, everyone involved in providing care or services at the unit level - care assistants, pharmacists, therapists, physicians, housekeeping staff, maintenance workers, and dietary staff - has an important role to play in implementing Releasing Time to Care (TM). Engaging clinicians in quality improvement is one of the keys to creating a high-performing health system.

Lean

Early in the 2009-10 fiscal year, the provincial Ministry of Health provided one-time funding to all Saskatchewan health regions to pursue the implementation of Lean at a regional level. The Lean practice and philosophy keeps the focus on continuous improvement on the client, whether external (patients) or internal (other departments). Activities that do not add value for the client are typically called "waste". Waste exists in every complicated set of processes – it's natural but not desirable. Lean methods form a proven, common sense approach for health regions to successfully eliminate or reduce this waste while adding greater client and patient value in every step of our processes.

The five-step thought process for guiding the implementation of lean techniques is easy to remember, but not always easy to achieve:

1. Specify value from the standpoint of the end customer by product family.
2. Identify all the steps in the value stream for each product family, eliminating whenever possible those steps that do not create value.
3. Make the value-creating steps occur in tight sequence so the product will flow smoothly toward the customer.
4. As flow is introduced, let customers pull value from the next upstream activity.

5. As value is specified, value streams are identified, wasted steps are removed, and flow and pull are introduced, begin the process again and continue it until a state of perfection is reached in which perfect value is created with no waste.

Regional Committees

There have been a number of regional committees established to review quality of services and offer recommendation for improvement. Additionally, a number of intersectoral committees have been established to provide a forum for sharing information and ideas on the continuum of care.

Health Services

Hospital Sites

Medical Services

Acute care medical services are offered in six hospitals in Sunrise Health Region. Yorkton Regional Health Centre, as the primary regional hospital, offers a full range of services. The district hospital in Melville and the community hospitals in Canora, Kamsack, Preeceville and Esterhazy provide various services on a fulltime basis, or use the services of visiting specialists and professionals.

Surgery is performed at the Yorkton Regional Health Centre, and two or three days a week at St. Peter's Hospital in Melville.

Summary of Acute Care						
	Canora Hospital	Kamsack Hospital	Preeceville & District Health Centre	Yorkton Regional Health Centre	St. Anthony's Hospital	St. Peter's Hospital
Acute Care Beds	16	20	10	87	22	30
24 Hour Emergency	✓	✓	✓	✓	✓	✓
Outpatient Services	✓	✓	✓	✓	✓	✓
Medicine	✓	✓	✓	✓	✓	✓
Intensive Care Unit				✓		
Hemodialysis				✓		
Obstetrics	**	**	**	✓		**
Pediatric Unit				✓		
Operating Room				✓		2-3 days per week
Endoscopy				✓		✓
Laboratory	✓	✓	✓	✓	✓	✓
X-ray/ Medical Imaging	✓	✓	✓	✓	✓	✓
Fluoroscopy				✓		
Ultrasound				✓		
CT Scan				✓		
Mammography				✓		
Respiratory Therapy				✓		
Chemotherapy Community Oncology Program				✓		✓
Dietitian	visiting	visiting	visiting	✓	visiting	✓
Occupational Therapy		visiting	visiting	✓		visiting
Palliative Care	✓	✓	✓	✓	✓	✓
Pastoral Care	visiting	visiting	visiting	visiting	✓	✓
Pharmacy	✓	✓	visiting	✓	Yorkton pharmacy	✓
Physiotherapy	✓	✓	✓	✓	✓	✓
Social Work	visiting	visiting	visiting	✓	✓	✓
Consulting Services	✓	✓	✓	✓	✓	✓
Visiting Specialists				✓		✓

** Obstetrics in emergency cases only

Medical Imaging

The Medical Imaging Departments provide diagnostic services to the Sunrise Health Region and surrounding regions. The services include: general radiology, screening and diagnostic mammography, ultrasound, computed tomography (CT), echocardiology planned for 2010.

Although the extent of examinations varies at the different medical imaging departments throughout the region, there are some requirements which are standard to all imaging departments:

- Imaging exams are performed only with a physician's or nurse practitioners order.
- Some exams require specific patient preparation, and therefore the staff will provide instructions and may need to arrange an appointment date and time.
- Interpretation of reports is provided by a radiologist.

GENERAL RADIOLOGY: General Radiology (x-ray) outpatient services are provided in the health region at the following locations, days and times. Please note that for some locations, it is strongly recommended that appointments be made in advance:

Location	Phone	Hours	Additional Information
Canora Hospital	563-1264	8:30 a.m. to 4:30 p.m.	Monday to Friday
St. Anthony's Hospital, Esterhazy	745-3223	8:30 a.m. to 4:30 p.m.	Monday to Friday
Foam Lake Health Centre	272-3326	8:30 a.m. to 4 p.m.	Monday to Friday; appt. recommended
Ituna Health Centre	795-2588	9 a.m. to 3:30 p.m.	Monday to Friday
Langenburg Health Care Complex	743-5444	9 a.m. to 3:30 p.m.	Monday, Tuesday, Thursday
Kamsack Hospital	542-3994	8:30 a.m. to 4 p.m.	Monday to Friday
St. Peter's Hospital Melville	728-9227	7:30 a.m. to 4:30 p.m. 8 a.m. to 4:30 p.m. 8 a.m. to 12 p.m.	Monday to Thursday Friday Saturday
Norquay Health Centre	594-2133	8:30 a.m. to 4 p.m.	Monday to Friday
Preeceville & District Health Centre	547-4459	8:30 a.m. to 4 p.m.	Monday to Friday
Yorkton Regional Health Centre	786-0423	8:00 a.m. to 5 p.m.	Monday to Friday; appointments not required

After hour emergent services in acute care sites is provided by a technologist on call.

Specialized Procedures (Yorkton Regional Health Centre):

All specialized procedures require appointment times.

ULTRASOUND: Ultrasound units provide scanning images of abdominal, obstetric, pelvic, small parts, breast and prostate sonography. Ultrasound-guided interventional procedures include fine needle aspiration biopsy for cytology, therapeutic aspiration of cysts and abscesses, core biopsies of breast, prostate and solid masses for histology.

All ultrasound examinations are scheduled by the physician's office except emergency requests.

COMPUTERIZED TOMOGRAPHY (CT) SCAN: CT utilizes x-ray technology and sophisticated computer to create images of cross section "slices" through the body. CT scanning provides a quick overview of pathologies and enable rapid analyses and treatment plans.

All CT examinations are scheduled by a specialist only with the following exceptions:

- if the patient has been seen by a specialist who has suggested that a CT examination be performed;
- in cases where a CT examination has been suggested by a radiologist on the basis of findings on conventional films, barium or ultrasound examination.

MAMMOGRAPHY: Diagnostic mammography is provided two and half days per week. Appointments are scheduled by physicians' offices. One mammography x-ray unit is used for both the diagnostic and screening services.

Health Services

Yorkton is a satellite center for the Screening Mammography Program. All appointments are scheduled by the office in Regina, telephone toll free 1-800-667-0017. Screening mammography is performed at regularly scheduled intervals on women over the age of 50. All screening films are sent to Regina for interpretation and both patients and their physicians are directly informed of the results by the Screening Center. Diagnostic mammography is done when a breast condition has been identified. These films are read locally by the on site radiologist. Reports are sent to the patient's physician.

Specialized outpatient services are provided at Yorkton Regional Health Center on the following days and times:

Specialty	Phone	Hours	Additional Information
Mammography (screening & diagnostic)	786-0423	8 a.m. to 4:30 p.m.	Monday to Friday appointment only
Ultrasound	786-0423	8 a.m. to 4:30 p.m.	Monday to Friday appointment only
CT	786-0423	8 a.m. to 4:30 p.m.	Monday to Friday appointment only

After hour emergent services for CT and ultrasound is provided by radiologist and technologist on call.

Department Contacts:

- Reception: 786-0423
- Scheduling: 786-0428
- Fax: 786-0424
- Technical Director: 786-0425
- Medical Director: 786-0427

Laboratory Services

The laboratories in the Sunrise Health Region provide a wide range of tests and cardiac exams to aid the physicians in the determination of overall health status as well as the diagnosis and treatment of disease, in their patients.

Services include: hematology, chemistry, transfusion medicine, microbiology, pathology and cardiac exams such as ECG, Holter monitoring and Stress testing at YRHC. Testing not performed on site is sent to a referral laboratory i.e. Saskatchewan Disease Control Laboratory.

For more information about laboratory out-patient services provided in the health region, contact:

Location	Phone	Hours	Additional Information
Canora Hospital	563-1253	8:30 a.m. to 4 p.m.	Monday to Friday
St. Anthony's Hospital, Esterhazy	745-3234	9 a.m. to 4 p.m.	Monday to Friday
Foam Lake Health Centre	272-3326	8:30 a.m. to 4 p.m.	Monday to Friday; appt. recommended
Invermay Health Centre	593-2133	9 a.m. to 4:30 p.m.	Thursday; appt. recommended
Ituna Health Centre	795-2588	9 a.m. to 3:30 p.m.	Monday to Friday
Kamsack Hospital	542-3665	8:30 a.m. to 4 p.m.	Monday to Friday
Langenburg Health Care Complex	743-5444	8:30 a.m. to 2:30 p.m.	Monday to Friday
Norquay Health Centre	594-2133	8:30 a.m. to 3 p.m.	Monday to Friday; appt. recommended
Preeceville & District Health Centre	547-4459	8:30 a.m. to 4 p.m.	Monday to Friday
St. Peter's Hospital, Melville	728-9228	8 a.m. to 3:45 p.m.	Monday to Friday
Yorkton Regional Health Centre	786-0440	7:30 a.m. to 5 p.m.	Monday to Friday

After hour emergent services in acute care sites is provided by a technologist on call.

Health Services

Respiratory Therapy

The Respiratory Therapy Department, located at the Yorkton Regional Health Centre, provides services to residents of the Sunrise Health Region with lung disease. A wide variety of testing is performed to assist with the diagnosis and management of those with lung disease.

Out-patient services are provided upon referral by a physician, and patients are booked for their appointments. The hours of operation are Monday through Friday, 8.30 a.m. to 4.30 p.m.

For further information, contact:

- Respiratory Therapy Department
Telephone: 786-0462

Hemodialysis

Hemodialysis is a satellite dialysis unit, located at the Yorkton Regional Health Centre, working in conjunction with the Home Unit at the Regina General Hospital and under the direction of Dr. C. Wilson, Nephrologist. Patients who are dialyzing in either Regina or Saskatoon, and are deemed stable to be in the satellite unit, are referred on a first come, first served basis.

For further information, contact:

- Director, Client Services Central
Telephone: 786-0406

Pharmacy

The pharmacy services are provided to all acute care and long term care facilities in the health region through a combination of staff and retail pharmacies.

For further information, contact your local facility.

Dietitians

COMMUNITY DIETITIANS provide nutrition counseling for clients in hospital, residents in long term care facilities and outpatients in Melville, Esterhazy, Ituna, Canora, Kamsack, Norquay, Preeceville and Invermay.

- In Melville, Esterhazy and Ituna: 728-9202
- In Canora, Kamsack, Norquay, Preeceville and Invermay: 563-1272

The OUTPATIENT DIETITIAN at the Yorkton Regional Health Centre offers counseling sessions to outpatients with a physician's referral. Limited counseling service is available for individuals across the entire lifespan. Please note there may be a waiting period before seeing the dietitian for an individual counseling session.

- Telephone: 786-0649

The CLINICAL DIETITIAN provides nutrition counseling sessions to inpatients at the Yorkton Regional Health Centre and residents of Yorkton & District Nursing Home.

- Telephone: 786-0433

Infection Control

The regional Infection Control program strives to improve the quality of client/patient care by decreasing the impact of infections and exposure to infections acquired throughout the health care continuum.

- Telephone: 786-0698

Long Term Care

Sunrise Health Region operates 14 long term and special care homes, in all major communities in all areas of the region. There is access to beds in the long term care facilities for various program needs, such as respite, palliative and dementia care. Adult day wellness programs are offered at the long term care sites. Within Sunrise Health Region there are 820 long term care beds and 38 respite beds.

All applicants for long term care placement are assessed using the same assessment tool and a standardized rating scale. This enables the development of a care plan, which may include being placed on the priority list for placement or using alternatives such as Home Care and other programs. All admissions for long term care are examined by an Access Review Committee to ensure that the highest priority needs are met.

Cost:

The cost for rent is calculated by Saskatchewan Health and based on income levels only, including all other income received from investments and bank accounts.

On average the resident charge covers about one quarter (¼) of the cost of care received. Saskatchewan Health funds the regional health authorities to cover the remaining cost of care.

The resident is responsible for the costs such as phone, cable, medication, incontinent products, travel and personal items.

Long term care facilities:

- Canora Gateway Lodge 563-5685
- Centennial Special Care Home, Esterhazy 745-6444
- Foam Lake Jubilee Home 272-3235
- Invermay Health Centre 593-2133
- Ituna Pioneer Health Centre 795-2622
- Kamsack District Hospital & Nursing Home 542-2635
- Langenburg Health Care Complex 743-2232
- St. Paul Lutheran Home, Melville 728-7340
- Norquay Health Centre 594-2133
- Preeceville & District Health Centre 547-3112
- Lakeside Manor Care Home, Saltcoats 744-2353
- Theodore Health Centre 647-2115
- Yorkton & District Nursing Home 786-0800

Emergency Medical Services

Emergency medical services or ambulance services are provided to communities in the health region by a combination of contract ambulance services and region-owned services.

These services are located in the following communities, and generally serve their home community and surrounding area.

Canora and Area:

- Canora Ambulance Care (Wally and Mary Huebert, owners/operators)
Telephone: 563-5625

Esterhazy and Area:

- Esterhazy EMS (Operated by Sunrise Health Region)
Telephone: 745-6111

Foam Lake and Area:

- Shamrock Ambulance Service (Tom and Bonnie Prime, owners/operators)
Telephone: 554-3882

Ituna and Area:

- Ituna EMS (Operated by Sunrise Health Region)
Telephone: 795-2622

Kamsack and Area:

- Duck Mountain Ambulance Care (Jim Pollock, owner/operator)
Telephone: 542-2450

Langenburg and Area:

- Langenburg EMS (Operated by Sunrise Health Region)
Telephone: 743-2232

Melville and Area:

- Melville EMS (Operated by Sunrise Health Region)
Telephone: 782-5447

Norquay and Area:

- Duck Mountain Ambulance Care (Jim Pollock, owner/operator)
Telephone: 542-2450

Preeceville and Area:

- Preeceville Ambulance Service (Wally and Mary Huebert, owners/operators)
Telephone: 547-3016

Yorkton and Area:

- Crestvue Ambulance Services (Dennis Nelson, owner/operator)
Telephone: 783-3173

FIRST RESPONDERS: First Responders are trained community volunteers who work together to provide medical aid to those in need. They are dispatched by the Regina Qu'appelle Health Region. Some of the groups are associated with rural fire departments. First Responders respond to medical or trauma emergencies in advance of a responding ambulance. They treat and stabilize a patient until the ambulance arrives.

There are First Responder groups in the following areas:

- Bredenbury
- Churchbridge
- Ebenezer
- Esterhazy
- Ituna
- Langenburg
- Melville
- Rhein
- Round Lake
- Saltcoats
- Springside
- Stenen
- Theodore

Community Services

Home Care

Home care services are available throughout the Sunrise Health Region. Referral for the following services can be made by anyone by simply calling the local Home Care Office.

Assessment and Care Co-ordination: Following a referral or request for services, a complete assessment of client needs is conducted by an Assessor Coordinator in consultation with the client and supporters, to determine eligibility. Assessments are also completed for: long term care placement, private care homes, day wellness programs and facility based respite.

Nursing: Nursing services such as assessments, monitoring, and treatments, are provided as ordered by a physician. Nurses also provide self-care education for clients and their families.

Personal Care: Certified Home Health Aides provide help with bathing, dressing, and activation exercises.

Home Management: Home Health Aides provide assistance with meal preparation. Household tasks are usually referred to private providers.

Respite Care: Short-term relief for regular caregivers is provided.

Palliative Care: Palliative Care Coordinators coordinate palliative care services to ensure the best possible care for those living with a terminal illness. Care is provided in the client's home by Registered Nurses, Licensed Practical Nurses and Home Health Aides, who provide holistic care. Supportive care is also provided to family and friends involved in the care of the patient.

Meals on Wheels: A nutritious meal is prepared by an approved provider and delivered to the client. Meals on Wheels is provided according to need, Monday to Friday at noon (except on statutory holidays), and is not based on age. The cost of the meal to the client is set by Saskatchewan Health.

Social Work: The Social Work Department is a vital part of the professional Health Care Team. As members of the Health Care Team, Social Workers can help patients and their families cope with difficult and stressful times, which are impacted by illness, disability, and death. Social Workers provide assessments, counseling, education and referral services to patients, residents, or families within the Sunrise Health Region.

Services are available throughout the Health Region in all Acute and Long Term Care facilities, or through visits to your home. The Social Work Department maintains an open policy for referrals. All requests for services are addressed by a qualified and caring Social Worker.

Long Term Care Assessment: There is a single point of entry for long term care placement, facility respite and day wellness program. Assessor Coordinators provide assessments for the Access Review Committee (ARC) which reviews and prioritizes applicants according to need for placement in long term care facilities.

By partnering with other services and programs, we are able to refer clients to programs such as Community Social Worker, Physiotherapist, Occupational Therapist, Diabetic Educator, etc.

For more information about any of the Home Care programs available in the Health Region, contact your nearest Home Care office:

- Canora 563-1250
- Esterhazy 745-6700
- Foam Lake 272-3338
- Ituna 795-2911
- Kamsack 542-2212
- Langenburg 743-5005
- Melville 728-7300
- Norquay 594-2277
- Preeceville 547-4441
- Yorkton 786-0711

Therapies

PHYSICAL AND OCCUPATIONAL THERAPY, SPEECH-LANGUAGE PATHOLOGY and ACQUIRED BRAIN INJURY PROGRAMS

Definitions

OCCUPATIONAL THERAPY (OT): is a licensed health profession concerned with promoting health and well-being through occupation. Occupational therapy refers to everything that people do during the course of everyday life. The primary goal of occupational therapy is to enable people to participate in the occupations which give meaning and purpose to their lives.

PHYSICAL THERAPY (PT): is a licensed health profession concerned with movement dysfunction. The physical therapist will work with individuals in evaluating and restoring strength, endurance, movement and physical abilities affected by injury, disease and disability. Whether it's for work or play, a physical therapist can prevent or treat a range of physical challenges. As a health care provider, physical therapists focus is on drug-free pain relief and maximum function.

SPEECH-LANGUAGE PATHOLOGY (SLP): Speech-Language Pathologists are specialists in human communication, its normal development and its disorders. They provide services to overcome and prevent communication problems in the areas of language, speech, voice and fluency. They also work to prevent and treat swallowing disorders. Speech-Language Pathologists have the expertise to provide services through prevention, education, early identification, diagnostics, intervention, and collaboration with families and other professionals. Speech-Language Pathologists work alone or as part of a team to help individuals of all ages to communicate effectively and to eat and swallow safely.

ACQUIRED BRAIN INJURY (ABI): is an injury to the brain "acquired after birth, during a person's lifetime from injury or an illness that does not get worse with time". Examples include traumatic brain injury, like a blow to the head, strokes, brain tumors, lack of oxygen and brain infection.

Locations

YORKTON REGIONAL HEALTH CENTRE – Telephone: 786-0454; Fax: 786-0455

- **Inpatient** physical and occupational therapy services and speech-language pathology services are provided Monday to Friday, with a Saturday on-call system for physical therapy for acute respiratory patients referred by a specialist only.

YORKTON - CORNERSTONE THERAPY DEPARTMENT – Telephone: 786-0178; Fax: 786-0179

Outpatient Services

- Musculoskeletal rehabilitation - a complete range of physical therapy and occupational therapy is provided for clients recovering from orthopaedic surgery, fractures, muscle strains and sprains.
- Adult Stroke Rehabilitation - physical and occupational therapy for clients with stroke, are seen on an outpatient basis, as an extension of the Stroke Rehabilitation program.
- Acquired Brain Injury Program - The Program Coordinator provides services to survivors of moderate to severe brain injuries through the coordination and implementation of community resources as well as providing education to or on behalf of the ABI survivor. Telephone: 786-0183.

Yorkton and District Nursing Home - Inpatient Services

- Residents at the Yorkton and District Nursing Home can access physical and occupational therapy on a consultative basis. People admitted to the Convalescent Access Program beds at the YDNH for rehabilitation will be seen by the physical and occupational therapy team.

Integrated Stroke Strategy

- The Stroke Rehabilitation team consists of the Stroke Services Manager, Physical Therapists, Occupational Therapist, Assistants, Speech-Language Pathologist as well as a Social Worker, provide rehabilitation services to clients on an inpatient and outpatient basis.

CHILDREN'S THERAPY PROGRAM

PT and OT Services – Telephone: 786-0178; Fax: 786-0179

SLP services- Telephone: 786-0607; Fax: 786-0620

- Our team is lead by a Children's Therapy Program Manager.
- Children from birth to school entry with, or at risk for: developmental delays, musculoskeletal injuries (torticollis, brachial plexus injuries), birth defects (such as cleft palate), autism, sensory integration dysfunction, feeding and swallowing difficulties, difficulty integrating into daycare or preschool

Community Services

settings, history of otitis media (one occurrence before 3 months or more than three occurrences before 18 months of age), not using words by 14 months, not combining words by 24 months, unintelligible speech after 3 years of age, stuttering, or not playing appropriately with people and toys can be referred to the Children's Therapy Program.

- Services include assessment, consultation, education, treatment and early identification and intervention.
- Services are provided for all children in the region, either through attendance at Cornerstone Therapies (PT, OT) at the Public Health Office for SLP services, or in their homes, pre-schools, day cares and communities.
- Our team collaborates with other children's services in the region (Public Health, Kids First, PECIP) and provincially (Wascana Rehabilitation, Alvin Buckwald Child Development Program) to support children and their families reach their developmental potential.

Autism Spectrum Disorder Program

ASD Consultant-786-0191 fax: 786-0179

- The Autism Spectrum Disorder (ASD) Program consists of an ASD Consultant and support workers who work as part of the Children's Therapy Program Team. Services are provided for children from birth to 19 who have a diagnosis or are suspected of being on the Autism Spectrum. Services include screening, diagnosis, intervention, planning and coordination, education on ASD, summer programming and respite.

COMMUNITY SERVICES

Yorkton and Area – Telephone: 786-0178; Fax 786-0179

- Located at the Cornerstone Therapy Department, community based occupational therapists and physical therapists will see Yorkton and area clients in their home.

Services Outside of Yorkton

- A team of physical and occupational therapists provide services in the health care facilities and communities surrounding Yorkton. The level of service varies with the size of the community and availability of the therapists as follows:
 - Canora Hospital and Community
physical therapy 4 days per week, occupational therapy two days per month.
Telephone: 563-1252; Fax: 563-1251
 - Esterhazy St Anthony's Hospital and Community
physical therapy 4 days per week. Telephone: 745-3244; Fax: 745-3207
 - Foam Lake Health Centre, Theodore and Community
physical therapy once per week. Telephone: 786-0178; Fax: 786-0179
 - Invermay
physical therapy one day per month. Telephone: 547-2110; Fax: 547-2092
 - Ituna Health Centre
community occupational therapy 1 day per month. Telephone: 728-7338; Fax: 728-4925
 - Kamsack Hospital and Community
physical therapy 4 days per week. Telephone: 542-2552; Fax: 542-4360
 - Langenburg Health Care Complex
physical therapy one day per week. Telephone: 745-3244 Fax: 745-3207
 - Saltcoats Lakeside Manor-
occupational therapy one day per month. Telephone 786-0180
 - Melville St Peter's Hospital
inpatient physical therapy 5 days per week. Telephone: 728-9242; Fax: 728-1859
outpatient physical therapy 5 days per week. Telephone: 728-9241; Fax: 728-4925
 - Melville and District Heath Center
community occupational therapy 3-4 days per week. Telephone: 728-7338; Fax: 728-4925
 - Norquay
physical therapy one day per month. Telephone: 547-2110; Fax: 547-2092

Community Services

- Preeceville & District Health Centre and Community physical therapy 4 days per week. Telephone: 547-2110; Fax: 547-2092

Note: Community includes local long term care facilities on a consultation basis.

NOTE: STAFF ARE NOT REPLACED WHEN ON VACATION, SICK OR ON EARNED DAYS OFF.

Mental Health and Addiction Services

Mental Health and Addiction Services works in co-operation with various non-government community-based organizations such as the Society for the Involvement of Good Neighbours (SIGN), the Yorkton Mental Health Drop-in Center Inc., RCMP, Safe Haven, Shelwin House, communities and school divisions, to co-ordinate the delivery of mental health services in the region.

Services are organized into five distinct program areas:

- Inpatient Services
- Child and Youth Services
- Adult Community Services
- Rehabilitation Services
- Psychiatry
- Adult and Youth Addiction Services

Inpatient Services

Eighteen beds are available to provide inpatient assessment and treatment at the Yorkton Mental Health Centre. The majority of people are admitted on a voluntary basis, no different than when people are admitted to a general hospital for a physical illness.

Inpatients receive individual and group therapy. Patients are restored to health utilizing a wide range of community resources.

Emergency Services

After 5:00 p.m. and on weekends and holidays, all emergency services are provided through the Yorkton Regional Health Centre Emergency Department. During these times, a psychiatrist is on call to respond to emergencies. Urgent or emergency referrals can be made by the family doctor.

Adult Community Services

Appointments on an outpatient basis can be obtained by self-referral, through family doctors, and the courts. Often arrangements can be made for services to be provided at one of our community clinics to reduce traveling time for those who live outside Yorkton. Individual, couple, family and group counseling services, as well as psychological testing services, are provided.

Child and Youth Services

Specialized services are provided for those under 18 years of age and their families. The services provided include individual and family counseling, assessment, consultation, community development, public education, court-ordered assessment and treatment, and youth suicide intervention.

These services are available at a number of community clinics in addition to the Yorkton Mental Health Centre. Parents or others directly involved with a child or youth can refer children for counseling services by contacting the Child and Youth intake worker at the Yorkton Mental Health Centre.

Rehabilitation Services

The Rehab Day Program is provided for both inpatients and outpatients. A day program is held at the Yorkton Mental Health Centre Monday through Friday from 8:30 a.m. to 4:30 p.m. The program is designed for those who require ongoing support and life skills training which will enable them to live more independently and successfully in their community.

Community Rehabilitation Nurses are available to provide follow-up and an Approved Home Program is available for individuals who are not able to live independently. Educational and support groups for families and others are conducted by Rehabilitation Program staff. Physicians can make referrals by contacting Adult Intake at Yorkton Mental Health Centre.

Psychiatric Services

Psychiatric services are provided throughout the Sunrise Health Region. The main outpatient clinic and 18 bed inpatient unit are attached to the Yorkton Regional Health Centre. Three psychiatrists travel regularly to satellite clinics.

Family physicians are the front-line workers and psychiatric backup support is provided on a 24-hour basis. Psychiatric referrals are accepted from family physicians and co-workers from other programs of the Yorkton Mental Health Centre.

Psychiatrists provide assessment; inpatient and outpatient treatment; consultation to physicians, hospitals and special care homes in the region; forensic assessment, and backup service to other programs of the Centre. Psychiatrists also support and participate in prevention educational activities of the Centre.

Part-time Mental Health Clinics

These clinics are conducted at the following locations:

- Canora Hospital
- St. Anthony's Hospital, Esterhazy - Public Health Office
- Foam Lake Health Centre
- Invermay Health Centre
- Kamsack Hospital
 - Kamsack Public Health Office
 - Crowstand Centre (Child and Youth)
- Keeseekoose First Nation
- Cote First Nation
- Langenburg Health Care Complex
- Melville and District Health Centre
- Melville Saul Cohen Family Resource Centre
- Norquay Health Centre
- Preeceville & District Health Centre
 - Preeceville Town Office Building (Child and Youth)
- Ituna Wellness Centre
- Neudorf Wellness Centre

In-home mental health rehabilitation services are provided in Buchanan, Kuroki, Rhein, Sturgis, Calder, MacNutt, Saltcoats, Theodore, Churchbridge, Pelly, Springside and Willowbrook.

For more information, contact:

- Yorkton Mental Health Centre
Telephone: 786-0558

Mental Health Promotion

Mental health promotion takes into account that an individual and community's health is greatly influenced by many factors beyond health care and individual behaviour, and looks beyond to broader determinants of mental health.

Mental health promotion is not driven by an emphasis on illness, but rather by focusing on the enhancement of well-being. It applies to the whole population in the context of everyday life, and aims at enhancing the well-being and quality of life of the whole population. It is the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health.

Mental health promotion uses strategies that foster supportive environments and individual resilience, while showing respect for culture, equity, social justice, interconnections and personal dignity.

For more information contact:

- Health Promotion Coordinator
Telephone: 786-0581

Addictions

Addiction Services provides counseling to adults and youth who are experiencing problems with their use of alcohol and/or other drugs. Services are also provided to other family members who may be concerned about someone else's use of alcohol and/or other drugs.

Activities offered include information groups, Chemical Awareness Diversion Program, and follow-up services which are available to youth who have attended an in- or day-patient program.

Addiction Services provides:

- Out-patient counseling (individual and group)
- Alcohol and Drug Assessments
- Referral Services
- Recovery Planning
- Relapse Prevention Counseling
- Intervention Programs
- Community Education And Prevention
- Safe Driving Screening and Referral

Referrals for assessment will be accepted from:

- Self-initiated
- Parent or other concerned family members
- Physicians
- Mental Health staff
- Courts
- Social workers
- Employers
- Schools

For more information, contact:

- Melville 728-7320
- Yorkton 786-0520

The following detox programs are available in Saskatchewan to residents of Sunrise Health Region:

- Angus Campbell Centre
Moose Jaw
Telephone: 693-5977
Fax: 693-0908
 - ◆ 20 beds for ages 16 and over
- Larson Intervention House
201 Avenue O South
Saskatoon, SK S7M 2R6
Telephone: 655-4195
 - ◆ 18 beds for ages 16 and over
- Regina Detox Centre
1640 Victoria Avenue
Regina, SK S4T 1K6
Telephone: 766-6600
Fax: 766-7969
 - ◆ 24 beds for ages 16 and over

In-patient recovery programs are available at:

- Calder Rehabilitation Centre
2003 Arlington Avenue
Saskatoon, SK S7J 2H6
Telephone: 655-4500
Fax: 655-4545
 - ◆ 32 adult beds for ages 18 and over
 - ◆ 6 youth beds for ages 12 to 17 years
- Pineview Terrace
Unit 7 – 701 – 13th Street West
Prince Albert, SK. S6V 3H2
Telephone: (306) 765-6670
Fax: (306) 655-6674
 - ◆ 6 beds for ages 12 – 17 years
- Pine Lodge
211 Otterloo Street
Box 457
Indian Head, SK S0G 2K0
Telephone: 695-2251
Fax: 695-2514
 - ◆ For ages 16 and over

Public Health

Medical Health Officer

It is the goal of the Medical Health Officer (MHO) to preserve and promote the health of the community using public health and community medicine approaches. The Medical Health Officer is responsible for coordinating public health activities, promoting effective preventative health policies and enforcing public health regulations throughout the health region.

The Medical Health Officer is primarily concerned with the promotion of health and the prevention of disease, with the assessment of a community's health needs, and with the provision of services to communities and to special groups within them.

For more information, contact:

- Medical Health Officer
Telephone: 786-0600

Nursing

Public Health Nursing promotes and preserves the health of residents and is directed to communities, groups, families and individuals across their life span, in a continuous rather than occasional process.

Public Health Nurses work with individuals, families, groups and the community. They use a population health approach in their work within the community in order to support the community in the identification of needs and the strengths and assets that the community has to build on.

Public Health Nurses use a family/client-centred approach in their work with individuals and families in the community. They use the coordinated team-based approach when working with their colleagues in health, education and social services to provide services and support to individuals and families.

Specific activities of Public Health Nurses include the following:

- Prenatal education classes and services
- Child health conferences
- School health services
- Home visits
- Communicable disease control
- International travel and adult immunization clinics, rabies immunization for victims of animal bites who require immunizations. Vaccine charges will apply. Contact 786-0600 for more information on cost.
- Community-based immunization campaigns including the annual influenza program, pneumococcal immunization program and crisis based campaigns such as those for hepatitis A and meningococcal
- Special case management for high-risk families
- Liaise and coordinate services with facility based health care personnel, primary care and community-based groups such as Child Action Plan committees, Provincial committees, Parent Support Program and Kid's First.
- Health promotion activities such as health topic presentations to groups in the community or at the school, individual counseling and support of Population Health related issues.
- The Early Visiting Program (EVP) is an integral part of the Public Health Nursing services offered in the health region. This program is designed to meet the needs of new mothers and their infants being discharged from hospital much more rapidly than previously.

Public Health Nursing offices are located in the following communities:

- Canora 563-1259
- Esterhazy 745-3200
- Foam Lake 272-3375
- Kamsack 542-4295 (202)
- Langenburg 743-2801
- Melville 728-7310
- Norquay 594-2262
- Preeceville 547-2815
- Yorkton 786-0600

Public Health Nutrition

The Public Health Nutritionist works to promote, protect and support nutritional health and prevent nutrition-related disease in order to achieve the best possible health outcomes for the residents of Sunrise Health Region. Using a population health approach, the Public Health Nutritionist focuses activity on what determines health and confronts root causes of nutrition-related conditions and illnesses.

The Public Health Nutritionist promotes nutritional guidelines for healthy lives and collaborates to build healthy public policies and conditions that support healthy communities. Decisions are based on best/effective practice.

In partnership with the public health network and communities, the Public Health Nutritionist:

- Assesses needs, plans, implements and evaluates programs to meet the nutritional needs of communities
- Researches and presents recommendations on new and existing programs as they apply to the health region and its residents
- Provides technical and policy consultation to health boards, health education and other professionals
- Participates in writing and reviewing provincial and national position papers regarding nutrition recommendations
- Uses scientific and critical knowledge to support development of healthy public policy
- Develops and reviews nutrition recommendations/guidelines for community and other schools and child care facilities
- Develops and maintain current assessment standards for the feeding relationship, nutrition and growth used by Public Health Nurses in child health clinics
- Advocates for family friendly policies that support breastfeeding
- Works with the media to provide nutrition information
- Provides in-service education, training and consultation to health, education and other professionals in the health region
- Provides consultation and education to community groups
- Develops resource packages and programs
- Provides training and guidance to dietetic interns and their research proposals.

For more information, contact:

- Public Health Nutritionist
Telephone: 786-0604

Dental Health Education

The Dental Health Education program strives to achieve an optimal level of oral health and well-being for the residents of the health region. To achieve that, a variety of activities are conducted, including:

- Implement, facilitate and maintain school-based fluoride mouth-rinse programs
- Fluoride education
- School-based education through classroom visits and distribution of resource kits
- Health promotion including displays, fairs, media contacts
- Preschool dental screening, dental health education, fluoride varnish
- Postnatal consultation and resources
- School screening and referral
- Adult education programming
- Special needs/special groups education
- Tobacco education

For more information, contact:

- Dental Health Educator
Telephone: 786-0619 or 786-0605

Diabetes Education Program

The Diabetes Education Program is offered to residents of Sunrise Health Region, focusing on individuals newly diagnosed with type 2 diabetes, individuals at high risk of developing type 2 diabetes, pregnant women diagnosed with gestational diabetes, or individuals who have been living with diabetes for several years and would like to learn more about living a healthy lifestyle with diabetes. The program consists of a variety of classes focusing on self care, as well as individual sessions with the registered nurse and/or registered dietitian. Family members of the person living with diabetes are welcome to attend the education programs.

- Telephone: 786-0648 or 786-0649

Community Health Education

The Community Health Education Program in collaboration with multidisciplinary team members champion population health promotion projects, with a Determinants of Health focus, to support the individual, family and community to choose healthy lifestyle options. The Community Health Educator:

- Is responsible for writing reports and making recommendations for policy and program development using evidence-based research.
- Is a resource for community groups, agencies, organizations and Health program areas to plan events, workshops and conferences.
- Is responsible to manage the Health Promotion Community Grants for the Sunrise Health Board.
- Promotes the Population Health Promotion messages by providing appropriate information to different audiences; working with the media, internet and web based tools and using social marketing techniques.

For more information, contact:

- Community Health Educator
Telephone: 786-0627

Inspection

The goal of the Public Health Inspection program is to protect the public from physical, chemical and biological hazards which may be in the facilities used by the public, or chemical and biological agents that can cause disease.

The office offers education programs and enforces regulations under the Public Health Act and the Tobacco Control Act, and investigates health-related complaints, enteric communicable disease cases, outbreaks and animal bites (RABIES).

Liaison with the provincial departments of Environmental and Occupational Health is maintained to co-ordinate and protect environmental hazards that pose a risk to health, such as hazardous spills, and the safe disposal of liquid and solid waste.

The following are some of the facilities the public health inspectors work with to ensure safe operation, and to confirm that they meet the approved regulations and pose no hazard to the public's health:

- Child care facilities
- Plumbing
- Food distribution
- Food processing
- Private sewage works
- Hospitals and long term care facilities
- Public accommodations (hotels, bed and breakfast, campgrounds and church camps)
- Schools
- Public eating establishments
- Housing
- Public water systems (community wells and small distribution systems)
- Private water systems (consultation)
- Indoor air quality
- Recreational facilities and fairs
- Liquor outlets such as bars and lounges
- Swimming pools
- Personal service facilities such as tattoo shops, needle electrolysis, and aesthetician salons
- Land use referrals
- Smoke-free public places (surveillance and complaint follow-up)

For more information contact:

- Yorkton: 786-0600
- Foam Lake: 272-3376

Early Childhood Psychology

GOAL: The early identification and treatment of developmental and behavior problems in young children is known to be an essential way to promote the health and well-being of all.

Based in Yorkton, the Early Childhood Psychologist (ECP) covers the Sunrise Health Region. In harmony with the services of Public Health Nursing, Nutrition, Audiology and Dental Health, the ECP services are directed to preschool age children (0 through 5 years of age) who are:

- Are developing normally, but present particular challenges in behaviour and parenting to their families;
- At risk for delayed development or learning problems; or,
- Delayed in one or more of the major areas of development (mental, social, language, motor and self-help).

The specific services provided through the Early Childhood Psychology Program include:

CHILD & FAMILY SERVICES: Using a variety of assessment methods, the Early Childhood Psychologist provides a crucial portion of the evaluation of an at-risk child's cognitive, adaptive and social skill formation. Diagnostic information, intervention strategies and program recommendations are provided to parents, physicians, school and social service staff.

Child specific guidance or support is offered to caregivers, intervention staff and day care workers. Where requested, assistance is given to educational resource staff and administration to implement special learning programs so a child can gain early stimulation and focused skills training.

CONSULTATION: Provided to support, enhance and promote programs and services for preschool children, assistance may be offered to a wide variety of groups, other professionals, service agencies and child care providers (such as early childhood intervention programs, day care centres, play schools and parents.) The information provided through consultation is group or child-specific, focusing on issues in development, behaviour and parenting. Consultation services may be given in response to concerns around normally developing children as well as those with special needs.

PREVENTATIVE EDUCATIONAL SERVICES: Available to the community at large, this service is directed to provide parents and caregivers of preschool children with added knowledge, attitudes and skills useful for identifying, preventing and/or solving potential difficulties in children's development, behaviour and parenting. Where beneficial, information may be distributed through a variety of formats including presentations, media talks, workshops and discussion groups.

For more information, contact:

- Early Childhood Psychologist
Telephone: 786-0600

Podiatry

The Podiatry Program provides a comprehensive quality foot care service with emphasis on high risk groups. This minimizes the need for hospitalization or major surgery such as amputation, and enables persons to maintain their mobility and independence.

Podiatrists are responsible for diagnosis, treatment and management of foot problems. This is done by medical, surgical or mechanical means. A major component of the program is education, either as presentations, in-service sessions for other health professionals, or on a one-to-one basis with individual and patients.

Podiatry Clinics are held in Yorkton.

- Podiatry Clinic
Telephone: 786-0623

Hearing Aid Plan

The Hearing Aid Plan's primary focus is to provide needed services in the area of prevention, identification, evaluation and remediation of auditory dysfunction. Hearing Aid Plan has Master Degree Audiologists on staff as well as trained audiometric technicians delivering a full range of audiological services.

Community Services

Operated by Regina Qu'Appelle Health Region, the Hearing Aid Plan consists of the main clinic in Regina and two full time regional clinics with permanently placed audiologists in Moose Jaw and Yorkton. Four part-time clinics are conducted on a monthly basis in Weyburn, Estevan, and Swift Current.

Program activities include:

AUDIOLOGICAL TESTING

- General diagnostics: including air and bone conduction, speech testing, impedance testing
- Pediatric testing: on infants and children of all ages
- Differential diagnostics (site of lesion): tone and reflex decay, suprathreshold speech testing
- Specialized testing: Auditory brainstem response audiometry, oto acoustic emission testing, central auditory processing testing, ototoxic drug monitoring, testing for functional hearing impairment, tinnitus management
- Neonatal hearing screening: through the NICU unit at the General Hospital
- Industrial hearing screening

HEARING INSTRUMENTS

The Hearing Aid Plan offers a wide selection of hearing aids produced by the most respected manufacturers in the hearing aid industry in the most updated digital formats. Hearing aids are available in all styles.

Assistance is also provided in the fitting of such specialized hearing instruments such as TactAids, Transposition and FM equipment. Services are also available for:

- Consultation, selection, fitting and dispensing of hearing instruments
- Hearing Aid Accessories: HAP provides a complete line of accessories such as battery testers, dri-aid kits, telephone pads and more
- Assistive listening devices: including hard of hearing telephones, infrared systems and alerting systems, captioning
- Swim molds
- Musicians' protective plugs/ear defenders
- Hearing aid repairs: on all makes and models including hearing aids not sold through the program.
- Specialized equipment: systems for hearing impaired children such as FM equipment and sound field systems

COUNSELING/PREVENTION SERVICES

- Provision of audiological rehabilitation including speech reading, communication management and counseling for social adjustment to hearing loss to clients and caregivers
- Management of the hearing impaired child in the classroom. Inservices to Department of Education personnel on educational audiology and classroom management of hearing impaired children.
- Inservices to allied professionals (nurses, ECP's, nursing home staff) and community groups (such as 50+ program, seniors groups, industry) on a variety of topics related to hearing, hearing loss and hearing aids
- University instruction and supervision of university students and technical personnel
- Prevention of hearing loss with the development of hearing conservation programs and hearing screening services

CONSULTATION SERVICES

- Consultation to educators as members of interdisciplinary team re: communication management, classroom acoustics, large area amplification equipment
- Consultation about accessibility for the hearing impaired in public buildings (i.e. Fire standards for senior's high rises) and for programming and services (i.e. University of Regina)
- Consultation to individuals, public and private agencies as well as governmental bodies or as an expert witness on the effects of hearing loss (i.e. Occupational and Safety Branch noise regulations)
- Consultation to industry

COST OF SERVICE

There are participation fees for a hearing assessment and a hearing aid fitting. These fees are applied only once every four years in the case of children 0-18 years. Residents are responsible for the purchasing of the hearing aid and accessories which can range in cost from \$800 to \$1800.

For more information, contact:

- Hearing Aid Plan
Telephone: 786-0647

Primary Health Care

Primary health care refers to basic, everyday health care accessed by Canadians. Primary health care could be visiting the family doctor or nurse practitioner, talking to a dietician or a pharmacist, or calling a 1-800 health advice line to talk to a health professional. It is usually your first encounter with a health care provider when you need care or advice.

Primary health care can offer tremendous benefits to the health of Canadians and Canada's health care system. Primary health care is about:

- Preventing people from becoming ill or injured through primary and secondary prevention and health promotion
- Managing chronic conditions and empowering clients to self- manage their chronic diseases
- Making the most effective use of health provider expertise
- Treating acute and episodic illness
- Efficiency and co-ordination
- Access
- Individuals playing an active role in their own health care
- Understanding that factors outside the health system can influence individual and community health

Primary health care is complex, however it can be described using the following four key pillars or elements:

Teams - Health care providers work in teams to improve the continuity of care, reduce duplication and ensure Canadians have access to appropriate health professionals. Patients/clients are a part of the team, and are involved in making decisions about their own health.

Access - Primary health care is about ensuring that Canadians have greater access to the right services when and where they are needed. It recognizes that Canadians need advice, information and care outside of regular office hours.

Information - Primary health care is about improved sharing of information between health care providers and expanded access to information for Canadians using the health system or seeking health advice. It's about using tools like electronic health records and diagnostic instruments to improve the quality, access and co-ordination of health information.

Healthy Living - Healthy living encompasses prevention of illness and injury, the management of chronic illness, encouraging support for self-care and the idea that factors outside of the health system can influence individual and community health.

Registered Nurse (Nurse Practitioner) – RN(NP)

RN(NP)s are Registered Nurses with enhanced knowledge of nursing, gained through additional clinical practice, education and experience. They work in an expanded role by diagnosing and treating common illnesses, including ordering diagnostic tests and prescribing medication. They work with physicians and other health professionals as part of a Primary Health Care team. RNs licensed as RN(NP)s do not require delegation of medical function procedures for their legislated scope of practice.

The RN(NP) provides: health education, teaching, illness and injury prevention services, assess and counsel well clients; assess, diagnose, and treat clients with common illnesses and clients with stable chronic conditions; perform minor surgical and invasive procedures; order, perform, receive and/or interpret reports of screening and diagnostic tests; prescribe and/or dispense drugs; play a significant role in coordination of client services, monitoring and follow-up, developing programs, and assessing individual and community health needs; and work collaboratively with a physician and other members of the Primary Health Care team.

The RN(NP) will not replace the physician but rather bring his/her own unique skills to the team and stimulate community development by collaborating with community inter-agency teams to address health care concerns.

Primary Health Care clinics are located in the following communities:

- Foam Lake: 272-3325 (NOTE: service temporarily suspended due to vacant NP position)
- Langenburg: 743-2446
- Norquay: 594-2903
- Preeceville: 547-2011
- Yorkton: 782-0665

Womens' Wellness Centre

The Womens' Wellness Centre is a primary health care clinic in Yorkton focused on promoting the health and well-being of all women by facilitating empowerment, choice and action. With women being the centre of care delivery, the health care team will be devoted to providing services for women with a particular emphasis on women's reproductive and gynecological health. The primary emphasis will encompass health promotion, disease prevention and encouraging women to take a lead role in becoming a partner in the delivery of their healthcare. The vision of a healthy woman, makes a healthy family, makes a healthy community will be embraced by the clinic.

Philosophy

Healthy woman...healthy family...healthy community

Goal

Empowering women to make informed healthy lifestyle choices through education and high quality health care.

"Pillars" of women centred care in Primary Health Care

- Access – provide access to an integrated, multi-disciplinary health service for womens' health care needs.
- Healthy Living – provide women with the knowledge and skills for healthy living.
- Teams – provide a collaborative work environment enabling health care workers to address the complex needs of women in a holistic manner.
- Information – appropriate sharing of confidential information to improve the quality, access, and coordination of health information.
- Holistic – consider the relationship of physical, social, emotional, and spiritual needs.
- Respect and Safety – women have the right to be respected, have their experiences validated, and to become actively involved when making informed decisions about their health care and safety.

Objectives

- To facilitate the most appropriate service by the most appropriate service provider in the most appropriate location.
- To empower women to make informed health choices about their health and health care needs.
- To enhance the understanding of self-care, and self-advocacy abilities of women.
- To engage in health promotion and primary and secondary prevention strategies in improving women's health.
- To include the partners when applicable in the treatment of women.
- To promote healthy sexuality in women.
- To provide culturally-sensitive care to all women.
- To provide health and wellness services to women that are non-judgmental, and fully confidential.

Chronic Disease Management Program

Chronic Disease Management (CDM) is a systematic approach to improving health care for people with chronic disease. Chronic diseases are prolonged conditions that often do not improve and are rarely cured completely. Diabetes, depression, congestive heart failure, hepatitis and asthma are examples of chronic diseases.

Chronic illness has a profound effect on the physical, emotional and mental well-being of individuals, often making it difficult to carry on with daily routines and relationships. However, in many cases, deterioration in health can be minimized by good care. This often depends upon individual choices made on a daily basis. Health care can be delivered more effectively and efficiently if patient with chronic diseases take an active role in their own care and providers are supported with the necessary resources and expertise to better assist their patients in managing their illness.

The program "Live Well With Chronic Conditions" is a self-management program for all chronic conditions. The intent of the program is to help people make informed choices in their health behaviors and to develop positive life strategies to live as fully and productively as they can. The "Heart to Heart" program is a disease-specific initiative by the Heart and Stroke Association to educate people about their disease and secondary prevention of the progression of the disease process.

For more information, contact:

- Chronic Disease Management Facilitator
Telephone: 786-0768

Baby Friendly Initiative

Baby Friendly Initiative is an international program developed by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF) in 1991 to optimize breastfeeding outcomes for mothers and babies. It involves:

- Creating a health care environment where breastfeeding is the norm.
- Improving the quality of care by including evidence-based practices to protect, promote and support breastfeeding in health care facilities.

Baby Friendly facilities empower mothers with the knowledge, guidance, and support necessary to provide their babies with the best possible start in life. Mothers are advised to exclusively breastfeed for the first six months of their baby's life.

The Baby Friendly Initiative Committee is a community coalition consisting of health care providers, agencies and community members within Sunrise Health Region working together to protect, promote and support breastfeeding. Our vision of breastfeeding as the norm for infant feeding will be realized through education and support for the public and health care providers.

Who Benefits from Baby Friendly?

The woman and her child:

- Consistent care, information and advice. Staff in maternity and pediatric units have written policy which they understand and follow.
- Consistent and skilled help with breastfeeding. Staff are required to be able to support women who wish to breastfeed.
- Early initiation of breastfeeding. Babies are not unnecessarily removed from mothers at birth, thereby encouraging the instinctive seeking and suckling behaviours. When mother and baby need to be separated the mother is helped with expressing her milk and the expressed milk is given to the baby.
- Mother's milk is valued. No food or drink other than breastmilk is given.
- Breastfeeding is valued. Artificial nipples and soothers are avoided.
- Empowerment. The woman has authority for her own resource, breastfeeding.

Those who care for mothers and babies:

- Increased knowledge, as evidence for the Global Hospital Assessment Criteria becomes better understood.
- Increased skills. Staff are committed to the support of breastfeeding mothers and their babies, even the difficult ones.
- Increased professional competence, as practices are investigated and challenged, and changes are made.
- A new respect for the woman, the baby, and their ability to breastfeed when given appropriate support. The midwife/nurse is "with woman", rather than providing nursing management of disease.
- As the care becomes "woman centred" rather than "task centred", all staff respect the woman's need for consistent advice and empowerment, thereby increasing cooperation and collaboration between different staff members.

Maternity Units:

- A high standard that is measured by the unit and confirmed by a Baby Friendly team representing professional and lay assessors.
- A Global Hospital Assessment Criteria, recognized and respected by professionals and consumers.
- Valuable in marketing the services provided.
- Considerable monetary savings.

The Family:

- Health and development of the infant.
- Health of the mother.
- Cost saving, immediate and long term, breastfeeding is the "best investment" as family can make.

The Community:

- Flow-on from the family.
- Environmental considerations. No waste products.

Community Services

A Baby Friendly Hospital follows **The Ten Steps** to help you succeed at breastfeeding.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers to initiate breastfeeding within a half hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in; allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

From: Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services, A joint WHO/UNICEF statement. Published by the World Health Organization, 1989.

A Baby Friendly Community Health Service support your decision to breastfeed by following **The Seven Point Plan**.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all staff involved in the care of mothers and babies in the skills necessary to implement the policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Support mothers to establish and maintain exclusive breastfeeding to 6 months.
5. Encourage continued breastfeeding beyond 6 months, with appropriate introduction of other foods.
6. Provide a welcoming atmosphere for breastfeeding families.
7. Promote a co-operation between health care staff, breastfeeding support groups and the local community.

From: The Baby Friendly Initiative in Community Health Services: A Canadian Implementation Guide. Published by The Breastfeeding Committee of Canada.

For more information, contact:

- Director of Primary Health Care
Telephone: 786-0772

Corporate Services

Finance

Finance is responsible for the overall organization, direction, management and monitoring of the Finance system. The Finance Department provides timely accurate financial and statistical reporting for the purpose of evaluating, monitoring and directing the financial affairs of the Health Region with prescribed legislative requirements.

For more information, contact:

- Director of Finance
Telephone: 786-0102

Accounts Receivable

Accounts receivable are the amounts that clients/residents owe to Sunrise Health Region. The Accounts Receivable Department is responsible for generating invoices/statements to clients/residents for the services and/or products supplied to them, processing the received funds, and including collection of those funds which have not been received.

For more information, contact:

- Accounts Receivable Supervisor
Telephone: 542-4295 (Extension 209)
or 786-0231

Accounts Payable

Accounts payable is responsible for generating a payment to vendors for products and services purchased on credit. The Accounts Payable Department ensures that the appropriate designated individual has approved payment by way of placement of the appropriate stamp, amount of payment, financial code, date and signature/initial on the invoice/statement. For further information please see Sunrise Health Region Administration Policy Manual II: 350.005 Signing Authority – Purchasing.

For more information, contact:

- Accounts Payable Supervisor
Telephone: 786-0133

Information Services

Information Technology

IT (information technology) is a term that encompasses all forms of technology used to create, store, exchange, and use information in its various forms – business data, voice conversations, still images, motion pictures, multimedia presentations, and other forms, including those not yet conceived. It's a convenient term for including both telephone and computer technology in the same word.

For more information, contact:

- Director of Information Technology
Telephone: 786-0150

Health Information Solutions Centre (HISC) – A Saskatchewan government agency that is facilitating the development of a province-wide health information network - enhancing health services and the protection of personal information through legislation, policy and technical safeguards.

HISC Help Desk – Provides tier one or first line support to users on all their computer problem calls. In addition, it provides support for all clinical information systems hosted in the HISC Data Centre. The Help Desk operates between 7:00 a.m. and 9:00 p.m. on weekdays.

Both the Information Technology and Information Management departments participate on many Health Information Solutions Centre (HISC) projects to assist with the pre-implementation, system build, testing and deployment.

Information Management

Information management consists of the implementation, maintenance and management of the Electronic Health Record on personal health information and all supporting applications. The Director of Information Management is responsible for the policies and processes which support the confidentiality and security of personal health information.

Information management is an organization-wide function that includes clinical, financial, and management of administrative databases. It includes the planning, organizing and controlling of data. The management of information applies to both computer based and manual systems (Canadian Institute of Health Information).

Electronic Health Record – the health record of an individual that is accessible online from many separate, interoperable automated systems within an electronic network. Electronic Health Record systems are composed of all lifelong electronic patient records for the individual incorporating data from all sources: health care providers (e.g. physicians, hospitals, community and home care), as well as support and feeder systems (e.g. pharmacies and laboratories). (source *Office of Health and Information Highway*)

For more information, contact:

- Director of Information Management
Telephone: 786-0795

Privacy

The Privacy Team serves as a sub-committee of the Information Management Team. The Privacy Team is responsible for the development and implementation of region-wide principles, policies and practices relevant to privacy and compliance with Personal Information Protection and Electronic Documents Act (PIPEDA) and Health Information Protection Act (HIPA) and other applicable legislation. Overseeing the development and ongoing delivery of privacy, education and awareness.

Health Information Protection Act (HIPA) – An Act respecting the collection, storage, use and disclosure of personal health information, access to personal health information, and privacy of individuals with respect to personal health information.

Personal Information Protection and Electronic Documents Act (PIPEDA), 2001 – Federal legislation enacted to provide Canadians with a right to privacy with respect to their personal information that is collected, used or disclosed by an organization in the private sector in an era in which technology increasingly facilitates the collection and free flow of information.

For more information, contact:

- Designated Chief Privacy Officer
Vice President of Corporate Services
Telephone: 786-0106

Or

- Designated Privacy Officer
Director of Information Management
Telephone: 786-0795

Materials Management

Materials Management is responsible for the acquisition, supply, distribution, and inventory of equipment, supplies and services to all departments except pharmacy and food services. Product standardization is promoted to obtain the best product/pricing mix and ensure top quality client care and safety.

Through standardization, the cost of doing business with large numbers of vendors for the same product/service is decreased.

Wherever feasible, the health region participates in a group purchasing program where province-wide purchasing contracts are used to obtain the best price on volume purchases. Regional contracts are used for general supplies and service for specific equipment in lab, x-ray, medical and surgical departments. The region also contracts with a third party for food and food service purchases.

Building Services

Maintenance employees in the region maintain the buildings, grounds, and equipment to ensure a safe, comfortable and attractive environment. Preventive maintenance programs keep buildings and equipment operating efficiently, extend their life expectancy, and minimize breakdown and disruption of service.

For more information about building services, contact:

- Director of Building Services , Area 1
Telephone: 786-0415
- Director of Building Services , Area 2
Telephone: 728-9215

Capital Planning

Capital Planners are responsible for planning, organizing, directing, controlling and evaluating capital equipment repair and replacement, as well as capital construction and renovations.

The lengthy list of renovation projects includes roof replacements, nurse call system replacements, window replacements, air conditioning and ventilation upgrades, and energy conservation retrofit projects.

The buildings owned by the Health Region are in compliance with building codes at the time of construction. Many of these buildings do not meet present-day building and accessibility standards. The older buildings contain small resident rooms and small washrooms that are not wheelchair accessible. The main entrances in most health care facilities in the region do not have automatic door openers for disabled accessibility.

Human Resources

Human Resource (HR) planning and management can be defined as having the right people in the right places with the right skills at the right time. However, HR has transcended the functional aspects traditionally associated with personnel departments -- that of hiring, firing, handing out the pay cheques and the benefits packages.

The Human Resources portfolio for Sunrise Health Region is a support service to our staff and organization. The portfolio is broad in nature and consists of several programs and services.

Labour Relations

Development of a labour relations climate that promotes dignity, integrity, trust, and fair and equitable treatment, within a healthy and productive workplace.

- Provide consultation and support to managers
- Advise upon implementation and administration of collective agreements
- Communicate with unions and SAHO
- Coordinate and manage grievance/arbitration hearings
- Human Resources planning/development as required

Recruitment and Retention

Human Resources is responsible for effective and efficient internal and external recruitment to attract and retain excellent human resources to meet current and future organizational needs.

- Employment Coordination
- Recruitment/advertising/career fairs
- Promotion of region
- Practicum/Job Shadowing/Adopt-a-Student
- Incentives, i.e. bursaries for return in service commitment; signing bonuses, full-time positions, relocation allowances
- Internal postings
- Employee selection/advice/guidance to managers
- Employee surveys and reporting

Representative Workforce

Sunrise Health Region is committed to creating a non-discriminatory, representative, and harassment-free working environment that ensures staff, volunteers, physicians and clients are treated fairly and with respect. It is vital that staff, volunteers, physicians and clients all have the right to provide and/or receive health care services in an atmosphere that is free of all forms of harassment and discrimination.

- Aboriginal Employment Development strategies
- Identifying partnerships with First Nations and Métis Nations
- Developing and promoting anti-harassment policies
- Promoting and enhancing respectful workplaces

Disability Management

Accountable for the development, implementation and evaluation of a comprehensive disability management program and service.

- Assessment, implementation and evaluation of the Disability Management Program
- Development, implementation, consultation and evaluation of policies pertaining to disability management
- Facilitate education of physicians, managers, unions and employees with regard to the program
- Facilitate the accommodation of employees based on medical restrictions
- Monitoring and analyzing workplace trends and statistics as they relate to Disability Management

Job Classification

Review and evaluation of classifications to provide fair, equitable and credible assessment of all positions within the organization.

Union Representation

Canadian Union of Public Employees (CUPE)

- Support Workers; LPNs; Technologists
- 1 local

Saskatchewan Union of Nurses (SUN)

- Registered Nurses/Registered Psychiatric Nurses
- 27 locals

Health Sciences Association of Saskatchewan (HSAS)

- Licensed Practitioners (i.e. Social Workers, Psychologists, Pharmacists, Therapists, Dieticians)
- 1 provincial local

Payroll and Benefits

Payroll

- Develop, implement and maintain an effective organization compensation system, including pay and benefit policies and procedures
- Provide necessary reporting to assist facilities/departments in decision making

Benefits

Educate, enroll and/or assist in the application of appropriate benefits for eligible employees in a timely manner.

- Administer provincial and regional benefit plans effectively and efficiently
- Respond to staff inquiries on benefits
- Assist employees with retirement planning and processes

Scheduling

Provide effective, efficient scheduling services through the development and maintenance of a reliable scheduling program, and through implementation and application of the requirements of the collective agreement.

Workplace Health and Safety

Promote and protect a safe and healthy work environment for all regional staff.

- Assess, facilitate, and provide ongoing evaluation of injury prevention initiatives; environmental safety strategies; occupational health and safety program; employee and family wellness

Staff Health

Promote and maintain the safety and well-being of employees.

- Immunization
- Monitor employee health

Employee and Family Assistance Plan

Provides short-term professional, supportive and qualified counseling assistance to employees and their families.

- Available on a voluntary basis, or as recommended by managers
- For personal and work-related issues
- Available to all employees and immediate family members
- No cost to the employee
- Confidentiality assured

Contact information is available through the Human Resources Department.

Human Resources

Employee Education

Develop, implement and evaluate a comprehensive range of educational programs, services and policies to meet the goals and obligations of Sunrise Health Region.

- Design, implement, deliver and support education programs to meet the learning needs of patient care staff
- Staff Training
- Instruct, facilitate and provide support for a variety of employee training program, including Transfers/Lifts/Repositioning (TLR), Professional Assault Response Training (PART), Respectful Workplaces
- Library Services
- Provide a variety of library services to physicians and staff on a regional basis

Telehealth

Provide medical consultation and education services to the region through videoconference links with designated sites

Volunteer Resources

Sunrise Health Region recognizes the significant contribution of volunteers who are a valuable and essential human resource, requiring and warranting support, encouragement and appreciation.

Client Services

- Develop, implement and maintain effective policies and procedures that provide for safe and appropriate interactions between volunteers, staff and clients
- Orientate and train volunteers
- Process volunteer applications and ensure adequate screening
- Coordinate provision of volunteers for support roles such as visitation and activity programs, medically related and referred transportation needs, host programs at facilities, to support and enhance services provided by staff
- Incident/accident reporting and investigation for volunteers
- Offer regular volunteer meetings and communications
- Support staff who work with volunteers
- Provide resources for volunteer appreciation events

Volunteers

- Provide training and supervision to weekly program for youth volunteers during the school year

Spiritual Care

- Coordinate spiritual support to patients
- Train volunteers who deliver pastoral care services on behalf of church communities

Meals-on-Wheels

- Assist in coordination of volunteers to deliver service to the homes of referred clients

For more information, contact:

- Human Resources
Telephone: 786-0740
- Payroll Manager
Telephone: 786-0138
- Director of Volunteer Resources
Telephone: 786-0468

Food & Nutrition Services

The Food and Nutrition Service Department provides a quality food service program for clients, staff and visitors based on Canada's Food Guide. Client food services are provided to meet current dietary guidelines of the Sunrise Health Region Diet Manual.

The Diabetes Education Program in Yorkton provides individual counseling and group education on an outpatient basis to clients living with diabetes. See Nutrition & Dietitian Services (Community Services).

Laundry Services

Regional Laundry Services in Yorkton processes approximately 2.8 million pounds of general laundry per year. Personal laundry is done on site at the various facilities in the region. In-house laundry departments maintain all linens and resident clothing to a clean, safe and attractive level.

Environmental Services

The Environmental Services Departments maintain an attractive environment and level of cleanliness that provides occupants with a safe, infection-controlled environment in which they live, work or visit. The Environmental Services Departments also implement procedures and schedules of care to furnishings and equipment that extends the usable life of the capital investment.

For more information about operational support services, contact:

- Director of Operational Support Services
Telephone: 786-0419

Health Care Partners

KidsFirst

KidsFirst is a joint effort of Ministries of Social Services, Health, and Education, delivered in cooperation with partners such as health regions, school divisions, First Nations and Métis organizations, and community organizations.

KidsFirst is an early childhood development program for children prenatal through age five, intended to provide vulnerable children with the best possible start in life, and to ensure that they will be cared for, nurtured and supported by well-functioning families and communities.

For further information, contact:

- Kids First Program Manager
Telephone: 783-1946

Society for the Involvement of Good Neighbours (SIGN)

SIGN, a private non-profit corporation located in Yorkton, was developed in 1968 by four members of the Yorkton Ministerial Association. SIGN is a pioneer in the concept of partnering with local agencies and organizations to develop and deliver needed services to area residents. Today SIGN develops, delivers and administers programs and services, and also provides administrative support to other community social groups.

For further information, contact:

- Executive Director
Telephone: 783-9409

The Health Foundation of East Central Saskatchewan

The Health Foundation is an independent, not-for-profit organization led by a group of dedicated community volunteers. While The Health Foundation has the improvement of health to the people of our community as a key objective, its primary responsibility is to its donors and ensuring that their donations are managed in an efficient manner which respects donor wishes.

The Health Foundation is a primary source of capital for all of the facilities and programs in the Health Region.

For further information, contact:

- Executive Director
Telephone: 786-0505

Saskatchewan Health Line

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide clients with immediate, professional health advice or information, and direct them to the most appropriate source of care. HealthLine can help clients decide whether they should treat their own symptoms, go to a clinic, wait to see your doctor, or go to a hospital emergency room.

- Health Line: 1-877-800-0002

Directory

Facilities

Facility Name	Address	City	Postal Code	Phone Number	Fax Number
Canora Gateway Lodge	212 Centre Avenue E. Box 1387	Canora	S0A 0L0	563-5685	561-5711
Canora Hospital	1219 Main Street Box 749	Canora	S0A 0L0	563-5621	563-1257
Centennial Special Care Home	300 James Avenue Box 310	Esterhazy	S0A 0X0	745-6444	745-2741
Foam Lake Health Centre	715 Saskatchewan Ave E Box 190	Foam Lake	S0A 1A0	272-3325	272-4449
Foam Lake Jubilee Home	421 Alberta Avenue E Box 460	Foam Lake	S0A 1A0	272-3235	272-4973
Invermay Health Centre	303 4 th Avenue N Box 160	Invermay	S0A 1M0	593-2133	593-4566
Ituna Pioneer Health Care Centre	320 5 th Avenue NE Box 130	Ituna	S0A 1N0	795-2622	795-3592
Kamsack District Hospital & Nursing Home	341 Stewart Street Box 429	Kamsack	S0A 1S0	542-2635	542-4360
Lakeside Manor Care Home	101 Crescent Lake Road Box 340	Saltcoats	S0A 3R0	744-2353	744-2414
Langenburg Health Care Complex	200 Heritage Drive Box 9	Langenburg	S0A 2A0	743-2232	743-5025
Melville & District Health Centre	200 Heritage Drive Box 1810	Melville	S0A 2P0	728-7330	728-1859
Mental Health Services	270 Bradbrooke Drive	Yorkton	S3N 2K6	786-0558	786-0556
Norquay Health Centre	335 East Road Box 190	Norquay	S0A 2V0	594-2133	594-2488
Preeceville & District Health Centre	712 7 th Street NE Box 469	Preeceville	S0A 3B0	547-2102	547-2223
St. Anthony's Hospital	216 Ancona Street Box 280	Esterhazy	S0A 0X0	745-3973	745-3245
St. Paul Lutheran Home	100 Heritage Drive Box 1390	Melville	S0A 2P0	728-7340	728-5471
St. Peter's Hospital	200 Heritage Drive Box 1810	Melville	S0A 2P0	728-5407	728-1859
Theodore Health Centre	615 Anderson Avenue Box 70	Theodore	S0A 4C0	647-2115	647-2238
Yorkton & District Nursing Home	200 Bradbrooke Drive	Yorkton	S3N 2K5	786-0800	786-0808
Yorkton Regional Health Centre	270 Bradbrooke Drive	Yorkton	S3N 2K6	782-2401	786-0457

Directory

Facility Name	Address	City	Postal Code	Phone Number	Fax Number
Addiction Services					
▪ Saul Cohen Centre	Box 164	Melville	S0A 2P0	728-7320	728-4925
▪ Yorkton	345 Broadway Street W.	Yorkton	S3N 0N8	786-0520	786-0525
Home Care					
▪ Canora	Box 868	Canora	S0A 0L0	563-1250	563-1251
▪ Esterhazy	Box 1570	Esterhazy	S0A 0X0	743-6700	745-3206
▪ Foam Lake	Box 458	Foam Lake	S0A 1A0	272-3338	272-4449
▪ Ituna	Box 130	Ituna	S0A 1N0	795-2911	795-3592
▪ Kamsack	Box 1053	Kamsack	S0A 1S0	542-2212	542-3902
▪ Langenburg	Box 370	Langenburg	S0A 2A0	743-5005	743-2844
▪ Melville	Box 2348	Melville	S0A 2P0	728-7300	728-4925
▪ Norquay/Pelly	Box 535	Norquay	S0A 2V0	594-2277	594-2220
▪ Preeceville	Box 407	Preeceville	S0A 3B0	547-4441	547-5514
▪ Yorkton	270 Bradbrooke Drive	Yorkton	S3N 2K6	786-0711	786-0707
Public Health					
▪ Canora	Box 868	Canora	S0A 0L0	563-1259	563-1257
▪ Esterhazy	Box 849	Esterhazy	S0A 0X0	745-3200	745-3207
▪ Foam Lake	Box 814	Foam Lake	S0A 1A0	272-3375	272-4449
▪ Kamsack	Box 1053	Kamsack	S0A 1S0	542-4295	542-2995
▪ Langenburg	Box 370	Langenburg	S0A 2A0	743-2801	743-2899
▪ Melville	Box 2348	Melville	S0A 2P0	728-7310	728-4925
▪ Norquay	Box 190	Norquay	S0A 2V0	594-2262	594-2488
▪ Preeceville	Box 466	Preeceville	S0A 3B0	547-2815	547-2092
▪ Yorkton	150 Independent St.	Yorkton	S3N 0S7	786-0600	786-0620
Primary Health Care					
▪ Foam Lake	Box 190	Foam Lake	S0A 1A0	272-3325	272-4449
▪ Langenburg	Box 9	Langenburg	S0A 2A0	743-2446	743-2448
▪ Norquay	Box 500	Norquay	S0A 2V0	594-2903	594-2740
▪ Preeceville	Box 409	Preeceville	S0A 3B0	547-2011	547-2012
▪ Yorkton	Womens' Wellness Clinic 150 Independent St.	Yorkton	S3N 0S7	782-0665	782-0666
Therapies					
▪ Cornerstone	200 Bradbrooke Drive	Yorkton	S3N 2K5	786-0178	786-0179

Physicians

Physician	Department	City	Phone Number	Fax Number
NEWSTEAD, Dr. F.	Family Physician	Canora	563-5557	563-4175
ROELEN, Dr. K.	Family Physician	Canora	563-5557	563-4175
VAN DER MERWE, Dr. M.	Family Physician	Canora	563-5557	563-4175
BELLINGAN, Dr. J.	Family Physician	Esterhazy	745-6681	745-2995
LOUW, Dr. A. P.	Family Physician	Esterhazy	745-6681	745-2995
NEL, Dr. J.	Family Physician	Esterhazy	745-6681	745-2995
NEL, Dr. M.	Family Physician	Esterhazy	745-6681	745-2995
VILJOEN, Dr. M.	Family Physician	Esterhazy	745-6681	745-2995
BIA, Dr. F.	Family Physician	Foam Lake	272-3533	272-3980
DAVIES, Dr. M.	Family Physician	Kamsack	542-2623	542-3782
VAN EEDEN, Dr. D.	Family Physician	Langenburg	743-2446	743-2448
BENY, Dr. M. T.	Family Physician	Melville	728-4466	728-3093
ESHAWESH, Dr. A.	Family Physician	Melville	728-4466	728-3093
KOLESKY, Dr. H. C.	Family Physician	Melville	728-4466	728-3093
VAN ZYL, Dr. J.	Family Physician	Melville	728-4466	728-3093
KABONGO, Dr. T.	Family Physician	Preeceville	547-2011	547-2102
ADEFOLARIN, Dr. O.	Psychiatrist	Yorkton	786-0558	786-0556
BORONTO, Dr. K.	Radiologist	Yorkton	786-0248	786-0424
DAUNT, Dr. I. E.	General Surgeon / GP	Yorkton	782-2278	783-1557
EYBERS, Dr. V. W.	General Surgeon	Yorkton	782-1868	782-1869
FOURIE, Dr. P.	Family Physician	Yorkton	783-4999	783-5099
GROENEWALD, Dr. P.	Family Physician	Yorkton	783-2555	783-2557
HAHN, Dr. J.	Radiologist	Yorkton	786-0427	786-0424
HAQUE, Dr. M. N.	Obstetrician/Gynecologist	Yorkton	782-2442	782-0293
JOKHAN, Dr. R.	Pediatrician	Yorkton	783-3226	783-5206
KOTIN, Dr. S.	Psychiatrist	Yorkton	786-0558	786-0556
KOUDSI, Dr. N. M.	Anaesthetist / GP	Yorkton	782-9444	782-4050
LAWALE, Dr. D.	Family Physician	Yorkton	890-0405	890-0408
LEE, Dr. R.	Anaesthetist / GP	Yorkton	782-4840	782-4220
LOMBARD, Dr. H.	Psychiatrist	Yorkton	786-0558	786-0556
NSUNGU, Dr. M.	Medical Health Officer	Yorkton	786-0606	786-0620
ODUNTAN, Dr. O.	Family Physician	Yorkton	782-1122	782-1155
OLOKO, Dr. S.	Internal Medicine	Yorkton	782-4363	782-4364
O'NEILL, Dr. R.	Ophthalmologist	Yorkton	783-3216	783-1661
OOSTHUIZEN, Dr. A.	OR Assist	Yorkton	782-2444	782-2220
OTUKOYA, Dr. F.	Obstetrician/Gynecologist	Yorkton	782-6333	782-6335

Directory

Physician	Department	City	Phone Number	Fax Number
PRESS, Dr. M.	Family Physician	Yorkton	782-0665	786-0666
ROODT, Dr. J.	Family Physician	Yorkton	783-2555	783-2557
SALIB, Dr. M.	Anaesthetist	Yorkton	782-2401	782-3359
SCHOEMAN, Dr. C.	General Surgeon	Yorkton	783-3627	782-3628
SMITH, Dr. H.	Ophthalmologist	Yorkton	782-4646	782-4650
SPIES, Dr. C. A.	Obstetrician/Gynecologist	Yorkton	782-5525	782-3616
SWAN, Dr. N.T.	Family Physician	Yorkton	783-7926	783-7432
VAN HEERDEN, Dr. A. C.	Family Physician	Yorkton	783-2555	783-2557
VORSTER, Dr. J.	Family Physician	Yorkton	783-2555	783-2557
VORSTER, Dr. R.	Family Physician	Yorkton	782-2444	783-2220
WANIS, Dr. N.	General Surgeon	Yorkton	782-4555	782-4539
WICKERT, Dr. W.	Internal Medicine	Yorkton	(204) 734-5129	(204) 539-2057