



**Lakeridge  
Health**



## REIMAGINING THE FUTURE OF HEALTH CARE IN DURHAM REGION

Durham Region is richly diverse and growing fast. Made up of dense urban centres, small villages and expansive rural areas, the region's population is expected to double over the next 20 years.

As our community grows and changes, so must Lakeridge Health.

Our communities rely on a strong local hospital system for a full range of acute care services, every day. And, when people need specialized care, individuals are connected to an array of world-class services from cancer care to dialysis, all within the Lakeridge Health system – close to home.

Over the past 12 months, Lakeridge Health expanded and enhanced services to meet people's growing and changing needs.

We introduced an at-home dialysis program that is now offering people life-saving treatment for kidney disease in their own homes, making it more convenient and improving quality of life. We opened a new complex continuing care unit at Bowmanville Hospital which is providing much-needed support to people with complex chronic conditions while the region's first Rapid Access Addiction Medicine Clinics are helping people break the cycle of addiction.

Further, a newly launched gynecological cancer surgery program at the R.S. McLaughlin Durham Regional Cancer Centre means women from Durham Region can receive specialized surgery in their community.

These new and expanded services are just the beginning.

Over the past 15 months, Lakeridge Health initiated a conversation with our communities, partners, patients and families and our team that is shaping the future of health care in Durham Region. The more than 16,000 inputs challenged us to think differently about how to improve services and, ultimately, the health of our growing, aging and changing population.

In the year ahead, Lakeridge Health will focus on improvements that matter most – tackling hallway health care, improving the patient experience, empowering people to be healthy, and supporting our talented Lakeridge Health teams to be their best in a demanding environment.

We are particularly excited about the new 22-bed mental health unit coming to Ajax Pickering Hospital this summer to help meet the region's growing mental health needs, progress on the new and expanded services which will be offered at the North Pickering Health and Wellness Centre, and working with our partners to help people transition from hospital to home, improving their health and quality of life.

Thank you for joining us in reimagining the future of health care in Durham Region!

*Sharon Cochran* *Matthew Anderson*

**Sharon Cochran**  
Chair, Board of Trustees

**Matthew Anderson**  
President and CEO



## CALL FOR BOARD NOMINATIONS

**We are a diverse region and we are looking for people to join our Board of Trustees.**

**Nomination Deadline is April 17** ←

Visit [lakeridgehealth.on.ca](http://lakeridgehealth.on.ca) for details

## DID YOU KNOW?

### LAKERIDGE HEALTH IS...

- One of Ontario's largest community health systems
- One of the largest employers in Durham Region with a team of 6,200 and 1,500 volunteers
- A system of five hospitals, a residential treatment centre and 12+ community-based locations

**JOIN US**  
for a Telephone Town Hall  
April 29 at 7 p.m.

Hear updates about our services.  
Discuss the future of health  
in Durham Region.

To register, email  
[letstalk@lakeridgehealth.on.ca](mailto:letstalk@lakeridgehealth.on.ca)  
or call 905 721-7792.



### Lakeridge Health System (2018/19)



**783**

BUDGETED BEDS



**34,705**

IN-PATIENT  
DISCHARGES



**48,218**

SURGERIES



**11,878**

MENTAL HEALTH  
VISITS



**1,956**

STUDENTS  
TRAINED



**186,866**

EMERGENCY  
DEPARTMENT VISITS



**345,314**

CLINIC VISITS



**20,489**

MRIs



**3,919**

BIRTHS



**158**

ACTIVE RESEARCH  
STUDIES



*Emily Moorhouse of  
Ajax Pickering Hospital  
Foundation with one of the  
hospital's new robotic pets,  
which are used to comfort  
people with dementia.*

*Photo: Sabrina Byrnes/Metroland.*

## HOSPITAL 'PETS' COMFORT PEOPLE WITH DEMENTIA

**For anyone who has a loved one with dementia, a hospital stay can make the situation more challenging as the individual can become disoriented or frightened in an unfamiliar environment.**

A new program at Ajax Pickering Hospital is putting comfort in the hands of people with dementia in the form of soft, touchable robotic cats and dogs that move, meow, purr and bark. People with dementia brighten at the remarkably lifelike movement of these pets, and can soon become attached.

"The benefit of having this available to patients with cognitive impairments is that it makes their environment more like home and can enhance their quality of life, providing them with a purpose in caring for their 'pet'," explained Shauna Rekker, Clinical Practice Leader of Lakeridge Health's Post Acute Specialty Services (PASS) program. "Additionally, pet therapy provides de-escalation strategies for the family and health care team for times when the person may be exhibiting responsive behaviours."

Ajax resident and business owner Lynda Donaghy, a supporter of the Ajax Pickering Hospital Foundation, was so impressed by the new program that she and her family decided to make a donation to support purchase of the robotic pets.

"They are wonderfully realistic; you almost find yourself talking to them," says Ms. Donaghy, a former nurse. "When people are in the hospital for a long time, it can be hard for their families to visit every day. It's nice to know that these pets can keep people from getting lonely."

Evenings can be especially difficult for people with dementia as they can often grow restless or withdrawn. Lakeridge Health staff have found that the pets help to calm some people, giving them a sense of security and comfort, even joy. With the number of Durham residents living with dementia expected to double from 10,000 to 20,000 by 2020\*, this program can make a difference to many people and their families in our community.

"In the final stages of my father's life, they actually allowed him to have his Jack Russell terrier with him," recalls Ms. Donaghy. "But he was worried about how he would take care of the dog and let it out for walks. An animatronic pet would have been wonderful for him."

The furry life-sized robots, which cost about \$200 each, are purchased through the Ajax Pickering Hospital Foundation's compassion fund, which also provides toiletries, blankets, socks, slippers and even new clothes for people in hospital who need them.

\* Alzheimer.ca/durham

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[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca) | 905 683-2320

## Lakeridge Health Partners with SickKids to Offer Latest Standard in Paediatric Medication

In Fall 2018, Lakeridge Health partnered with the Hospital for Sick Children to adopt the "SickKids Formulary", a resource that assists pharmacists, physicians and other health professionals in delivering the latest standard in paediatric medication. Available at all Lakeridge Health locations, this tool provides specific medication dosing information and guidelines for common childhood illnesses, helping ensure children in Durham Region receive the safest and most advanced medications in their own community.

"Drug therapy continually changes making it challenging to stay current," said Dr. Joan Abohweyere, Chief of Paediatrics for Lakeridge Health. "SickKids' pharmacy and medical experts regularly update the medication list and information in this tool, enabling our clinicians to offer the most up-to-date medication to our youngest patients."

The SickKids Formulary covers medication for a range of common illnesses and conditions, including asthma, pneumonia, seizures and complications related to sickle cell anemia. Lakeridge Health prescribes and administers the same medications that these patients would receive at SickKids. Parents can be assured that their child's medication is being prescribed and administered at a consistently high standard whether a child is treated in a Lakeridge Health emergency department, has surgery or is admitted to one of our hospitals.



## CELEBRATING 65 YEARS OF COMMUNITY

Ajax Pickering Hospital turned 65 this year! It opened in 1954 with 38 beds and 12 bassinets.

Thanks to the support of the community, the hospital has seen countless expansions, upgrades and innovations over the years. It now has 186 beds, numerous outpatient clinics and a busy emergency department.

Since day one, the generous residents of Ajax, Pickering and beyond have made a difference by giving funds to support the work of the hospital. Thanks to their continued generosity, the Ajax Pickering Hospital Foundation can support high-touch projects like the compassion pets described above, as well as high-tech projects and equipment such as paediatric monitors for the tiniest newborns and rapid blood infusers that are used in the most critical situations in the emergency department and intensive care unit.

The Foundation gratefully recognizes the community for 65 years of continuous support for their community hospital.

**Ajax  
Pickering  
Hospital  
Foundation**