



**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*

**Sharon Cochran**  
Chair, Board of Trustees

*Matthew Anderson*

**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

**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



**186,866**

EMERGENCY  
DEPARTMENT VISITS



**34,705**

IN-PATIENT  
DISCHARGES



**345,314**

CLINIC VISITS



**48,218**

SURGERIES



**20,489**

MRIs



**11,878**

MENTAL HEALTH  
VISITS



**3,919**

BIRTHS



**1,956**

STUDENTS  
TRAINED



**158**

ACTIVE RESEARCH  
STUDIES



Durham resident Tracy Dixon with her son Jesse and the canvas bags she decorates to occupy her mind during cancer treatments.

## COLOURING OUTSIDE THE LINES

**Durham resident Tracy Dixon learned she had colon cancer while sitting in the emergency room at the Oshawa Hospital.**

She had come to the hospital with intense stomach pain that had been bothering her intermittently for several months.

The weeks that followed were a blur of appointments and tests across Lakeridge Health. At Port Perry Hospital, Tracy received laparoscopic surgery to remove a tumour and 17 lymph nodes.

"Dr. Wang at Port Perry Hospital was a laparoscopic genius," says Tracy. "He helped calm me prior to my surgery and later removed the entire mass."

Soon after, the 50-year-old was scheduled to begin chemotherapy treatments at the R.S. McLaughlin Durham Regional Cancer Centre.

"My anxiety levels were off the chart," recalls Tracy. "I was upset and scared and I felt as if the whole room was spinning."

Research shows that depression can affect up to 20% of people with cancer and anxiety can affect another 10%.\* Tracy's friend Karen Wilgosz, who accompanies her to appointments and treatments, recognized Tracy's stress and suggested she do something creative to shift her focus.

Initially, Tracy blogged about her journey. Then she had another idea. Every new patient starting cancer treatment at the cancer centre receives a plain cloth bag with patient education materials. Tracy saw her bag as a blank canvas calling for colour.

She purchased a package of markers and created her first image. Colouring created a distraction, helping her manage emotional distress during her cancer journey.

"People living with cancer often experience intense negative emotions, so any activity that shifts the mind off this can be useful," says Donna Bills, a social worker with the cancer centre. "Similar to meditation, colouring allows a person to focus only on the moment, helping to alleviate anxiety and stress."

Tracy continues to colour on cloth bags, adding creative designs that often include inspiring messages. She has had opportunity to give bags to other patients as conversations are prompted by an interest in what she is doing. Two of Tracy's bags are displayed on the waiting room activity carts in the cancer centre.

"It has helped to keep my spirit alive," Tracy explains. "Managing emotions, depression and anxiety is a daily struggle when you have cancer. I hope I can introduce this creative outlet to others."

\* Source: <https://www.bmj.com/content/361/bmj.k1415>

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[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca) | 905 985-7321

## 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.

## SUPPORT MAKES ALL THE DIFFERENCE

A heartfelt thank you to 100 Women Who Care Scugog for choosing to support Port Perry Hospital Foundation. Their donations will fund the purchase of breast cancer surgical equipment, which is crucial to patient care in Port Perry.



The North Durham community relies on the great care that Port Perry Hospital delivers. The community's support helps to ensure that the hospital can deliver the very best in care. This year, urgent needs include essential emergency department medical equipment as well as surgical equipment used in the diagnosis and treatment of cancer.

To learn more or to make your donation, visit [pphfoundation.ca](http://pphfoundation.ca) or call the Foundation office at 905 985-7321 ext. 5581. Thank you.

Together, we make a difference in the lives of the people who use Port Perry Hospital.

PORT PERRY  
**HOSPITAL**  
Foundation

## 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