



**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**  
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



Before at-home dialysis, Newcastle resident Ken Mehew and his wife Gail visited Whitby Hospital four times a week for his treatment for kidney disease.

## AT-HOME DIALYSIS SPELLS FREEDOM FOR PEOPLE WITH KIDNEY DISEASE

**Ken Mehew's kidney disease seemed under control. The Newcastle resident, now 76 years old, had no symptoms for years until a routine blood test revealed that his kidneys were starting to fail. That's when his primary care physician referred him to a nephrologist at Lakeridge Health.**

Eventually, dialysis became necessary. Four times a week for months, Mr. Mehew and his wife visited the nephrology clinic at Whitby Hospital for the life-saving treatment. Winter conditions made travel to and from the hospital difficult for Mr. Mehew, who lost one of his legs in a long-ago accident.

When the Mehews learned that Lakeridge Health could offer at-home dialysis, they jumped at the chance. In preparation, Mr. Mehew had a fistula created in his arm and learned to operate the machine, which would filter the toxins from his blood.

"People who dialyze at home reap the health benefits of more frequent dialysis," said Michelle Donoghue, Clinical Practice Leader with the Regional Nephrology Program at Lakeridge Health. "At-home dialysis also allows for less frequent visits to the nephrology clinic, flexibility and control over treatments, health and time. It allows patients to enjoy the best possible health in the comfort of their own home with familiar surroundings."

Lakeridge Health provides 53,500 dialysis treatments each year. Of these, 430 people receive in-hospital hemodialysis and 143 people receive a form of home dialysis, including Mr. Mehew who appreciates the support he has received from the nephrology team.

"The staff took the time to train me at the clinic, and then sent me home with a book that shows me everything to do, step by step," said Mr. Mehew. "Dialysis is a very involved process, but like anything else, after you do it a few times it doesn't seem so difficult."

Now, Mr. Mehew visits the clinic at Whitby Hospital just six times a year to see his physician and the nurses who supervise his care. The swelling that is common with kidney disease has dissipated, and he's back to his high school weight.

Although he has had to abandon his lifelong love of camping and canoeing, he stays busy with puzzles, games and television, does the accounting for his son's business, and prepares the income tax returns of many of his neighbours. With three children, five grandchildren and a great-grandchild on the way, his life is full.

"It's not always easy," he admits wryly. "But I've had the chance to do so many wonderful things. Even with this disease, life doesn't end until it ends."

Join our mailing list! Send an email to: [communications@lakeridgehealth.on.ca](mailto:communications@lakeridgehealth.on.ca).  
[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca) | 905 623-3331 [f](#) [t](#) [v](#)

## 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.



## GRATEFUL PATIENTS ARE GIVING BACK BY SAYING THANK YOU



Have you received compassionate care at Lakeridge Health? The Circle of Gratitude program provides you and your loved ones an opportunity to recognize staff and volunteers for a job well done by making a donation in their honour! Remember, every donation, no matter the size helps support needs across our hospitals.

As a result of your generosity, the staff member of your choice will receive a personalized thank you card, as well as a Circle of Gratitude pin to proudly wear on their lapel. Teams and units can also be recognized, and will receive a certificate in lieu of a pin to proudly display for patients, visitors, and other staff to see.

Visit [www.circleofgratitude.ca](http://www.circleofgratitude.ca) to learn how you can say thank you today!



**Lakeridge  
Health  
Foundation**