

Destination Health

LOCAL INITIATIVES

Making preventive care accessible

To provide preventive care to people without a family doctor, the CSSS du Sud-Ouest-Verdun decided to set up a clinical prevention centre. These services are offered to adults aged 18 to 60 who have registered with the family doctor connection program and who do not have a medical diagnosis or recurring symptoms that require regular medical follow-up.

A preventive checkup is performed by a nurse clinician in collaboration with nurse practitioners who specialize in first-line care and a doctor. This checkup includes a physical exam; lifestyle evaluation and counselling; vaccination booster shots; and screening for risk factors or diseases, such as sexually transmitted infections, diabetes, chronic obstructive pulmonary disease, and certain types of cancer. Patients also receive recommendations to help them maintain and improve health as well as referrals to resources such as Quit Smoking Centres and Health Education Centres. The checkup is based on the preventive clinical practices set out in the Adult Periodic Medical Examination of the Collège des médecins du Québec. (See Knowledge Building section.)



A WORD FROM THE COORDINATOR

While the computerization of clinical records is in full swing in Montreal, a team from the Montreal Agency made up of staff from the Direction de santé publique de Montréal, the Technocentre, as well as the Quebec Network of Health Promoting Institutions, is working to incorporate a set of recognized preventive practices, or those contained in the Adult Periodic Health Examination developed by the Collège des médecins du Québec, into computerized clinical records and electronic medical records. This tool will let physicians and other members of multidisciplinary health care teams apply best practices in clinical prevention that are adapted to each patient.

This project is not limited to Montreal, as the Ministère de la Santé et des Services sociaux has made clinical prevention part of its accreditation criteria for electronic medical records throughout the province. Thanks to these advances, we can now see a technological future that will give first-line medical services innovative tools to address health promotion and prevention.

In addition to computerized clinical records, different strategies have been implemented in our network institutions to improve access to preventive practices. This issue of Destination Health focuses on this very important theme, as it has been clearly demonstrated that preventive clinical practices can reduce the incidence of many chronic diseases or decrease their impact on health.

Let's all have a healthy summer!

Louis Côté

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Continued from page 1

The clinical prevention centre was launched in 2011 by a team at the CSSS in collaboration with staff members from the Direction de santé publique of the Montreal Agency. This primary prevention and early detection project is part of a continuum of prevention services and chronic disease management.

In line with the goal to give people control over their own well-being, this health promotion approach indeed shows great promise. On May 16, the project received a clinical innovation award from the Ordre des infirmiers et infirmières du Québec.

For further details, visit the following Web site (in French only):

www.oiiq.org

For information:

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From left to right, Ms. France Touchette, Nurse Clinician from the clinical prevention centre of the CSSS du Sud-Ouest-Verdun; Ms. Josée Breton, President of the Ordre régional des infirmières et infirmiers de Montréal/Laval (ORIIIM/L); and Ms. Anne-Marie Denault, Clinical Advisor in Specialized Care at the CSSS du Sud-Ouest-Verdun

A practical guide to preventive health assessments

In collaboration with the CSSSs, the Direction de santé publique de Montréal is currently working on a **practical guide to preventive health assessments**, which aims to support first-line clinical centres

that want to develop a service similar to the clinical prevention centre of the CSSS du Sud-Ouest-Verdun. This guide includes all components needed to implement this type of service (questionnaires, collective prescriptions, care protocols, patient education materials, etc.).

The document should be completed by fall 2013.

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Knowledge Building

Produced by the Collège des médecins du Québec, the Adult Periodic Medical Examination includes a summary of recommendations that promote best practices in the prevention of adult health problems. These recommendations are based on the most recent and relevant guidelines from Quebec, Canada and the US.

This reference document will serve as a useful checklist to make it easier for health care practitioners to include prevention in their periodic medical exams. The document also comes with a summary chart that can be personalized for each patient. These preventive clinical practices are grouped under five major themes:

- cardiovascular and respiratory diseases

- cancer
- infectious diseases
- trauma and sensory deficits
- psychosocial problems

Consult the English version of the Adult Periodic Health Examination (2012):

www.cmq.org

Survey—My healthy workplace

The CSSS Sud-Ouest-Verdun, which is committed to implementing the employee-related health promotion standard ("Develop a healthy workplace"), is participating in a pilot project to validate a survey developed by the Montreal Agency. The goal of this survey is to create an accurate list of the components that influence employee health and well-being. The survey will be conducted by June 22 among employees at four sites: the Hôpital de Verdun, the CLSC de Verdun, and the Champlain and Saint-Henri residential and long-term care centres. The results, which will be available in fall 2012, will lead to



the implementation and development of an intervention plan focused on staff needs and will be used to improve employees' quality of life at work.

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Quebec Network

In April, the Montreal Agency renewed its agreement with the International HPH Secretariat as the coordinating organization of the Quebec Network of Health Promoting Institutions. This agreement will last four years.

Upcoming Events

Annual Public Health Days

Influence Through Knowledge
November 26, 27 and 28, 2012,
Montreal

Consult the program (in French only):

<http://jasp.inspq.qc.ca>



"Mother-child network" symposium

Promouvoir la santé de la mère et de l'enfant, quel rôle pour les hôpitaux [Promoting the health of mothers and children: what roles do hospitals play?]
June 11 to 15, 2012, Bordeaux (France)

Dr. Christine Colin, Director of the Department of Health Promotion at the CHU Sainte-Justine, is participating in this inaugural symposium with a talk on the role of university teaching hospitals in health promotion initiatives that benefit mothers and children.

Visit the symposium website (in French only): www.rmefrancophonie.org

Montreal Chapter

Following a second call for proposals to support institutions in the implementation of "Employer of Choice" strategies, on May 1 the Board of Directors of the Montreal Agency authorized the awarding of two-year grants, which were handed out to eight institutions. These centres are committed to a process to develop a healthy workplace through one of the three approaches: HPH, the Healthy Enterprise Standard or the Planetree Designation. The institutions that received grants are:

- Centre jeunesse de Montréal
- Batshaw Youth and Family Centre
- CSSS du Sud-Ouest-Verdun
- Montreal Heart Institute
- Jewish General Hospital
- Hôpital Maisonneuve-Rosemont
- Institut Philippe-Pinel de Montréal
- Centre de réadaptation de l'ouest de Montréal (CROM)

World News

20th International Conference on Health Promoting Hospitals and Health Services, Taipei, April 2012

The conference presentations are available on-line. Videos have also been added this year.

Visit: www.hphconferences.org



Outgoing president Louis Côté hands a crystal ball symbolizing the HPH planet to new president Ms. Shu-Ti Chiou: "Just like in baseball, I am tossing the ball to the next president, and I am sure she will help us win the game!"

<http://clinhp.org>



The 2011 award of excellence for the implementation of HPH standards given to the executive director of the Buddhist Dalin Tzu Chi General Hospital in Taiwan