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# HEALTH *beat*

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## The Right Job... The First Time!

by Jennifer (Jay) Sherwood, BScN, MEd.

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# Electronic Health Records: Fundamental to Health Care Reform

As an information intensive industry, health care ranks uppermost in the world. Enormous volumes of information are produced by every facet of health care and if used appropriately, care is improved, good policy decisions are made and accountability of the system is enhanced. The key to the efficient use of data is to collect and distribute the data electronically.

According to Health Canada website, "eHealth is an overarching term used... to describe the application of information and communication technologies in the health sector. It encompasses a whole range of purposes from purely administrative through to health care delivery." The foundation of all the applications in all health care settings is the electronic health record. This record, encompasses a person's entire health history and care, is secure and private and is available to health care providers on a need-to-know basis. It is available to authorized health care providers across the continuum of care, health care delivery organizations and geographical areas. It is claimed by experts in information technology that only in an electronic form a health record is protected from access by unauthorized people. Those who access the record are identified. Such protection of privacy of health information is "... impossible with paper records, particularly in hospitals and other institutions" (Beyond Good Intentions, p.1).

In June of this year a policy conference co-sponsored by the Health Council of Canada and Canada Health Infoway was held. The conference, "Beyond Good Intentions: Accelerating the Electronic Health Record in Canada" brought together experts from across Canada and around the world with policy makers, decision makers and health care professionals. The purpose of the conference was to enlist the support and commitment of senior level decision makers who "hold the purse strings" in health care. Securing the electronic health record for every Canadian depends on persuading policy makers of the importance of moving forward with this initiative – one that is essential to health care systems renewal in our country. The conference was an opportunity to provide them with realistic accounts of what it will

take to put it all in place. In the summary of the proceedings, prepared by Steven Lewis who chaired the event, three questions that were the most important to the participants were answered. These questions were: How does the electronic health record improve quality, efficiency and overall patient care?; What scale of investment is needed to make the electronic health record a reality for all Canadians?; and, What are the implementation challenges, and what strategies have proven to be most successful? (Beyond Good Intentions, p.2)

In an interview with Steven Lewis after the conference, he was asked what surprised him most about the presentations and interactions amongst participants. He indicated that the biggest surprise was the length of time it is taking Canada to implement electronic health records despite the obvious benefits. He said that 94% of all or part of the recording of patients' visits to physicians is made on paper in Canada while in countries such as New Zealand and Denmark, the results of moving more quickly to recording electronically are impressive. He used as an example how computerized drug prescribing in Denmark has reduced medication errors by over 50%. (Health Council of Canada, p.2). That is not to say that Canada lags behind all countries. In a presentation to the US Healthcare Information and Management Systems Society (HIMSS), Richard Alvarez, CEO of Canada Health Infoway, Canada has invested over 150 million dollars in electronic health records systems – dollars that were matched by provincial, regional or local health care organizations. With a much smaller population, Canada has outpaced the United States in its progress and its commitment to electronic health records and ehealth in general (HIMSS, 2006). Acceptance of the idea of electronic health records amongst health care professionals and their patients has been slow in coming but seems to be gathering momentum. One of the biggest issues that has gone a long way to being resolved is that of security and privacy of patients' electronic records. At Canada Health Infoway, risk management is fundamental to the way the organization looks at the risks involved in the use of technology and weighs them against the benefits and potential returns. In a public survey

conducted by Infoway a few years ago, 85% of those surveyed indicated that despite continuing concerns about privacy and confidentiality of their health records, they supported the idea because of the perceived benefits they would accrue through improved access to and quality and efficiency of health care. As well, a number of risk mitigation strategies have been put in place by organizations responsible for protecting health information. Jurisdictions and organizations use the usual safeguards (e.g. password protection, firewalls, audit trails, penalties for unauthorized use and the like) and some jurisdictions have contracted with "ethical hackers" who attempt to gain access and provide reports on weaknesses. (Alvarez, Fall 2006, p.2)

Lewis (2006, p.5) in his summary of the proceedings of the Beyond Good Intentions cautions that electronic health records by themselves cannot guarantee improved health care. Cultural change amongst all health systems stakeholders, including patients is mandatory and there must be education and training in the use of the electronic record. He also said that "The benefits of the HER [electronic health record] grow over time as providers in particular exploit its potential to enhance communications, improve safety and quality by using decision support tools, expand the network of trusted colleagues, and generate valid performance measures and comparisons." In other words once people use the electronic health record, they will never go back to the old way of doing things.

The proceedings for "Beyond Good Intentions: Accelerating the Electronic Health Record in Canada" can be found on both the Canada Health Infoway website [www.infoway.ca](http://www.infoway.ca) and the site of the Health Council of Canada [www.healthcouncilcanada.ca](http://www.healthcouncilcanada.ca)

The interview with Steven Lewis was found at [www.info-hcc-ccs.ca/20060706/story5.html](http://www.info-hcc-ccs.ca/20060706/story5.html) and the editorial by Richard Alvarez at [www.infoway.ca](http://www.infoway.ca) and the excerpt from his presentation to HIMSS at <http://ihealthbeat.org>. The Health Canada website [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) provided the definition and explanation about ehealth.



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Photo by Tessa MacIntosh

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Careers that Make a Difference

## Fix health and stress, and happiness will follow

Ask most people what they really want in life, and they'll probably say: "To be happy." They may not be sure what this means, but they do know that feeling stressed and anxious isn't part of happiness.

After some thought, many people realize that being healthy is also part of happiness – as philosopher Arthur Schopenhauer put it: "With health, everything is a source of pleasure; without it, nothing else... is enjoyable."

Are happiness, stress and health related? Examine a "healthy" person and a happy one, and you'll find they're doing things that both reduce excessive stress and make the body last longer.

The trio of health, happiness and the ability to control stress are influenced by our genes, by our environment, our income and by early life events. But we can still make choices of thought, attitude and action that can bring us more of all three.

### Health

Health is more than just not being sick. One good definition is: A state of physical, emotional and spiritual development that enables us to not only survive but thrive on the problems of life – and that is continuously evolving to respond to new challenges.

How could you imagine "total health?" Try picturing a wheel made up of all the ingredients for a healthy life. The wheel has 12 spokes (or segments like pieces of pie). It will carry you over the bumps and potholes (the stresses and dangers) on the road of

life – and hopefully help you avoid or postpone many diseases.

The longer each spoke, the bigger the wheel and the better it rides over the bumps and holes. The more equal the spokes, the smoother, safer and longer will be your ride.

These are the 12 spokes of the wheel – what you could call the 12 Keys to Ultimate Health:

1. Diet (balanced) and sleep (enough).
2. Physical fitness – exercise.
3. Relaxation and regular breaks.
4. Rational thinking and mental attitudes – flexibility, humour and altruism.
5. Relationships and sexuality.
6. Communication – listening, assertiveness, dealing with difficult people.
7. Time management – balancing work, self, family and community – and having a purpose.
8. Money – understanding, balancing the books, avoiding debt.
9. Dealing with painful emotions and feelings.
10. Beliefs (spirituality).
11. Good medical care.
12. The ability to change.

These spokes are related to each other – we'll sleep better if we exercise, and relationships thrive on good communication.

Successful change (losing weight or stopping smoking), is associated with adequate self-esteem, painful emotions such as anger that are under

control, the ability to relax, lots of support, and a purpose for living longer.

### Stress

High anxiety and low moods increase the risk of almost every illness, and when we do get sick, moods and motivation play a huge part in how well we recover. All of these 12 keys to health are also critical parts of managing life stresses effectively.

### Happiness

Happiness is partly inherited, but it is a choice as well. It can be experienced through living a life of purpose and service, having close relationships and

the ability to frequently enjoy getting "in the flow" at work, or in sports and hobbies.

By balancing and enlarging our Wheel of Life, we can choose to enjoy better health, improve our ability to cope with stress and, in the end, find greater happiness.

Dr. David Rainham is a family physician, author and speaker from Waterloo, ON. To order your copy of the 12 Keys to Ultimate Health Quiz, call 1-800-771-5776 or visit [www.optimumhealth.ca](http://www.optimumhealth.ca).



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- Mental Health
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- Neurology
- Midwifery
- Neo-natal ICU

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- Operating Theatre
- Spinal Injuries Unit
- Coronary Care Unit
- Neurosurgical / Neuroscience
- General Surgical
- Outpatient Units (radiation treatment and day therapy chemo units) and these are Monday to Friday positions
- Renal Ward
- Mental Health
- Orthopaedic
- Intensive Care
- Neo-natal Intensive Care
- Cardiac
- Oncology Ward
- Infectious Diseases
- Geriatric Rehabilitation

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by Steven KH Aung, MD, FAAFP\*

In our human life, aging is a natural process and is inevitable and despite what is sometimes promoted by various entrepreneurs in the health care industry, it cannot be reversed. We all age, even as I am writing this brief article and you are reading it – we are all aging all the time, every second, every minute, every hour, every day, etc. That is the bad news, since nobody enjoys getting older. However, the good news is that the aging process may be delayed. It is also necessary to note that aging is not all bad. Yes, we are nearing death, but we may have achieved a lifetime of experience and wisdom which we lacked when we were younger and which we can share with others in a spirit of cooperation and coordination.

Why we age remains a mystery. Various theories have been proposed, but there is no final answer. Signs, symptoms and diseases of the aging process are well known: less mobility, hearing and eyesight degeneration, arthritis, cancer, memory loss, Alzheimer's disease – the list goes on and on. It is a depressing list of the effects of growing old. Therefore, we seek to delay this process, as health care providers, patients and even those who seek to avoid or cannot afford any type of medical or non-medical intervention.

## Biomedicine

This traditional medical system relies heavily on pharmaceuticals and surgery. There is no doubt that this is a valuable approach when applied judiciously to our aging patients. Yet, polypharmacy and unnecessary surgery must be avoided, as these only exacerbate the health problems of the aging.

## Old Age/Nursing Homes

There are so many of these structures around the world that it is almost impossible to understand their variety. Some are what we would call nice, loving places, staffed by kind and competent professionals taking good care of their elderly residents and offering them an excellent opportunity for healthy aging.

## The Family Matrix

Some people try to take care of their aging family members with an attitude of responsible loving kindness and compassion. In traditional societies this is inculcated as respect for the elders. In modern

## December Observances

This is the December calendar of annual health observances and recognition dates for healthcare. Health observances are days, weeks, or months devoted to promoting particular health concerns. This information will come in handy for community relations programs as well as employee appreciation events. Health professionals, teachers, hospital staff and community groups can use these special times to sponsor health promotion events, stimulate awareness of health risks or focus on disease prevention.

## December Observances 2006 Dates

December Observances 2006	Dates
Aplastic Anemia Awareness Week, National (always 1 to 7)	1-7
Drunk and Drugged Driving (3D) Prevention Month, National	1-31
Hand Washing Awareness Week, National (1st full week)	3-9
Safe Toys & Gifts Month	1-31
Tie One On for Safety Campaign, Red Ribbon	American Thanksgiving to Dec 31
World AIDS Day	(always Dec 1)

\* Editors note: "National" refers to the United States. However, many national observances are also applicable to Canada.

HEALTHY AGING: The Traditional  
Chinese Medical Integrative Approach

social systems such respect may be attenuated or lost, which is unfortunate. Yes, in some cases, the very frail elderly may have to be placed in appropriate old age or palliative care facilities to take care of their complex physiological needs which family and friends are apparently not able to provide on a daily basis. Some of these facilities provide the best of the best primary care, while some are not so good and seek to exploit the elderly and their families.

## A TCM Perspective

Traditional Chinese medicine (TCM) does not claim to have the perfect solution for our aging process. Everyone ages together of whatever age – physicians of whatever medical system, other health care practitioners and our dear patients of whatever social position – but TCM has always been and hopefully will remain a natural and holistic approach encompassing the following points of attention:

- Excellent diagnostics, encompassing inquiry, observation/inspection, palpation along the meridian system, auscultation and olfactory modalities.
- Assessment of Shen (a person's total vital energy— Qi—at that period of time in a patient's life).
- Proper nutrition and appropriate dietetics. There is a vast array of dietetic advice in TCM and an equally vast array of herbal medicines for specific syndromes.
- There is no standard diagnosis, just as there is no standard therapeutics. Each and every patient has to be evaluated according to their specific situation.
- Regular exercises such as Qi Gong and Tai Chi Chuan. These exercises may be conceptualized as acupuncture without needles or herbs without ingredients. Such exercises, especially breathing exercises, may be taught personally from physician to patient as well as in a classroom setting or in special retreats in certain remote or wilderness areas.
- Acupuncture. It is useful in controlling pain and balancing Qi at the superficial level of the meridians. Patients can be taught to stimulate certain acupoints (acupressure) in the interest of their own self-care.
- Nutritional and herbal modalities work more slowly from the deep level of the organ systems upward toward the superficial level.
- Massage and manipulation are often useful to balance the Qi and make the patient feel good and re-unite the superficial and deep levels of Qi circulation. TCM child massage is a vitally important and respected modality, since it helps delay the aging process throughout our life.
- Feng Shui pertains to attaining environmental harmony in basic building structures and also their situation within their environmental context.
- Please note that blood letting refers to the gentle pricking of certain acupoints to harmonize Qi flow, while bone setting refers to the proper re-positioning of bones after injury

Blood Stagnation and  
Kidney Qi/Essence Deficiency

There are so many patterns of disease and illness in the TCM system that it is almost impossible to categorize all of these syndromes in their various pathological dimensions. Disease, of course, pertains to the scientific biological factors, while illness pertains to the personal and interpersonal impact.

Blood Stagnation syndromes of the aging process generally refer to conditions where there is insufficient blood to nourish the major internal organs and their corresponding meridians. Signs and symptoms may include pale tongue coating, localized pain, blurred vision, numbness of the hands and feet, insomnia, palpitations, hemorrhage and a 'thready' weak pulse. These often relate to weakness of the Spleen and Stomach functions. Kidney Qi/Essence Deficiency syndromes of the aging process generally refer to weakness and soreness in the lower back region, weakness of the knee joints, dizziness, insomnia and a 'deep' weak pulse. These also often relate to weakness in the Urinary Bladder functions.

Of course it is required of each TCM practitioner to arrive at an appropriate specific diagnosis and specific as well as holistic treatment plan pertaining to the above general syndromes or any other related conditions affecting their aging patients. The best follow-up is also essential as time goes by.

Concluding Remarks:  
The Integrative Approach

We must certainly strive to provide the best medical health care to our elderly citizens and patients. They are the leaders of the new generations. Healthy aging is not an impossible quest. While we grow old, we can still remain physically active, mentally alert and spiritually enlightened. This depends on one's personal will to live a compassionate, competent and creative life within the context of family, friends, colleagues and the sociopolitical medical system. The optimal approach is for wise and dedicated physicians and other accredited complementary health care providers to work hand in hand, heart to heart, to enhance the health of our dear aging patients with the knowledge, skill and tools we have at our disposal. Whether relatively young or old, we are all aging, so let us stand strong together in this fateful experience.

\* Please note that this installation was previously presented at the 5th International Congress on Traditional Chinese Medicine (WFCMS), Paris, France, September 30 – October 2, 2005.



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# How To Go From Paunch Belly To Perfect Belly

by Tyron R. Piteau, B.H.K., R.K., C.H.E.K. Exercise Coach

Have you often wondered why you can't seem to get rid of the "paunch belly" that sneaked up on you when you weren't looking? You have tried everything from the ab roller to the ab lounge. You have been dieting as well and nothing seems to work. You may be suffering from leaky gut syndrome – in other words, you may be winning the war in the gym, but losing it at the dinner table.

The foods you put in your mouth can have an adverse effect on your efforts. What you eat may be pleasurable going in, but reeking havoc, possibly war, in your gut. This will undoubtedly hamper your progress in getting that physique you're looking for or eliminating that nagging back pain. Let me briefly explain to you what happens when you consume foods to which your body is intolerant. This is a little lengthy but please stay with me.

Leaky gut syndrome is a digestive condition that can be caused by food intolerance, as well as by all forms of stress, overuse of medical drugs, and eating low quality processed foods. In a leaky gut there is separation of the tight junctions between the cells of the gut wall. This allows undigested or partially digested food particles to cross the gut wall. Once in the blood, these particles become antigens which then activate the immune system. Antibodies grab hold of the antigen (undigested food particle) potentially resulting in cross-linking, creating an immune complex when antibodies hold onto multiple antigens. Eventually there is an inflammatory response with the release of histamine. This brings other immune cells to the area, such as phagocytes which can see, surround, and destroy the large size immune complex.

Normally, your first line of defense against antigens is the secretory IgA (sIgA) antibodies found in the mucus membranes lining your digestive and respiratory tracts. The sIgA antibodies protect their territory. As the number of antigens or undigested food particles try to impose upon sIgA territory, more antibodies are added. As the number antigens invading the digestive system increases, the amount of damage done trying to win the war increases. Continual eating of the offending food(s) and/or drink(s) results in more antigens arriving in your gut.<sup>1</sup>

sIgA antibodies are non-inflammatory, but they do signal for help from other immune cells, such as IgG, IgM and others, which do produce an inflammatory response. The immune system's response quickly becomes heated, much like a firefight among battling soldiers. Paradoxically, as described in the book *Enzymes, The Foundation of Life*, when the number of immune complexes entering the blood stream reaches a certain point, the immune antibody system shuts down and a reduction in the activity of key immune soldiers called macrophages and phagocytes follows. This is one of the reasons people with many kinds of food intolerance and intestinal inflammation suffer from malaise yet can't describe a specific reaction to offending foods.<sup>1</sup>

As intestinal wall leakage continues, more food antigens, chemicals, food additives, etc. make it into the portal vein, the large vein that leads from the gut to the liver. When the liver cannot process food antigens and immune complexes, some of these particles pass into general circulation. Current food intolerance theories suggest that when the immune system becomes overworked it will prioritize resources to handle the most threatening issue at

hand. When this happens, immune complexes find their way into joint tissues, organ tissues, nerve tissues and anywhere else accessible via the micro-circulatory system, where they settle causing inflammation. The result is activation of the complement system. The complement system is an enzyme system composed of killer enzymes. These enzymes seek and destroy immune complexes imbedded in tissues. Unfortunately, they aren't specific to the immune complex; they also attack the tissues they're imbedded in. The result is identical to an autoimmune disorder. In addition, capillary leakage from inflammation results in fluid retention in subcutaneous tissues, causing the appearance of cellulite!<sup>1</sup>

Prolonged activation of the complement system will produce chronic inflammation, which means chronic pain. Many patients seeking assistance from orthopedic doctors, therapists or chiropractors for unresolved chronic musculoskeletal pain are likely expressing the symptoms of food intolerance and/or chemical sensitivity concomitant with gastrointestinal disorders. Unfortunately, it's common to treat such chronic inflammatory pain with anti-inflammatory drugs or cortisone. Anti-inflammatory drugs often produce gastrointestinal inflammation as a side effect. Further inflammation increases leaky gut, which, in turn, produces additional symptoms! In addition, cortisone is an immune suppressant. Suppressing your immune defenses leaves the door wide open for opportunistic organisms to embed themselves in the crypts or folds of your intestinal tract. Here, unfriendly bacteria and parasites have a feast on the food your inflamed gut is unable to digest. You soon begin to accumulate an increasing number of food

allergy and intolerance symptoms. The symptoms are the body's cry for help.<sup>1</sup>


Now to why the paunch belly just won't go away. When pain impulses come from the small intestine, bowel or any organ of digestion, there may be some level of inhibition (weakness) and possibly pain in the corresponding region of the abdominal wall. It is important to remember food intolerances commonly cause inflammation in the gut. The greater the level of inflammation in your digestive system, the greater the likelihood that your abdominal muscles will not respond to exercise. Big problem especially since scores of people spend hours in gyms only to have distended bellies and often comparatively unattractive torsos.<sup>1</sup>

If you do not investigate possible food intolerances and address them, then you will not get the results you desire, no matter how much time you spend exercising or consuming vitamins and sports supplements. Even those who consume a small fortune in organic foods can continue to struggle with their health! When you have an inflamed gut, then just because you put it in your mouth doesn't mean it actually makes it so far as to benefit your body. In order to get results in the gym, you must first address any digestive issues.<sup>1</sup>

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The Maker's Body: Corrective Exercise and Health  
[themakersbody@gmail.com](mailto:themakersbody@gmail.com)  
604-626-2342

*1*Chak, Paul; *How to Eat, Move and Be Healthy!* Chek Institute, San Diego, CA, 2004.





## The Weeneebayko General Hospital

*located in Moose Factory, Ontario, on the southern tip of James Bay* is a fully accredited general treatment acute care facility servicing a population of 10,000 residents in the Mushkegowuk Territory.

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For a copy of the work description and further information, please contact:  
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P.O. Box 34, Moose Factory, ON P0L 1W0  
Ph: 705-658-4544 ext. 2327 Fx: 705-658-4917 Email: [della.miller@wha.on.ca](mailto:della.miller@wha.on.ca)

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Community Mental  
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The Correctional Service of Canada is currently recruiting indeterminate (full-time/part-time) Social Workers and Community Mental Health Nurses to provide clinical services for offenders with serious mental disorders at **various locations in the Prairie Region**. The objective of the Initiative is to better prepare these offenders for release into the community by providing continuity of mental health care from federal institutions to the community. Key elements of the Initiative are clinical discharge planning for offender who are preparing for release and mental health support for offenders on conditional release in the community.

**Candidates must clearly indicate how they meet the following qualifications:**

- Have a Bachelors' degree in Social Work or Diploma in Nursing
- Be registered as a Social Worker or Nurse with the registering/licensing body in the province of practice.
- Have experience providing psychiatric nursing, social work or health care case management services to adult mental health patients
- Have experience working in an interdisciplinary team setting.

**Position locations and Tenure:**  
Clinical Social Workers (Discharge Planner): Prince Albert, SK (full time); Saskatoon, SK (full time); Winnipeg, MB (part time) and Red Deer, AB (1 full time and 1 part time position)  
Clinical Social Workers (Community): Regina, SK (full time); Winnipeg, MB (full time); Calgary, AB (full time) & Edmonton, AB (full time)  
Community Mental Health Nurses: Calgary, AB (full time); Edmonton, AB (full time) & Winnipeg, MB (full time)

**Salary:** Nurse (NuCHN-3) \$61,750-\$69,731  
Clinical Social Worker (SW-SCW-01) \$56,957-\$67,535

For more information and to apply on these processes, apply on-line at the Public Service Commission Website (<http://www.jobs.gc.ca>) indicating which position and location you are applying for.


**\*Applicants are advised to review information on the Statement of Merit Criteria and Conditions of Employment for these positions.** This information is also available on the Public Service Commission Website or by calling 1-800-645-5605.

Preference will be given to Canadian Citizens. We are committed to employment equity. Proposed appointees must obtain a reliability clearance and Nurses must meet pre-employment medical standards.

**Application must be submitted by December 1, 2006.**

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Selected and edited by Jennifer (Jay) Sherwood, BScN, MEd.

Once again I am writing this column to share with you some of the many snippets of information that come our way here at HEALTHbeat. This column highlights a small sample of the information that has arrived during the last month. All of this comes from press releases, lists and other such things that are available. Apart from editing, I am passing it along to you as it comes to me. Be advised, HEALTHbeat does not endorse or otherwise support any of the products, new ideas etc.

### Did you know about these health care technology announcements?

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for further information please contact: **Nursing & Health Care Leadership/Management Distance Education Program**  
McMaster University, School of Nursing Phone: (905) 525-9140 ext. 22409 Fax: (905) 570-0667

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Separate application and admission requirements are necessary for admission to the B.Sc.N Program

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## From the Editor's Desk

# Did You Know...?

**OTTAWA** – Federal Health Minister Tony Clement has announced funding of \$8.1 million over six years to launch and maintain the NurseOne web portal, a tool of particular importance for the recruitment and retention of nurses in First Nations and Inuit communities. Minister Clement made this announcement following a meeting with the Board of Directors of the Canadian Nurses Association (CNA), in Ottawa.

**VICTORIA** – The government of British Columbia has selected Sun Microsystems, subject to conclusion of a process of due diligence and contract negotiation, to work with the Province to develop a

foundation for electronic health records that will help patients access safer, higher-quality care, provide better support for doctors, support care providers and achieve health systems integration.

**REGINA** – The introduction of an electronic scheduling system will help Saskatchewan health regions improve their use of operating room spaces in the province, allowing for cost efficiencies and better patient care.

**TORONTO** – As part of a major initiative designed to provide better access to care and reduce wait times for surgical services in Ontario, the Ontario Ministry of Health and Long-Term Care will implement McKesson's OR Benchmarks Collaborative.

**EDMONTON** – Capital Health has entered into a landmark agreement with Berlin Heart Incorporated. The Stollery Children's Hospital in Edmonton is now North America's first training and support centre for the world's first mechanical heart designed for children, and the sole Canadian centre.

**TORONTO and GREENWOOD VILLAGE, Colo.** – Quovadx, Inc. announced that the Integration Solutions Division (ISD) of the Company has entered into a partnership agreement with xwave, a division of Bell Aliant, to facilitate the real-time transfer of healthcare information between institutional Canadian healthcare organizations and primary-care physicians.

### Did you know about these new products?

**SEATTLE, WA** - K2M, Inc., the Surgeon Driven Design company, announced the launch of the MESA Spinal System at the 2006 North American Spine Society (NASS) conference in Seattle, Washington. The MESA Spinal System is a revolutionary advance in stabilization technology

See Did you know... on page 7



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### Did you know... from page 6

used in the treatment of spinal disorders. MESA will be participating in the \$850 million annual U.S. spinal stabilization market.

The MESA system is an entirely new pedicle screw technology that transmits no torque to the spine during implant locking. In addition, the new MESA screw has the lowest profile (smaller screw head) of any pedicle screw on the market today. The system comes with specially designed instruments that give the surgeon enhanced intra-operative versatility. This innovative new product, which has already been successfully utilized in 200 surgeries, has the potential to enhance patient care and significantly increase surgical control.

For more information contact: Kim Larkin [klarkin@dlarkin.com](mailto:klarkin@dlarkin.com) or go to the website [www.dlarkin.com](http://www.dlarkin.com)

**PREFERRED MEDICAL DEVICES has released a new product called "UrAssist".** This is the first device of its kind to offer a portable, non-invasive and hygienic system for going to the bathroom – and it could replace catheters and urinals for many patients.

The device is ideally suited for patients who suffer from urge or functional incontinence.

About the size and weight of a laptop computer, UrAssist can be attached to bedsides, wheelchairs and scooters. The device uses patented pump-assisted technology and a spill-free collection cup to discreetly collect and store a full day's supply of urine. It is also designed to be self-administered by patients, which gives them more freedom and privacy when going to the bathroom - while also promising to reduce the workload for health care staffs. Unlike other urinary aides such as catheters and urinals, UrAssist's non-invasive and hygienic design is expected to lower the risk of urinary tract infections, sores and rashes.

For more information contact: Michael Sias [msias@reevespr.com](mailto:msias@reevespr.com) or visit the website [www.reevespr.com](http://www.reevespr.com)



### Unlimited from front cover

successful interview to placement ratio and the tendency is that our candidates want to stay with the facility.

#### We Offer Personalized Service...

- When you work with Unlimited Nurse Search, Inc. we assign one employment specialist specifically to a candidate. This ensures that they have access to someone who has an understanding of their job needs which will affect the accuracy of our short listing certain positions for them.

#### We Help You Get The Job...

- Before each interview, each short listed person is thoroughly briefed on the facility.
- We outline the benefits offered, the duties, skills and personality requirements of the facility and why we believe they meet these requirements. This saves time during the interview and allows them to concentrate on the intangibles and other aspects such as the geographic location. In this way they can assess not only whether the job is a good match for them, but also see the whole picture.
- Thorough ground work is all done up front so that there are no unexpected surprises.

#### The Need For Urgency...

The supply of skilled healthcare professionals is becoming more and more scarce. Worldwide recruitment drives to place healthcare professionals into the USA has created a great deal of competition and even though a candidate's skills are in great demand, there is usually a second or even a third candidate on the short list as a back-up if they procrastinate in the decision making process. It is for this reason that we prompt our professionals to make a quick decision when a position is presented to them as we do not want them to lose out on an excellent opportunity.

This sense of urgency pays dividends when potential employers approach us. Their interest level remains high and speed encourages a positive attitude towards our candidates.

Unlimited Nurse Search's commitment to their clients and candidates is evident in everything they do. They constantly strive to exceed expectation. Their reputation for professionalism stems from the care taken in taking down a detailed job specification, to the interviewing and referral of candidates and the follow up process. Extreme care is taken to find the right candidate match and above all to keep both the client and the candidate informed of progress at all times.

The healthcare staffing industry, as with most other industries, has seen significant changes over the last few years. Hospitals are looking for innovation and consistency in quality service delivery. Unlimited Nurse Search's methodologies have evolved accordingly to ensure they add value to their service offerings and are fully aligned to the market changes. Unlimited Nurse Search, Inc. is dedicated to providing the highest quality of service to both the employers they serve and the professionals they place.



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