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HEALTH beat

Spring 2010
Volume 13, Issue 2

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Spring 2010 - Vol. 13, Iss. 2

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To provide healthcare professionals with job opportunities, continuing education, new products, resources, and editorials to help them succeed in their careers.

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When Canada's first ministers met in 2000 and 2003 they made a commitment to appropriate planning and management of health human resources. These ministers taking information from both the Kirby and Romanow reports (and others that went before them) took the position that Primary Health Care combined with innovative strategies for patient care and collaborative, interdisciplinary practice were part of the reforms that were needed in the health care system. Changing the way that health professionals were educated so that they could effectively practice in a way that contributed to interdisciplinary practice was necessary for reforms to happen. More specifically, promoting interprofessional education to enable collaborative patient centred practice was seen as a key to primary health care renewal and recruiting and retaining a well prepared workforce.

The idea of interdisciplinary or interprofessional collaborative practice is not new. However like many good ideas for health care delivery it has taken a long time for the focus to become a driving force behind reforms and resource planning for health care delivery. Collaborative practice is defined as being a type of practice where there is active participation by all health professionals relevant to a particular patient's care. According to Greiner and Knebel, (2003, p.2) health professionals need to be educated in a way that supports collaborative practice. In other words "All health professionals should be educated to deliver patient-centered care as members of an interdisciplinary team..." and that this kind of educational programming is not always available.

The Canadian Interprofessional Health Collaborative (CIHC) state that interprofessional education (IPE) continues to gain acceptance across Canada as one of the ways to meet the challenges of health human resource planning. Over the past 40 years post secondary educational institutions health professionals, entry and continuing education educators, and policymakers in Canada have worked together to address the issues of IPE and take the movement

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Interprofessional Education for Health Professionals: The Canadian Experience

forward. CIHC defines interprofessional education programs as those where "...students from the health professions and related disciplines learn together about the concepts of health care and the provision of health care services toward improving the effectiveness and the quality of health care." (CIHC website)

The first ideas expressed about interprofessional thought occurred at the University of British Columbia over 40 years ago. Since then the ideas have taken hold and following a 1969 paper by George Szasz (cited by CIHC) a number of experiments in the field were undertaken. Perhaps Szasz was ahead of himself with his ideas because despite many attempts to develop IPE programs sustaining them was a challenge. The barriers to IPE were not systematically identified until later years.

Following the First Ministers meeting in 2003 a Pan Canadian Health Human Resource Strategy was developed. The strategy included a component of IPE as a way to facilitate collaborative practice. Health Canada commissioned a literature review and environmental scan and supported the development of a number of research projects to explore IPE concepts. These papers were synthesized by Curran (2003). In the synthesis, both enablers and barriers to IPE were identified. "Barriers related to loss of professional and disciplinary status, curricular and scheduling challenges, and lack of familiarity and comfort with interdisciplinary education among universities and departments..." (Curran, 2003, p.11) were identified. The enablers were identified as follows:

Sound program logistics;
Balanced participation from different professional groups;
Programmatic and financial sponsorship;
Organizational support;
Critical mass of learners;
Participant compensation; and
Quality improvement paradigm. (p. 12)

As part of the IPE initiative, Health Canada funded twenty learning projects across Canada. These were designed to build evidence as a base for IPE. As well Health Canada funded complementary projects that focus on system issues related to IPE. Many of the initial projects are at or nearing completion and need to be sustained beyond Health Canada funding. To sustain support and promote IPE into the future, nine principles that led to successful IPE initiatives were identified. These principles embody such factors as diversity, resources, curriculum, timing, learning environments, organizational culture and community. (CIHI)

Interprofessional education has a history, not only in Canada but in the US and the UK. Information sharing and cooperation is common among these countries. However if IPE in Canada is to be sustained it is up to us to "...continue building the environment and resources necessary to embed it as part of the health education and health service cultures. (CIHC 2008, p.7)

For those of you who are interested in learning more about IPE, I shall refer you to the following websites:

CAIPE Centre For The Advancement Of Interprofessional Education (UK)
www.caipe.org.uk/ (for reference to the commonly cited definition of IPE), *CIHC Website*
www.cihc.ca/ (for reference to the paper by Vernon Curran from Memorial University, Newfoundland and Knowledge Transfer & Exchange in Interprofessional Education, July 2008) www.acme-assn.org/valuable_resources/IOM-ABridgeToQuality.pdf (for reference to *Health Professions Education: A Bridge to Quality Reference* edited by Ann Greiner and Elisa Knebel). Other sources and information can be gleaned from Health Canada's website www.hc-sc.gc.ca.



Proof That Exercise Does Not Work!

by Tyron Piteau

Shocked? The title either made you think, "No wonder all this exercise stuff hasn't done anything; it doesn't work" or "Great, another reason I don't need to exercise." Well before you get upset or excited, let me qualify that statement: exercise alone doesn't work. You knew there was a catch. Without dietary intervention, exercise doesn't have much of an impact on the way you look, nor how much unwanted body fat you lose even to the tune of exercising 14 hours per week! Shocking, isn't it?

The Evidence

In a research study, recently conducted at the University of Texas, approximately 100 initially sedentary individuals were separated into two groups: one to remain sedentary, and the other to begin exercising. The exercise group was given a program that amounted to about five and a half to six hours of exercise per week for 12 weeks; whereas the non-exercisers did nothing but show up for the measurement sessions. Each week, the exercise group came together for three weight training sessions and two group exercise/interval sessions. Both groups did not have their eating altered as the purpose of the study was to test the effects of exercise alone – without diet. The ultimate question was, "Without dietary intervention, can exercise alone reshape a person's body?" At the end of the 12 week study, they got their answer: "Not so much" as the researchers put it.

As surprising as that sounds, that's what was found. Without dietary control, 12 weeks of high intensity training produced a fairly disappointing 1% loss of body fat. In terms of real numbers, the exercise group lost only one pound of fat and gained two pounds of lean muscle vs. the sedentary group. Frankly, if that were me, I'd be rather disappointed. Losing only a mere one pound of fat would almost make you think, what's the use?

Just in case you think this is one isolated study, let me give you the findings from another. In 2003, Dr. Gary Homann at Lincoln University conducted a study consisting of 56 women between the ages of 14 and 17. The idea of the study was to have the women exercise for about 14 hours per week (two hours per day consisting of activities such as hiking, running, circuit training, step aerobics and basketball) while adhering to the USDA Food Guide for four to six weeks. Before and after the study, a host of measures were recorded and as would be expected: cardiovascular fitness, muscular strength and endurance, agility, and flexibility all improved. Sounds good so far doesn't it? Now that would be great if those were your goals. However, if your goals were to change the way you look, lose weight and unwanted fat, you'd be sorely disappointed. Instead of losing body weight and fat, these women, on average, gained six pounds, increased their waist circumference

See Proof That Exercise Doesn't Work Page 5



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Alberta Careers and Classifieds

by Jennifer (Jay) Sherwood, BScN, MEd.

This column highlights a sample of the information that has arrived since the last issue of HEALTHbeat. All of this comes from press releases, lists and other such things that are

available on the Internet. 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.

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- Applies knowledge, skills, judgment and competencies required for safe, independent and interdisciplinary practice by meeting nursing practice standards as outlined by CARNA and related professionals associations
- Applies NHBS values and professional practice standards to patient/client care and service
- Working knowledge of computers: word, power point, worksheets
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- Current Criminal Records Check, BCLS and ACLS certification

Please submit a resume, copy of diploma/certificate, current criminal record check, with professionals references to:

Health Director: Claudia Simpson, BScN, RN
P.O Box 476, Fort Chipewyan, Alberta TOP 1B0
Fax: 780-697-3031 Email: claudias@nunee.org

We thank all applicants but only those selected for further consideration will be contacted.

Did You Know...?

Did you know that...?

MONCTON, NB – The government of New Brunswick is investing in four new magnetic resonance imaging (MRI) scanners to be used at hospitals in Moncton, Edmundston, Bathurst and Saint John. The replacement of two older scanners and the addition of two new units represents one of the largest single purchases of diagnostic equipment in the province's history.

TORONTO, ON – A pan-Canadian initiative was announced this month that will ultimately have a major impact on patient safety by reducing preventable medication errors. Patient safety groups are seeking to bar-code medications in a standardized way.

HALIFAX, NS – Recent changes to the pharmacy regulations will broaden the ability of pharmacists to provide prescription medications to better serve Nova Scotians. Pharmacists can now refill, extend or adjust prescriptions, and prescribe certain drugs so they can be covered by patients' insurance plans.

TORONTO, ON – Health Minister Leona Aglukkaq announced the Government of Canada would contribute \$4.5 million over three years to AboutKidsHealth. The website and resource centre, created and operated by The Hospital for Sick Children (SickKids), provides parents, children and healthcare professionals with comprehensive, authoritative and accessible information on children's health.

EDMONTON, AB – To help manage the H1N1 pandemic, Alberta has been using telehealth equipment in many of its Intensive Care Units. The telehealth gear allows doctors to communicate with their peers at tertiary care centres in Edmonton and Calgary.

TORONTO, ON – Ontario is creating 19 new Family Health Teams across the province to provide better access to family healthcare. The new Family Health Teams will be established in areas of the province with high numbers of patients without family doctors.

OSHAWA, ON – Ontario's privacy commissioner has launched an investigation after a USB drive containing the personal health information of more than 83,000 people, who went to flu clinics in Durham Region just northeast of Toronto, went missing.

OTTAWA, ON – Repairs at the Chalk River nuclear reactor that produces medical isotopes are taking longer than expected, which could delay its reopening until April.

EDMONTON, AB – There is a new health minister for the province of Alberta – Gene Zwozdesky is in, and the controversial Ron Liepert is out. Liepert presided over the melding of 12 regional health boards into one super-board, which required the firing of the executives of the regional boards.

North Carolina, US - Angie Best-Boss is an award-winning women's health author and a passionate infertility consumer advocate.

Her new book *Before Your Time*, (Fireside; April 13, 2010) provides an inside view of early menopause. Every year more than two million women enter early menopause and find themselves suddenly dealing with a host of unforeseen (and little discussed) issues. In *Before Your Time*, Evelina Weidman Sterling and Angie Best-Boss provide expert advice and answer all the questions.

For more information: Jane Welch-Westgate; Westgate Communications; 336-209-9276, jwestgate@triad.rr.com

SAINT JOHN, NB – Health Minister Mary Schryer will let other health ministers across Canada know that New Brunswick has lost trust in the Canadian Blood Services. In the November/December 2009 issue of HEALTHbeat the content of the editorial explained the issues that New Brunswick has with the planned closure of the blood production facility. Schryer voted against acceptance of Canadian Blood Services (CBS) budget and corporate plan that includes the closure of the Saint John facility in favour of consolidation of services in Nova Scotia.

The province's physicians are vehemently disagreeing with the plan while CBS continues to proceed in that direction. New Brunswick is considering withdrawing its support of CBS and a bipartisan task force is examining the issue with the full cooperation of the New Brunswick Medical Society. The task force has maintained that all other options are being examined. Other options include examining the possibility of a partnership with Quebec, the only province that does not participate in CBS. Rather Quebec has its own blood service, Héma-Quebec. The report of the task force will be tabled in the legislature in early April. New Brunswick currently contributes \$25 million per year to CBS. If the partnership were to be severed, that money would go towards alternative arrangements.

HEALTHbeat
Classifieds

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Every May, nurses around the world join in a celebration of their profession. In 1985, Canada's Federal Minister of Health proclaimed National Nursing Week (NNW) as an official week. At the same time May 12 (the birthday of Florence Nightingale, the founder of modern nursing) was designated as Canada Health Day. The purpose of NNW is to increase awareness among the public, policy-makers and governments of the many contributions of nursing to the well-being of Canadians. It is also an opportunity to educate Canadians about health issues, by providing information they need to make decisions about their health, and to promote the role of the nurse. Each year a theme is selected. Past themes have focused on nurses caring for families, caring for the environment, Canadians getting in shape, caring for seniors and knowledge. In 2010 the theme for the week is: Nursing: **You Can't Live Without it!**

We at HEALTHbeat offer Canadian nurses our congratulations for a job well done and encouragement to continue to advocate for quality health care for Canadians.

Reference: Canadian Nurses' Association — www.cna-aiic.ca

Proof That Exercise Doesn't Work from page 3



The Difference Is Mainly Diet!

by 1/2 an inch, increased their hip circumference by 3/4 of an inch, and increased their body fat by over 1/2 a percentage point. Not what you'd expect after going on an exercise binge of 14 hours per week.

"But weren't they following a nutrition plan?" you may be asking. Well in fact they were. The participants were following the recommendations of the USDA Food Guide as outlined at the time of the study but to the tune of 6-11 servings of breads, cereals, and pastas per day. Connection? I think so.

The people I see don't come to me just to chat (although we do have some good conversations), but to actually change their bodies in noticeable, measurable ways. They want their clothes to fit better. They want to go from overweight to normal weight. They want to be able to walk up stairs without getting winded. They want to lower their cholesterol. But without a sound nutritional plan, this won't happen.

The Solution

Unfortunately you can't get away from it. If you want to look better, feel better, and live better, exercise ALONE just won't cut it. Now you need to exercise, don't get me wrong; but more importantly, you have to follow a sound nutritional plan of what to eat, how much to eat, and when to eat, to get any noticeable, measurable results. If not, you simply WILL NOT get the body composition results you are looking for. And as we've seen from above, you may in fact get worse!

Visit www.MakersBody.com to receive your Starter Kit to melt body fat and jump start your nutrition plan.

About the Author:

Tyron Piteau, B.H.K., is a real world fat loss expert and owner of The Maker's Body Personal Training and Boot Camp. For your FREE Rapid Fat

Loss Starter Kit including home workouts (with videos) and a nutrition jump start program as well as a FREE fitness session and consultation visit www.MakersBody.com. (604) 626-2342 or MakersBody@gmail.com.



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E-mail: employment@stamant.mb.ca



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Resources

These are May, June and July 2010 calendars 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.

The year long 2010 calendar specific to Canada can be obtained from www.charityvillage.com. The months of May, June and July have reproduced from the website.

May - Month Long Observances

- Asian Heritage Month; National; Vancouver

- Asian Heritage Month Society
- National Asthma Awareness Month ; National; Asthma Society of Canada
- Speech and Hearing Awareness Month; North America; Canadian Association of Speech-Language Pathologists and Audiologists
- Blood Pressure Month; National; Heart and Stroke Foundation of Canada
- Car Care Month; National; Automotive Industries Association of Canada
- Celiac Awareness Month; National; Health Canada
- Cerebral Palsy Awareness Month; Alberta; Cerebral Palsy Association in Alberta
- Community Living Month; Ontario; Ontario Association for Community Living
- Cystic Fibrosis Awareness Month; National;

- Canadian Cystic Fibrosis Foundation
- International Doula Month; International; Canadian Doula Association
- Hemochromatosis Awareness Month; National; Canadian Hemochromatosis Society
- Huntington Disease Awareness Month; National; Huntington Society of Canada
- LEAVE A LEGACY™ Month; National; LEAVE A LEGACY™ Canada
- MedicAlert Month; National; Canadian MedicAlert Foundation
- MS Awareness Month; National; Multiple Sclerosis Society of Canada
- Museum Month; Ontario; Ontario Museum Association
- National Physiotherapy Month (April 24-May 24); National; Canadian Physiotherapy Assoc.

- Red Shield Month; National; Salvation Army
- Sexual Abuse/Assault Prevention Month; Ontario; Ontario Women's Directorate
- Neurofibromatosis Awareness Month; National; NF Canada

May - Week Long Observances

1st Week

- Allergy Awareness Week; National; Allergy Foundation of Canada
- Education Week (April 28 - May 2); Ontario; Ministry of Training, Colleges and Universities
- Emergency Preparedness Week; National; Emergency Preparedness Canada
- Hospice Palliative Care Week; National; Canadian Hospice Palliative Care Association
- International Youth Week; International; International Youth Week

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- National Composting Awareness Week; National; Composting Council of Canada
 - Spinal Health Week; National; Ontario Chiropractic Association
 - National Mental Health Week; National; Canadian Mental Health Association
 - National Kids Day; National; Kids Help Phone
- 2nd Week**
- Esophageal Cancer Awareness Week; Ontario; Canadian Cancer Society, Ontario Division
 - Family Caregiver Week; British Columbia; Family Caregivers' Network Society
 - Juvenile Arthritis Awareness Week; Alberta and NWT; Arthritis Society
 - National Nursing Week; National; Canadian Nurses Association
 - National Police Week; National; RCMP
 - North American Occupational Health and Safety Week; North America; Canadian Society of Safety Engineering
- 3rd Week**
- Safe Boating Week; National; Canadian Safe Boating Council
 - National Road Safety Week; National; Canada Safety Council
 - National VON (Victorian Order of Nurses) Week; National; VON Canada
- 4th Week**
- National Access Awareness Week; National;
 - National Sun Awareness Week; National; Canadian Dermatology Association
 - National Water Safety Week; National; Canadian Red Cross Society
- May - Single Day Observances**
- May 3rd - World Press Freedom Day; International; UN
 - May 6th - World Asthma Day; International; Asthma Society of Canada
 - May 5-10th - National Astronomy Week; National; Royal Astronomical Society of Canada
 - May 8th - International Thalassemia Day; International; Thalassemia Foundation of Canada, Hemoglobin
 - May 8th - World Red Cross Day; National; Canadian Red Cross Society
 - May 10th - National Astronomy Day; National; Royal Astronomical Society of Canada
 - May 10th - World Lupus Day; International; Lupus Canada
 - May 12th - International Fibromyalgia Awareness Day; International; Ontario Fibromyalgia Association
 - May 12th - Canada Health Day; National; Canadian Public Health Association
 - May 12th - International Nurses Day; International; Canadian Nurses Association
 - May 15th - International Day of Families; International; UN
 - May 17th - International Day Against Homophobia; International; Foundation Emergence
 - May 18th - International Museums Day; International; Canadian Museums Association
 - May 21st - World Day for Cultural Development; International; UNESCO Canada
 - May 22-25th - Aboriginal Awareness Week; National; Indian & Northern Affairs Canada(INAC)

- May 25th - National Missing Children's Day; National; Missing Children Society of Canada
 - May 28th - National Multiple Births Awareness Day; National; Multiple Births Canada
 - May 29th - Active Healthy Kids Day; National; Active Healthy Kids Canada
 - May 31th - World No-Tobacco Day; International; UN
- June - Month Long Observances**
- ALS Awareness Month: National; ALS Society of Canada
 - Brain Injury Awareness Month: Ontario and Alberta; Brain Injury Association of Canada, Southern Alberta Brain Injury Society
 - Deaf-Blind Awareness Month: Ontario; Canadian Helen Keller Centre
 - National Spina Bifida and Hydrocephalus Awareness Month; National; National Spina Bifida and Hydrocephalus Association of Canada
 - Recreation and Parks Month; Provincial; ON
 - Seniors' Month; Ontario; Ontario Seniors' Secretariat
 - Thyroid Awareness Month; National; Thy'vors, the Canadian Thyroid Cancer Support Group
- June - Week Long Observances**
- 1st Week - National Tourism Week; National; Tourism Industry Association of Canada
- June - Single Day Observances**
- 1st Saturday in June - National Big Sisters Day; National; Big Brothers Big Sisters of Canada
 - June 3-9th - Canadian Environment Week; National; Environment Canada
 - June 4th - Clean Air Day; National; Canadian Urban Transit Association
 - June 5th - World Environment Day; International; UN
 - June 8-14th - Rivers to Oceans Week; National; Canadian Wildlife Federation
 - June 8th - Rick Hansen Wheels In Motion Day; BC; Rick Hansen Man in Motion Foundation
 - June 14th - World Blood Donor Day; International; World Health Organization (WHO)
 - June 20th - World Refugee Day; International; UN
 - June 21st - ALS/MND Global Awareness Day; National; ALS Society of Canada
 - June 21st - National Aboriginal Day; National; Indian and Northern Affairs Canada
 - June 27th - Canadian Multiculturalism Day; National; Canadian Heritage
 - June 29th - World Industrial Design Day; International; International Council of Societies of Industrial Design
- July Observances**
- July 1st - Canada Day; National; Canadian Heritage
 - July 11th - World Population Day; International; UN
 - 3rd Saturday in July - Parks Day; National; Canadian Parks Council
 - 3rd Week of July - National Drowning Prevention Week; National; Lifesaving Society





The Association of Professional Engineers, Geologists and Geophysicists of Alberta






APEGGA 5th Annual International Mentoring Conference

**MENTORING:
A GLOBAL PERSPECTIVE**

**October 7 - 8, 2010
Delta Calgary Airport Hotel**

Keynote Speakers:

David Clutterbuck, Ph.D.	Tuulikki Juusela, M.Sc.	Dr. Belle Rose Ragins
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