



Melissa Minutes

By **Melissa McCallum**
GHHN Director

As summer draws to a close, I wanted to take a moment to reflect on the journey we've been on and to acknowledge the challenges we're facing together. The recent months have been particularly demanding, with health issues in our community placing significant stress on so many. It's been a tough period, and I want to be honest about the difficulties we're encountering across sectors in so many areas. The complexity of the problems we're addressing requires more than just our individual efforts—it necessitates a collaborative and integrated approach. As we move forward, our success hinges on the strength of our partnerships and our ability to work together in new and innovative ways.

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GHHN Blogs

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Engage GHHN

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Melissa Minutes

Continued

There is also great news that needs to be highlighted. September marks the 12th women's homeless drop-in day clinics and these "days" have grown each time with the integration of even more partners, peers and community providers. GHHN primary care investments from earlier this year are already in action, providing over 1200 people with a comprehensive medical home and new wellness hubs are about to start to keep people aging in place! We hope you enjoy the newsletter and partnership meeting this month. As always thank you for your continued dedication.

Welcome Dr. Mohamad Alshurafa

We are excited to share that Dr. Mohamad Alshurafa will be joining the GHHN as the Primary Care Integrated Clinical Pathway Lead.

Dr. Mohamad Alshurafa is a family physician and board member of the Hamilton Family Health Team. Dr. Alshurafa has practiced internationally in Australia and in Canada, including in rural and urban settings and within varying practice settings. He has over 10 years of leadership experience in the healthcare sector including in family practice digital health, and family health organizations. He serves in the UpToDate (CFPC) planning board and is an Assistant Clinical Professor at McMaster University and the University of Toronto.

He has worked with the Ministry of Health and Long-Term Care (MOHLTC) and understands the funder perspective and funding models. Most recently Dr. Alshurafa was the HFHT's Digital Health Ambassador and in that role he represented the HFHT at various planning tables.



Ethics Corner

Winifred Badaiki, Clinical and Organizational Ethicist & Shannon Buckley, Ethics Fellow Hamilton Health Sciences

Membership to the Regional Ethics Network has its benefits!

What is ethics and why should your organization nurture an ethical culture?

Ethics is about what is good and right, and the reasons we give for the choices and decisions we make. Ethics addresses the question, "What ought I to do in this situation, and why?" An ethical culture promotes reflective practice, which helps ensure 'good' or 'right' choices and decisions are made in the delivery of health care. An ethical culture promotes accountability, transparency and integrity.

If you are asking yourself what ought I to do in this situation, then you are probably dealing with an ethical issue. If something about the situation leaves you feeling unsettled and uncertain (the Yuck! factor), then you might be facing an ethical issue.

Ethical issues often fall into one of these categories:

- Ethical dilemma – when there are two (or more) ethically defensible courses of action, and there are differing opinions regarding how best to proceed.
- Ethical uncertainty – when you are not sure which ethical principles are applicable in a situation or you are unsure if the situation presents an ethical problem at all.
- Moral/ethical distress – when you are unable to carry out what you believe is the ethically right course of action.
- Ethical violation – when an action that appears to be ethically wrong is being proposed or carried out.

The GHHN [Ethics Alliance for Community Service Providers](#) is in a period of renewal and a major step is to solicit volunteers interested in serving as steering committee members. Any community based health or social service organization may join. As a member of the Ethics Alliance Steering Committee, you will have the opportunity to access resources to support your staff through ethics issues. Other benefits include:

- Shaping the scope and purpose of the Ethics Alliance
- Develop a capacity building plan for the coming years
- Conducting a needs assessment to inventory common ethics issues experienced in health and community services
- Developing an ethics policy and framework suitable for health and community services across the GHHN
- Identify ethics education needs and opportunities

Membership has its benefits! See the Regional Ethics Network [website](#) for more information or contact us at officeofethics@hhsc.ca.

If you are interesting in becoming an Ethics Alliance member, please complete this brief survey: <https://www.surveymonkey.com/r/BP9TD BF>.





Older Adult and Caregiver Health Drop-In Day

Cayuga - October 1, 2024

Celebrating National Senior's Day!

A FREE event to provide health and wellness services to older adults, seniors, and their caregivers in Haldimand.

What to expect:

- Explore referrals to supports
- Speak with more than twenty local health providers
- Learn about a variety of health-related topics
- Receive healthcare services like blood pressure checks, cancer screening, strength and balance assessments... and more!

When:

October 1st, 2024 10:30am - 4:30pm

Where:

Cayuga Kinsmen Hall 15 Thorburn St. S, Cayuga
Accessible Location

Presentations from:

- 10:30am: Top 10 Health and Quality of Life Issues for Older Adults Haldimand Family Health Team
- 11:30am: Dementia-Friendly Communities Dementia Empowerment Network
- 12:30pm: Sit to be Fit Alzheimer Society
- 1:30pm: Avoiding Common Scams Victim Services
- 2:30pm: Keeping the Caregiver Well Young Caregivers Association, Senior Support Services, & Alzheimer Society
- 3:30pm: Review of Services Seniors Support Services

Free refreshments provided.

Childminding available on site.



Marijke Jurriaans

GHHN Manager, Environmental Sustainability

In our quest to reduce the negative impacts of the healthcare system on planetary health – and consequentially, human health – it can often feel daunting knowing where to start. The good thing is, that no matter where or how you start, you've started.

If you're struggling though, consider the basic principles of sustainability: reduce, reuse, recycle, and refuse. In this blog post, we're going to dive into the first principle, reduce. We'll look at how screening and preventative care are simple, cost effective, and low barrier practices that reduce carbon consumption while improving the health of our patients – green care is good care.

Screening and preventative health measures are foundational to a more sustainable healthcare system. By focusing on early detection and prevention, we not only improve individual health outcomes but also mitigate the need for more intensive, resource-heavy treatments later. This approach has significant environmental benefits:

1.Reducing Resource Use: Preventative care helps catch potential health issues before they require complex, resource-intensive interventions. The National Health System (NHS) in the UK has examined greenhouse gas emissions contributed by various sectors, as shown [here](#). Through this data, it is clear that preventing and managing conditions early on means fewer emergency room visits, hospital admissions, and complex treatments that not only consume more medical resources and energy (resulting in high emissions in the supply chain and delivery of care), but also result in high personal travel.

GHHN Environmental Sustainability Corner



*Green care is
good care.*

2. Lowering Waste Production: Early intervention can also reduce the amount of medical waste generated. For instance, managing a condition through lifestyle changes and regular monitoring can prevent the need for more invasive procedures, which often produce significant amounts of waste, including single-use plastics and other disposable items. By preventing such procedures, the environmental impact of medical waste is decreased.

3. Promoting Long-Term Health: Preventative measures often focus on lifestyle modifications that benefit both health and the environment. Encouraging patients to adopt healthier diets, engage in regular physical activity, and reduce high-risk activities not only improves health outcomes but also promotes more sustainable living practices. For instance, a plant-based diet can have a lower carbon footprint compared to a meat-heavy diet, benefiting both personal health and the environment.

GHHN Environmental Sustainability Corner Continued...

As we all know, healthcare providers and organizations are in a prime position to advocate for these preventative measures. By educating patients about the environmental benefits of lifestyle changes and emphasizing the importance of regular screenings, providers can foster a culture of sustainability within their community. This holistic approach not only addresses immediate human health concerns but also contributes to long-term environmental stewardship and planetary health – a win-win scenario!

Here's to a healthier community and a greener world—because caring for our planet is just as important as caring for patients!



GHHN Long-term Care Administrators and Director of Care Breakfast

The Greater Hamilton Health Network (GHHN) Long-Term Care Advisory invites you to the second Administrator and Director of Care breakfast. We recognize the important role that Administrators and Directors of Nursing/Care play within our health system and we want to hear from you. The GHHN LTC Advisory is co-chaired by Holly Odoardi, Senior Administrator and Dr Henry Siu, who will present a summary from the first meeting, lead a follow up discussion, and invite our hospital partners to listen to your feedback.

September 30, 2024 at 9am
[Ancaster Rotary Centre,](#)
[385 Jerseyville Road FREE Parking](#)

Register by Sept 16: [Register Here](#)

More information or questions Megan Lynch at megan.lynch@ghhn.ca.



GHHN Harm Reduction Month

Marijke Jurriaans, GHHN
Manager of Primary Care

Understanding Harm Reduction: A Compassionate Approach to Drug Use

Each year, the GHHN dedicates a month to harm reduction and this year we've selected September. Throughout the month, we've partnered with organizations to host a range of activities focusing on reducing stigma, increasing awareness, and providing evidence-based information. This year, amidst a rise in community concern and fear towards harm reduction services and those who use them, we've decided to focus on the basics: what is harm reduction and why is it important? Let's dive in!

Harm reduction refers to policies, programs and practices that aim to minimize the negative health, social and legal impacts associated with drug use, drug policies and drug laws. It is a health strategy aimed at minimizing the negative effects of drug use while acknowledging that drug use occurs. Harm reduction is grounded in justice and human rights. It focuses on positive change and on working with people without judgement, coercion, discrimination, or requiring that people stop using drugs as a precondition of support. Unlike abstinence-based approaches, which focus solely on quitting drug use, harm reduction seeks to improve the health and well-being of individuals who use substances by offering practical support and safer alternatives. Harm reduction includes elements such as:

- Consumption and treatment services (CTS): facilities offering safe and hygienic environments where individuals can consume pre-obtained drugs under supervision of trained staff.

- Evidence has demonstrated that CTS sites reduce the risk of overdose and infections. In light of recent announcements resulting in the closure of Urban Core Community Health Centre's CTS, virtual supervised consumption sites will play an even more important role. Two free and low-barrier virtual options are [Brave](#), an overdose detection app, and [NORS](#), a phone/text line.
- Needle and syringe programs: programs providing clean injection equipment to prevent the spread of diseases like HIV and hepatitis.
- Access to naloxone: a life saving medication that can reverse opioid overdoses.
- Education and Awareness: Harm reduction also encompasses education on safer drug use practices, access to addiction treatment, and wrap-around services that address the social determinants of health.

Addiction care is a spectrum, and harm reduction is a vital part of that continuum. It complements other approaches, including abstinence-based treatment and various forms of addiction treatment. While abstinence focuses on complete cessation of substance use, harm reduction meets individuals where they are, providing support and resources that can lead to safer practices and better outcomes. This spectrum of care ensures that individuals receive the most appropriate and effective support based on their unique needs and circumstances. Harm reduction approaches recognize the complexities of drug use and aims to reduce harm associated with it, ultimately improving public health and safety. By meeting individuals where they are, harm reduction fosters a more compassionate and effective response to substance use.



ConnectMyHealth

Reminder

ConnectMyHealth is a digital health tool that provides you with an online, single access channel to view your health records from many healthcare facilities in Ontario. If you would like to learn more about the portal and register for an account, visit [ConnectMyHealth](#).



Canadian Mental Health Association - Brant Haldimand Norfolk Welcomes Lynn Hinds as New Executive Director

Brantford, July 30, 2024 - The Canadian Mental Health Association - Brant Haldimand Norfolk (CMHA-BHN) is pleased to announce the appointment of Lynn Hinds as its new Executive Director, effective August 6, 2024.

Hinds has a solid background in leadership within the health and community service sectors. She served as Vice President of Health Equity and Priority Populations with Ontario Health where her portfolio included Mental Health and Addictions. Prior to this, she served as Director, Planning and Integration, with the Southwest Local Health Integration Network (LHIN), as well as District Executive Director of Community Support Services and External Relations with VON Canada.

Please join us in welcoming Lynn Hinds to the CMHA-BHN community as she starts her tenure as Executive Director.





Haldimand Corner

**Bill Helmeczi, Haldimand
Stakeholder Council Co-Chair**

The Haldimand Stakeholder Council paused its meeting schedule over the summer months. We will resume our meetings beginning on September 9. The pause did not extend into the work being undertaken. There were many projects undertaken and several groups developing workplans. Three examples are the efforts of the Rapid Access Addiction Medicine Clinic to develop a memorandum of understanding that will continue to support and enhance the essential services already being provided. Also, a great deal of effort has been undertaken to arrange the Adult Caregiver Day, which is scheduled for October 1 in Cayuga.

Lastly, the Lighthouse Drug and Alcohol Strategies will have struck all its pillar committees during the early part of September. All three of these projects continue to build on past efforts, community collaboration, along with understanding of emerging data. As we move from summer to fall the Haldimand Stakeholder Council will continue to identify and support the needs of the Haldimand community.

**Stay
Connected!**



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