



COMMUNITY REPORT

Volume 2 | Issue 5 | Winter 2012

Page 2 What does the future hold for patient recovery?

Page 3 When it comes to matters of the heart, St. John's Rehab teaches life lessons

Page 3 Self-help tips: Preventing Falls

Page 4 Golfers swing \$100,000 for St. John's Rehab

A single health provider from acute care to recovery St. John's Rehab, Sunnybrook work towards merger



Merging the two organizations will offer patients like John a seamless continuum of care from acute injury or illness through to rehabilitation and recovery.

St. John's Rehab Hospital and Sunnybrook Health Sciences Centre have reached agreement on a Memorandum of Understanding (MOU) that would see the two organizations merge voluntarily to become a comprehensive health care provider.

The MOU begins to outline what would become a 'one-stop-shop' for complex rehabilitation and acute care; giving people the care they need, when and where they need it.

“Merging to become a comprehensive health provider will enhance the excellence in patient care, research and education that each hospital has developed independently and collaboratively over the years.”

– Malcolm Moffat, President and CEO, St. John's Rehab Hospital

This merger is for patients like John. On the morning of July 23, 2007, John's life changed forever when an SUV swerved in front of the 24-wheel tanker truck he was driving, forcing him into a ditch along Highway 401. His truck was carrying 1.5-million litres of hot tar, which upon impact, broke free of its container and immersed the 42-year-old from head to foot in the smoldering liquid.

It took 40 firefighters, three paramedic crews and an air ambulance team two hours to free John from the wreckage. He was airlifted to



Sunnybrook's Ross Tilley Burn Centre, the largest and most specialized of its kind in Canada, where he underwent a series of life-saving surgeries to graft skin on to two-thirds of his body.

After six months at Sunnybrook and countless surgical procedures, John's life was saved and it was time to start rebuilding it. He was transferred to St. John's Rehab Hospital, home to the province's only rehabilitation program for burn patients.

John began his rehabilitation by relearning simple things he has always done: holding a pen, using a fork and eventually walking. After months of intensive inpatient rehab, he was ready to return home to his new life. Shortly after being discharged from hospital, John met Ana and they were later married. He continues to receive outpatient care at both St. John's Rehab and Sunnybrook and he has made consistent progress in his rehabilitation.

Patients like John, and the more than 1.2 million others who rely on Sunnybrook and St. John's Rehab from critical and acute illness or injury through to rehabilitation and recovery, can remain confident in their care. Through this merger, access and coordination of care will improve and one strong organization will emerge that will be there for them when it matters most.

The organizations have targeted completion of a merger by March 31, 2012. Visit www.sunnybrook.ca and www.stjohnsrehab.com for updates as the teams work through the finer details of the merger. ■

St. John's Rehab and Sunnybrook have complementary programs for patients with complex health issues such as cancer, cardiovascular disease, orthopaedic and arthritic conditions, stroke and neurological issues, and traumatic injuries including major burns. The hospitals have highly complementary organizational cultures and philosophies of patient care. We are both strongly committed to innovation through research and education to find new and better ways of caring for patients. ■

New state-of-the-art outpatient wing opens

It's the moment the St. John's Rehab community has awaited for nearly a decade. In November, we opened our brand-new, state-of-the-art *John C. and Sally Horsfall Eaton Centre for Ambulatory Care*.

The hospital now has the much-needed space to treat even more patients from throughout Ontario who need specialized rehabilitation.

“We are thrilled that our dream is now a reality,” says Malcolm Moffat, President and CEO, St. John's Rehab Hospital. “This remarkable facility makes us better equipped to help our patients recover from their injuries and illnesses, and get back to their lives and their communities.”

The new wing is part of the hospital's first major redevelopment in almost 40 years. Construction now continues with renovations of our Agnew wing to create a fifth inpatient unit. The project is scheduled to be complete in summer 2012.



The facility features a modern therapy pool, home to our Arthritis Aquatic Program.

PAGE 2 ►►

\$3-million investment for rehab discoveries

Amidst the excitement of the long-awaited opening of the *John C. and Sally Horsfall Eaton Centre for Ambulatory Care*, the new wing's namesakes announced an additional \$3-million gift to establish a Chair in Rehabilitation Research – the first in the hospital's history.



PAGE 3 ►►

►► FROM PAGE 1

New state-of-the-art outpatient wing opens

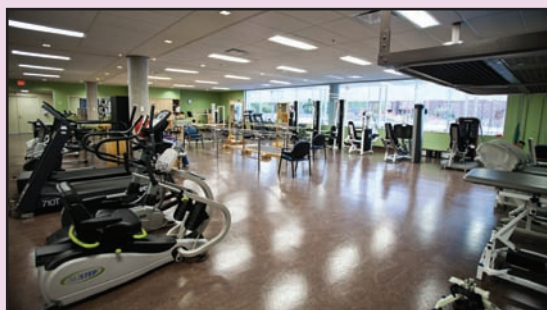
Thank you to the provincial government, who has committed \$35.7 million towards construction costs and \$1.2 million in additional yearly funding to operate the wing. We are grateful to our generous donors, including a \$5-million gift by our founders, the Sisterhood of St. John the Divine through the Ashforth Trust, and the visionary \$2-million investment by John Craig and Sally Horsfall Eaton. We also thank our Willowdale neighbours, our staff and our volunteers for your patience and cooperation throughout the construction process. ■



At our grand opening ceremony on November 3, nearly 300 patients, donors, staff, volunteers and friends, including the Honourable Deb Matthews, Minister of Health and Long-Term Care, saw for themselves how our new building will help us rebuild even more lives.

What's inside the 49,000-square-foot facility?

- Enhanced clinic space for face-masks, splinting and gait-training;
- Two Activities of Daily Living (ADL) suites, featuring a fully-functioning kitchen and bathroom;
- A comprehensive resource centre that gives patients and their families access to information about resources in the community;
- Rehab and wellness clinics and programs that are open to the community, including massage therapy, acupuncture, and our new Active Living and Pre-hab programs;
- Floor-to-ceiling windows overlooking the hospital's 25 acres of landscaped grounds and new therapy garden – a key element in the whole-person approach to care;
- A large, inviting gift shop offering a variety of items that patients and visitors need during their stay;
- Additional, accessible parking for patients and visitors. ■



Spacious treatment gyms to help our patients return to everyday activities.



A new fully-accessible main entrance for our patients, visitors and community.

What does the future hold for patient recovery?

Through our research, we understand that 30 per cent of SARS survivors still experience psychological symptoms four years after infection. We recognize that electrical injury survivors can experience long-term neurological dysfunctions, even if they look perfectly healthy. We also know that providing therapy on the weekend is helping us return more patients to improved independence.

Our rapidly aging population and greater awareness of the realities of complex chronic illnesses have made rehabilitative care a vital part of health care in Ontario. We can return people home sooner, in better health and with improved quality of life – in Toronto, in Canada, and around the world – by combining patient care with our innovative research studies.

Uncharted territory in cancer care

Cancer survivors are traditionally left with little support to cope with the physical and emotional issues resulting from cancer surgery and treatment. As home to the only oncology rehabilitation program of its kind in Ontario, our researchers are ensuring rehab will maximize these patients' outcomes through the Action to Enhance Rehabilitation in Oncology (AERO).

The two-phase study began with an 18-month review to develop a comprehensive profile of inpatients in our oncology rehab program. The review explored relationships between patients' characteristics and improvements in their physical functioning. Results show that patients made significant progress in their ability to participate in daily activities.

Our researchers are now partnering with other cancer care research centres to grow foundational knowledge in inpatient oncology rehabilitation, develop best practices, and provide a model for oncology rehab programs throughout the world.

World recognition

Recognized as leaders in rehabilitation research for the Nintendo Wii, oncology rehabilitation, and walk tests, three researchers at St. John's Rehab were among a chosen few who were invited to present at the largest world conference in physical therapy. Director of Research Dr. Manuel Gomez, research scientist Dr. Sara McEwen and physiotherapist Maria Lung represented their research teams and the hospital at the 16th International World Confederation for Physical Therapy Congress in Amsterdam, Netherlands. Our researchers are now looking at collaborating with others to improve patient care internationally.

Virtual reality

St. John's Rehab recently purchased an Interactive Rehabilitation and Exercise System (IREX), a virtual reality system that uses gesture-control technology to immerse users in a virtual gaming environment. With a \$10,000 grant, made possible by our donors through the St. John's Rehab Foundation, our researchers will study "presence" – the feeling of being in one setting when you are in another – in disabled adults using the IREX, Nintendo Wii, and Xbox Kinect. In rehabilitation, the experience of presence can help increase motivation, meaning, and potentially the retention of the performed activity.

A game fit for recovery

Video games entertain you. They can help you get fit. And now, they can help you with your injuries.

According to researchers at St. John's Rehab, the Nintendo Wii Fit can be a valuable rehab treatment option for people recovering from total knee replacement surgery.

After two years of research, they found that compared to adding an additional 15 minutes of traditional therapy two or three times a week versus time on the Wii Fit, participants progressed just as well as those who received extra physiotherapy exercise.

So, instead of just using a stationary bicycle or treadmill, patients can also tightrope walk, play golf or tennis on the Wii and work on getting back to the same level of function so they can return to work, their hobbies and daily activities.

But, don't be so quick to rule out conventional therapy, researchers say.

"Gaming systems won't replace traditional therapy," says Jennifer Shaffer, physiotherapist and researcher. "Instead we consider the Wii Fit as a fun and interactive adjunct to therapy."

And James, a 38-year-old burn survivor, would agree.

Admitted to St. John's Rehab as an outpatient after surviving a chemical explosion at work, James began working with therapists on regaining the function of his arm. Only able to use 30 per cent of his right arm, James started using the Wii Fit to help improve his range of motion.

"I laughed at first when they told me to use the Wii," says James. "But after using it for some time, I see how it's been helping me. It's definitely a lot more fun than using weights or a machine."

Now, after months of therapy and using the Wii, James is back to working three times a week.

While patients at the hospital already use the Wii as part of their customized rehab program, this is the first research on the gaming system at the hospital. Researchers hope to apply this study to burn, amputation and stroke survivors. ■



James plays golf on the Nintendo Wii Fit as part of his treatment plan to help him improve his range of motion in his right arm and shoulder.

For more information on these studies, or how you can help us advance rehab research, visit www.stjohnsrehab.com. ■

When it comes to matters of the heart, St. John's Rehab teaches life lessons

As a retired Ojibway language teacher, Gordon understands the importance of education. But, the most life-altering lessons he learned began during a fateful day at a Toronto mall.

While shopping, Gordon felt a sharp pain in his chest and back. With a family history of heart disease, one thought flashed through his mind – heart attack. Two hours later at the emergency room, Gordon learned that the trouble was worse. Not only had he suffered a heart attack, but he also had a growth on his heart that needed removal.

A week after surgery, Gordon came to St. John's Rehab Hospital. Being barely able to walk on his own without experiencing shortness of breath, he had major concerns about how to continue living alone at home. His worry lasted shorter than the 11 days he spent in our cardiac rehabilitation program.

Working with an interdisciplinary team of rehab professionals, Gordon developed a customized rehab plan to reclaim his independence. He followed a daily regimen of short walks, breathing exercise, stair-climbing, stretches and a diet program – all things he would be able to continue at home. Soon, Gordon was able to regain the strength and stamina he needed to once again dress himself, sit up and eventually walk confidently on his own.

St. John's Rehab is the only hospital in the Greater Toronto Area to offer short-term, in-hospital rehab care for people recovering



Gordon works with physiotherapist Karen Uy to measure his breathing using an incentive spirometer. Breathing exercises were part of Gordon's specialized daily therapy regimen during his stay at St. John's Rehab.

from heart surgery. The program combines intense physical and occupational therapy with cardiovascular health promotion. It was the education that Gordon appreciated most.

“St. John's Rehab taught me so much about my recovery that I never would have known on my own.”

– Gordon, patient

He learned how to prevent future heart attacks by making a few simple changes in his life. He now knows how to watch what he eats, when to exercise and when his body needs rest. Today, he uses the lessons he learned to stay active and healthy while living back at home independently and feeling confident. ■

Hospital Board elects Stephen Beatty as Chair



With a long history of involvement, Stephen Beatty is the third generation of Beatty family members to serve on the Hospital's Board as a Director and eventually Chair. He follows in the footsteps of his father and his

grandfather, who first served as a Director when the hospital opened in 1937.

“I am honoured to work with the Board and the hospital during such an exciting time of growth, as they advance in rehab research, education and build an improved continuum of care,” says Mr. Beatty. “I look forward to playing a part in building the future of rehab in Ontario.”

As Chair, Mr. Beatty will lead the Board as the hospital continues to move closer to its vision – to be at the forefront of specialized rehab care. He joined the Board in 2001 and has served as Vice-Chair for the past three years. He is currently the head of KPMG's Public/Private Advisory practice for North America and brings a wealth of healthcare knowledge.

The Board also elected Caroline Pinto as Vice-Chair. Ms. Pinto is a principal founder of Counsel Public Affairs Inc. and originally joined the Board of Directors in 2008.

The Board, management and staff of St. John's Rehab thank former Chair Joyce Bailey for her commitment and dedication and are pleased that she will remain on the Board as a Director. ■

▶▶ FROM PAGE 1

\$3-million investment for rehab discoveries

“The John and Sally Eaton Chair in Rehabilitation Research will help us attract the very best minds in rehabilitation sciences and develop meaningful care techniques that rebuild lives,” says Malcolm Moffat, President and CEO, St. John's Rehab Hospital. “Ultimately, this Chair will help us improve patient care today and in the future.”

The incumbent will be cross-appointed at the University of Toronto.

The Eatons are long-time hospital supporters and donors of our largest private-citizen gift, now totaling \$5 million to the new wing and ongoing rehabilitation research and education.

Sally Horsfall Eaton is a former patient and honorary member of the hospital's Board of Directors, with 12 years of dedicated service. She served as Board Chair from 1999 to 2002 and also as a cabinet member of the \$15-million *Rebuilding Lives* fundraising campaign.

“Sally and John have been wonderful friends to the hospital. This new gift clearly demonstrates their belief in rehabilitation science,” says Tony di Cosmo, President, St. John's Rehab Foundation.

Thank you to the Eatons for your continuing generosity and visionary contributions to rehabilitation science. ■

Self-help tips: Preventing Falls

As our age increases, so does our risk of falls. A fall can lead to broken bones, muscle damage, serious wounds and emotional scarring that can affect your quality of life. According to the Canadian Institute for Health Information, falls are a leading cause of hospitalization (more than 73,000 fall-related hospitalizations took place in Canada in 2008/2009). Half of all falls occur in the home.

The good news is that you can prevent falls with some simple actions:

- Take care of yourself: Get sleep, exercise regularly and eat regular, healthy meals to maintain strength.
- Use medication safely and follow instructions carefully.
- Take care of your feet and use comfortable, flat footwear. When dressing, sit down rather than standing on one foot.
- Use walking aids correctly and ensure they are in good condition.
- Remove clutter: Secure rugs and remove trip hazards from traffic areas. Make sure outdoor pathways are in good repair and clear of ice and snow.
- Keep objects within easy reach, such as a phone on your nightstand or hygiene items in the bathroom.
- Use grab bars in bathrooms and other assistive devices when necessary. Don't hold on to towel racks.
- Plan ahead and take things slowly. Rushing increases your risk of falling.

These self-help tips are not intended as a substitute for medical advice from a health professional. ■



St. John's Rehab offers a free Community Falls Prevention Program to eligible seniors. Our rehabilitation experts will visit clients' homes to assess the safety of their living environment, provide education on safety and preventing falls, and help manage their medication needs. For more information, admission criteria and benefits call 416-224-6948 or visit www.stjohnsrehab.com/fallsprevention.

A community of support

Golfers swing \$100,000 for St. John's Rehab

On September 12, 2011, more than 130 golfers teed off in support of St. John's Rehab at the 14th Annual Rehab Golf Classic. The tournament raised a remarkable \$100,000 toward the purchase of specialized rehab equipment and supporting our expert staff in providing the best patient care possible. Thank you to all our participants, sponsors, volunteers and supporters for making the 2011 tournament a success!

“As some of this year's golfers can attest, St. John's Rehab is the reason they're back on the green.”

– Brad Fay, sportscaster and emcee



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5K RUN

with the St. John's Rehab Team

Help us take another step towards rebuilding people's lives

Sunday, March 18, 2012



Sergeant Jamie McIntyre ran 5-km in support of St. John's Rehab after losing his left leg to an explosive device in Afghanistan.

Every March, survivors of life-changing injuries and illnesses take on the five-kilometre challenge with the St. John's Rehab team. You can help rebuild people's lives by joining hospital staff, supporters, and patients as we cross the finish line in downtown Toronto.

All funds raised go towards specialized rehabilitation equipment and to support our expert staff in continuing to provide leading patient care. For more information, visit www.stjohnsrehab.com/5k.

STEP AHEAD REHAB CLINIC

Have you experienced joint, spine or other muscle or skeletal injuries?

Our fee-for-service outpatient clinic specializes in the assessment and treatment of orthopaedic conditions and injuries, including:



- Motor vehicle collision injuries
- Work-related injuries and illnesses
- Muscle, bone and joint injuries, including whiplash, lower back pain, repetitive strain and sport-related injuries

We also offer:

- Massage Therapy
- Acupuncture
- Chiropractic
- Chiropody
- Arthritis Aquatic Program

All services are located in an accredited hospital setting. For more information or to make an appointment call 416-224-3179, go online at www.stjohnsrehab.com, or visit us at 285 Cummer Avenue.

About St. John's Rehab Hospital

St. John's Rehab is the only hospital in Ontario solely dedicated to specialized rehabilitation. Home to Ontario's only burn rehabilitation program and Canada's only organ transplant rehabilitation program, we are a leader in delivering individually customized rehabilitation care that returns people to their lives.

Our expert clinical team provides specialized treatment, education and support for people recovering from complex, life-changing illnesses and injuries, including: amputations, cancer, cardiovascular surgery, orthopaedic conditions, stroke and neurological conditions, traumatic injuries and complex medical procedures and conditions.

Located in North Toronto, we are a community affiliated teaching site of the University of Toronto and we advance rehabilitation research and discovery. With a unique focus on the whole person – body, mind and spirit – St. John's Rehab Hospital is rebuilding people's lives.

Our commitment to accessible care

St. John's Rehab is committed to providing services and programs that meet the diverse needs and unique qualities of each patient we serve. That's why the hospital has developed a statement of commitment that ensures equal opportunities for each patient to achieve their individual goals. To read our health equity statement and learn how St. John's Rehab ensures access to our programs and services, visit www.stjohnsrehab.com.

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St. John's Rehab HOSPITAL
Rebuilding people's lives

Health Care Professionals

Join a true leader, offering several unique rehabilitation programs in Ontario and Canada. We make holistic, high-quality, patient-focused care our top priority, and provide a welcoming, team-based environment where the pursuit of evidence-based practice, teaching, and research activities is promoted for all disciplines at all levels.

See yourself in the career you've always imagined. Visit our website to learn about these and other exciting opportunities, and to apply online.

IMAGINE...

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www.stjohnsrehab.com/careers

Were you inspired by the stories in our Community Report?

St. John's Rehab is your community's rehabilitation hospital. Help us reach the forefront of specialized rehabilitation care by making a donation. Visit foundation.stjohnsrehab.com or call 416-224-6945 to help us rebuild people's lives.

Learn more and let us know what you think online

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