March 12, 2015

“...a decision for me to make. I have been grateful for the opportunity to serve the people of Southern Saskatchewan in this important role.”

Lloyd Boutilier
Former Chairman of the Board, RQRHA

What’s inside

- Eating healthy nine-to-five
- Dean’s Summer Research Project
- Saving babies’ lives – 2015 Z99 Radiothon

RQRHA Board Chair resigns

After 14 of years of service as a member, and subsequent Chair of the Regina Qu’Appelle Regional Health Authority (Board), I have made the decision to step down as Chair effective February 28.

This was not an easy decision for me to make. I have been grateful for the opportunity to serve the people of southern Saskatchewan in this important role; however, I felt it was time to allow others to provide guidance, and I welcome the opportunity to use this time to focus on my many other commitments.

During my time on the Board, the Region has seen many changes in health care. We moved from a Health District to a unified Health Region, we have embraced a common goal of quality and safety in all that we do, and we have ensured that we consistently consider health care provision from our patient’s perspective by actively seeking their input in many of our improvement decisions.

I am proud that during my tenure we successfully delivered balanced budgets for most of those 14 years and I am especially proud of our success in significantly reducing surgical wait times in our Region. These successes could not have been accomplished without the dedication of our staff, Senior Leadership Team and my Board colleagues. It has been my pleasure to have helped guide our Health Authority over the years and to have worked with such a dedicated group of people. I thank each of you for your support over the years which made my term as Chair much more enjoyable and successful.

Until a new Chair is appointed, Brian Barber, as Vice Chair of Regina Qu’Appelle Health Regional Health Authority, will take on the role of Acting Chair.

Kind Regards,

Lloyd Boutilier
March is Nutrition Month. The goal of this year’s Nutrition Month campaign is to inspire Canadians to eat better at work and make positive changes for a healthier workplace. With milder weather on the horizon, why not do a little spring cleaning of your current nutrition status. It’s time to dust-off that lunch bag and sweep away those bad habits so you can eat and feel better from nine-to-five!

Eating well at work can be tough. From not having enough time for a proper meal to indulging in easily-accessible treats, it’s no wonder that 45 per cent of Canadians say that eating healthy meals and snacks while at work is challenging. Are the following challenges familiar to you? Why not try a few of the tips provided and reap the benefits of healthy eating.

**Challenge 1: Rushed mornings**
Do you have trouble making healthy breakfast choices or skip breakfast? A well planned breakfast can help you stay at a healthy weight, provide you with adequate energy for your work day and lead to better intake of nutrients.

**Tip: Prepare breakfast ahead of time**
- Freeze and reheat whole grain breakfast options. Add in a piece of fruit and yogurt, and you have a wholesome breakfast in minutes.
- Make oat, barley, quinoa, or brown rice porridge the night before and refrigerate in portions.

**Tip: Grab and go**
- Stock your house with ready-to-eat foods like fruit, yogurt cups and trail mix.
- Make a large batch of a smoothie and then pour it into a thermos right before leaving the house.

**Tip: Leftovers for breakfast**
- Heat up curried vegetables and chickpeas. Enjoy with a whole wheat pita.
- Make a whole wheat breakfast wrap or burrito from last night’s leftovers.

**Challenge 2: Meetings, events and the workplace**
Frequent celebrations, treat areas, peer pressure, and catered events are only a few of the many barriers to healthy eating found in the workplace.

**Tip:**
- Celebrate everyone’s birthday together once a month.
- Keep common areas free of treats. Try putting out healthy options instead.
- Bring your own snacks from home to avoid unhealthy temptations.

**Challenge 3: Lunch time**
Do you buy your lunch more than once a week? Do you skip lunch? Bringing lunch from home allows you to take control of the foods you eat and prevent over-eating later in the day.

**Tip:**
- Skip cafeteria or fast-food - bring your own lunch
- Suggest a healthy lunch potluck to your coworkers. Aim to have foods from all food groups.

**Challenge 4: Commuter cravings**
At the end of a busy work day, we may be more susceptible to making poor food choices. The vending machine or treats at the coffee shop seem quite appealing at this time of day. Home-made meals can improve our diet and nutrition, but there are barriers like lack of time, energy and ideas.

**Tip:**
- Always have snacks on hand, especially if your meals are more than five hours apart.

**Tip:**
- Plan your supper ahead of time. Stock-up on the right ingredients and prep the night before.
- Make healthy soup, chili or curry in a slow cooker.

Continued on Page 3
Nutrition Month Challenge

e-link is challenging all Regina Qu’Appelle Health Region employees to make their healthy eating a priority in spirit of Nutrition Month.

Will you accept?

Share with us what your department is doing to make things healthier 9-5 (or other hours, if you are a shift-worker). Send your tips, ideas and photos to elink@rqhealth.ca.

On March 26, e-link will be featuring health and nutrition tips from readers.

Join us in creating positive changes for a healthier workplace!

Tip: Try something new

- Get new meal and snack ideas from mobile apps like Cookspiration from the Dietitians of Canada.
- Share recipes with coworkers.

It’s time to make your nutrition a priority. Eating well doesn’t have to feel like work, but should happen while you work. Take advantage of this year’s Nutrition Month and improve your eating nine – five.

Submitted by: Averi Harrison, Clinical Dietitian.


Results Announced for Dean’s Summer Research Project Applicants

The University of Saskatchewan College of Medicine provides funding through the Dean’s Research Program for Phase A and B medical students to complete a 10 week summer research project. Medical students submit applications under the guidance of a physician research supervisor and the applications are rated based on the study’s design and clinical significance, as well as the background experience of the supervisor and student.

The College of Medicine received a record-breaking total of 94 applications, 28 of which were from Regina. Funding was made available for 60 studies, and local clinicians were extremely successful with 18 applications receiving funding!

Congratulations to the following 2015 Dean’s Project supervisors for successfully mentoring one or more student applications:

- Dr. Zenon Belak (Respirology)
- Dr. Jaya Bodani (Neonatology)
- Dr. Ali Cadili (Surgery)
- Dr. Senthil Damodharan (Psychiatry)
- Dr. David Kopriva (Vascular Surgery)
- Dr. Greg Kraushaar (Radiology)
- Dr. Andrea Lavoie (Cardiology)
- Dr. Kish Lyster (Emergency Medicine)
- Dr. Don McCarville (Vascular Surgery)
- Dr. Rashid Mehmood (Anesthesiology)
- Dr. Poornima Murthy (Neonatology)
- Dr. Bonnie Richardson (Nephrology)
- Dr. Juliet Soper (Pediatrics)
- Dr. Alexander Wong (Infectious Diseases)

The Health Region looks forward to seeing the results of these studies at Academic Health Sciences Student Research Day in fall of this year.
Almost every piece of equipment in the Regina General Hospital Neonatal Intensive Care Unit (NICU) played a role in saving the lives of Corey and Kristina Lillejord’s triplet daughters – Kenna, Drew and Marley. With each baby weighing less than three pounds at birth, the triplets spent 45 days in the NICU.

The Lillejord triplets are just three of the 600 babies each year who need the NICU, which has been caring for at-risk and fragile newborns for 39 years. Babies born between 24 to 42 weeks gestation are admitted to the NICU for a variety of reasons ranging from premature birth, complications suffered during delivery, or because they are twins or triplets. Some babies only need to stay a few hours, while others may stay as long as four months receiving specialized care.

Due to the very specialized work the NICU does, the unit needs to have the very best equipment possible. Each year, the Hospitals of Regina Foundation, through the annual Z99 Radiothon, raises funds to purchase life-saving equipment for babies.

Join Z99’s CC, Lorie and Buzz on March 19 and 20 live from the Cornwall Centre for the 28th Z99 Radiothon in support of the NICU. Proceeds will purchase a digital X-ray machine, an advanced feeding system, telehealth equipment which enables NICU staff to assess babies in southern Saskatchewan hospitals before they arrive in Regina, and a Giraffe Isolette – an incubator that keeps babies warm, safe, and protects them from noise, drafts, infection, and unnecessary handling.

Kristina and Corey’s once fragile newborns are now healthy, strong little girls.

“We’re so grateful to the NICU for not only the amazing care they gave to our girls, but for the support and care they gave us while we were there,” said the Lillejord family. “I can’t imagine what we would have done without it.”

Listen to Z99 on March 19 and 20 to lend your support or donate online at www.hrf.sk.ca/radiothon.

New Corporate wall walk video now online


You are encouraged to attend this and other RQHR wall walks. They start at 8:15 a.m. on the first and third Tuesday of every month. Wall walk schedules are also on Lean’s website, www.rqhrlean.com/huddles.html.