



TORONTO GENERAL HOSPITAL Patient & Family Library News

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TGH Medical Imaging Department

Guest contributors: Jerry Plastino, Judith Gabrys, Shaun Dias

Who are we?

The Department of Medical Imaging at TGH is made up of a large and varied team of Technologists, Radiologists, Registered Nurses, Patient Care and Flow Coordinators, and Administrative support staff with expertise in cardiac, chest, abdominal and vascular imaging.

- The Medical Imaging department offers a wide range of services in interventional and vascular radiology, ultrasound, MRI, CT, X-Ray and Nuclear Medicine.
- Each year, we carry out about 145,000 examinations.
- The TGH Medical Imaging department works closely with the Peter Munk Cardiac Centre and is a part of the “Joint Department of Medical Imaging”, made up of Toronto General, Princess Margaret, Toronto Western, Mt. Sinai and Women’s College Hospitals.

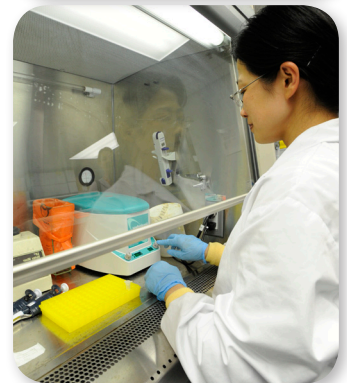
What are our services?

Support Services

On arrival to the Medical Imaging department, someone from the support services team will welcome you to the department. A detailed check is then carried out to make sure you are ready for your procedure or test.

Computed Tomography Scan (CT scan)

A computed tomography (CT) scan uses X-rays to make detailed pictures of the inside of your body. During the



scan, you will lie on a table that is attached to the CT scanner. The CT scanner is a large doughnut-shaped machine that sends x-rays through the part of your body that needs to be tested.

General Radiography (x-ray)

General Radiography (X-Ray) is the most basic form of medical imaging. It uses x-rays to make a fixed or still picture of the body part that is being examined, such as your chest, abdomen, spine and upper or lower limbs.

Ultrasound

Ultrasound is a diagnostic test that uses high frequency sound waves to make real-time pictures. The high frequency sound waves pass through the areas in your body that are being examined and the returning echoes form the pictures.

Magnetic Resonance Imaging (MRI)

Magnetic Resonance Imaging (MRI) uses a very strong magnet and radiofrequency waves to create detailed pictures of the body part that is being examined. Special safety considerations need to be taken due to the strong magnetic field.

Nuclear Medicine

A Nuclear Medicine test uses a radioactive material that can be injected into a vein, inhaled or swallowed. This test will show how your body organs are working. When the radioactive material enters your body, a special large camera is used to pick up the radiation in the organs that need to be examined. The special camera takes digital pictures of the organs being tested.

Vascular and Interventional Radiology (VIR)

Vascular and Interventional Radiology is a subspecialty of Medical Imaging. Minimally Invasive (inside your body) tests are done while using

image guidance (fluoroscopy, ultrasound, computed tomography and magnetic resonance). Most of the VIR procedures done are for therapy or treatment.

For more information about the MI department, log on to www.uhn.ca > **Clinics & Services > Joint Department of Medical Imaging**

For more about a MI test or procedures, log on to the UHN Patient education site: www.uhn.ca/Patients_&Visitors/health_info/topics/m/medicalimaging.asp



6 Eaton South (6ES) Cardiac Short Stay Unit: “Journey to Wellness” Patient Education Poster Project

Contributors: Sheryl Alexander (nurse manager), Nancy Brown (staff RN), Pauline Glaves (PCC), Rob Fuerte (APNE)

Two years ago, the Cardiac Short Stay Unit started a project to improve their patient and family education program.

- Patients on the cardiac short stay unit undergo cardiac interventions and are usually discharged home within 24 - 48 hours. As a result, there is less time to educate patients about lifestyle and risk factor modifications. As well, the team wanted to help their patients improve their own self-care skills once at home.
- The 6ES staff decided to create a unique patient education information system aimed at creating “teachable moments” with patients and their families. With the help of the TGH Patient and Family

Education program, the team wrote and designed a series of wall posters that offer more information about 7 modifiable cardiac risk factors: diet, exercise, stress reduction, hypertension, diabetes, smoking cessation and medications.

- The patient education posters were put up along the hallways of the unit where patients and families walk during their stay. Each poster is written and designed so that they can be easily read and understood. The posters start with the concept of, "Wellness begins with..." and goes on to ask, "what will you change", "what do you need to know to make the change" and, "who will help you along the way"? Every poster has a matching brochure, making the information portable for anyone who wishes to take it home.
- The Journey to Wellness poster project promotes healthy lifestyles that are important in preventing serious heart conditions. Though the posters are meant mostly for cardiac patients, the information is helpful for many individuals who are also interested to improve their general health.
- In the next few months, the 6ES team will evaluate if these posters have made a difference in the health and well-being of their patients. 6ES staff have already heard that many patients

and families, in and outside the unit, find them very valuable. They have become the unit's main education tools for most of the patients and their families.

The following brochures copy the information found on these posters. Pick up any, or all of these brochures in the TGH Patient & Family library today or, log on to our electronic newsletter to link directly to the brochures: www.uhn.ca/Patients_&Visitors/health_info/topics/documents/General_Information/Patient_Calendar/TGH_Library_News.pdf

- Diabetes: what you need to know
- Exercise Your Heart
- Healthy Eating
- High Blood Pressure (Hypertension)
- Smoking: it's never too late to quit
- Stress Reduction
- Understanding Your Medications



ELLICSR: Health, Wellness & Cancer Survivorship Centre

Come celebrate the third annual National Cancer Survivorship Day with us!

On June 11th, ELLICSR is hosting a full day of exciting events. This year we are honoring the late Dr. Robert Buckman by Surviving & Thriving, celebrating survivor stories through artistic expression. Dr. Buckman, a beloved member of our Cancer Survivorship team at Princess Margaret, passed away on October 9, 2011. Dr. Buckman was an inspiration to cancer survivors and their families at Princess Margaret and around the world. Come and celebrate his life and unite with other survivors while enjoying art, food and entertainment.



SAVE THE DATE

Surviving & Thriving

Celebrating survivor stories through artistic expression

Remembering Dr. Robert Buckman

Monday, June 11
11:00 am - 4:30 pm

Watch for updates at:
www.ellicsr.ca/ncsd2012

A National Cancer Survivors Day with the Princess Margaret Survivorship Program at the ELLICSR: Health, Wellness & Cancer Survivorship Centre

The Princess Margaret Hospital Foundation
making together what matters

Patient & Family Library Newsletter:

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Please forward comments, questions or submissions to lavern.gravis@uhn.on.ca

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