

News from Your Patient Library

Fall 2021

Patient Story

By a UHN patient and caregiver



Why did I decide to get the COVID-19 vaccine?

The main reason why I decided to get the COVID-19 vaccine was to protect myself, my parents, and the people around me from getting COVID-19.

I live with my parents, who suffer from heart disease and diabetes. They have been UHN patients for years. The fact that older people and those living with chronic medical conditions are more likely to experience severe, even fatal cases of COVID-19 helped me make my decision quickly.

Our lives have changed a lot since last March when the World Health Organization declared a global pandemic. Initially, I thought it was going to be over quickly. Unfortunately, we have just entered year two of this nightmare.



I am tired of it. I cannot wait for my life to get back to normal, meet my friends, attend family celebrations and social activities without fear that someone can get sick. Even though no one knows when the pandemic will be over, everyone who protects themselves from COVID-19 by getting the vaccine helps us move closer to regular life.

As the vaccine has shown to have some side effects, I was a little bit concerned about the safety of my parents, who are older and with underlying medical conditions. However, people having strong side effects are a few cases out of millions of people who have received the vaccine. We have to take things into perspective. The vaccine has proven to save lives. The only way life can return to normal is that many of us get vaccinated.

My advice to other patient who are hesitant about getting vaccinated is:

- Talk about the COVID-19 vaccine with your doctor. Do not trust everything you find on TV, radio, and social media.
- Learn all you can about the COVID-19 vaccine from reliable sources of information.
- Contact UHN Patient Library or visit COVID-19 Resources for Patients and Families at <https://bit.ly/COVID-Patient-Library>. The library staff can help you find all the health information you need.



Thursday,
September **30th**
**National Day for
Truth and
Reconciliation**

This day is for Canadians to understand, commemorate and reflect on the tragic history and ongoing legacy of residential schools, and to honour those affected. The Indigenous Health Program (IHP) at UHN will be hosting a ceremony for TeamUHN on **September 30th**. A recording of the ceremony can be viewed later at www.uhn.ca



Digital Health Week: Nov. 29-Dec. 5 2021

Digital Health Week celebrates the positive impact of digital technologies on how we use the health care system.

Digital health means using computer tools and technology to deliver and access health care services. Examples of digital health services include:

- scheduling your appointments and accessing your test results online
- having virtual medical appointments
- using mobile apps to monitor your health
- learning more about your health and wellness through apps, websites, and podcasts

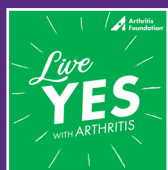
Some of the Digital Tools available at UHN:

- **myUHN Patient Portal** A secure website where UHN patients and families can see their appointments and test results as soon as they are available.
Learn more about myUHN at www.uhn.ca/PatientsFamilies/myUHN
- **Virtual Visits at UHN** In many situations, UHN patients do not need to come to the hospital to speak with their care team. They can do it remotely using a regular phone, smartphone, tablet or computer.
Learn more about Virtual Visits at https://www.uhn.ca/PatientsFamilies/Virtual_Care
- **Cancer Classes Online** Learn about cancer when you are ready. Log in anytime or anywhere and learn at your own pace. Share the classes with friends and family.
Access classes at <https://pmcancerclasses.ca/>
- **Virtual Emergency Department Visits** The UHN Emergency Departments is now offering virtual visits.
Learn more at <https://bit.ly/Virtual-Emergency-Department-Visits>
- **Instant Digital Cards** Use your mobile phone to access e-books and audiobooks in the Patient & Family Learning Centres collection at <http://uhnpatient.overdrive.com>
Go to <https://bit.ly/AccessEbooks> or scan to find out more. Use campaign codes: **uhnfall21** (September) and **uhnwinter21** (October to December) to get access.
- **Subscribe to Patient E-Newsletter** Sign up for online Patient Newsletter to get up-to-date information about our Virtual Health Talks, new resources and other opportunities for patients and families to get involved at UHN. You can unsubscribe at any time.
Go to <http://bit.ly/UHNPatientNews> or scan this QR code:



September is Arthritis Awareness Month

Check out resources on Arthritis from the Patient & Family Learning Centres:



Listen to podcast: Live Yes! with Arthritis - Arthritis Foundation

<https://www.arthritis.org/liveyes/podcast>

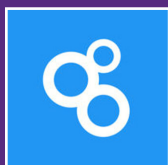
UHN Patient education brochure: How to protect your joints – for people with arthritis

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/How_to_protect_your_joints.pdf

Website: Arthritis Society

<https://arthritis.ca/>

November is Diabetes Awareness Month



Download app: bant - simplifying diabetes by University Health Network

<http://diabetes.bantapp.com/>

UHN Patient Education Brochure: Community Resources for People Living with Diabetes

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Community_Resources_for_People_Living_with_Diabetes.pdf

UHN Patient Education Brochure: Treat Your Feet: Foot care for people with diabetes

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Treat_Your_Feet_Foot_Care_for_People_with_Diabetes.pdf

Patient Education Brochures

Ask for a copy of these brochures at a Patient Library, or visit

www.uhnpatienteducation.ca to read or download a copy.

Health Literacy:
Why is it important to me?

Using the Internet to Find Information About Your Health

Using my UHN Patient Portal:
What you need to know

Is a Virtual Visit Right for Me?

Virtual Visits at UHN



Health Talk

A free online session for patients, families, staff and community members. No registration needed.

Topic: **Dementia**

Date: **Wednesday, September 29, 2021**

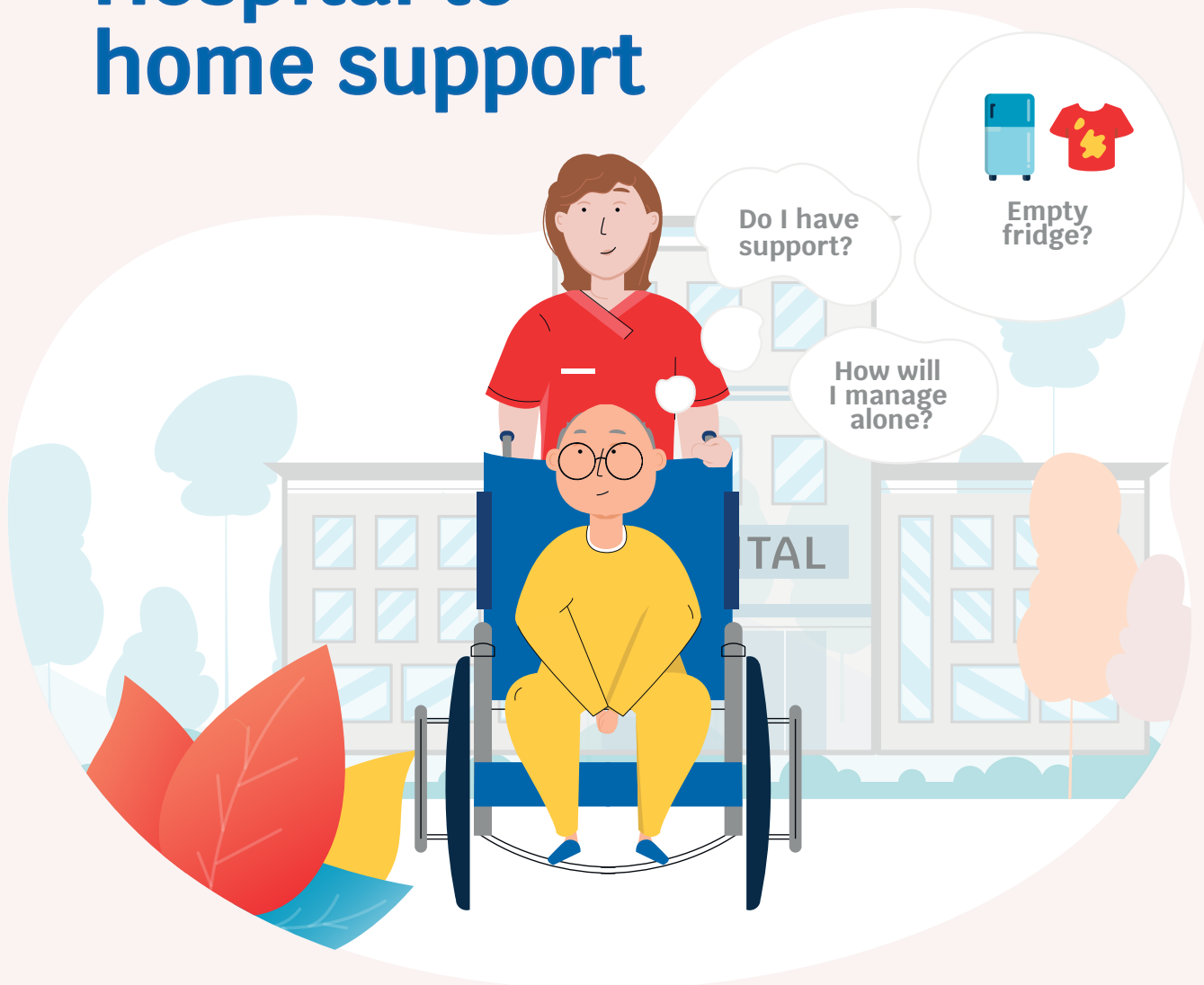
Time: **12:30 pm to 2:00 pm**

Watch the livestream or recording afterwards at this link

<https://bit.ly/UHNHealthTalk-Sept2021>

Check the flyer link (<http://bit.ly/UHNHealthTalk>) or subscribe to Patient E-Newsletter (<http://bit.ly/UHNPatientNews>) for more up-to-date information about the Health Talk.

Hospital to home support



Recovering from a hospital visit can be overwhelming for a patient and their family members. Our caregivers and registered nurses are here to help patients feel safe and supported on their journey from hospital to home.

HOSPITAL

- Admittance support
- Bedside companion
- Respite care
- Transportation home

HOME

- Visiting nurses
- Home & personal support
- Overnight assistance
- Live-in caregiver

COMMUNITY

- Grocery shopping
- Driver for errands
- Escort for medical appointments



1.844.339.8638
spectrumhealthcare.com