Hand Hygiene at UHN

What is Hand Hygiene?
Hand hygiene (or hand washing) removes dirt or kills germs that may be on your hands. At the hospital this can be done in 2 ways:
1. Using soap and running water
2. Using an alcohol-based hand rub (hand sanitizer)

When should my health care provider be performing hand hygiene?
UHN is committed to your safety. This means we are making sure that all our health care providers are washing their hands the right way and at the right times.

The 4 best times when health care providers should wash their hands are:
1. Before entering a patient’s room and caring for the patient
2. Before doing any test or procedure
3. After having contact with any body fluids
4. After caring for a patient and when leaving the patient’s room

What is UHN doing to make sure everyone is cleaning their hands?
UHN checks how often and how well our health care providers are washing their hands or using alcohol-based hand rub.

At UHN we also:
- Post the results on our units of how well we are cleaning our hands
- Teach hospital staff, patients and visitors why hand washing is so important
- Make sure that hand hygiene products are easily available for health care providers and patients in all patient care areas
- Work with all our health care providers to improve hand washing practices
What can you do to practice good hand hygiene?

Remember to clean your hands:

- When you arrive at the hospital
- Before and after leaving a patient’s room
- After using the washroom
- Before eating or drinking
- Just before leaving the hospital

Pick up brochures at any Patient & Family Learning Centre (Library):

New Patient Education Resource!
MyPathologyReport.ca

Have a question about your pathology report?
MyPathologyReport is a free educational resource designed by pathologists to help patients read and understand their pathology report.

Visit MyPathologyReport.ca to learn more.

The Gerald Kirsh Humanitarian Awards
Recognizing compassionate care at The Princess Margaret

Have you experienced amazing care as a patient or seen a loved one treated in a special way by a Princess Margaret staff member or volunteer? Why not honour them with a Gerald Kirsh Humanitarian Award nomination?

Every year at Princess Margaret Cancer Centre we recognize two staff members who have gone above and beyond for our cancer patients. We invite staff, patients and their families to nominate any current Princess Margaret Cancer Centre employee or volunteer. All nominees will be recognized at a celebratory event on October 17 at 4:00 p.m. on the 7th floor.

Please complete a nomination form at: www.thepmcf.ca/kirshawards, visit the Patient and Family Library or email us at kirshawards@thepmcf.ca for further information.

The deadline for nominations is September 10th.

Monthly Talk

“Cracked: New Light on Dementia” Film Screening

Date: Friday, July 26, 2019
Time: 1:00 – 2:30 pm
Location: Toronto Western Hospital Auditorium, West Wing, 2nd Floor 399 Bathurst Street (north of Dundas Street West)

To register, call 416 603 6475 or email Evangeline.Roldan@uhn.ca

“Cracked: new light on dementia”:

- changes our beliefs about dementia
- gives us new ways to think about dementia
- encourages us to do more to help people living with dementia

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New Programs at Wellspring –
Your Source for Cancer Support

Skills and Strategies Workshops
Wellspring’s Skills and Strategies Workshops help cancer patients and their caregivers learn tools and techniques to express themselves and develop their coping skills. Workshops use a variety of activities, such as:
• writing
• meditation
• music
• art therapy

Nourish Programs
Wellspring’s Nourish programs teach patients and their caregivers how to eat well. The programs use the latest nutrition research and are led by Registered Dietitians. Every program includes delicious recipes you can taste in class and try at home.

Nourish programs include:
• Adding Flavour to Food
• Nutrition and Breast Cancer
• Plant-based Eating
• Beans and Grains
• Super Healthy Strategies

About Wellspring
Wellspring hosts support programs led by professionals to help cancer patients and their caregivers with the emotional and physical challenges that come with a cancer diagnosis.

Wellspring has 5 different locations in Toronto and the greater Toronto area. All Wellspring programs are free and you do not need a referral. Visit www.wellspring.ca to learn more about Wellspring’s programs.

Contact us
Our Patient and Family Learning Centres and Libraries are located in the lobbies of the following UHN sites. Visit or contact us to learn more about our information and services.

Princess Margaret
416 946 4501 ext. 5383
patienteducation@uhn.ca

Toronto General
416 340 4800 ext. 5951
tgpen@uhn.ca

Toronto Western
416 603 6277
twpfl@uhn.ca

Need help finding good quality Health & Wellness apps?
We have a list of free health and wellness apps for your phone or tablet.

Health Information Specialists have reviewed and selected the best free apps to help you:
• keep track of your symptoms
• track your recovery
• stay or get fit
• find reliable health information

The list is available at any UHN Patient and Family Learning Centre and Library. You can also find the list online:
1. Go to www.uhn.ca
2. Search for “health and wellness apps”
Spectrum Health Care offers a range of customized services to help you at every step of your recovery.

▷ Patient Transportation
  - Wheelchair and stretcher transportation to and from the hospital
  - Transportation to rehab, medical imaging and other care facilities
  - Dialysis transfers

▷ Home Health Care
  - Personal support workers to help with recovery at home
  - Post-surgery and wound care nursing services
  - Escorts to medical appointments and errands
  - In-home foot care

▷ Senior Care
  - Hospital bedside companion
  - Friendly drop-in visits at home
  - Live-in assistance and overnight services
  - Driver assistance for appointments & errands
  - House cleaning