Digital Health Week
November 11 – 17, 2019

Digital Health Week celebrates the positive impact digital health has on the health system.

What is digital health?
Digital health means using computer tools and technology to deliver health care services to improve health.

Why is digital health important?
Digital health helps people:
• manage their health and wellness,
• access their personal health information,
• connect with their health care providers and other patients.

What digital health tools are available at UHN?
1. myUHN Patient Portal is a secure website where UHN patients and families can see their appointments and lab results as soon as they are available. www.uhn.ca/PatientsFamilies/myUHN

2. The Virtual Patient Focus Group lets UHN patients and families give feedback about UHN projects through online surveys.

3. UHN Health Information pages provide reliable health information on a variety of health topics.

Empowering My Fellow Patients
One Toque at a Time
By Andrew Taylor

Wednesday September 21, 2011 started out like any other day for me, but ended as I never would have imagined. One moment, I was working out at the gym, and the next I woke up in a hospital emergency room. After a CT scan and MRI, the emergency room doctor told me that I had a brain tumour the size of an orange.

Without warning or a chance to prepare myself, that diagnosis drastically changed my normal life. I was a 41 year-old husband, father of two young boys and a successful energy lawyer who instantly became a cancer patient. My new life would entail brain surgery, chemotherapy, radiation therapy, regular MRIs and doctors’ visits. I was scared and felt helpless. Unfortunately, my story is not dissimilar from those of many other cancer patients.

After my diagnosis, a friend gave me a toque he’d had embroidered with the words “Tough S.O.B.” on the front. His intention was to empower me, which was exactly what I needed. However, wearing the toque made me uncomfortable because its message proclaimed to the world “I am a tough s.o.b.”, which wasn’t true. What I really needed was to be reminded that I was.
4. **EBooks, audiobooks and streaming videos** on variety of health topics are available to patients and families through UHN Patient & Family Learning Centres. You can also access the latest issues of the [Mayo Clinic Health Letter](https://uhnpatient.overdrive.com).

5. A list of **health and wellness mobile apps** in different languages is available online or to pick them up from the Patient and Family Learning Centres.


7. **@UHNPatientExp Twitter account** [https://twitter.com/UHNPatientExp](https://twitter.com/UHNPatientExp)

Visit Patient & Family Learning Centres to find out more about our digital resources.

**New UHN Brochures**

Pick up or ask for a print copy of these brochures at a Patient and Family Learning Centre, or visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) to read or download copy.

- Preventing Venous Thromboembolism on VTE
- What to Expect When Getting an Implant
- Medical Cannabis
- Free and Low Cost Physical Activity Programs in Toronto

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**Patient’s Corner continued**

The solution? Flipping the words backwards so only I could see the “Tough S.O.B.” logo when looking in the mirror - a reminder for my eyes only. With the words flipped backwards, the message would be cryptic to others.

Because of my cancer, I’m no longer able to practice law. However, I am able to help my fellow cancer patients who, like me, have had their lives drastically changed by a cancer diagnosis. With my wife Lynn’s help, we started a registered charity that empowers cancer patients by giving them free Tough S.O.B. toques. To date, over 1,200 patients at the Princess Margaret Cancer Centre have been empowered by our toques. This is especially meaningful given the incredible care I have received here.

If you are a patient at the Princess Margaret Cancer Centre and haven’t received your free Tough S.O.B. toque, please visit the Patient & Family Learning Centre (Library) on the 2nd floor next to the Hematology North Clinic. For more information on the program, please visit [www.toughsob.org](http://www.toughsob.org). If you want to get involved (we could use your help!), please contact me at info@toughsob.org.

Stay tough,
Andrew Taylor

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**Patient & Family Learning Centres Holiday Closure**

The Patient & Family Learning Centres will be closed from December 25, 2019 until January 1, 2020. The Libraries will be back to their regular schedule starting January 2, 2020.

We wish you safe and happy holidays!

**Contact Patient & Family Learning Centres**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
<th>Email</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Princess Margaret</strong></td>
<td>416 946 4501 ext. 5383</td>
<td><a href="mailto:patienteducation@uhn.ca">patienteducation@uhn.ca</a></td>
<td>2nd Floor, Northwest Atrium</td>
</tr>
<tr>
<td><strong>Toronto General</strong></td>
<td>416 340 4800 ext. 5951</td>
<td><a href="mailto:tgpen@uhn.ca">tgpen@uhn.ca</a></td>
<td>Level 1 of the Norman Urquhart (NU) Building</td>
</tr>
<tr>
<td><strong>Toronto Western</strong></td>
<td>416 603 6277</td>
<td><a href="mailto:twpfl@uhn.ca">twpfl@uhn.ca</a></td>
<td>1st floor of the West Wing</td>
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Staying Safe at the Hospital

Contact Precautions
Adopted from the “What You Need to Know About: Contact Precautions’ brochure by UHN Infection Prevention and Control

What are contact precautions?
Contact precautions are steps we take in the hospital to prevent spreading infections (germs) to patients, visitors and staff.

Why am I on contact precautions?
There are different reasons for using contact precautions in the hospital.

1. We use precautions when we are still trying to rule out a possible infection (such as diarrheal illness).
2. Sometimes we use precautions when we find specific germs that we test during your hospital visit.

What happens if I need contact precautions?
If you need contact precautions while you are in the hospital, we follow these safety rules:

1. You are moved to a single room. This is called isolation.
2. We put sign on the door with instructions for all staff and visitors.
3. Everyone entering your room will wear a gown and gloves. They might also need a mask or eye protection.
4. You will be asked to wash your hands regularly with soap and water.

Am I allowed to leave my room if I am on contact precautions?
You may only leave the room if a staff member from the Infection Prevention and Control team says it is safe to do so.

Can I have visitors?
Yes, you can have visitors, but they have to follow instructions on the sign posted outside your room.

Who can I contact if I have questions?
- Ask your nurse to call Infection Prevention and Control
- Email us at InfectionControlUHN@uhn.ca

Monthly Talk

Topic: Pain Management
Date: Friday, November 29, 2019
Time: 1:00 – 2:30 pm
Location: Toronto Western Hospital, Auditorium, West Wing, 2nd Floor, 399 Bathurst Street
To register, call 416 603 6475 or email Evangeline.Roldan@uhn.ca

Looking for books on pain management?
- Visit our Patient & Family Learning Centres to borrow books, audio CDs and DVDs.
- Check out our eBooks, audiobooks and streaming videos. https://uhnpatient.overdrive.com/collection/96037
Spectrum Health Care offers a range of customized services to help you at every step of your recovery.

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  - Transportation to rehab, medical imaging and other care facilities
  - Dialysis transfers

› **Home Health Care**
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  - Post-surgery and wound care nursing services
  - Escorts to medical appointments and errands
  - In-home foot care

› **Senior Care**
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  - Friendly drop-in visits at home
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