



Sunrise Health Region

Programs and Services Guide

January 2017

Mission, Values and Vision

OUR MISSION

To improve the health and well-being of individuals and communities through leadership, collaboration and the provision of high quality health services

OUR VALUES

"C" ING OUR VALUES.....

Collaboration...

We act as one united team providing the best care possible

Courage...

We act courageously in relentless pursuit of safety and excellence

Compassionate and Caring...

We listen to customers and then act and deliver services with compassion, care, and respect

Creativity...

We strive for innovation

Commitment...

We commit to integrity, honesty, and accountability

OUR VISION

Working together – for healthy people in healthy communities

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Revised: January 2017
Original: November 2007

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Regional Overview

Sunrise Health Region

Health services in Saskatchewan are delivered by 12 Regional Health Authorities. Located in east central Saskatchewan, Sunrise Health Region is responsible for the operation of 24 health care facilities and numerous local offices. The region employs more than 2,900 professional and support staff to ensure the delivery of quality care.

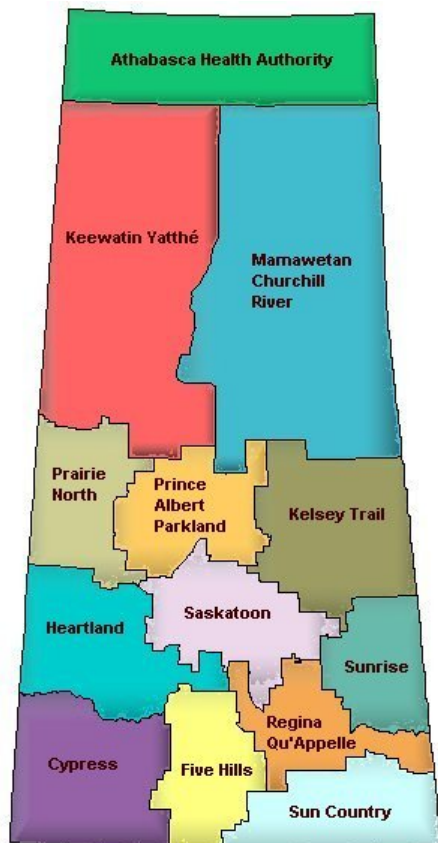
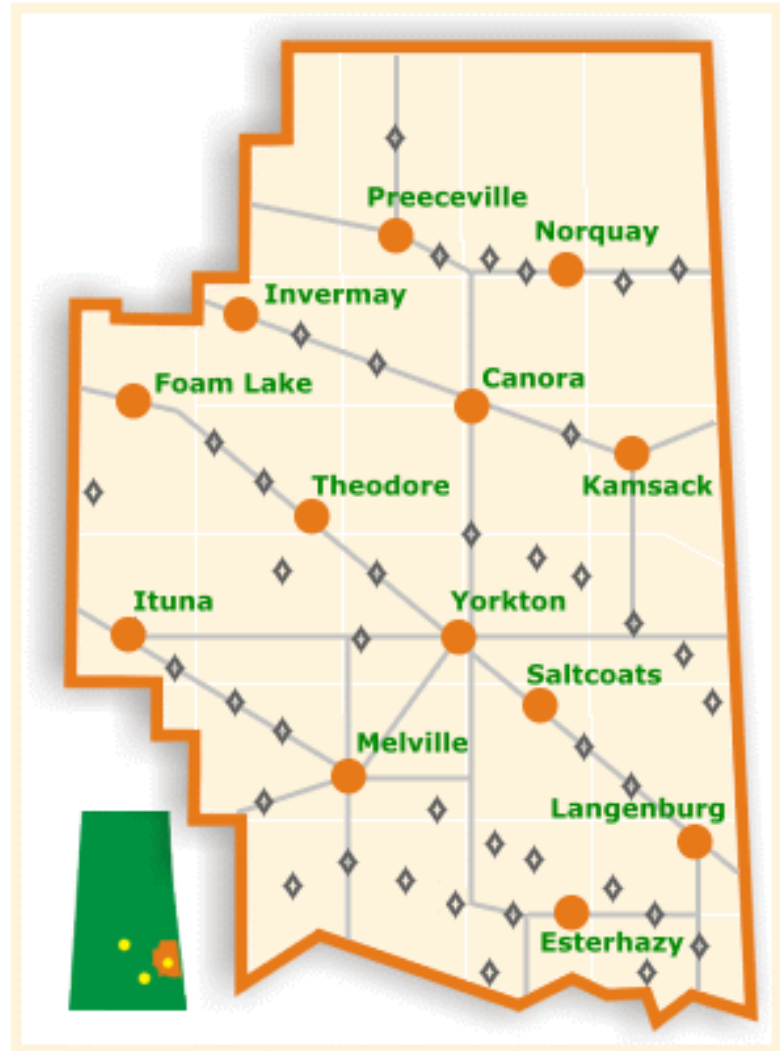
Demographics:

Total Population: 58,909

Yorkton	19,042
Melville	5,186
Esterhazy	3,155
Canora	2,635
Kamsack	2,340
Foam Lake	1,514
Langenburg	1,421
Preeceville	1,470
First Nations*	4,189
All Other**	17,957

* First Nations communities include Key, Cote and Keeseekooshe.

** Includes the remaining towns, villages, Hamlets, and Rural Municipalities that individually have populations of less than 1000 people.



Population by Age Groupings

< 19 years:	13,312 (23%)
20 – 64 years:	33,208 (56%)
65 - 74 years:	6,125 (10%)
>75 years:	6,264 (11%)

Source: Saskatchewan Health 2015 Covered Population
<http://population.health.gov.sk.ca/>

Regional Health Authority

Sunrise Health Region is governed by the Regional Health Authority Board, consisting of residents from all corners of the region appointed by the provincial government.

- Don Rae (Chairperson) of Yorkton; Businessman
- Dave Schappert (Vice-Chairperson) of Langenburg; Businessman
- Gordon Gendur of Yorkton; Retired Teacher/Principal
- Shirley Wolfe-Keller of Invermay; Social Worker
- Garth Harris of Preeceville; Mayor/Business Manager
- Deborah Schmidt of Yorkton; Century 21 Realtor
- Glen Leontowich of Ituna

All area residents are welcome to attend and observe any of the Board's regular meetings. To confirm specific locations and times, please visit our Sunrise website at: www.sunrisehealthregion@shr.sk.ca

Management Staff

The Administrative staff is led by Suann Laurent, Chief Executive Officer, who reports to the Sunrise Health Region Board. Suann oversees and guides the 5 Vice Presidents; each responsible for a specific area of health care delivery and operations.

- **Chief Executive Officer** - Suann Laurent
 - Board and Public Relations
 - Quality Improvement
 - Saskatchewan Healthcare Management System
- **Vice President of Integrated Health Services** – Roberta Wiwcharuk
 - Acute Care
 - Diagnostics
 - Dialysis
 - Emergency
 - Emergency Medical Services
 - Emergency Preparedness
 - First Responders
 - Infection Prevention and Control
 - Long Term Care
 - Oncology
 - Pharmacy
 - Professional Practice
 - Respiratory Therapy
- **Vice President of Medical Services / Senior Medical Officer** - Dr. Phillip Fourie
 - Clinical Practice Guidelines
 - Deputy Senior Medical Officers
 - Medical Administration
 - Physician Credentialing
 - Physician Engagement
 - Physician Recruitment
 - Physician Retention
 - Practitioner Advisory Committee
 - Regional Locum Program
- **Vice President of Integrated Primary Health Services** – Sandy Tokaruk
 - Acquired Brain Injury
 - Addictions
 - Autism
 - Children's Therapy Program
 - Harm Reduction
 - Health Promotion
 - Home Care
 - Intersectoral Committees
 - Medical Health Officer
 - Medical Social Work
 - Mental Health
 - Primary Health Care
 - Public Health
 - Stroke
 - Therapies
- **Vice President of Corporate Services** - Lorelei Stusek
 - Budget Preparation
 - Building Services
 - Capital Infrastructure/Planning
 - Capital Planning
 - Enterprise Risk Management
 - Environmental Services
 - Financial Planning
 - Financial Reporting
 - Food, Nutrition & Dietician Services
 - Health Information Systems
 - Information Management
 - Information Technology
 - Internal/External Audit
 - Materials Management
 - Medical Device Reprocessing
 - Privacy
 - Purchasing
 - Receivables & Payables
 - Supply Chain & Logistics

Regional Overview

- **Vice President of Strategy & Partnerships** - Christina Denysek
 - Accreditation
 - Continuous Improvement Promotion
 - Ethics
 - Human Resources
 - Library Services
 - Patient Safety
 - Payroll and Benefits
 - Representative Workforce
 - Risk Management
 - Staff Development
 - Staff Health
 - Staff Scheduling
 - Strategy Deployment
 - Telehealth
 - Volunteer Resources
 - Workplace Health & Safety

Affiliates

Sunrise Health Region has 3 faith based affiliated health care agencies. Affiliation status enables the agency to maintain its own Board of Directors and employ its management and staff. The relationship between the health region and the affiliate partner is defined by the Affiliation and Operating agreements.

St. Peter's Hospital, Melville: St. Peter's Hospital, a Catholic facility sponsored by the Saskatchewan Catholic Health Corporation, is a 30 bed acute care facility.

St. Anthony's Hospital, Esterhazy: St. Anthony's Hospital, a 14 bed acute care accredited facility, is owned by the Saskatchewan Catholic Health Corporation and managed by a local board and staff. St. Anthony's Hospital has 8 local Board Directors appointed by the Catholic Health Ministry of Saskatchewan.

St. Paul Lutheran Home, Melville: St. Paul Lutheran Home, a 128 bed long term care facility, is affiliated with the Evangelical Lutheran Church of Canada. The Home is governed by a Board of Directors who is elected by the Saskatchewan Synod of the Evangelical Lutheran Church of Canada. The Saskatchewan Synod Bishop appoints one of these directors to be the Bishop's representative. The Board of Directors appoints an administrator of the corporation to oversee the management team.

Medical Specialties

The following medical specialties are available in the region. Of the 22 specialists in the region, at the Yorkton Regional Health Centre, some are also general practitioners.

The specialties currently provided in the region, with the number of specialists for each are:

- | | | | |
|-------------------------|---|--------------------------|---|
| ○ Anaesthetics | 3 | ○ Medical Health Officer | 1 |
| ○ Psychiatry | 4 | ○ Surgery: | |
| ○ Pediatrics | 1 | ◆ General Surgery | 3 |
| ○ Obstetrics/Gynecology | 3 | ◆ Ophthalmology | 1 |
| ○ Internal Medicine | 2 | ◆ Surgical Assistant | 2 |
| ○ Radiology | 2 | | |

While most of the specialists are located in Yorkton, some are itinerant and visit our region or are available in the Stroke Clinic via Telehealth:

- | | |
|------------------------------|----|
| ○ Ear, Nose and Throat | 1 |
| ○ Nephrologists | 1 |
| ○ Vascular | 3 |
| ○ Orthopedic | 1 |
| ○ Neurologists | 4 |
| ○ Other Visiting Specialists | 10 |

Throughout the Region, family practitioners may also undertake certain specialized services depending on their training and experience. The numbers of general practitioners in each community are as follows:

- | | |
|------------------|---|
| ○ Canora | 4 (visiting service provided to Invermay and Norquay) |
| ○ Esterhazy | 4 (visiting service provided to Langenburg) |
| ○ Foam Lake | 0 |
| ○ Kamsack | 4 |
| ○ Langenburg | 1 |
| ○ Melville | 4 (Visiting service provided to Ituna) |
| ○ Preeceville | 3 |
| ○ Yorkton | 21 |
| ○ Regional Locum | 1 |

NOTE: The number of specialists and general practitioners may vary.

Health Care Facilities in the Region

Sunrise Health Region provides services at 6 hospital facilities with acute care beds, 13 long term care facilities that provide care and comfort to an aging population.

CANORA

Canora Hospital

- ◆ 16 acute care beds

Services provided within the facility:

- ◆ 24 Hour Emergency/Collaborative Emergency Centre
- ◆ Medicine
- ◆ Outpatient Services
- ◆ Laboratory/Non Invasive Cardiology
- ◆ Radiology
- ◆ Pharmacy
- ◆ Palliative Care
- ◆ Dietitian
- ◆ Child and Youth Worker
- ◆ Home Care Office
- ◆ Public Health Office
- ◆ Acute & Outpatient Therapy Services
- ◆ Consulting Services
- ◆ Primary Health Care Clinic (Nurse Practitioner & Physician Services)
- ◆ Volunteer Coordinator

Canora Gateway Lodge

- ◆ 63 long term care beds
- ◆ 1 respite bed
- ◆ Adult Day Wellness Program

ESTERHAZY

St. Anthony's Hospital

- ◆ 14 acute care beds

Services provided within the facility:

- ◆ 24 Hour Emergency
- ◆ Medicine
- ◆ Laboratory/Non Invasive Cardiology
- ◆ Radiology
- ◆ Outpatient Services
- ◆ Pastoral Care
- ◆ Palliative Care
- ◆ Social Work
- ◆ Home Care Office
- ◆ Public Health Office
- ◆ Visiting Primary Health Care/Children's Therapy/Occupational Therapy Services
- ◆ Physical Therapy Services
- ◆ Consulting Services

Centennial Special Care Home

- ◆ 52 long term care beds
- ◆ 1 respite/palliative bed
- ◆ Adult Day Wellness Program

FOAM LAKE

Foam Lake Health Centre

- ◆ Primary Health Care Clinic (Nurse Practitioner & Physician Services – Monday to Friday)
- ◆ Laboratory/X-ray services five days a week
- ◆ Home Care Office
- ◆ Public Health Office
- ◆ Visiting Services:
 - Speech Language Pathology for Children
 - Physical Therapy Services (once a week)
 - Diabetes Program (one a month)

Foam Lake Jubilee Home

- ◆ 49 long term care beds
- ◆ 1 respite bed
- ◆ 1 palliative care bed
- ◆ Adult Day Wellness Program

INVERMAY

Invermay Health Centre

- ◆ 25 long term care beds
- ◆ 1 respite/palliative bed
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ Primary Health Care Clinic (visiting physician every 2 days/month)
- ◆ Dietitian
- ◆ Phlebotomy services every week (half days on Thursdays)
- ◆ Visiting Therapy Services for residents

ITUNA

Ituna Pioneer Health Care Centre

- ◆ 36 long term care beds
- ◆ 2 respite/palliative beds
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ Outpatient Services
- ◆ Laboratory/X-ray services (5 days a week)
- ◆ Physician Clinics Monday & Wednesday
- ◆ Home Care Office
- ◆ Visiting Primary Care/Occupational Therapy Service
- ◆ Telehealth Site

KAMSACK

Kamsack Hospital and Nursing Home

- ◆ 20 acute care beds
- ◆ 61 long term care beds
- ◆ 2 respite/palliative beds
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ 24 Hour Emergency
- ◆ Medicine
- ◆ Pediatric Services
- ◆ Laboratory/Non Invasive Cardiology
- ◆ Radiology
- ◆ Outpatient Services
- ◆ Palliative Care
- ◆ Pharmacy
- ◆ Home Care Office
- ◆ Acute & Outpatient Physical and Occupational Therapy Services
- ◆ Consulting Services
- ◆ Stepping Stones Wellness Clinic

Kamsack Public Health Office

LANGENBURG

Langenburg Health Care Complex

- ◆ 45 long term care beds
- ◆ 1 respite bed
- ◆ 1 palliative bed
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ Primary Health Care Clinic (Nurse Practitioner & Physician Services)
- ◆ Laboratory Services (5 days a week)
- ◆ X-ray Services (3 days a week)
- ◆ Home Care Office
- ◆ Public Health Office
- ◆ Foot Care Clinic monthly
- ◆ Visiting Consultants
- ◆ Visiting Therapy Services – Long Term Care & Outpatient Physical Therapy Clinic
- ◆ Enriched housing (10 units); support, including emergency call system, activities and contracted housekeeping, provided by Langenburg Health Care Complex

PREECEVILLE

Preeceville & District Health Centre

- ◆ 10 acute care beds
- ◆ 38 long term care beds
- ◆ 2 respite/palliative bed
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ 24 Hour Emergency
- ◆ Medicine
- ◆ Pediatric Services
- ◆ Outpatient Services
- ◆ Laboratory/ Non Invasive Cardiology

MELVILLE

St. Peter's Hospital

- ◆ 30 acute care beds

Services provided within the facility:

- ◆ 24 Hour Emergency
- ◆ Medicine
- ◆ Endoscopy
- ◆ Chemotherapy Outreach Program
- ◆ Laboratory
- ◆ Radiology
- ◆ Outpatient Services
- ◆ Pastoral Care
- ◆ Dietitian
- ◆ Social Work
- ◆ Pharmacy
- ◆ Physical Therapy Services

Services provided within Melville & District Health Centre:

- ◆ Home Care Office
- ◆ Palliative Care
- ◆ Outpatient & Community Occupational Therapy
- ◆ Visiting Children's Therapy Services
- ◆ Public Health Office
- ◆ Saul Cohen Family Resource Centre
 - Addiction Services
 - Consulting Services

St. Paul Lutheran Home

- ◆ 128 long term care beds including a 19-bed cognitively impaired unit
- ◆ 1 respite/palliative bed
- ◆ Adult Day Wellness Program

NORQUAY

Norquay Health Centre

- ◆ 31 long term care beds
- ◆ 1 respite/palliative beds
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ Primary Health Care Clinic (Nurse Practitioner & visiting physician 2 days/month)
- ◆ Home Care Office
- ◆ Public Health Office
- ◆ Visiting physician services (2 Wednesdays per month)
- ◆ Visiting Consultants
- ◆ Laboratory/X-ray services (5 days a week)

YORKTON

Yorkton Mental Health Centre

- ◆ 15 inpatient and assessment beds
- ◆ Adult Community Services
- ◆ Child and Youth Services
- ◆ Addictions Services
- ◆ Rehabilitation/Recovery Services
- ◆ Geriatric Behavior Management/Consultation
- ◆ Psychology
- ◆ Psychiatry

PREECEVILLE (cont.)

Preeceville & District Health Centre

- ◆ Radiology
- ◆ Palliative Care
- ◆ Primary Health Care Clinic (Nurse Practitioner & Physician Services)
- ◆ Home Care Office
- ◆ Acute Care Physical Therapy Services
- ◆ Visiting Pharmacy Services
- ◆ Physical Therapy
- ◆ Outpatient Physical Therapy/Visiting Children's Therapy Services/Occupational Therapy
- ◆ Consulting Services

Preeceville Public Health & Physiotherapy Office

SALTCOATS

Lakeside Manor Care Home

- ◆ 30 long term care beds

THEODORE

Theodore Health Centre

- ◆ 19 long term care beds

Services provided within the facility:

- ◆ Nursing Services
- ◆ Home Care Office

YORKTON

Yorkton and District Nursing Home

- ◆ 211 long term care beds including a 35-bed Alzheimer's Memory Care Unit
- ◆ 16 program beds (respite, convalescent, palliative, Intensive Stroke Rehabilitation, General Rehabilitation)
- ◆ Adult Day Wellness Program

Services provided within the facility:

- ◆ Cornerstone Therapies
 - Outpatient Physical Therapy
 - Outpatient Occupational Therapy/Hand Therapy
 - Adult Speech & Language Pathology
 - Acquired Brain Injury Program
 - Stroke Rehabilitation/Program Beds Rehab
 - Geriatric Resource & Intervention Team
 - Visiting Orthotist Services (2-4 days a month)

Yorkton Regional Health Centre

- ◆ 87 acute care beds

Services provided within the facility:

- ◆ 24 Hour Emergency
- ◆ Medicine
- ◆ Obstetrics/Gynecology
- ◆ Pediatrics
- ◆ Hemodialysis
- ◆ Intensive Care Unit
- ◆ Operating Room Services including:
 - Anaesthesia
 - Ear, Nose and Throat
 - Emergency Call-Back
 - Endoscopy
 - General Surgery
 - Obstetrics and Gynecology
 - Ophthalmology
 - Vascular
 - Orthopedics
 - Dental Surgery
- ◆ Medical Imaging Services including:
 - Diagnostic Mammography
 - Screening Mammography
 - Computed Tomography Scan
 - Radiology
 - Fluoroscopy
 - Ultrasound
 - Echocardiography
- ◆ Diagnostic Laboratory Services including:
 - Laboratory Testing
 - Non Invasive Cardiology includes stress testing
- ◆ Outpatient Services
- ◆ Respiratory Therapy
- ◆ Chemotherapy Outreach Services
- ◆ Palliative Care
- ◆ Pharmacy
- ◆ Social Work
- ◆ Therapies - Speech Language Pathology, Occupational & Physical Therapy Services)
- ◆ Dietitian
- ◆ Consulting Services
- ◆ Minor Procedures

Yorkton Public Health Office

- ◆ Medical Health Officer
- ◆ Podiatry
- ◆ Nursing
- ◆ Dental Health Education
- ◆ Community Health Education
- ◆ Nutrition
- ◆ Inspection
- ◆ Hearing Aid Plan
- ◆ Children's Therapy Services: Speech & Language Pathology, Early Childhood Psychology, Family Support, Autism Spectrum Disorders Program, Occupational Therapy, Physical Therapy

Regional Overview

Yorkton Home Care

Services provided within the facility:

- ◆ Wellness Clinic
 - Client health history review
 - Basic Health Assessment including monitoring blood pressure, pulse, weight and blood sugar levels when indicated
 - Foot Care/Referrals to Chiroprapist if required
 - Health Counseling
 - Medication review/teaching

Sunrise Health & Wellness Centre

Services provided within the facility:

- ◆ Primary Care Physicians and Nurse Practitioners
- ◆ Healthy Living Team - Diabetes Education, Chronic Disease Management, Exercise Therapy, Pulmonary & Cardiac Rehabilitation, Pharmacist
- ◆ Women's Wellness - Pap and breast exams
- ◆ Mental Health & Addictions Screening and Intervention
- ◆ Community Support Linkages

Communications

Communications acts in a consultative role with Sunrise Health Region Board members, the executive and regional directors, managers, physicians, staff and volunteers. The goal is to assist them in meeting the communications needs connected with their roles.

The Communications team is involved in, or responsible for strategic communications, emergency and crisis communications and media management throughout various areas of operation. Board directed initiatives (such as the Strategic Plan) and legal requirements (such as the Annual Report) are of primary importance.

Methods of Communication

The Connection: An internal e-newsletter that is emailed to all staff, physicians, Community Health Advisory Committee members. Managers are asked to post on departmental/team bulletin boards. Published a minimum of 10 times per year or more often if time-sensitive information needs to be distributed. The primary purpose is the distribution of news concerning the region to keep employees informed.

Board Brief: A summary of highlights from the monthly meeting of the Sunrise Regional Health Authority sent to the media.

Website - www.sunrisehealthregion.sk.ca: The region's public website, administered by Communications and maintained by employees from each of the departments in the region who have been assigned responsibility for website content management.

Facebook (Sunrise Health Region - www.facebook.com/sunrisehealthreg) and Twitter - @SunriseRegion (www.twitter.com/sunriseregion): The Sunrise Health Region's Twitter feed, administered by Communications to provide instant updates via social media on happenings in the region.

Report to the Community: An easy reference guide produced annually and distributed to region households, providing residents with valuable statistics and information on accessing a wide variety of programs and services offered in the region.

Toll Free InfoLine: A recorded message updated regularly to include region activities such as immunization clinics, service interruptions and facility illness outbreaks/visitor restrictions.

- Tel: 1 (866) 800-5510

Annual Report: A booklet published once a year to highlight successes and challenges in the region including information on new initiatives and how to access services.

- Director of Communications
Tel: (306) 786-0144

Continuous Improvement & Patient Safety Unit

Hoshin Kanri – Strategy Deployment

An approach to planning that involves:

- Identifying a common vision;
- Setting short and long term goals;
- Tracking progress towards these goals; and
- Changing course as required.

Regional Overview

In Saskatchewan, we are using Hoshin Kanri to plan and deliver health care in a more coordinated way across the health regions, Saskatchewan Cancer Agency, Ministry of Health, eHealth Saskatchewan, 3sHealth, and Health Quality Council.

Continuous Improvement

We are committed to a patient-focused approach to managing and delivering care that continuously improves how we work. Through our continuous improvement work we use several tools to identify and eliminate waste in our processes. Waste is defined as anything that does not add value from the patient's perspective. We know that the best ideas for getting rid of waste and finding better ways of delivering care, come from the people doing the work.

We want to make health care better in several ways:

- Increase safety by eliminating defects and errors that cause harm to patients and staff.
- Get rid of the waste such as patient waits, duplicate tests and staff time searching for supplies.
- Improve flow in our system by removing activity that doesn't add value as perceived by our patients.
- Have patients more satisfied with their care.
- Get rid of the waste and reduce cost in our system, and improve the delivery of care.
- Improve the health outcomes of patient.
- Ensure appropriateness of care is provided to all of our clients.

Client Representative Role

A critical component of any client-centered system is feedback on the services and programs we deliver. In order to help us ensure care/service is the best it can be, clients are encouraged to share their satisfaction or dissatisfaction with their care/service providers.

If there is a concern that is not easily resolved at the care/service level, or clients prefer to speak to someone not directly involved in their care/service, they are encouraged to contact the Client Representative.

Surgical Care Coordinator Role

In the Surgical Care Coordinator role, Continuous Improvement & Patient Safety Unit staff can:

- Confirm that a patient is on the Sunrise Health Region's wait list for surgery.
- Give patients an estimated wait time and provide patients with general information about hospital booking procedures.

Client Safety Reporting

As part of a system wide approach to improving safety and quality, all patient, client, resident, visitor and volunteer incidents shall be factually reported and investigated using the Client Safety Report (see Policy #130.003 Administration – General - Quality).

Incidents are defined as an unexpected or unintended event that is not consistent with the safe and accepted standard of care or service. Incidents *may* result in injury, loss or damage to people, property and equipment.

Team Review of Critical Incidents

"Critical incident" means a serious adverse health event including, but not limited to, the actual or potential loss of life, limb or function related to a health service provided by, or a program operated by, a regional health authority. An outline of all incidents that must be reported to the Saskatchewan Ministry of Health is included in Policy #130.005 Administration – General – Quality.

Depending on the circumstances, reviews may be either single or team based in approach. All reviews ensure a comprehensive collection and review of the facts regarding the incident. A team case review brings together staff and physicians involved to look at what happened in a particular incident, review our current practices and procedures and discuss the factors in our system that might have contributed to the occurrence of, or intensification of, a critical incident – factors that, if corrected, might prevent something similar from happening again. Continuous Improvement & Patient Safety Unit facilitate team reviews to understand the root cause(s) of the incident and to make recommendations to make our health system safer.

Accreditation

Accreditation Canada sets national standards for quality in healthcare. Accreditation Canada continues to play a major role in improving patient safety, reinforcing that health service cannot be of high quality unless it is safe. Patient Safety is defined as the prevention and mitigation of unsafe acts within the health care system.

The accreditation process is a way of identifying conditions of unsafe practice and supporting health care organizations to promote safe, quality care. In particular, it is a means of reducing risk and fostering attention to continuous quality improvement.

Accreditation Canada's accreditation process consists of a self-assessment, an on-site survey and follow-up action for improvements. Organizations examine all areas of their service, obtain advice from peers, increase credibility, and involve partners and clients during on-site interviews.

The Continuous Improvement & Patient Safety Unit staff work with the regional Safety, Quality, Utilization and Risk Management Committee and the regional quality improvement teams in the pursuit of ongoing accreditation and improvement.

Regional Quality & Patient Safety Committees and Improvement Projects

The Continuous Improvement & Patient Safety Unit provides advisory support to regional committees and teams. Examples include: the Practitioner Advisory Committee, the Regional Pharmacy and Therapeutics Committee, the Safer Healthcare Now Medication Reconciliation project team and the provincial patient experience team.

For further information on any of the above, contact:

- Continuous Improvement & Patient Safety Unit, Yorkton Regional Health Centre
Tel: (306) 786-0735 or 1(800) 505-9220

Health Services

Hospital Sites/Services

Medical Services

Acute care medical services are offered in 6 hospitals in Sunrise Health Region. Yorkton Regional Health Centre, as the primary regional hospital, offers a full range of services. The district hospital in Melville and the community hospitals in Canora, Kamsack, Preeceville and Esterhazy provide various services on a full-time basis, or use the services of visiting specialists and professionals.

Surgery is performed at the Yorkton Regional Health Centre and two or three days a week at St. Peter's Hospital in Melville.

Summary of Acute Care						
	Canora Hospital	Kamsack Hospital	Preeceville & District Health Centre	Yorkton Regional Health Centre	St. Anthony's Hospital	St. Peter's Hospital
Acute Care Beds	16	20	10	87	22	30
24 Hour Emergency	✓	✓	✓	✓	✓	✓
Outpatient Services	✓	✓	✓	✓	✓	✓
Medicine	✓	✓	✓	✓	✓	✓
Intensive Care Unit				✓		
Hemodialysis				✓		
Obstetrics	**	**	**	✓	**	**
Pediatric Unit				✓		
Operating Room				✓		2-3 days/wk
Endoscopy				✓		✓
Laboratory	✓	✓	✓	✓	✓	✓
Cardiac Stress Testing				✓		
X-ray/ Medical Imaging	✓	✓	✓	✓	✓	✓
Fluoroscopy				✓		
Ultrasound and Echocardiography				✓		
CT Scan				✓		
Mammography				✓		
Respiratory Therapy				✓		
Chemotherapy Community Oncology Program				✓		✓
Dietitian	Visiting	Visiting	Visiting	✓	Visiting	✓
Occupational Therapy	1 day/wk	1 day/wk	Visiting	✓	Visiting	On-site consultation
Palliative Care	✓	✓	✓	✓	✓	✓
Pastoral Care	Visiting	Visiting	Visiting	Visiting	✓	✓
Pharmacy	✓	✓	Visiting	✓	Yorkton Pharmacy	✓
Physiotherapy	2 days/wk	3 days/wk	5 days/wk	✓	5 days/wk	5 days/wk
Social Work	Visiting	Visiting	Visiting	✓	✓	✓
Consulting Services	✓	✓	✓	✓	✓	✓
Visiting Specialists				✓		✓
Speech Language Pathology				✓		

** Obstetrics in emergency cases only

Health Services

Medical Imaging

The Medical Imaging Departments provide diagnostic services to the Sunrise Health Region and surrounding regions. The services include: general radiology, fluoroscopy, screening and diagnostic mammography, ultrasound and computed tomography.

Although the extent of examinations varies at the different medical imaging departments throughout the region, there are some requirements which are standard to all imaging departments:

- Imaging exams are performed only with a physician's or nurse practitioner's signed order.
- Some exams require specific patient preparation, and therefore the staff or physician/nurse practitioner's office will provide instructions and arrange an appointment date and time.
- Interpretation of images is provided by a radiologist. At Yorkton Regional Health Centre, reports are faxed to physicians' offices; other sites reports are delivered to the ordering practitioner.

Medical Imaging Accreditation is through the College of Physicians and Surgeons Diagnostic Quality Assurance Program.

General Radiology

General Radiology (X-ray) outpatient services are provided in the health region at the following locations, days and times. Please note that for some locations, it is strongly recommended that appointments be made in advance:

Location	Phone	Hours	Additional Info
Canora Hospital	(306) 563-1264	8:30 am - 4:30 pm	Mon - Fri
St. Anthony's Hospital, Esterhazy	(306) 745-3223	8:30 am - 4:30 pm	Mon - Fri
Foam Lake Health Centre	(306) 272-3326	8:30 am - 4:00 pm	Mon - Fri <i>Appt recommended</i>
Ituna Health Centre	(306) 795-2588	8:30 am - 3:30 pm	Mon - Fri
Langenburg Health Care Complex	(306) 743-5444	9:00 am - 3:30 pm	Mon, Tues & Thur
Kamsack Hospital	(306) 542-3994	8:30 am - 4:00 pm	Mon - Fri
St. Peter's Hospital Melville	(306) 728-9227	7:30 am - 4:30 pm 8:00 am - 4:30 pm 8:00 am - 12:00 pm	Mon - Thur Fri Sat
Norquay Health Centre	(306) 594-2133	8:30 am - 4:00 pm	Mon - Fri
Preeceville & District Health Centre	(306) 547-4459	8:30 am - 4:00 pm	Mon - Fri
Yorkton Regional Health Centre	(306) 786-0423	8:00 am - 5:00 pm	Mon - Fri - <i>Appt not required</i>

After hour emergent services in acute care sites is provided by a technologist on call.

Specialized Procedures (Yorkton Regional Health Centre)

All specialized procedures require appointment times.

Fluoroscopy

Fluoroscopy machines produce real time x-ray images. Fluoroscopy provides images of the esophagus (swallowing), stomach, small and large bowels, as well as the bladder.

All Fluoroscopy examinations are scheduled by the physician's or nurse practitioner's office or speech and language pathologist.

Ultrasound

Ultrasound units provide images of abdominal, obstetric, pelvic, small parts, and breast and prostate. Ultrasound-guided interventional procedures include fine needle aspiration biopsy for cytology, therapeutic aspiration of cysts and abscesses, core biopsies of breast, prostate and solid masses for histology.

All ultrasound examinations are scheduled by the physician or nurse practitioner's office except emergency requests.

Computed Tomography (CT) Scan

Computed Tomography utilizes x-ray technology and sophisticated computer software to create images of cross section "slices" through the body. Computed Tomography scanning provides a quick overview of pathologies and enable rapid analyses and treatment plans.

Health Services

All Computed Tomography examinations are scheduled by a specialist only with the following exceptions:

- if the patient has been seen by a specialist who has suggested that a Computed Tomography examination be performed;
- in cases where a Computed Tomography examination has been suggested by a radiologist on the basis of findings on conventional images, barium or ultrasound examination.

Mammography

Diagnostic mammography is provided two and a half days per week. Appointments are scheduled by the physicians' or nurse practitioners' offices. One mammography x-ray unit is used for both the diagnostic and screening services.

Yorkton is a satellite center for the Screening Program for Breast Cancer. All Screening appointments are provided two and a half days per week and are scheduled by the office in Regina, telephone Toll Free: **1 (800) 667-0017**. Screening mammography is performed at regularly scheduled intervals on women over the age of 50. All screening images are interpreted in Regina and both patients and their physicians are directly informed of the results by the Screening Program.

Follow up diagnostic mammography is done at the request of the Screening Program Radiologist to rule out or confirm a breast condition. All diagnostic images are read locally by the onsite radiologist. Reports are sent to the patient's physician or nurse practitioner and the Screening Program for Breast Cancer.

Mammography Accreditation is through the Canadian Association of Radiologists.

Specialized outpatient services are provided at Yorkton Regional Health Centre on the following days/times:

Specialty	Phone	Hours	Additional Info
Mammography (screening & diagnostic)	(306) 783-0428	8:00 am - 4:30 pm	Mon - Fri <i>Appt only</i>
Ultrasound	(306) 783-0428	8:00 am - 4:30 pm	Mon - Fri <i>Appt only</i>
Computed Tomography (CT)	(306) 783-0428	8:00 am - 4:30 pm	Mon - Fri <i>Appt only</i>
Fluoroscopy	(306) 783-0428	8:00 am - 4:30 pm	Mon - Fri <i>Appt only</i>

After hour emergent services for Computed Tomography and ultrasound is provided by the radiologist and technologist on call. There is no after hours coverage for echocardiography. All after hours exams are arranged between the referring physician/specialist and the radiologist on call.

Department Telephone Contacts:

- Reception (306) 786-0423
- Scheduling (306) 786-0428
- Fax (306) 786-0424
- Technical Director (306) 786-0425
- Director of Diagnostics (306) 786-0427

Laboratory Services

The laboratories in the Sunrise Health Region provide a wide range of tests and non invasive cardiology to aid the physicians in the determination of overall health status as well as the diagnosis and treatment of disease, in their patients.

Services include: hematology, chemistry, transfusion medicine, microbiology, pathology and non-invasive cardiology such as Electrocardiogram, Holter monitoring and Stress testing at Yorkton Regional Health Centre. Testing not performed on site is sent to a referral laboratory, i.e. Saskatchewan Disease Control Laboratory or Regina Qu'Appelle Health Region.

Laboratory Accreditation is through the College of Physicians and Surgeons Diagnostic Quality Assurance Program.

Health Services

For more information about laboratory out-patient services provided in the health region, contact:

Location	Phone	Hours	Additional Information
Canora Hospital	(306) 563-1253	8:30 am – 4:00 pm	Mon – Fri
St. Anthony's Hospital, Esterhazy	(306) 745-3234	9:00 am – 4:00 pm	Mon - Fri
Foam Lake Health Centre	(306) 272-3326	8:00 am – 4:00 pm	Mon - Fri <i>Appt. recommended</i>
Invermay Health Centre	(306) 593-2133	Contact Health Centre	Appt Only
Ituna Health Centre	(306) 795-2588	9:00 am - 3:30 pm	Mon - Fri
Kamsack Hospital	(306) 542-3665	8:30 am – 4:00 pm	Mon - Fri
Langenburg Health Care Complex	(306) 743-5444	8:30 am - 2:30 pm 9:00 am - 12:00 pm	Mon - Thurs Fri
Norquay Health Centre	(306) 594-2133	8:30 am – 3:00 pm	Mon – Fri <i>Appt. recommended</i>
Preeceville & District Health Centre	(306) 547-4459	8:30 am – 4:00 pm	Mon - Fri
St. Peter's Hospital, Melville	(306) 728-9228	8:00 am - 3:45 pm	Mon - Fri
Yorkton Regional Health Centre	(306) 786-0440	7:30 am – 5:00 pm	Mon - Fri

Note: After hour emergent services in acute care sites is provided by a technologist on call.

Respiratory Therapy

The Respiratory Therapy Department, located at the Yorkton Regional Health Centre, provides services to residents of the Sunrise Health Region with lung disease. A wide variety of testing is performed to assist with the diagnosis and management of those with lung disease.

Out-patient services are provided upon referral by a physician, and patients are booked for their appointments. The hours of operation are Monday through Friday, 8:30 a.m. to 4:30 p.m.

- Respiratory Therapy Department
Tel: (306) 786-0462

Hemodialysis

Hemodialysis is a satellite dialysis unit, located at the Yorkton Regional Health Centre, working in conjunction with the Home Unit at the Regina General Hospital and under the direction of Dr. C. Wilson, Nephrologist. Patients who are dialyzing in either Regina or Saskatoon, and are deemed stable to be in the satellite unit, are referred on a first come, first served basis.

- Director, Health Services Central
Tel: (306) 786-0406

Pharmacy

The pharmacy services are provided to all acute care and long term care facilities in the health region through a combination of staff and retail pharmacies.

For further information, contact your local facility.

Infection Control

The regional Infection Control Program strives to improve the quality of client/patient care by decreasing the impact of infections and exposure to infections acquired throughout the health care continuum.

- Tel: (306) 786-0698

Dietitians

Community Dietitians

Community Dietitians provide nutrition counseling for clients in hospital, residents in long term care facilities and outpatients in Melville, Esterhazy, Ituna, Canora, Kamsack, Norquay, Preeceville and Invermay.

- In Melville, Esterhazy and Ituna: (306) 728-9202
- In Canora, Kamsack, Norquay, Preeceville and Invermay: (306) 563-1272

Health Services

Outpatient Dietitian

The Outpatient Dietitian at the Yorkton Regional Health Centre offers counseling sessions to outpatients with a physician's referral. Limited counseling service is available for individuals across the entire lifespan. Please note there may be a waiting period before seeing the Dietitian for an individual counseling session.

- Tel: (306) 786-0649

Clinical Dietitian

The Clinical Dietitian provides nutrition counseling sessions to inpatients at the Yorkton Regional Health Centre and residents of Yorkton & District Nursing Home.

- Tel: (306) 786-0433

Baby Friendly Initiative

Baby Friendly Initiative is an international program developed by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF) in 1991 to optimize breastfeeding outcomes for mothers and babies. It involves:

- Creating a health care environment where breastfeeding is the norm.
- Improving the quality of care by including evidence-based practices to protect, promote and support breastfeeding in health care facilities.

Baby Friendly facilities empower mothers with the knowledge, guidance, and support necessary to provide their babies with the best possible start in life. Mothers are advised to exclusively breastfeed for the first 6 months of their baby's life.

The Baby Friendly Initiative Committee is a community coalition consisting of health care providers, agencies and community members within Sunrise working together to protect, promote and support breastfeeding. Our vision of breastfeeding as the norm for infant feeding will be realized through education and support for the public and health care providers.

Who Benefits from Baby Friendly?

The woman and her child:

- Consistent care, information and advice. Staff in maternity and pediatric units has written policy which they understand and follow.
- Consistent and skilled help with breastfeeding. Staff is required to be able to support women who wish to breastfeed.
- Early initiation of breastfeeding. Babies are not unnecessarily removed from mothers at birth, thereby encouraging the instinctive seeking and suckling behaviors. When mother and baby need to be separated, the mother is helped with expressing her milk and the expressed milk is given to the baby.
- Mother's milk is valued. No food or drink other than breast milk is given.
- Breastfeeding is valued. Artificial nipples and soothers are avoided.
- Empowerment. The woman has authority for her own resource - breastfeeding.

Those who care for mothers and babies:

- Increased knowledge, as evidence for the Global Hospital Assessment Criteria becomes better understood.
- Increased skills. Staff is committed to the support of breastfeeding mothers and their babies, even the difficult ones.
- Increased professional competence, as practices are investigated and challenged, and changes are made.
- A new respect for the woman, the baby, and their ability to breastfeed when given appropriate support. The midwife/nurse is "with woman", rather than providing nursing management of disease.
- As the care becomes "woman centered" rather than "task centered", all staff respect the woman's need for consistent advice and empowerment, thereby increasing cooperation and collaboration between different staff members.

Maternity Units:

- A high standard that is measured by the unit and confirmed by a Baby Friendly team representing professional and lay assessors.
- A Global Hospital Assessment Criteria recognized and respected by professionals and consumers.
- Valuable in marketing the services provided.
- Considerable monetary savings.

Health Services

The Family:

- Health and development of the infant.
- Health of the mother.
- Cost saving, immediate and long term, breastfeeding is the “best investment” as family can make.

The Community:

- Flow-on from the family.
- Environmental considerations. No waste products.

A Baby Friendly Hospital follows **The Ten Steps** to help you succeed at breastfeeding.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers to initiate breastfeeding within a half hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in; allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

From: Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services, A joint WHO/UNICEF statement. Published by the World Health Organization, 1989.

A Baby Friendly Community Health Service supports your decision to breastfeed by following **The Seven Point Plan**.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all staff involved in the care of mothers and babies in the skills necessary to implement the policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Support mothers to establish and maintain exclusive breastfeeding to 6 months.
5. Encourage continued breastfeeding beyond 6 months, with appropriate introduction of other foods.
6. Provide a welcoming atmosphere for breastfeeding families.
7. Promote a co-operation between health care staff, breastfeeding support groups and the local community.

From: The Baby Friendly Initiative in Community Health Services: A Canadian Implementation Guide. Published by The Breastfeeding Committee of Canada.

- Manager of Obstetrics
Tel: (306) 786-0443

Long Term Care

Sunrise Health Region operates 14 long term care homes, in all major communities in all areas of the region. There is access to beds in the long term care facilities for various program needs, such as respite, palliative and dementia care. Adult Day Wellness Programs are offered at the long term care sites. Within Sunrise Health Region, there are 807 long term care beds and 35 respite/stroke/program beds.

All applicants for long term care placement are assessed using the same assessment tool and a standardized rating scale. This enables the development of a care plan, which may include being placed on the priority list for placement or using alternatives such as Home Care and other programs. All admissions for long term care are examined by an Access Review Committee to ensure that the highest priority needs are met.

Cost

The cost for rent is calculated by Saskatchewan Health and based on income levels only, including all other income received from investments and bank accounts.

On average, the resident charge covers about one quarter (¼) of the cost of care received. Saskatchewan Health funds the regional health authorities to cover the remaining cost of care.

The resident is responsible for the costs such as phone, cable, medication, incontinent products, travel and personal items.

Health Services

Long Term Care facilities:

- Canora Gateway Lodge (306) 563-5685
- Centennial Special Care Home, Esterhazy (306) 745-6444
- Foam Lake Jubilee Home (306) 272-3235
- Invermay Health Centre (306) 593-2133
- Ituna Pioneer Health Centre (306) 795-2665
- Kamsack District Hospital & Nursing Home (306) 542-2635
- Langenburg Health Care Complex (306) 743-2232
- St. Paul Lutheran Home, Melville (306) 728-7340
- Norquay Health Centre (306) 594-2133
- Preeceville & District Health Centre (306) 547-3112
- Lakeside Manor Care Home, Saltcoats (306) 744-2353
- Theodore Health Centre (306) 647-2115
- Yorkton & District Nursing Home (306) 786-0804

Emergency Medical Services

Emergency medical services or ambulance services are provided to communities in the health region by a combination of contract ambulance services and region-owned services.

These services are located in the following communities, and generally serve their home community and surrounding area.

Location	Ambulance Service	Owner/Operator	Phone #
Canora and Area	Canora Ambulance Care	Wally & Mary Huebert	(306) 563-5625
Esterhazy and Area	Esterhazy EMS	Operated by Sunrise Health Region	(306) 786-0105
Foam Lake and Area	Shamrock Ambulance Service	Tom & Bonnie Prime	(306) 554-3882
Ituna and Area	Ituna EMS	Operated by Sunrise Health Region	(306) 786-0105
Kamsack and Area	Duck Mountain Ambulance Care	Jim Pollock	(306) 542-2450
Langenburg and Area	Langenburg EMS	Operated by Sunrise Health Region	(306) 786-0105
Melville and Area	Melville EMS	Operated by Sunrise Health Region	(306) 786-0105
Norquay and Area	Duck Mountain Ambulance Care	Jim Pollock	(306) 542-2450
Preeceville and Area	Preeceville Ambulance Service	Wally & Mary Huebert	(306) 547-3016
Yorkton and Area	Crestvue Ambulance Services	Dennis Nelson	(306) 783-3173

First Responders

First Responders are trained community volunteers who work together to provide medical aid to those in need. They are dispatched by the Regina Qu'appelle Health Region. Some of the groups are associated with rural fire departments. First Responders respond to medical or trauma emergencies in advance of a responding ambulance. They treat and stabilize a patient until the ambulance arrives.

There are First Responder groups in the following areas:

- Bredenbury
- Canora
- Churchbridge
- Ebenezer
- Esterhazy
- Ituna
- Langenburg
- Melville
- Rhein
- Round Lake
- Saltcoats
- Springside
- Spy Hill
- Stenen
- Stockholm
- Theodore

Integrated Primary Health Services

Therapy Programs and Services

Sunrise Therapies is comprised of a team of professionals providing assessment, consultation, treatment, support and programming to clients and families throughout the Sunrise Health Region. A variety of programs and services make up the therapies program.

Acquired Brain Injury

Acquired Brain Injury is an injury to the brain “acquired after birth, during a person’s lifetime from injury or an illness that does not get worse with time”. Examples include traumatic brain injury, like a blow to the head, strokes, brain tumors, lack of oxygen and brain infection.

The Acquired Brain Injury Program Coordinator provides services to survivors of moderate to severe brain injuries through the coordination and implementation of community resources as well as providing education to or on behalf of the Acquired Brain Injury survivor. The goal is to provide individual and family support to people with acquired brain injury so that they may live successfully in their communities with improved quality of life.

The Acquired Brain Injury Coordinator works closely with other community resources providing support and prevention activities.

- Tel: (306) 786-0183; Fax: (306) 786-0179

Children’s Therapy Program

This multi-disciplinary team is led by a Children’s Therapy Program Manager. We believe that the family is the key in a child’s life and we strive to work with families to help their children grow to reach their own unique potential. Our goal is to provide services using a client and family centered approach. We have an open referral policy and receive referrals from many sources including parents. Services can be provided in many settings including the clinic, home, preschool, daycare, school and wherever children live, play and create. Services are provided throughout the region on an outreach basis.

Our team collaborates with other children’s services in the region (Public Health, KidsFirst, Parkland Early Childhood Intervention Program and Mental Health) and provincially with specialized services (Wascana Rehabilitation and the Alvin Buckwald Child Development Program).

Services include assessment, consultation, education, treatment and early identification, intervention and prevention for children experiencing or at risk for: developmental delays, musculoskeletal injuries (torticollis, brachial plexus injuries), birth defects (such as cleft palate), autism, cerebral palsy, sensory integration dysfunction, feeding and swallowing difficulties, difficulty integrating into daycare or preschool settings, speech and language delays, difficult behaviors, and at risk for learning and cognitive delays.

- **Children’s Therapy Services:** Pediatric Physical Therapy/Occupational Therapy/Family Resource Support/Autism Spectrum Disorder Services/Pediatric Speech Therapy and Early Childhood Psychology Services
- Tel: (306) 786-0178; Fax: (306) 786-0179

Services for Children from Birth to School Entry

Services include:

- **Occupational Therapy:** Supports children in everyday skills: self-care, play, social skills, and school readiness.
- **Physical Therapy:** Supports children with their movement: balance, strength, coordination, and movement skills (crawling, walking, running).
- **Speech and Language Pathology:** Supports children with all areas of communication: expressing ideas to others, understanding language, learning social interaction skills and oral-motor skills needed for talking and eating.
- **Early Childhood Psychology:** The Children’s Therapy Psychologist provides the evaluation of an at-risk child’s cognitive, adaptive and social skill formation. Diagnostic information, intervention strategies and program recommendations are provided to parents and caregivers, physicians, school divisions and other health and community service providers.
- **Family Support (Social Work):** The Children’s Therapy Social Worker works closely with families to link them to resources and programs and provides direct and consultation services.
- **Autism Spectrum Disorder Consultant/Autism Spectrum Disorder Support Workers:** see page 18 for more information.

Integrated Primary Health Services

Therapy Services for School Aged Children

- **Physical and Occupational Therapy:** The Children's Therapy Program (through partnerships with the school divisions) is part of a multi-disciplinary team of supports providing services to children at risk or experiencing a developmental delay. Physical and Occupational Therapy services are provided to Christ the Teacher Catholic Schools through the Children's Therapy Program. The Good Spirit School Division provides occupational and physical therapy to students in the Good Spirit School Division.
- **Speech and Language Pathology:** Speech Language Pathology services for school aged children are provided through school divisions.
- **Psychology:** Psychology Services for school aged children requiring further assessment, diagnosis, and intervention are provided by Mental Health & Addictions Psychologists who works closely with members of the Children's Therapy Program, Child and Youth Team in Mental Health, school and community services.

Services for Children Query and/or with an Autism Spectrum Disorder

The Autism Spectrum Disorder Program consists of an Autism Spectrum Disorder Consultant and Autism Spectrum Disorder Support Workers who work as part of the Children's Therapy Program Team to provide integrated supports to children suspected of or with an Autism Spectrum Disorder diagnosis. Early intensive services are provided for preschool children until they transition into the school setting. This includes the support of Autism Spectrum Disorder Support Workers and the Autism Spectrum Disorder Consultant. Services for children in school until 19 years of age include consultation services from the Autism Spectrum Disorder Consultant who works in coordination with school based supports.

- Services include screening, intervention, planning and coordination, consultation, education and family support, summer programming and respite. The Autism Spectrum Disorder Consultant will assist in starting the process to get a diagnosis for children who are suspect of having an Autism Spectrum Disorder.
- Autism Spectrum Disorder Consultant
Tel: (306) 786-0847; Fax: (306) 786-0179

Dental Health Education

The Dental Health Education Program promotes an optimal level of oral health and well-being for the residents of the health region. To achieve that, a variety of activities are conducted, including:

- Implement, facilitate and maintain school-based fluoride mouth-rinse programs
- Fluoride education/promotion/support community fluoridation
- Health Promotion including school-based education through classroom visits (schools and College), distribution of resource kits and displays
- Preschool dental screening, dental health education, fluoride varnish in coordination with Child Health Conferences through Public Health nursing and preschool venues
- School-based screening, sealants, fluoride varnish, dental health education and referral
- Postnatal consultation and resources
- Adult education programming upon request/Continuing Care Program - Saskatchewan Institute of Applied Science and Technology
- Special needs/special groups education such as diabetes
- Tobacco education

For more information, contact:

- Dental Health Educator
Tel: (306) 786-0605

Stroke Services

Stroke Services is comprised of a multi-disciplinary team lead by the Stroke Services/Integrated Therapies Manager. Services include rehabilitation and secondary prevention services to those who have experienced a stroke, transient ischemic attack or at risk for stroke/transient ischemic attack. Services include assessments, programming, treatment, discharge planning with reintegration into the community/home, education and support groups and ongoing promotion of integrated services incorporating best practice for stroke care.

- Stroke Services/Integrated Therapies Manager
Tel: (306) 786-0891; Fax: (306) 786-0681

Integrated Primary Health Services

Stroke Rehabilitation

This is an intensive rehabilitation program consisting of a multi-disciplinary team of Physical and Occupational Therapists, Therapy Assistants, Speech-Language Pathologist, nursing, continuing care aides and Social Worker who provide services to clients on an inpatient and outpatient basis. Rehabilitation can start in Acute Care at Yorkton Regional Health Centre following a stroke. When clients are medically stable and meet eligibility criteria, they can be referred for intensive therapy in the Rehabilitation beds in Jowsey House located in the Yorkton and District Nursing Home. This program allows clients to remain close to home to receive their intensive rehabilitation following a stroke.

- Tel: (306) 786-0178; Fax: 306-786-0179

Stroke Prevention Telehealth Clinic

Referrals to this program are made by family physicians, nurse practitioners and specialists for those experiencing a transient ischemic attack or stroke or at risk for stroke/ transient ischemic attack. A Clinic Nurse Coordinator works to coordinate the clinics and complete pre-visit examinations and post-clinic follow-ups. Clinics are held every 2 weeks in the Heart and Stoke Clinic at Yorkton Regional Health Centre. Clients are seen by a Nurse Practitioner trained to do neurological assessments, through Telehealth and a Neurologist who is located in Regina. Diagnostic testing is usually completed on the same day as the clinic or shortly after.

- Other services include client and family education sessions about stroke and transient ischemic attack's.
- Tel: (306) 786-0890; Fax: (306) 786-0892

Acute Care Therapy Services – Yorkton Regional Health Centre

Inpatient physical and occupational therapy services and speech language pathology services are provided Monday to Friday, with a Saturday on-call system for physical therapy for acute respiratory patients referred by a specialist only.

Acute care therapists at Yorkton Regional Health Centre provide a broad range of services for many types of inpatient referrals including:

- Neurological
- Post-surgical
- Acute or chronic respiratory
- General mobility issues
- Assisting with functional assessments
- Speech, language and communication
- Feeding and swallowing
- Cognitive testing

- Tel: (306) 786-0454; Fax: (306) 786-0455

Outpatient and Community Services

Therapy services are provided in several locations throughout the region.

Yorkton and District Nursing Home

- Residents at the Yorkton District Nursing Home can access physical and occupational therapy on a consultative basis.
- **Program Beds:** Inpatient Services located in Jowsey house, are accessed for clients requiring more intensive rehabilitation or nursing care in order to return home after an acute episode like following surgery for a hip fracture. Clients receive physical and occupational therapy and speech language pathology as required.
- **Cornerstone Therapies - Yorkton Outpatient Services:** Musculoskeletal Rehabilitation - A complete range of physical therapy and occupational therapy is provided for clients recovering from orthopedic surgery, fractures, muscle strains and sprains including hand therapy and splinting, post-op hip and knee classes, back classes. Specialized Lymphodema services are also available.
- **Adult Speech and Language Pathology Services:** Services are provided to clients at Cornerstone Therapies with consultation throughout the region. Telehealth is an important aspect of delivering consultation services to clients outside of Yorkton.

Community Services

Note: Community Services can include outpatient/inpatient services, home visits and local long term care facilities on a consultation basis.

Yorkton and Area Therapy Services

- Located at the Cornerstone Therapy Department, community based occupational therapists and physical therapists will see Yorkton and area clients in their home.
- Tel: (306) 786-0178; Fax: (306) 786-0179

Integrated Primary Health Services

Foam Lake Health Centre, Theodore and Community

- Physical Therapy once per week, Occupational Therapy once per month
Tel: (306) 786-0178; Fax: (306) 786-0179

Langenburg Health Care Complex

- Physical Therapy one day per week. Occupational Therapy one day per month
Tel: (306) 745-3244; Fax: (306) 745-3207

Saltcoats Lakeside Manor

- Occupational Therapy one day per month
Tel: (306) 786-0178

Services Outside of Yorkton

- A team of physical and occupational therapists and physical and occupational therapist assistants provide services in the health care facilities (inpatient and outpatient) and communities within Sunrise Health Region. The level of service varies with the size of the community and availability of the therapists as follows:

NORTH

Canora Hospital and Community

- Physical Therapy 2-3 days per week
- Occupational Therapy 2 days per month
Tel: (306) 563-1252; Fax: (306) 563-1262

Invermay

- Occupational Therapy 1 day per month
Tel: (306) 547-2110; Fax: (306) 547-2092

Kamsack Hospital and Community

- Physical Therapy 2-3 days per week
- Occupational Therapy 1 day per week
Tel: (306) 542-2552; Fax: (306) 542-4360

Preeceville and District Health Centre and Community

- Physical Therapy 5 days/week
- Occupational Therapy 1 day/week
Tel: (306) 547-2110; Fax: (306) 547-2092

Norquay

- Occupational Therapy 1 day per month
Tel: (306) 547-2110; Fax: (306) 547-2092

SOUTH

Esterhazy St. Anthony's Hospital and Community

- Physical Therapy 5 days per week
- Occupational Therapy 1-2 days per month
Tel: (306) 745-3244; Fax: (306) 745-3207

Melville St. Peter's Hospital

- Inpatient Physical Therapy 5 days per week
Tel: (306) 728-9242; Fax: (306) 728-1859
- Outpatient Physical Therapy 5 days per week
Tel: (306) 728-9241; Fax: (306) 728-4925

Melville and District Health Center and Community

- Occupational Therapy 3-4 days per week
Tel: (306) 728-7338; Fax: (306) 728-4925

Ituna and District Health Centre

- Occupational Therapy 1 day per month
Tel: (306) 728-7338; Fax: (306) 728-4925

Mental Health and Addiction Services

Mental Health and Addiction Services works in co-operation with various non-government community-based organizations such as the Society for the Involvement of Good Neighbours, the Yorkton Mental Health Drop-in Center Inc., RCMP, Safe Haven, Shelwin House, communities and school divisions, to co-ordinate the delivery of mental health services within the Sunrise Health Region.

All inquiries for Mental Health and Addictions Services can be directed through calling (306) 786-0558 and requesting a member of the Crisis Assessment Team:

Services are organized into 6 distinct program areas:

- Inpatient Services
- Child and Youth Services
- Adult Community Services
- Rehabilitation/ Recovery Services
- Psychiatry
- Adult and Youth Addiction Services

Inpatient Services

Pine Unit is a 15 bed facility providing psychiatric assessment and treatment at the Yorkton Mental Health Centre. Patients are admitted on a voluntary or mandated basis at the clinical discretion of a psychiatrist.

Patients may receive individual and/or group based therapy in conjunction with connection to community based supports.

Emergency Services

After 5:00 p.m. and, on weekends and holidays, all emergent patient/client mental Health needs are managed through the Yorkton Regional Health Centre Emergency Department. Psychiatry is on call to consult and respond to emergency issues.

Adult Community Services

Appointments on an outpatient basis can be obtained by self-referral, through family doctors, and the courts. Often arrangements can be made for services to be provided at one of our community clinics to reduce traveling time for those who live outside Yorkton. Individual, couple, family and group counseling services, as well as psychological testing services, are provided.

Child and Youth Services

Specialized services are provided for those less than 18 years of age and their families. The services provided include individual and family counseling, assessment, consultation, community development, public education, court-ordered assessment and treatment, and youth suicide intervention.

These services are available at a number of community clinics in addition to the Yorkton Mental Health Centre. Parents or others directly involved with a child or youth can refer children for counseling services by contacting the Child and Youth Intake Worker at the Yorkton Mental Health Centre.

Rehabilitation/Recovery Services

The Rehab Day Program is provided for both inpatients and outpatients. A Day Program is held at the Yorkton Mental Health Centre - Monday through Friday from 8:30 a.m. to 4:30 p.m. This program is designed for those who require ongoing support and life skills training which will enable them to live more independently and successfully in their community.

An Approved Home Program is available for individuals who are not able to live independently and Community Rehabilitation Nurses are available to provide follow-up. Educational and support groups for families and others are conducted by Rehabilitation Program staff.

Psychiatric Services

Psychiatrist services are provided throughout the Sunrise Health Region.

Psychiatrists provide assessment, inpatient and outpatient treatment, consultation to physicians, hospitals and special care homes within the region.

Integrated Primary Health Services

Mental Health Travelling Clinics

These clinics are conducted at the following locations:

- Canora Hospital
- St. Anthony's Hospital, Esterhazy (Public Health Office)
- Foam Lake Health Centre
- Invermay Health Centre
- Kamsack Hospital
 - Kamsack Public Health Office
 - Crowstand Centre (Child and Youth)
- Keeseekoose First Nation
- Cote First Nation
- Langenburg Health Care Complex
- Melville and District Health Centre
- Melville Saul Cohen Family Resource Centre
- Norquay Health Centre
- Preeceville & District Health Centre
 - Preeceville Town Office Building (Child and Youth)
- Ituna Wellness Centre
- Neudorf Wellness Centre

Mental Health Promotion

Mental health promotion takes into account that an individual and community's health is greatly influenced by many factors beyond health care and individual behaviour, and looks beyond to broader determinants of mental health.

Mental health promotion is not driven by an emphasis on illness, but rather by focusing on the enhancement of well-being. It applies to the whole population in the context of everyday life, and aims at enhancing the well-being and quality of life of the whole population. It is the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health.

Mental health promotion uses strategies that foster supportive environments and individual resilience, while showing respect for culture, equity, social justice, interconnections and personal dignity.

Addiction Services

Addiction Services provides counseling to adults and youth who are experiencing problems with substance use or misuse. Services are also provided to other family members who may be concerned about someone else's use of alcohol and/or other drugs.

Activities offered include information groups, Chemical Awareness Diversion Program, and follow-up services which are available to youth who have attended an in-patient or day-patient program.

Addiction Services provides:

- Out-patient counseling (individual and group)
- Alcohol and Drug Assessments
- Referral Services
- Recovery Planning
- Relapse Prevention Counseling
- Intervention Programs
- Community Education And Prevention
- Safe Driving Screening and Referral

Referrals for assessment will be accepted from:

- Self-initiated
- Parent or other concerned family members
- Physicians
- Mental Health staff
- Courts
- Social Workers
- Employers
- Schools

The following Detox Programs are available in Saskatchewan to residents in Sunrise Health Region:

- | | |
|--|---|
| <ul style="list-style-type: none">• Wakamow Manor - Thunder Creek Social Detox
Box 372
Moose Jaw, SK S6H 4N9
Tel: (306) 694-4030
Fax: (306) 694-4031<ul style="list-style-type: none">○ 20 beds for ages 16 and over | <ul style="list-style-type: none">• Regina Detox Centre
1640 Victoria Avenue
Regina, SK S4T 1K6
Tel: (306) 766-6600
Fax: (306) 766-7969<ul style="list-style-type: none">○ 24 beds for ages 16 and over |
|--|---|

Integrated Primary Health Services

- Larson Intervention House
201 Avenue O South
Saskatoon, SK S7M 2R6
Tel: (306) 655-4195
 - o 18 beds for ages 16 and over

In-patient recovery programs are available at:

- Calder Rehabilitation Centre
2003 Arlington Avenue
Saskatoon, SK S7J 2H6
Tel: (306) 655-4500
Fax: (306) 655-4545
 - o 32 adult beds for ages 18 and over
 - o 6 youth beds for ages 12-17 years
- Pineview Terrace
Unit 7 – 701 – 13th Street West
Prince Albert, SK S6V 3H2
Tel: (306) 765-6670
Fax: (306) 655-6674
 - o 6 beds for ages 12-17 years
- Pine Lodge
Box 457
211 Otterloo Street
Indian Head, SK S0G 2K0
Tel: (306) 695-2251
Fax: (306) 695-2514
 - o For ages 16 and over
- Paul Dojack Centre
6101 Dewdney Avenue
Regina, SK S4P 3K7
Tel: (306) 787-2167
 - o 6 beds youth ages 12-18

Medical Social Work

Social Workers can help patients and their families cope with difficult and stressful times, which are impacted by illness, disability and death. Social Workers provide assessments, counseling, education and referral services to patients, residents or families within the Sunrise Health Region.

Social Work services are available throughout the Sunrise Health Region at all acute and long term care facilities.

Public Health

Medical Health Officer

It is the goal of the Medical Health Officer to preserve and promote the health of the community using public health and community medicine approaches. The Medical Health Officer is responsible for coordinating public health activities, promoting effective preventative health policies and enforcing public health regulations throughout the health region.

The Medical Health Officer is primarily concerned with the promotion of health and the prevention of disease, with the assessment of a community's health needs, and with the provision of services to communities and to special groups within them.

For more information, contact:

- Medical Health Officer
Tel: (306) 786-0600; Fax: (306) 786-0620

Public Health Nursing

Public Health Nursing promotes and preserves the health of residents and is directed to communities, groups, families and individuals across their life span, in a continuous rather than occasional process.

Public Health Nurses work with individuals, families, groups and the community. They use a population health approach in their work within the community in order to support the community in the identification of needs and the strengths and assets that the community has to build on.

Public Health Nurses use a family/client-centered approach in their work with individuals and families in the community. They use the coordinated team-based approach when working with their colleagues in health, education and social services to provide services and support to individuals and families.

Specific activities of Public Health Nurses include:

- Prenatal education classes and services
- Child health conferences and immunization for infants and young children
- School health services and immunization
- The Early Visiting Program is an integral part of the Public Health Nursing services offered in the health region. This program is designed to meet the needs of new mothers and their infants being discharged from hospital
- Home visits for follow-up as required
- Communicable disease control and immunization
- HIV/AIDS awareness and prevention
- Community-based immunization campaigns including the annual Influenza Program, Pneumococcal Immunization Program and crisis-based campaigns such as those for Hepatitis A and Meningococcal
- Special case management for high-risk families
- Liaise and coordinate services with facility-based health care personnel, primary care and community-based groups such as Child Action Plan committees, Parent Support Program and KidsFirst services
- Health promotion activities, such as health topic presentations to groups in the community or at the school, individual counseling and support of Population Health related issues
- International travel medicine and adult immunization clinics

Public Health Nursing offices are located in the following communities:

- Canora, Esterhazy, Foam Lake, Kamsack, Langenburg, Melville, Norquay, Preeceville and Yorkton

For more information, contact:

- Public Health Office
Tel: (306) 786-0600; Fax: (306) 786-0620

Integrated Primary Health Services

Public Health Inspection

The goal of the Public Health Inspection Program is to protect the public from physical, chemical and biological hazards which may be in the facilities used by the public, or chemical and biological agents that can cause disease.

Public Health Inspectors enforce the *Public Health Act* and the *Tobacco Control Act*, and regulations under those acts. Public education programs such as safe food handling certification and swimming pool operation are provided. Public Health Inspectors also investigate health-related complaints, cases of enteric communicable disease, outbreaks of communicable disease and reports of animal bites in humans (potential rabies exposure).

Liaison with the provincial departments of Environmental and Occupational Health is maintained to coordinate and protect environmental hazards that pose a risk to health, such as hazardous spills, and the safe disposal of liquid and solid waste.

The following are some of the public facilities and programs the Public Health Inspectors work with to ensure public safety and injury prevention, and to confirm that they meet the approved regulations and pose no hazard to the public's health:

- Child care facilities
- Plumbing
- Food distribution
- Food processing
- Private sewage works
- Hospitals and long term care facilities
- Public accommodations (hotels, bed and breakfast, campgrounds and church camps)
- Schools
- Public eating establishments
- Housing
- Public water systems (community wells and small distribution systems)
- Private water systems (consultation)
- Indoor air quality
- Recreational facilities and fairs
- Liquor outlets such as bars and lounges
- Swimming pools
- Personal service facilities such as tattoo shops, needle electrolysis, and aesthetician salons
- Land use referrals
- Smoke-free public places (surveillance and complaint follow-up)

For more information, contact:

- Yorkton: (306) 786-0600; Foam Lake: (306) 272-3376

Podiatry

The Podiatry Program provides a comprehensive quality foot care service with priority given to high risk groups on high risk groups. This minimizes the need for hospitalization or major surgery such as amputation, and enables persons to maintain their mobility and independence.

Podiatrists are responsible for diagnosis, treatment and management of foot problems. This is done by medical, surgical or mechanical means. A major component of the program is education, either as presentations, in-service sessions for other health professionals, or on a one-to-one basis with individual and patients.

Podiatry Clinics are held in Yorkton.

- Podiatry Clinic: (306) 786-0623

Hearing Aid Plan

The Hearing Aid Plan's primary focus is to provide needed services in the area of prevention, identification, evaluation and remediation of hearing loss. The Hearing Aid Plan has Master Degree Audiologists on staff as well as trained audiometric technicians delivering a full range of audiological services.

Operated by Regina Qu'Appelle Health Region, the Hearing Aid Plan consists of the main clinic in Regina and 2 full time regional clinics with permanently placed audiologists in Moose Jaw and Yorkton. A part-time clinic is conducted on a monthly basis in Weyburn.

Program activities include:

Audiological Testing

- General diagnostics: including air and bone conduction, speech testing, impedance testing
- Pediatric testing: on infants and children of all ages
- Specialized testing: Auditory brainstem response audiometry, oto acoustic emission testing, ototoxic drug monitoring, testing for functional hearing impairment, tinnitus management
- Neonatal hearing screening: through the Neonatal Intensive Care Unit at the General Hospital
- Industrial hearing screening

Integrated Primary Health Services

Hearing Instruments

The Hearing Aid Plan offers a wide selection of hearing aids produced by the most respected manufacturers in the hearing aid industry in the most updated digital formats. Hearing aids are available in all styles. Assistance is also provided in the fitting of such specialized hearing instruments such as Transposition and FM equipment. Services are also available for:

- Consultation, selection, fitting and dispensing of hearing instruments
- Hearing Aid Accessories provides a complete line of accessories such as battery testers, dri-aid kits, telephone pads and more
- Assistive listening devices include hard of hearing telephones, infrared systems and alerting systems
- Swim molds
- Musicians' protective plugs/ear defenders
- Hearing aid repairs on all makes and models including hearing aids not sold through the program
- Specialized equipment: systems for hearing impaired children, i.e. frequency modulation equipment and sound field systems

Counseling/Prevention Services

- Provision of audiological rehabilitation including speech reading, communication management and counseling for social adjustment to hearing loss to clients and caregivers
- Management of the hearing impaired child in the classroom. In-services to Department of Education personnel on educational audiology and classroom management of hearing impaired children.
- In-services to allied professionals (nurses, ECP's, nursing home staff) and community groups (such as the 50+ program, seniors groups, industry) on a variety of topics related to hearing, hearing loss and hearing aids
- University instruction and supervision of university students and technical personnel
- Prevention of hearing loss with the development of hearing conservation programs and hearing screening services

Consultation Services

- Consultation to educators as members of interdisciplinary team re: communication management, classroom acoustics, large area amplification equipment
- Consultation about accessibility for the hearing impaired in public buildings (i.e. Fire standards for senior's high rises) and for programming and services (i.e. University of Regina)
- Consultation to individuals, public and private agencies as well as governmental bodies or as an expert witness on the effects of hearing loss (i.e. Occupational and Safety Branch noise regulations)
- Consultation to industry

Cost of Service

There are participation fees for a hearing assessment and a hearing aid fitting. These fees are applied only once every 4 years in the case of children 0-18 years. Residents are responsible for the purchasing of the hearing aid and accessories which can range in cost from \$900 to \$2000.

For more information, contact:

- Hearing Aid Plan
Tel: (306) 786-0647

Primary Health Care

Primary health care refers to basic, everyday health care. It is usually your first encounter with a health care provider when you need care or advice and could be visiting the family doctor or nurse practitioner, talking to a dietitian or a pharmacist, or calling a toll-free health advice line to talk to a health professional. Primary health care is the foundation of the health care system and involves providing services, through a team of health professionals, to individuals, families and communities.

Primary health care is the right care at the right time by the right provider for you and your family.

Staying healthy and finding the right care at the right time with the right health care provider - that's what primary health care is all about. Our goal is to organize health services to provide timely access to the right kind of care. Whether it's dealing with illness or injury - or preventing them from occurring in the first place - primary health care means healthier communities and less stress on our health care system.

Primary health care starts with prevention and education about healthy choices. Helping people find ways to stay healthy and safe is more effective than treating illness, disease, or injury after it occurs.

Primary Health Care can be described using the following 4 key pillars or elements: Primary Health Care is based on 4 Key Pillars:

Teams

Primary Health Care is about health care providers working in teams to improve the continuity of care, reduce duplication and ensure you have access to appropriate health professionals. Clients and families are a part of the team, and are involved in making decisions about their own health.

Information

Primary Health Care is about improved sharing of information between health care providers and expanded access to information for Canadians using the health system or seeking health advice. It's about using tools like electronic health records and diagnostic instruments to improve the quality, access and co-ordination of health information. Primary Health Care also encourages greater sharing of information with clients/families so they can make better decisions about their health and health care.

Access

Primary Health Care is about ensuring that clients and families have greater access to the right services when and where they are needed. It recognizes that clients and families need advice, information and care outside of regular office hours.

Healthy Living

Healthy living focuses on prevention, the management of chronic conditions, encouraging support for self-care and the understanding that factors outside of the health system can influence individual and community health. It is about keeping you well, rather than just treating you after you have become sick.

Primary Health Care Clinics in Sunrise Health Region

Based on the above principles, Primary Health Care clinics in the region are comprised of a variety of team members and linkages to community and other health services. The focus is on providing team-based care to address the needs of clients and families seeking care from women's wellness, chronic disease management, health and wellness visits, education and support.

- **Family Physicians:** Physicians working in Primary Health Care clinics are often the first point of contact for care, and are part of the Primary Health Care team providing care.
- **Nurse Practitioners:** Nurse Practitioners are Registered Nurses with enhanced knowledge of nursing, gained through additional clinical practice, education and experience. They work in an expanded role by diagnosing and treating common illnesses, including ordering diagnostic tests and prescribing medication. They work with physicians and other health professionals as part of a Primary Health Care team.
- **Healthy Living Facilitators:** Provide individual assessment, counseling, education and group programming for cardiac (heart), pulmonary (Lung) and other chronic conditions.
- **Diabetic Nurse Education:** A registered nurse and a registered dietitian with extra training and skills in diabetes management who works closely with newly diagnosed individuals with diabetes or those living with diabetes.

Integrated Primary Health Services

- **Primary Health Care Nurse:** The Primary Health Care nurse provides ongoing care, support and education for clients and families to help in achieving health and wellness. He/she may act in a case manager role providing support to clients and families in coordinating their health care needs.
- **Exercise Therapist:** Provides individual lifestyle counseling, group activities/exercises and wellness programming to promote health and wellness and prevention of further conditions.
- **Clinic Assistants:** Clinic Assistants are an important part of the team and will perform a variety of tasks including booking appointments and managing patient flow in clinics.
- **Primary Health Care Pharmacist:** Provides support to providers, patients and the healthy living team, provides client/staff education, medication reviews, smoking cessation groups.
- **Primary Health Care Mental Health Therapist:** A member of the Primary Health Care team provides brief counseling, group classes and linkage to Mental Health & Addiction Services.

Sunrise Primary Health Care Clinics

Canora Primary Health Care Clinic *(formerly the Canora Medical Clinic)*

- Services include: Physicians, Nurse Practitioner, Dietitian and clinic assists Physician clinic services to Invermay 2 days per month
- Visiting Services: In development
- Tel: (306) 563-5557; Fax: (306) 563-4175

Foam Lake Primary Health Care

- Services include: Physician, Nurse Practitioners, Clinical assistant
- Visiting Services: Exercise Therapist, Diabetes Education (Nurse and Dietitian), Chronic Disease Facilitators, Mental Health Therapists, Physical Therapist
- Tel: (306) 272-3325; Fax: (306) 272-4449

Langenburg Primary Health Care

- Services include: Physicians, Nurse Practitioner, clinic assistant
- Visiting Services: Exercise Therapist, Diabetes Education (Dietitian, Mental Health Therapist and Physical Therapist)
- Tel: (306) 743-2446; Fax: (306) 743-2448

Norquay Primary Health Care

- Tel: (306) 594-2903; Fax: (306) 594-2740
- Services include: Nurse Practitioner, Clinic Assist
- Visiting Services: Physician clinic 2 days per month, regional Dietitian

Preeceville Primary Health Care

- Services Include: Physicians, Nurse Practitioner, clinic assist
- Visiting Services: Exercise Therapist, Mental Health Therapist and Dietitian
- Tel: (306) 547-3098; Fax: (306) 547-2012

Yorkton Sunrise Health and Wellness Centre

- Services include: Physicians, Nurse Practitioners, Exercise Therapist, Chronic Disease Facilitators, Primary Health Care Nurse, Diabetes Education (Nurse and Dietitian) and women's wellness specialty services
- Visiting Services: Pharmacist, Mental Health Therapists, Physical Therapy (all being developed)
- Tel: (306) 786-6363; Fax: (306) 786-6364

Primary Health Care Health & Healthy Living Programming (Chronic Disease Management Program)

Chronic Disease Management is a systematic approach to improving health care for people with chronic disease. Chronic diseases are prolonged conditions that often do not improve and are rarely cured completely. Diabetes, depression, congestive heart failure, hepatitis and asthma are examples of chronic diseases. Chronic illness has a profound effect on the physical, emotional and mental well-being of individuals, often making it difficult to carry on with daily routines and relationships. However, in many cases, deterioration in health can be minimized by good care. This often depends upon individual choices made on a daily basis. Health care can be delivered more effectively and efficiently if patients with chronic diseases take an active role in their own care and providers are supported with the necessary resources and expertise to better assist their patients in managing their illness.

Integrated Primary Health Services

Cardiac Program

Group classes are offered several times per year throughout the region. Risk assessment identification - participants identify their heart hazards, positive steps toward making healthy lifestyle choices, gain knowledge of how the heart works, risk factors, common tests and procedures, activity, medications, heart healthy diet and stress management.

The “Heart to Heart” Program is a disease-specific initiative by the Heart and Stroke Association to educate people about their disease and secondary prevention of the progression of the disease process.

- Chronic Disease Management Facilitator
Tel: (306) 786-0768

Pulmonary Rehabilitation

The program is offered several times a year (spring and fall). Participants meet twice a week for 6 weeks; both for supervised exercise training and education. A multidisciplinary team provides assessments, education and support.

- Chronic Disease Management Facilitator
Tel: (306) 786-0768

Diabetes Education Program

The Diabetes Education Program is offered to residents of Sunrise Health Region, focusing on individuals newly diagnosed with Type 2 Diabetes, individuals at high risk of developing Type 2 Diabetes, pregnant women diagnosed with Gestational Diabetes, or individuals who have been living with Diabetes for several years and would like to learn more about living a healthy lifestyle with Diabetes. The program consists of a variety of classes focusing on self care, as well as individual sessions with the registered nurse and/or registered Dietitian. Family members of the person living with Diabetes are welcome to attend the education programs.

- Front Desk: (306) 786-6363

“Live Well With Chronic Conditions”

The Program “Live Well With Chronic Conditions” is a self-management program for all chronic conditions. The intent of the program is to help people make informed choices in their health behaviors and to develop positive life strategies to live as fully and productively as they can. The program is offered several times a year in several locations throughout the region based on need. The self-management program developed by the Stanford University is fun and the practical group class format runs 2.5 hours once a week for 6 weeks. The program provides those involved with practical suggestions and support to build confidence in coping with everyday challenges of any chronic condition. Self-management skills include: symptom management, communication skills, relaxation techniques, goal setting and problem solving.

- Chronic Disease Management Facilitator
Tel: (306) 786-0768

Public Health Nutrition

The Public Health Nutritionist works to promote, protect and support nutritional health and prevent nutrition-related disease in order to achieve the best possible health outcomes for Sunrise residents. Using a population health approach, the Public Health Nutritionist focuses activity on what determines health and confronts root causes of nutrition-related conditions and illnesses.

The Public Health Nutritionist promotes nutritional guidelines for healthy lives and collaborates to build healthy public policies and conditions that support healthy communities. Decisions are based on best/effective practice.

In partnership with the Public Health network, organizations, agencies, health professionals and communities, the Public Health Nutritionist:

- Assesses the needs, plans, implements and evaluates programs that impact the health of our residents, i.e. food security, healthy infant and child development
- Researches and presents recommendations on new and existing programs as they apply to the health region and its residents
- Provides technical and policy consultation to health boards, health education and other professionals
- Participates in writing and reviewing provincial and national position papers regarding nutrition recommendations
- Uses scientific and critical knowledge to support development of healthy public policy

Integrated Primary Health Services

- Supports community groups, recreation facilities, work places, and schools in the development of nutrition policies
- Develops and maintains current assessment standards for the feeding relationship, nutrition and growth used by Public Health Nurses in child health clinics
- Advocates for family friendly policies that support breastfeeding
- Provides in-service education, training and consultation to health, education and other professionals in the health region
- Provides consultation and education to community groups
- Develops resource packages and programs
- Provides training and guidance to dietetic interns and their research proposals

For more information, contact:

- Public Health Nutritionist
Tel: (306) 786-0604

Community Health Education

The Community Health Education Program, in collaboration with multidisciplinary team members, champion population health promotion projects, with a Determinants of Health focus, to support the individual, family and community to choose healthy lifestyle options.

The Community Health Educator:

- Liaison with the provincial departments of Environmental and Occupational Health is maintained to coordinate and protect environmental hazards that pose a risk to health, such as hazardous spills, and the safe disposal of liquid and solid waste.
- Is a resource for community groups, agencies, organizations and health program areas to plan events, workshops and educational conferences.
- Is responsible to manage the Health Promotion Community Grants for the Sunrise Health Region.
- Promotes the Population Health Promotion messages by providing appropriate information to different audiences; working with the media, internet and web-based tools and using social marketing techniques.

For more information, contact:

- Community Health Educator
Tel: (306) 786-0627

Home Care Services

Home Care services are available throughout the Sunrise Health Region. Referral for the following services can be made by anyone by simply calling the local Home Care Office.

Home Care Sub-Offices

Canora Sub-Office	(306) 563-1250	Langenburg Sub-Office	(306) 743-5005
Esterhazy Sub-Office	(306) 745-6700	Melville Sub-Office	(306) 728-7300
Foam Lake Sub-Office	(306) 272-3338	Norquay Sub-Office	(306) 594-2277
Ituna Sub-Office	(306) 795-2911	Preeceville Sub-Office	(306) 547-4441
Kamsack Sub-Office	(306) 542-2212		

Assessment and Care Co-ordination: Following a referral or request for services, a complete assessment of client needs is conducted by an Assessor Coordinator in consultation with the client and supporters in order to determine eligibility. Assessments are also completed for long term care placement, private care homes, day wellness programs and facility based respite.

Nursing: Nursing services such as assessments, monitoring, and treatments, are provided as ordered by a physician. Nurses also provide self-care education for clients and their families.

Personal Care: Continuing Care Assistants provide help with bathing, dressing, and activation exercises.

Home Management: Continuing Care Assistants provide assistance with meal preparation. Household tasks are usually referred to private providers.

Respite Care: Short-term relief for regular caregivers is provided.

Palliative Care: Palliative Care Coordinators coordinate palliative care services to ensure the best possible care for those living with a terminal illness. Care is provided in the client's home by Registered Nurses, Licensed Practical Nurses and Home Health Aides, who provide holistic care. Supportive care is also provided to family and friends involved in the care of the patient.

Meals on Wheels: A nutritious meal is prepared by an approved provider and delivered to the client. Meals on Wheels are provided according to need - Monday to Friday at noon (except on statutory holidays) - and is not based on age. The cost of the meal to the client is set by Saskatchewan Health.

Long Term Care Assessment: There is a single point of entry for long term care placement, facility respite and the Day Wellness Program. Assessor Coordinators provide assessments for the Access Review Committee which reviews and prioritizes applicants according to need for placement in long term care facilities.

By partnering with other services and programs, we are able to refer clients to programs such as Community Social Worker, Physiotherapist, Occupational Therapist, Diabetic Educator, etc.

Home Care Offices

- Canora
- Esterhazy
- Foam Lake
- Ituna
- Kamsack
- Langenburg
- Melville
- Norquay
- Preeceville
- Yorkton

Podiatry: The Podiatry Program provides a comprehensive quality foot care service with priority given to high risk groups. This minimizes the need for hospitalization or major surgery such as amputation, and enables persons to maintain their mobility and independence.

Podiatrists are responsible for diagnosis, treatment and management of foot problems. This is done by medical, surgical or mechanical means. A major component of the program is education, either as presentations, in-service sessions for other health professionals, or on a one-to-one basis with individual and patients.

Podiatry Clinics are held in Yorkton.

- Podiatry Clinic: (306) 786-0623

Corporate Services

Environmental Services

The Environmental Services Departments maintain an attractive environment and level of cleanliness that provides occupants with a safe, infection-controlled environment in which they live, work or visit. The Environmental Services Departments also implement procedures and schedules of care to furnishings and equipment that extends the usable life of the capital investment.

For more information, contact:

- Director of Operational Support Services
Tel: (306) 786-0419

Finance

Finance is responsible for the overall organization, direction, management and monitoring of the Finance system. The Finance Department provides timely accurate financial and statistical reporting for the purpose of evaluating, monitoring and directing the financial affairs of the region with prescribed legislative requirements.

For more information, contact:

- Director of Finance & Materials Management
Tel: (306) 786-0102

Accounts Receivable

Accounts receivable are the amounts that clients/residents owe to Sunrise Health Region. The Accounts Receivable Department is responsible for generating invoices/statements to clients/residents for the services and/or products supplied to them, processing the received funds, and including collection of those funds which have not been received.

For more information, contact:

- Accounts Receivable Supervisor
Tel: (306) 542-4295 (Extension 209); or
Tel: (306) 786-0231

Accounts Payable

Accounts payable is responsible for generating a payment to vendors for products and services purchased on credit. The Accounts Payable Department ensures that the appropriate designated individual has approved payment by way of placement of the appropriate stamp, amount of payment, financial code, date and signature/initial on the invoice/statement. For further information, please see Sunrise Health Region Administration Policy Manual II, Policy #350.005 - Signing Authority – Purchasing.

For more information, contact:

- Accounts Payable Supervisor
Tel: (306) 786-0133

Food & Nutrition Services

The Food and Nutrition Service Department provides a quality food service program for clients, staff and visitors based on Canada's Food Guide. Client food services are provided to meet current dietary guidelines of the Sunrise Health Region Diet Manual.

Clinical nutrition services are provided by Registered Dietitians in acute, long term care and outpatient settings. Nutrition services are individualized to reflect the whole needs of the individual patient/resident.

Information Services

Information Technology

Information Technology is a term that encompasses all forms of technology used to create, store, exchange, and use information in its various forms – business data, voice conversations, still images, motion pictures, multimedia presentations, and other forms, including those not yet conceived.

For more information, contact:

- Director of Information Technology
Tel: (306) 786-0150
- eHealth Saskatchewan – A Saskatchewan government agency that is facilitating the development of a province-wide health information network - enhancing health services and the protection of personal information through legislation, policy and technical safeguards.
- eHealth Help Desk – Provides tier one or first line support to users on all their computer problem calls. In addition, it provides support for all clinical information systems hosted in the eHealth Data Centre.

Both the Information Technology & Information Management departments participate on many eHealth Saskatchewan projects to assist with pre-implementation, system build, testing & deployment

Information Management

Information management consists of the implementation, maintenance and management of the Electronic Health Record for personal health information and all supporting applications. The Director of Information Management is responsible for the policies and processes which support the confidentiality and security of personal health information.

Information management is an organization-wide function that includes the planning, organizing and controlling of data. The management of information applies to both computer based and manual systems.

Electronic Health Record: The health record is currently composed of multiple applications across multiple health care types. The future vision is to continue to bring separate applications into a single view, to achieve a single electronic record for each patient.

For more information, contact:

- Regional Manager of Electronic Health Information Services
Tel: (306) 786-0795

Privacy

The Privacy Team is responsible for the development and implementation of region-wide principles, policies and practices relevant to privacy and compliance with *Personal Information Protection and Electronic Documents Act* (PIPEDA) and *Health Information Protection Act* (HIPA), Local Authority Freedom of Information and Protection of Privacy Act (LAFOIP) and other applicable legislation. The Privacy Team also oversees the development and ongoing delivery of privacy, education and awareness.

Health Information Protection Act: An Act respecting the collection, storage, use and disclosure of personal health information, access to personal health information and privacy of individuals with respect to personal health information.

Local Authority Freedom of Information and Protection of Privacy Act (LAFOIP): A provincial act that provides a public right to access to the records in the possession or under the control of a local authority (i.e. a health region) and establishes rules for the protection of personal information.

Personal Information Protection and Electronic Documents Act (PIPEDA), 2001: Federal legislation enacted to provide Canadians with a right to privacy with respect to their personal information that is collected, used or disclosed by an organization in the private sector in an era in which technology increasingly facilitates the collection and free flow of information.

For more information, contact:

- Privacy and Access Consultant: (306) 786-0696
- Designated Chief Privacy Officer/Vice President of Corporate Services: (306) 786-0106; or
- Designated Privacy Officer/Director of Health Information Services: (306) 786-0874

Materials Management

Materials Management is responsible for the acquisition, supply, distribution, and inventory of equipment, supplies and services to all departments except pharmacy and food services. Product standardization is promoted to obtain the best product/pricing mix and ensure top quality client care and safety.

Through standardization, the cost of doing business with large numbers of vendors for the same product/service is decreased.

Wherever feasible, the health region participates in a group purchasing program where province-wide purchasing contracts are used to obtain the best price on volume purchases. Regional contracts are used for general supplies and service for specific equipment in lab, x-ray, medical and surgical departments. The region also contracts with a third party for food and food service purchases.

For more information about Materials Management, contact:

- Regional Manager of Materials Management
Tel: (306) 786-0448

Building Services

Maintenance employees in the region maintain the buildings, grounds, and equipment to ensure a safe, comfortable and attractive environment. Preventive maintenance programs keep buildings and equipment operating efficiently, extends life expectancy, and minimizes breakdown and disruption of service.

For more information about Building Services, contact:

- Director of Building Services
Tel: (306) 786-0416

Infrastructure & Projects/Capital Planning

Infrastructure and Projects is responsible for planning, organizing, directing, controlling and evaluating capital equipment replacement, as well as capital construction and renovations utilizing the new Infection Prevention and Control standards for construction and renovations in all Health Care Sites.

The lengthy list of renovation projects includes roof replacements, nurse call system replacements, window replacements, air conditioning/ventilation upgrades, and energy conservation retrofit projects.

The buildings owned by the health region are in compliance with building codes at the time of construction. Many of these buildings do not meet present-day building and accessibility standards. The older buildings contain small resident rooms and small washrooms that are not wheelchair accessible. The main entrances in most health care facilities in the region do not have automatic door openers for disabled accessibility.

For more information about Infrastructure and Projects, or Capital Projects building services, contact:

- Manager of Infrastructure and Renewal
Tel: (306) 786-0415

Capital Planning

Capital Planners are responsible for planning, organizing, directing, controlling and evaluating capital equipment repair and replacement, as well as capital construction and renovations.

The lengthy list of renovation projects includes roof replacements, nurse call system replacements, diagnostic equipment replacements, resident safety lifting equipment installations, window and flooring replacement, heating, air conditioning and ventilation upgrades, and energy conservation retrofit projects. Also the design and build of the Integrated Primary Health Care site in Yorkton.

The buildings owned by the health region are in compliance with building codes at the time of construction. Many of these buildings do not meet present-day building and accessibility standards. The older buildings contain small resident rooms and small washrooms that are not wheelchair accessible. The main entrances in most health care facilities in the region do not have automatic door openers for disabled accessibility.

For more information, contact:

- Manager of Infrastructure and Renewal
Tel: (306) 786-0415
- Regional Manager of Corporate Services/Medical Device Reprocessing
Tel: (306) 786-0489

Staff Services (aka Human Resources)

Human Resource planning and management can be defined as having the right people in the right places with the right skills at the right time. However, Staff Services has transcended the functional aspects traditionally associated with personnel departments - that of hiring, firing, handing out the paycheques and the benefits packages.

The Staff Services portfolio for Sunrise Health Region is a support service to our staff and organization. The portfolio is broad in nature and consists of several programs and services:

Staff Relations

Labour Relations

Ensures the development of a labour relations climate that promotes dignity, integrity and trust with fair and equitable treatment within a healthy and productive workplace.

- Provide consultation and support to managers
- Advise upon implementation and administration of collective agreements
- Communicate with unions and Saskatchewan Association of Health Organizations
- Coordinate and manage grievance/arbitration hearings

Representative Workforce

Sunrise Health Region is committed to creating a non-discriminatory, representative and harassment-free working environment that ensures staff, volunteers, physicians and clients are treated fairly and with respect. It is vital that staff, volunteers, physicians and clients all have the right to provide and/or receive health care services in an atmosphere that is free of all forms of harassment and discrimination.

- Aboriginal Employment Development strategies
- Identifying partnerships with First Nations and Métis Nations
- Developing and promoting anti-harassment policies
- Promoting and enhancing respectful workplaces

Disability Management

Accountable for the development, implementation and evaluation of a comprehensive disability management program and service.

- Assessment, implementation and evaluation of the Disability Management Program
- Development, implementation, consultation and evaluation of policies pertaining to disability management
- Facilitate education of physicians, managers, unions and employees with regard to the program
- Facilitate the accommodation of employees based on medical restrictions
- Monitoring and analyzing workplace trends and statistics as they relate to Disability Management

Job Classification

Review and evaluate job classifications to provide fair, equitable and credible assessment of all positions within the organization.

Employee Education

Develop, implement and evaluate a comprehensive range of educational programs, services and policies to meet the goals and obligations of Sunrise Health Region.

- Design, implement, deliver and support education programs to meet the learning needs of patient care staff
- Staff Training
- Instruct, facilitate and provide support for a variety of employee training program, including Transfers/Lifts/Repositioning, Professional Assault Response Training, Respectful Workplaces
- Library Services - provide a variety of library services to physicians and staff on a regional basis

Telehealth

Provide medical consultation and education services to the region through videoconference links with designated sites.

Staff Services

Workplace Health and Safety

Promote and protect a safe and healthy work environment for all regional staff.

- Assess, facilitate, and provide ongoing evaluation of injury prevention initiatives, environmental safety strategies, Occupational Health and Safety Program and employee and family wellness.

Employment Services

Recruitment and Retention

Employment Coordination is responsible for effective and efficient internal and external recruitment to attract and retain excellent human resources to meet current and future organizational needs.

- Employment Coordination
- Recruitment/advertising/career fairs
- Promotion of region
- Practicum/Job Shadowing/Adopt-a-Student
- Incentives, i.e. bursaries for return in service commitment; relocation allowances
- Internal postings
- Employee selection/advice/guidance to managers
- Employee surveys and reporting

Payroll

- Develop, implement and maintain an effective organization compensation system, including pay and benefit policies and procedures
- Provide necessary reporting to assist facilities/departments in decision making

Benefits

Educate, enroll and/or assist in the application of appropriate benefits for eligible employees in a timely manner.

- Administer provincial and regional benefit plans effectively and efficiently
- Respond to staff inquiries on benefits
- Assist employees with retirement planning and processes

Staff Scheduling

Provide effective, efficient scheduling services through the development and maintenance of a reliable scheduling program, and through implementation and application of the requirements of the collective agreement.

Staff Health

Promote and maintain the safety and well-being of employees.

- Immunization
- Monitor staff health

Employee and Family Assistance Plan

Provides short-term professional, supportive and qualified counseling assistance to employees and their families.

- Available on a voluntary basis, or as recommended by managers
- For personal and work-related issues
- Available to all employees and immediate family members
- No cost to the employee
- Confidentiality assured

Contact information is available through the Staff Services Department at Tel: (306) 786-0740.

Volunteer Resources

Sunrise Health Region recognizes the significant contribution of volunteers who are a valuable and essential human resource, requiring and warranting support, encouragement and appreciation.

Client Services

- Develop, implement and maintain effective policies and procedures that provide for safe and appropriate interactions between volunteers, staff and clients

Staff Services

- Orientate and train volunteers
- Process volunteer applications and ensure adequate screening
- Coordinate provision of volunteers for support roles such as visitation and activity programs, medically related and referred transportation needs, host programs at facilities, to support and enhance services provided by staff
- Incident/accident reporting and investigation for volunteers
- Offer regular volunteer meetings and communications
- Support staff who work with volunteers
- Provide resources for volunteer appreciation events

Spiritual Care

- Provided by clergy and lay volunteers, facilitated by and accountable to the regional Spiritual Care Committee
- The Sunrise Health Region Spiritual Care Committee (comprised of representatives from various faith communities) provides a leadership role by coordinating spiritual care within the health region, and by supporting clergy, lay persons and elders who provide that care within the facilities and programs. The committee makes recommendations regarding policy, initiatives and care provisions and serves as a liaison with churches and other religious and community groups. The committee upholds an ethic of spiritual care and addresses any breaches of ethical standards and expectations within spiritual care ministries.
 - Assist staff in the coordination of spiritual support to patients
 - Train volunteers who deliver spiritual care services on behalf of church communities

Meals-on-Wheels

- Assist in coordination of volunteers to deliver service to the homes of referred clients

Ethics Committee

- The freedom to make choices is the right of every person. Health care consumers have become more knowledgeable, and consequently more involved, in making difficult decisions about their health and well-being. The making of these decisions has been further complicated by the amazing advances that have been made in medicine and technology.
- Sunrise Health Region recognizes the difficulty experienced when health care providers and consumers are confronted with such decisions and choices and has established a multi-disciplinary regional Ethics Committee to provide a consultative service that assists health care professionals, patients and their families when they are faced with difficult decisions and choices.
- The Ethics Committee supports the vision, mission and values of Sunrise Health Region by:
 - Promoting collaborative and respectful resolution of ethical disagreements;
 - Supporting staff members, physicians and family members in honoring patient values; and
 - Addressing ethics-related quality of care issues.

For more information, contact:

- Staff Services
Tel: (306) 786-0740
- Director of Volunteer Resources
Tel: (306) 786-0468
- Manager of Employment Services
Tel: (306) 786-0138

Health Care Partners

KidsFirst

KidsFirst is a joint effort of Ministries of Social Services, Health, and Education, delivered in cooperation with partners such as health regions, school divisions, First Nations and Métis organizations, and community organizations.

KidsFirst is an early childhood development program for children prenatal through age 3, intended to provide vulnerable children with the best possible start in life, and to ensure that they will be cared for, nurtured and supported by well-functioning families and communities.

KidsFirst provides in home support and delivers early childhood development information to parents of young children. Mental Health and Addiction Services and Early Learning supports are also provided to support health family systems.

For further information, contact:

- KidsFirst Program Manager
Tel: (306) 783-1946

Society for the Involvement of Good Neighbours (SIGN)

Society for the Involvement of Good Neighbours, a private non-profit corporation located in Yorkton, was developed in 1968 by four members of the Yorkton Ministerial Association. Society for the Involvement of Good Neighbours is a pioneer in the concept of partnering with local agencies and organizations to develop and deliver needed services to area residents. Today, Society for the Involvement of Good Neighbours develops, delivers and administers programs and services, and also provides administrative support to other community social groups.

For further information, contact:

- Executive Director
Tel: (306) 783-9409

The Health Foundation of East Central Saskatchewan

The Health Foundation is an independent, not-for-profit organization led by a group of dedicated community volunteers. While The Health Foundation has the improvement of health to the people of our community as a key objective, its primary responsibility is to its donors and ensuring that their donations are managed in an efficient manner which respects donor wishes.

The Health Foundation is a primary source of capital for all of the facilities and programs in the health region.

For further information, contact:

- Executive Director
Tel: (306) 786-0505

Saskatchewan HealthLine

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide clients with immediate, professional health advice or information, and direct them to the most appropriate source of care. HealthLine can help clients decide whether they should treat their own symptoms, go to a clinic, wait to see your doctor, or go to a hospital emergency room.

- Saskatchewan HealthLine: Call 811

Directory

Facilities

Facility Name	Address	City	Postal Code	Phone Number	Fax Number
Canora Gateway Lodge	212 Centre Ave. E. Box 1387	Canora	SOA 0L0	(306) 563-5685	(306) 561-5711
Canora Hospital	1219 Main St. Box 749	Canora	SOA 0L0	(306) 563-5621	(306) 563-1257
Centennial Special Care Home	300 James Ave. Box 310	Esterhazy	SOA 0X0	(306) 745-6444	(306) 745-2741
Foam Lake Health Centre	715 Saskatchewan Ave. E Box 190	Foam Lake	SOA 1A0	(306) 272-3325	(306) 272-4449
Foam Lake Jubilee Home	421 Alberta Ave. E Box 460	Foam Lake	SOA 1A0	(306) 272-4141	(306) 272-4973
Invermay Health Centre	303 4 th Ave. N Box 160	Invermay	SOA 1M0	(306) 593-2133	(306) 593-4566
Ituna Pioneer Health Care Centre	320 5 th Ave. NE Box 130	Ituna	SOA 1N0	(306) 795-2665	(306) 795-3592
Kamsack District Hospital & Nursing Home	341 Stewart St. Box 429	Kamsack	SOA 1S0	(306) 542-2635	(306) 542-4360
Lakeside Manor Care Home	101 Crescent Lake Rd Box 340	Saltcoats	SOA 3R0	(306) 744-2353	(306) 744-2414
Langenburg Health Care Complex	200 Heritage Dr. Box 9	Langenburg	SOA 2A0	(306) 743-2232	(306) 743-5025
Melville & District Health Centre	200 Heritage Dr. Box 1810	Melville	SOA 2P0	(306) 728-7330	(306) 728-1859
Mental Health Services	270 Bradbrooke Dr.	Yorkton	S3N 2K6	(306) 786-0558	(306) 786-0556
Norquay Health Centre	335 East Rd Box 190	Norquay	SOA 2V0	(306) 594-2133	(306) 594-2488
Preeceville & District Health Centre	712 7 th St. NE Box 469	Preeceville	SOA 3B0	(306) 547-2102	(306) 547-2223
St. Anthony's Hospital	216 Ancona St. Box 280	Esterhazy	SOA 0X0	(306) 745-3973	(306) 745-3245
St. Paul Lutheran Home	100 Heritage Dr. Box 1390	Melville	SOA 2P0	(306) 728-7340	(306) 728-5471
St. Peter's Hospital	200 Heritage Dr. Box 1810	Melville	SOA 2P0	(306) 728-5407	(306) 728-1859
Theodore Health Centre	615 Anderson Ave. Box 70	Theodore	SOA 4C0	(306) 647-2115	(306) 647-2238
Yorkton & District Nursing Home	200 Bradbrooke Dr.	Yorkton	S3N 2K5	(306) 786-0800	(306) 786-0808
Yorkton Regional Health Centre	270 Bradbrooke Dr.	Yorkton	S3N 2K6	(306) 782-2401	(306) 786-0457

Directory

Facility Name	Address	City	Postal Code	Phone Number	Fax Number
Addiction Services					
Saul Cohen Centre	Box 164	Melville	SOA 2P0	(306) 728-7320	(306) 728-4925
Home Care					
Canora	Box 868	Canora	SOA 0L0	(306) 563-1250	(306) 563-1251
Esterhazy	Box 1570	Esterhazy	SOA 0X0	(306) 743-6700	(306) 745-3206
Foam Lake	Box 458	Foam Lake	SOA 1A0	(306) 272-3338	(306) 272-4449
Ituna	Box 130	Ituna	SOA 1N0	(306) 795-2911	(306) 795-3592
Kamsack	Box 1053	Kamsack	SOA 1S0	(306) 542-2212	(306) 542-3902
Langenburg	Box 370	Langenburg	SOA 2A0	(306) 743-5005	(306) 743-2844
Melville	Box 2348	Melville	SOA 2P0	(306) 728-7300	(306) 728-4925
Norquay/Pelly	Box 535	Norquay	SOA 2V0	(306) 594-2277	(306) 594-2220
Preeceville	Box 407	Preeceville	SOA 3B0	(306) 547-4441	(306) 547-5514
Yorkton	270 Bradbrooke Dr.	Yorkton	S3N 2K6	(306) 786-0711	(306) 786-0707
Public Health					
Canora	Box 868	Canora	SOA 0L0	(306) 563-1259	(306) 563-4006
Esterhazy	Box 849	Esterhazy	SOA 0X0	(306) 745-3200	(306) 745-3207
Foam Lake	Box 814	Foam Lake	SOA 1A0	(306) 272-3375	(306) 272-4449
Kamsack	Box 1053	Kamsack	SOA 1S0	(306) 542-4295 (202)	(306) 542-2995
Langenburg	Box 370	Langenburg	SOA 2A0	(306) 743-2801	(306) 743-2899
Melville	Box 2348	Melville	SOA 2P0	(306) 728-7310	(306) 728-4925
Norquay	Box 190	Norquay	SOA 2V0	(306) 594-2262	(306) 594-2488
Preeceville	Box 466	Preeceville	SOA 3B0	(306) 547-2815	(306) 547-2092
Yorkton	150 Independent St.	Yorkton	S3N 0S7	(306) 786-0600	(306) 786-0620
Primary Health Care					
Canora	Box 749; 1219 Main St.	Canora	SOA 0L0	(306) 563-5557	(306) 563-4175
Foam Lake	Box 190	Foam Lake	SOA 1A0	(306) 272-3325	(306) 272-4404
Langenburg	Box 9	Langenburg	SOA 2A0	(306) 743-2446	(306) 743-2448
Norquay	Box 500	Norquay	SOA 2V0	(306) 594-2903	(306) 594-2477
Preeceville	Box 499	Preeceville	SOA 3B0	(306) 547-3098	(306) 547-3028
Yorkton	Sunrise Health & Wellness Centre 259 Hamilton Rd.	Yorkton	S3N 0S7	(306) 786-6363	(306) 786-6364
Therapies					
Cornerstone	200 Bradbrooke Dr.	Yorkton	S3N 2K5	(306) 786-0178	(306) 786-0179

Physicians

Physician	Department	City	Phone #	Fax #	Pager #
AFSHARI, Dr. H.	Family Physician	Canora	(306) 563-5557	(306) 563-4175	
AHMED, Dr. S.	Family Physician	Canora	(306) 563-5557	(306) 563-4175	
JAFARIAN, Dr. S.	Family Physician	Canora	(306) 563-5557	(306) 563-4175	
OBIORA, Dr. V.	Family Physician	Canora	(306) 563-5557	(306) 563-4175	
BOTHA, P.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
FAJIMI, O.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
NEL, Dr. M.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
ROHANI, Dr. A.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
VAN ZIJL, Dr. T.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
VILJOEN, M.	Family Physician	Esterhazy	(306) 745-6681	(306) 745-2995	
BISHOP, Dr. M.	Family Physician	Kamsack	(306) 542-2623	(306) 542-3782	
CHHINA, Dr. B.	Family Physician	Kamsack	(306) 542-2623	(306) 542-3782	
DAVIES, Dr. M.	Family Physician	Kamsack	(306) 542-2623	(306) 542-3782	
MOSURO, Dr. A.	Family Physician	Kamsack	(306) 542-2623	(306) 542-3782	
OGALI, DR. E.	Family Physician	Kamsack	(306) 542-2623	(306) 542-3782	
VAN EEDEN, Dr. D.	Family Physician	Langenburg	(306) 743-2446	(306) 743-2448	
BENY, Dr. M. T.	Family Physician	Melville	(306) 728-4466	(306) 728-3093	
ESHAWESH, Dr. A.	Family Physician	Melville	(306) 728-4466	(306) 728-3093	
KER, Dr. V.	Family Physician	Melville	(306) 728-4466	(306) 728-3093	
VAN ZYL, Dr. J.	Family Physician	Melville	(306) 728-4466	(306) 728-3093	
MEYER, Dr. C.	Family Physician	Preeceville	(306) 547-3098	(306) 547-3028	
SHAHRESTANI, Dr. M.	Family Physician	Preeceville	(306) 547-3098	(306) 547-3028	
SINGH, Dr. S.	Family Physician	Preeceville	(306) 547-3098	(306) 547-3028	
ABDULLAHI, Dr. R.	Surgical Assistant	Yorkton	(306) 782-2401	(306) 782-4364	
ADANE, Dr. R.	Family Physician	Yorkton	(306) 782-1122	(306) 782-1155	
ADEFOLARIN, Dr. O.	Psychiatrist	Yorkton	(306) 786-0558	(306) 786-0556	
ADENAIKE, Dr. V.	Psychiatrist	Yorkton	(306) 786-0558	(306) 786-0556	
CHHETRI, Dr. A.	MHO	Yorkton	(306) 786-0606	(306) 786-0630	
DE GOOIJER, Dr. L	Family Physician	Yorkton	(306) 783-2555	(306) 783-2557	
ERHAZE, Dr. S.	Psychiatrist	Yorkton	(306) 786-0558	(306) 786-0556	
EYBERS, Dr. V. W.	General Surgeon	Yorkton	(306) 782-1868	(306) 782-1869	126
FOURIE, Dr. P.	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	076
		Park Unit	(306) 786-0403	(306) 786-0122	
GROENEWALD, Dr. P.	Family Physician	Yorkton	(306) 783-2555	(306) 783-2557	
HAHN, Dr. J.	Radiologist	Yorkton	(306) 786-0627	(306) 786-0424	064
HEGGIE, Dr. M	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	
JAMIL, Dr. N.	Family Physician	Yorkton	(306) 316-0023	(306) 782-3587	

Directory

Physician	Department	City	Phone #	Fax #	Pager #
JAYASINGHE, Dr. T.	Surgical Assistant	Yorkton	(306) 782-2401	(306) 782-0247	
JOKHAN, Dr. R.	Pediatrician	Yorkton	(306) 783-3226	(306) 783-5206	032
KASIM, Dr. Y.	Obstetrician/ Gynecologist	Yorkton	(306) 782-2332	(306) 782-3360	
KOUDSI, Dr. N. M.	Family Physician	Yorkton	(306) 782-9444	(306) 782-4050	144
LAWALE, Dr. D.	Family Physician	Yorkton	(306) 890-0405	(306) 890-0408	
LEE, Dr. F.	Family Physician	Yorkton	(306) 782-4840	(306) 782-4220	124
MACHNEE, B.	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	
MANYANDE, Dr. T.	Family Physician	Yorkton	(306) 782-1122	(306) 782-1155	
OBAYAN, Dr. A.	General Surgeon	Yorkton	(306) 782-3627	(306) 782-3628	
ODUNTAN, Dr. O.	Family Physician	Yorkton	(306) 782-1122	(306) 782-1155	070
OGUNBIYI, Dr. A.O.	Psychiatrist	Yorkton	(306) 786-0558	(306) 786-0556	
OKAFOR, Dr. L.	Internal Medicine	Yorkton	(306) 782-4363	(306) 782-4364	
OLOKO, Dr. S	Internal Medicine	Yorkton	(306) 782-4363	(306) 782-4364	
ONALOPO, M.	Anaesthetist	Yorkton	(306) 782-2401		
OSIME, Dr. C.	Family Physician	Yorkton	(306) 890-0405	(306) 890-0408	
OTUKOYA, Dr. F.	Obstetrician/ Gynecologist	Yorkton	(306) 782-6333	(306) 782-6335	
PRESS, Dr. M.	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	
ROODT, Dr. J.	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	162
RUSSELL, Dr. P.	Radiologist	Yorkton	(306) 786-0427	(306) 786-0424	
SMITH, Dr. H.	Ophthalmologist	Yorkton	(306) 782-4646	(306) 782-4650	168
SPIES, Dr. C. A.	Obs/Gyn/Surgeon	Yorkton	(306) 782-5525	(306) 782-3616	
SWAN, Dr. N.T.	Family Physician	Yorkton	(306) 783-7926	(306) 783-7932	146
VAN HEERDEN, Dr. A. C.	Family Physician	Yorkton	(306) 782-3038	(306) 782-3462	140
VORSTER, Dr. J.	Family Physician	Yorkton	(306) 786-6363	(306) 786-6364	049
VORSTER, Dr. R.	Family Physician	Yorkton	(306) 782-5525	(306) 782-3616	047
WANIS, Dr. N.	General Surgeon	Yorkton	(306) 782-4555	(306) 782-4539	046
WRIGHT, Dr. W.D.G	ENT	Yorkton	(306) 782-2401	(306) 786-0761	377