

HAMIOTA DISTRICT HEALTH CENTRE

ORIENTATION PACKAGE FOR MEDICAL LEARNERS.



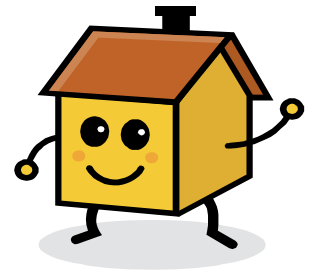
WELCOME!!

Welcome to Hamiota!! We hope that your stay here is enjoyable and educational.

All individuals of the Health Care Team are equally important to the success of the Hamiota District Health Centre and the exceptional health services it provides. The service you offer is of a very important nature. The Patients and Residents are the most important individuals in the facility and every effort is made to provide the excellent care.

We hope your time with us at the Hamiota District Health Centre and Birch Lodge Personal Care Home will prove to be a pleasant and rewarding experience.

ACCOMMODATIONS



Your accommodation is an apartment in Evergreen Estates, Apartment 2, located at 23 – 4th Street NE. If there is anything missing, or require repairs in the accommodations, please contact the Business Office Clerk by calling (204) 764-2412 extension 221. The apartment is not wheelchair accessible.

The apartment is furnished with a double bed, sofa bed, microwave, refrigerator, stove, desk, desk lamp, television, DVD, cablevision, linens, and house wares. Sorry, but there is no dishwasher. Laundry is available in the apartment complex free of charge. Outdoor parking (stall #2) with an electrical outlet for a block heater is also available. Sorry, no pets allowed. Service animals can be accommodated with pre-arrangement.

Wifi is available in the apartment.

You are requested to use a cellphone as there is no land line.

ATMs are available at the Royal Bank, the Vanguard Credit Union, the Hotel or at the Convenience Store.

Prior to your departure, it is expected that you leave the apartment in a tidy condition for the next resident including cleaning the oven and fridge. Cleaning supplies are provided. You are also requested to change/wash the bedding, linens, etc. Any damages to the apartment will be your responsibility.

Apartment keys are available at the Acute Care Nursing station upon your arrival. If arriving on the weekend, it is advisable to contact the nursing station at (204) 764-2412 extension 1 to ensure that the keys are ready.

Please bring your own stethoscope and identification badge; lab coat is optional. Please arrive at 9:00 AM to the nursing conference room in acute care on the first morning of your rotation.

HEALTHCARE IN HAMIOTA

Health care for Hamiota and area evolved from a small cottage hospital in 1904 to the construction of the Hamiota District Hospital in 1950 and the eventual adoption of the Community Health care model in 1974. This model had proven sustainable and innovative in meeting the community needs.

As one of the first fully accredited hospital of its size, the centre continued to push the boundaries on conventional “health” and adopted a system which better suited the district. The Health Centre has worked on and made innovative improvements to the model over the past years. The end result is a facility that provides fully integrated health care services under one roof. The model’s success can be attributed to: Cooperation through team work and a common vision of excellence; all services are coordinated under one roof and one governance; a fully integrated team of salaried physicians; and equal importance and voice given to all health care staff and volunteers.

Hamiota District Health Centre

The Hamiota District Health Centre has 20 acute care beds. We have a Coronary Care Unit, 24-hour emergency and outpatient services, diagnostic services including X-Ray, Lab and ECG. We are fortunate to have a Community Cancer Program through Cancer Care Manitoba, itinerant services from a Geriatrician, and a Psychiatrist is locally available. We provide a comfortable room for families with our Palliative Care Unit, fondly known as the “Hudson Suite” in honour of Dr. Ed Hudson. The Health Centre has pharmacy services, hospital based Emergency Services, regularly scheduled diabetic and hypertensive clinics as well as pre-natal and child health clinics. We also have a library with internet and text resources. Hamiota Health Centre is a Telehealth site. There is WiFi available in the facility.

Physician rounds occur at 9:00 am daily after the team meeting, then scheduled procedures follow.

Birch Lodge Personal Care Home

The Birch Lodge Personal Care Home has 30 resident beds and offers complete personal care service for Long Term Care Residents including Activity Director, resident Council, and ongoing medical and nursing input. Park and Lilac Residencies are an adjacent Independent elderly persons housing, arranged in a campus of care.

Physicians provide weekly rounds, plus acute assessments when required.

Medical Clinic

The Hamiota Medical Clinic has 4 family physicians and 1 nurse practitioner on salary providing a full range of primary care services, including acute illness care, prenatal and postnatal care, routine physicals and annual checkups, and disease screening. Physicians from Shoal Lake and Rivers also assist in Emergency Department coverage. Clinic

patients are scheduled from 10:30 am to 4:30 pm. The clinic uses Accuro as their electronic medical records program.

All of the physicians have ongoing communication with various specialists and can easily arrange consultation when necessary. Phototherapy is available for those patients with skin conditions as one of our family physicians has a special interest in dermatology. We also have a Dental Clinic right next to our Medical Clinic.

Community Programs

Outreach community services complement the primary health care services and add the comprehensiveness of the community health care model. These services are fully integrated into the system. They include; Mental Health, Public Health, Palliative Care, Home Care, Speech Language Therapy, Physiotherapy and Occupational Therapy, Dietician, Mobile Meals, Family Service Workers, and Volunteer Service which includes Pastoral Care, Health Auxiliary, and Volunteer drivers for Mobile Meals. The site delivers outreach chemotherapy for CCM (CancerCare Manitoba) under the direction of physicians.



Student/Residency Program

On your first day of rotation, you will be orientated to the facility and the team members that work at the Hamiota District Health Centre. If we miss anything during the orientation, please let us know. You are requested to bring your stethoscope and identification badge.

Please provide your preceptor with your personal emergency contact information.

Travel Time

Reasonable travel time to Hamiota will be allotted to you. On your first day of rotation, students, please present for 0900 AM Monday. On the last day of your rotation; the afternoon may be spent as travel time.

Absences

If you have to be away for a reason, you are requested to let your supervising physician and the Medical Clinic Receptionist know as soon as possible so they do not continue to book appointments for you that day. Also, you are requested to notify the Medical Clinic Receptionist as to which weekend you are “on-call”. A 09:00 hours – 17:00 hours presence in the Medical Clinic is anticipated. If situations arise after clinic hours, please notify the on-call physician.

On Call Commitment:

In terms of weekend on-call, the Hamiota Physician Group participates in an on-call rota beginning Friday afternoon at 17:00 hours until Monday morning at 08:00 hours. The on-call physician will then have the following Monday afternoon and Tuesday off to rest.

During your on-call period, your level of independence will vary depending on your comfort level, our comfort level, and also the stage of your training. During your first on-call shift, it is expected that you contact and speak with your preceptor for every call that presents. All admissions, obstetrical patients and transfers must be discussed at the time of assessment with the attending physician.

Medical Students:

The University of Manitoba requires you to do a total of 5 on call shifts; this should also include one weekend during your rotation. All patients are to be discussed with your preceptor.

For Residents:

It is required by the University of Manitoba that you take call as per Parim contract. On occasion, we may appoint the night that you will be on call, but most of the time you are able to select one night per week that is suitable for you.

Residents and Medical Students:

You are requested to notify Acute Care Nursing Staff of how to reach you promptly while on-call, i.e., phone or pager/beeper. You are also reminded to “check in” with the Nursing Station at 17:00 hours before leaving for the day.

MEDICAL RECORDS

There is a Health Records Technician available Monday to Friday. We ask that you introduce yourself early in your rotation. She will explain the electronic charting system and where to leave/retrieve your work. The Clinic uses an Electronic Medical Record System (EMR) called Accuro.

You will be expected to do admission histories, discharge summaries and referral letters during your stay here. Clinic notes are to be written using SOAP format.

Prior to leaving on your last day of your rotation, you are requested to check with Medical Records Department to ensure all of your medical records are completed.

When signing Clinic Progress Notes, please indicate which Hamiota physician you are working with that day.

DIAGNOSTIC SERVICES

Introduce yourself to the Health Centre's Diagnostic Staff and notify them of the name of your preceptor. You are requested to sign all clinic records and lab requisitions in black ink with your name and the initials of your preceptor (e.g.: John Doe, R2 for KJ.)

While many lab tests are able to be performed in the lab area of Hamiota District Health Centre, tests may be referred to Westman Laboratories in Brandon or to Winnipeg's Cadhan Lab.

PHARMACY SERVICES



Pharmacy services in the community are provided weekdays by the Hamiota Super Thrifty Drug Store. You are requested to introduce yourself to the pharmacists and notify them of the name of your Hamiota preceptor by calling (204) 764-2718.

TELEHEALTH

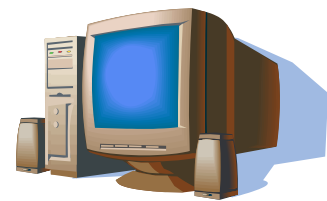
Education and Patient care Services can be accessed by Telehealth.

CONFERENCES

Attendance at the meetings such as Medical Staff Meetings, Discharge Planning Rounds, PCH pharmacy, etc. is expected to be a part of your training as it is important in learning how a rural facility functions. It is also expected that you participate in all team conferences.

COMPUTER ACCESS

Computer / Internet access is available in the library (do not turn off the computer) or the Itinerant Office. If you require assistance, please ask.



ADDITIONAL INFORMATION

The following (and more) is available in Hamiota:

- ✓ Hamiota.com
- ✓ Playgrounds
- ✓ Outdoor heated pool
- ✓ Cross country skiing
- ✓ Golf course
- ✓ Local hockey teams, and baseball teams.
- ✓ Skating and curling
- ✓ Hamiota Collegiate Weight Room (see attached)
- ✓ Midwest Recreation Programs – Please call or email the recreation office for a list of current classes running.
Phone: (204) 764-3050 ext 106. Email: midwestrec@hamiota.com
- ✓ Midwest Arts Council has art and music classes plus exhibitions. For more information please phone (204) 764-2400 or email midwestartscentre@gmail.com
- ✓ BROOKS FITNESS located at 21 Maple Avenue East.
 - At Brooks Fitness, they offer a variety of equipment to meet your needs. There currently is 2 treadmills, 2 bikes, rowing machine, elliptical, lat pull down machine, free weights, kickboxing heavy bags, weight racks with a weights ranging from 2.5 lbs to 45lbs and more!
 - Our gym is set up as a key fob door entry system so you will have access to it 7 days a week from 5am to 11pm.
 - We offer memberships for yearly clients, as well as monthly clients and biweekly. Prices are as follows:
 - 1 month membership \$50.00 + gst
 - 1 year membership \$ 400.00 + gst
 - Monthly w/ 12 month commitment \$ 37.50 + gst / month
 - For those that are only in town for a short time period we also have biweekly memberships which are \$25 + gst.
 - Please feel free to contact BROOKS FITNESS - Marisa Brooks, at 204-724-7582 or marisabfit@gmail.com if you have any questions or require further information.
- ✓ Many retail outlets including a Grocery Store, Hotel, bakery, seasonal ice cream store, Hardware Store, Banks (Royal Bank & Vanguard Credit Union) and ATMs, and a Convenience Store.

In addition, Hamiota is close to many other recreational opportunities:

- ✓ 55 Minute drive to Brandon (Malls, Movie Theatres, Brandon Wheat Kings Hockey Team, Brandon University Basketball & Volleyball)
- ✓ Less than an hour from Clear Lake / Riding Mountain National Park
- ✓ Close to the Province's newest ski area, Assesseppi Ski Area and Winter Park at Russell, Manitoba.
- ✓ Provincial Campground nearby in Rivers.

THE PARK WEST SCHOOL DIVISION

**EXHIBIT:
KFB-E1**

Also:

USE OF SCHOOL FACILITIES AGREEMENT

I/WE HEREBY COVENANT WITH THE PARK WEST SCHOOL DIVISION FOR THE USE OF:

NAME OF SCHOOL TO BE USED **Hamiota Collegiate Institute**

STATE ROOMS TO BE USED: (GYM, KITCHEN, CLASSROOM, LIBRARY, ETC.)

Weight Room

OTHER FACILITIES USED (SPECIFY) _____

NUMBER OF PEOPLE EXPECTED: _____

TIME FRAME **All Year**

FOR THE PURPOSE OF: **Workouts**

FEE TO BE CHARGED: **User Fee of \$20.00 payable to Hamiota Collegiate.**

PLEASE NOTE:

It is the responsibility of the person signing this form on behalf of a group to ensure that all persons admitted to the building are aware of the conditions under which this privilege was granted as identified in KFB-R and to attach a signed copy of KFB-R.

This application must be in the Division office seven days before the date of the event:

DATED AT _____, THIS ____ DAY OF _____, 20__.

Principal's Signature

Maintenance Supervisor

I have read and agreed to the attached regulations.

Name of Organization (Please print)

Signature of Representative

Name of Representative

Address of Representative

Phone No. _____

Hamiota Collegiate Weight Room

Hamiota Collegiate is very proud to have a weight room!

Students who are over the age of 16 may use the weight room unsupervised during school hours at no charge. If they are wishing to use outside of school hours a fee of \$25.00 for the year will be charged.

Students who are under the age of 16 must ALWAYS have supervision if using the weight room. If weight room usage is during school hours, it will be free of charge. If student is using outside of school hours a fee of \$25.00 for the year will be charged.

There will be a maximum of 6 people in the weight room over lunch hour.

If anyone is found horsing around, misusing equipment, using foul language, or inappropriate behaviour they will be asked to leave. Depending on severity of situation may lose all privileges.

There is no food or drinks allowed in the weight room, except water.

Please leave door open.

After school hours are 3:30 p.m. to 7:30 p.m.

Please sign and return attached form with money if applicable.