



Capital Health



DALHOUSIE
UNIVERSITY
Inspiring Minds

Faculty of Medicine
Department of Family Medicine
Impacting Communities

News release

For immediate release

May 19, 2011

First on-site medical procedure of its kind allows nursing home resident to avoid a trip to the hospital

Capital Health's Care by Design program continues to improve care for frail and elderly people in nursing homes by bringing more health care services directly to them and working with partners to educate health professionals on nursing home care.

This week, Ida Bartlett, an 86- year-old resident of (Shannex) Maplestone Enhanced Care in Halifax who has Amyotrophic Lateral Sclerosis, was able to stay in the comforts of her home while undergoing a medical procedure for which she would normally have had to travel offsite.

"I certainly like that," said Bartlett, a retired nurse and former model, avid golfer and curler. "And I am very happy my family doctor arranged this for me."

She received a facial injection of Botulinum toxin (Botox) to control excessive saliva production, a symptom commonly associated with ALS that causes her much discomfort. The procedure was coordinated by her Care by Design physician, Dr. Barry Clarke, the district medical director for continuing care at Capital Health and an assistant professor of family medicine at Dalhousie, and was performed by Dr. Tim Brown, a staff otolaryngologist at Capital Health and an assistant professor at Dalhousie Medical School.

"The procedure can potentially make someone with ALS more comfortable, with effects lasting up to three months," said Dr. Brown. "Being able to perform the procedure in Ida's home should make it a little easier on her."

This is the first time a special procedure has been done on-site in a Nova Scotia nursing home. Traditionally, a resident would have been transported via ambulance to a (hospital) clinic to have the procedure done. By getting her care at home, Bartlett avoided the potential health and safety risks that could arise from travelling offsite.

The procedure took place in the Maplestone Collaborative Learning Centre, the first academic nursing home of its kind in Atlantic Canada. A partnership between Shannex

and Dalhousie Medical School's Department of Family Medicine, the Center is preparing the next generation of health professionals to address the care needs of an aging population in long term care. Family Medicine Residents and students from ten other health professions, including nursing, occupational therapy, pharmacy, social work, speech language pathology, and others, come to learn in a collaborative nursing home setting and are, together, changing attitudes and culture towards long-term care and care of the frail and elderly.

“This represents a culture shift in providing more appropriate services in the appropriate place, at the appropriate time” said Dr. Clarke. “Simply put, it’s about delivering better care to our frail and elderly.”

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About Care by Design

Capital Health's Care by Design program is improving access to high quality and consistent health care services to residents of Long Term Care facilities in the Capital Health district. Residents are put at the centre of a collaborative health care team that includes Care by Design physicians, facility medical directors, nurses and staff, and EHS Extended Care Paramedics. Physicians make regularly scheduled weekly visits to the same nursing home unit/floor/wing, and rotate in an after-hours on-call system to provide urgent care. Specially trained paramedics are available to assess and treat residents on-site for non-emergencies.

About the Maplestone Collaborative Learning Centre (CLC)

Shannex and Dalhousie University have joined to create the first academic nursing home of its kind in Atlantic Canada. Located at Maplestone Enhanced Care, an 87-bed licensed LTC facility in Halifax, the Maplestone Collaborative Learning Centre (CLC) was made possible through formal partnership agreements with Dalhousie University's Department of Family Medicine and Faculty of Health Professions signed in 2010. These partnerships have facilitated the integration of researchers, educators, clinicians and over 140 learners from eleven different health professions in the first year of the Centre.

Together, CLC partners aim to create an interprofessional learning environment for all health professions that will lead a positive change in attitude and culture towards Long Term Care and care of the elderly and set the standard for client-directed, collaborative care by: enhancing client care and service delivery; fostering greater interest in and understanding of practice in LTC; equipping participants with the competencies necessary for interprofessional collaboration; and contributing to the continuing care and education sectors through the development and integration of relevant research opportunities.

Media Enquiries:

Capital Health. Marketing & Communications. Pager: (902) 458-5376

Capital Health comprises: the Capital District Mental Health Program; Centre for Clinical Research; Cobequid Community Health Centre; Community Health; Dartmouth General Hospital; Addiction Prevention and Treatment Services; East Coast Forensic Hospital; Hants Community Hospital; Eastern Shore Memorial Hospital; Musquodoboit Valley Memorial Hospital; The Nova Scotia Hospital; Musquodoboit Valley Memorial Hospital; Public Health Services; Twin Oaks Memorial Hospital; Nova Scotia Environmental Health Centre; and the QEII Health Sciences Centre.

*The Capital Health District also encompasses seven volunteer **Community Health Boards** that advise Capital Health through the development of community health plans and encourage public participation in health planning. For more information, visit the Capital Health website: www.cdha.nshealth.ca.*

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