

Expand

Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 12

FEBRUARY 2021

INSIDE THIS ISSUE:

ED's Message	1
Message from Board Chair	1
One Testimony	1
Quote of the Month	1
T & D	1
Listen to Your	2
gOT a minute?	2
New Faces	3
Early Bird	3

A Message from ED

Once again CVFHT proved that we are a team. All of us came together to share the work load during the weekend to book as many as patients. We are in this together for a cause and I do appreciate each and everyone volunteered to contribute.

The newsletter Expand is celebrating it's one year with this 12th issue. I would like to take this opportunity everyone who contributed to the newsletter

At this moment, I also would like to welcome our new employees, Cher and Jacqueline.



One Testimony from a Patient

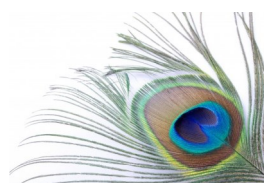
Thank you all for all that you do for me & my well being. you folks are the Best!

A Quote for the Month

"All I ever wanted was to reach out and touch another human being not just with my hands but with my heart."

— Tahereh Mafi,

[Shatter Me](#)



A Message from the Board Chair

Hi everyone,

Again wanted to thank the team for rallying together to get our patients scheduled in for COVID-19 vaccines. The bilateral feedback between the team and THP has been extremely positive and underlines the value of the OHT. The pilot initiative this team engaged in late last week and into this weekend has paved the way for the broader announcement below.

Bravo everyone!

Training & Development



- ◇ Why some people get burnt out and other don't
<https://getpocket.com/explore/item/why-some-people-get-burned-out-and-others-don-t>
- ◇ Changing the Way We Work: Long COVID and lessons from the UK (February 19, 2021)
<https://www.youtube.com/watch?v=cJNTTxbeDYE&feature=youtu.be>
- ◇ High Tensions:
<https://beta.brdownloads.com/hr/fundamentals/webinars/58>

CVFHT Newsletter 11

February 28, 2021

Expand: Knowledge, Compassion and Team Spirit

February: It's Time to Listen to Your Heart!



As soon as the month of February hits the calendar, we start to think about Valentine's Day. February is not all about that. The month of February is also devoted to raising awareness on cardio-

vascular health and encouraging everyone to look after their heart health.

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels (WHO, 2017). The most common CVD is ischemic heart disease, which may lead to heart attack, stroke, peripheral vascular disease and heart failure. Other CVDs include rheumatic heart disease and congenital heart disease.

CVDs are the second leading cause of death among Canadians. In fact, ischemic heart disease has the world's highest mortality rate. Since 2000 there is a large increase for this disease, increasing by more than 2 million to 8.9 million deaths in 2019 (WHO, 2020).

CVDs can be attributed to several factors namely family and medical history, age, lifestyle behaviours (smoking, poor diet, physical inactivity, stress and excessive alcohol use, drug abuse). The effects of these behavioural risk factors may manifest in individuals as raised blood pressure, raised blood glucose levels, increase blood cholesterol levels, overweight and obesity.

Cardiovascular diseases are preventable if these behavioural risk factors are addressed properly. Modifying your lifestyle could reduce the risks of CVDs. These include cessation on smoking, eating nutritious food, being physically active, reducing stress, avoiding excessive alcohol intake and avoiding recreational drug use.

Quitting/Not Starting Smoking

The risk for stroke of smoking tobacco is twice as that of non-smokers. Those exposed to second hand smoke are also at increased risk. You can avoid these risks by not using nicotine products.

Healthy Diet

Consume a balance diet by eating a variety of fruits and vegetables, grain products and lean meat. You can further reduce your risk by reading food labels, limiting consumption of foods high in calorie, sugar, fat and salt, avoiding saturated and trans fats found in fried and baked goods and eating the right type and amount of fat to increase your good cholesterol and decrease your bad cholesterol.

Stay Physically Active

Regular exercise can help you reduce weight, improve blood circulation, slow down the physical decline of aging, sleep better and reduce stress, hence, improving the quality of life.

Reducing Stress

Find ways to manage your stress. Do something that you enjoy doing such as reading a book, watching movies, having conversation with a friend. Deep breathing exercise and guided imagery may also help in coping with stress. Taking a walk or riding a bike may also help in reducing tension.

Continued...

Reducing Alcohol Intake

Drinking too much of any alcohol can increase your blood pressure and can lead to development of heart disease and stroke. Limit drinking to no more than:

- 2 drinks a day maximum for women
- 3 drinks a day maximum for men

A single drink equals:

341 mL (12 oz.) of beer, cider or a cooler (5% alcohol content)
 142 mL (5 oz.) of wine (12% alcohol content)
 43 mL (1.5 oz.) of distilled alcohol (40% alcohol content) (Public Health Canada, 2017)

Avoid Recreational Drug Use

The risk of recreational drug use can increase the risk of developing heart disease and stroke. The risks of stroke to drug users are six times higher than non-drug users. When a stroke occurs, it happens within hours of drug use (Heart and Stroke Foundation of Canada, 2020).

As the intensity of cardiovascular deaths continue to increase, the pressing need for increase awareness prevention and control are much reiterated. With this ongoing pandemic most of us are staying home which leads to indulgence on eating, drinking and watching. At times like these, it is relevant to be as active as possible and be mindful on our lifestyle to reduce the risk of cardiovascular diseases. Furthermore, try to connect with your healthcare provider to check your blood pressure and cholesterol levels and be screened for cardiovascular diseases risks. Take note that prevention is the key to a healthy heart. Remember – an ounce of prevention is worth a pound of cure!

References:

1. Government of Canada. (2017). *Prevention of heart disease and conditions*. <https://www.canada.ca/en/public-health/services/diseases/heart-health/heart-diseases-conditions/prevention-heart-diseases-conditions.html#a3>
2. Heart and Stroke Foundation of Canada. (2020). *Alcohol and recreational drug use*. <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/lifestyle-risk-factors/heavy-alcohol-use>
3. Ontario Agency for Health Protection and Promotion. (2021). *Cardiovascular diseases*. <https://www.publichealthontario.ca/en/diseases-and-conditions/chronic-diseases-and-conditions/cardiovascular-disease>
4. Statistics Canada. (2021, February 23). *Leading causes of death, total population, by age group*. <https://www594.statcan.gc.ca/t5/tbl5/en/tv.action?pid=1310039401>
5. World Health Organization. (2017, May 17). *Cardiovascular diseases (CVDs)*. [https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
6. World Health Organization. (2020, December 9). *The top 10 causes of death*. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>

Jovelyn Ancheta, RN

gOT a Minute?

The Other Side of Burnout

By Marina, Occupational Therapist



In the wake of COVID -19, it has caused the entire world to go upside down. It has created anxiety and concern for everyday activities. Unfortunately, the bitter aftertaste of COVID 19 is also leaving people fighting burnout.

Recently, the World Health Organization (WHO) added burnout to its classification of diseases as an occupational phenomenon. Burnout is not new, of course, but it's more widespread than ever and hitting people of every generation.

In May 2019, WHO defined signs of burnout as:

1. Feelings of energy depletion or exhaustion
2. Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
3. Reduced professional efficacy

What is the difference between Burnout and Stress?

Burnout is not the same as stress. Stress is a normal part of life and effectively managing stress is important to feeling well. As long as your bucket can hold the amount of stress in your life, you're handling it all fine. It's only when your bucket overflows that things can go wrong. So it's important to stop that from happening.

What can you do?

1. Recognize the symptoms

Being exposed to continual stress can lead to burnout. Feelings of exhaustion, anxiety, and isolating from friends and family can be signs. As soon as you see the signs of burnout, you have to attack it. And the best way to attack it? Take breaks. Think of it like a virus or fighting an infection (hard to imagine). The longer you ignore it and just let it fester, the worse it is going to get and the harder it is to get rid of.

2. Prioritize self-care

We can prevent burn out from exposure to chronic stress by practicing self-care. If the battery on our phone was low we would charge it. Why are we any different? Self-care increases our resilience, motivation and our ability to cope with stress. In addition, it releases neurotransmitters that are responsible to make us feel good. Also, self-care is not a one size fits all, it is about creating your own self-care action plan.

3. Set boundaries

One of the difficult things about working remotely is that you are never really "away" from work physically. Create some boundaries and rules to help manage your time when you are not working.

Some ideas to consider:

- ◆ Shut down your computer no later than 6pm everyday
- ◆ Never bring your work laptop home
- ◆ Delete email from your personal phone
- ◆ No work on Saturdays
- ◆ No screens in bed
- ◆ No email before 9am

You may be able to create different rules that fit with your life, but whatever the rules try to follow them, because it can be easy to slip in old patterns.

This is not against hard work or pushing yourself, but it is about learning when to push yourself, slow down and create boundaries to balance work and life. Stress may be unavoidable, but burnout is preventable.

New Members of Team CVFHT

The team CVFHT is happy to welcome two more new employees on board.



Cher Pascua, RN

AND



Jacqueline Germa, RN

Early Bird Competition (Internal) of Expand 12

Early bird will catch the worm

Celebrating the first year of achievement special gift for the winner.

Please answer the following questions to win a special gift .

Answers are in the previous releases.

Question

1. Who is the new addition to the team CVFHT in May 2019?
2. Last year we had 8 employees joining CVFHT on a particular month which month is it?
3. Staying well in uncertain times: what was the recommendations made by our OT?

Email the answers to mantha.kumaresh@thp.ca.

Winner of the Expand 11 Competition

Jovelyn Ancheta.

Congrats Jovelyn !

Share your knowledge and wisdom with others through Expand. Help others make informed decisions. Every cloud has a silver lining. Let it shine brightly.