
REPORT OF 2007 RESEARCH & EVALUATION ACTIVITIES

A Report from the Leeds, Grenville & Lanark District Health Unit

Prepared by:

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REPORT OF 2007 RESEARCH AND EVALUATION ACTIVITIES

Our Vision: *Healthy people in healthy communities*

Our Mission: *We work with the community to enhance, promote and protect health*

Our Values: *Integrity, Respect, Caring, Accountability, Fairness and Excellence*

Introduction

This report summarizes the research and evaluation activities of the Leeds, Grenville & Lanark District Health Unit for 2007. These activities reflect the Health Unit's values and contribute towards our mission and vision. Conducting research and evaluation activities is part of our continuous quality improvement journey and helps us to ensure that we are delivering the most relevant and effective programs and services that meet the needs of our clients. Dedicated staff and support from the Quality Improvement department are integral to completing these activities and are evident in the number of activities completed or in process. It is our hope that this report will give readers a sense of the breadth of activities and partnerships that the Health Unit is involved in.

For more information about any of the activities listed in this report you may contact the relevant department Director.

Legend

| | |
|---|--|
| ATV: All Terrain Vehicle | PHN: Public Health Nurse |
| CUPE: Canadian Union of Public Employees | PHNutr: Public Health Nutritionist |
| ERIN: Eastern Region Injury Network | RAD: Racing Against Drugs |
| ETS: Environmental Tobacco Smoke | RRFSS: Rapid Risk Factor Surveillance System |
| FAS: Fetal Alcohol Spectrum | RUCS: Routine Universal Comprehensive Screening |
| IPT: Interpersonal Psychotherapy | SPSS: Statistical Package for the Social Sciences |
| IT: Information Technology | StAR: Staff Appreciation & Recognition |
| LGL/LG&L: Leeds, Grenville & Lanark | TEO: Tobacco Enforcement Officer |
| MIE: Mass Immunization Exercise | VPD: Vaccine Preventable Disease |
| PAD: Performance Appraisal and Development | SFO: Smoke Free Ontario |
| PHI: Public Health Inspector | |

February, 2008

FAMILY HEALTH DEPARTMENT

Postpartum Depression Support Group

Investigators

Postpartum Depression Subcommittee, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Michelle Murray, PHN, Chair of Postpartum Depression Subcommittee

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Summary

Background/Rationale:

The Health Unit began offering a postpartum depression support group in 2002 for women in the community. The purpose of the group was to provide coping skills and the knowledge to make healthy life and relationship choices to women suffering from postpartum depression.

Methods:

Participants from each group were asked to complete a feedback form at the end of the group which examined the impact of the group on women's lives, obtained feedback about the group and suggestions for changes, and determined how participants found out about the group. The data from these feedback forms were analyzed using SPSS and comments were analyzed thematically.

Results:

The results from the feedback forms indicate that the support group improved all participants' quality of life and that all but one participant reported an improved ability to cope as a result of attending the support group. An analysis of the qualitative comments revealed that the women found the supportive function of the group to be the most helpful and made them realize that they were not alone. Participants also reported being satisfied with all aspects of the group including facilitators, location, length, childcare, and time of day. The majority of participants found out about the group from a PHN.

Conclusions/Significance:

The results of the feedback indicate that the postpartum depression support group provides significant support to women suffering from postpartum depression and that participants are highly satisfied with all aspects of the group.

Project Status

Year Project Initiated: 2002

Ongoing

February, 2008

FAMILY HEALTH DEPARTMENT

Prenatal Classes Planning

Investigators

Prenatal Subcommittee, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Denise Kall, PHN, Chair of Prenatal Subcommittee

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Summary

Background/Rationale:

The Health Unit offers prenatal classes to expectant mothers and their support persons. The purpose of these classes is to increase participants' awareness, knowledge and confidence of pregnancy, labour and parenting topics, and to ensure that they are prepared for pregnancy, labour and delivery and parenting. The Prenatal Subcommittee identified a need to develop a logic model and to ensure that the evaluation methods used to evaluate the prenatal classes were effective.

Methods:

The Planning & Evaluation Consultant facilitated a session to develop a logic model with the Prenatal Subcommittee. This logic model was reviewed, edited and approved by the Prenatal Subcommittee. As well, the current evaluation methods were reviewed with the Prenatal Subcommittee, changes were proposed, and final edits are in progress.

Results:

A logic model was developed for the Prenatal Subcommittee and the evaluation forms were edited and updated to reflect this logic model.

Conclusions/Significance:

The logic model provides the Prenatal Subcommittee with an effective method of orienting new staff and/or committee members, and helps to ensure that evaluation methods are consistent with identified outcomes.

Project Status

New evaluation forms to be implemented in 2008.

February, 2008

FAMILY HEALTH DEPARTMENT

ABC Booklet Evaluation

Investigators

School Health Coordinator, Child Health Team Leader, Dental Health Team Leader, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

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Summary

Background/Rationale:

The *ABC's of School Health* booklet [*ABC Booklet*] was developed in 2003 as a resource for parents of children entering junior kindergarten. The *ABC Booklet* contains information from each department at the Health Unit, as well as contact information for various resources within the community.

Methods:

Parents visiting the Health Unit were asked to review the *ABC Booklet* and fill out a brief survey related to the booklet. The survey asked questions related to the layout, content, and distribution of the booklet.

Project Status

Results available in 2008.

February, 2008

FAMILY HEALTH DEPARTMENT

RRFSS: Childhood Injury Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

john.cunningham@healthunit.org

Summary

Background/Rationale:

The purpose of this RRFSS module was to determine public beliefs and perceptions about childhood injury prevention and to determine public awareness of the common causes of injury in early childhood.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

For both sexes the largest group correctly identified injuries and accidents as the leading cause of death in children. The majority of respondents believed that injuries are preventable and that active supervision by a parent is most likely to prevent injuries. About 35% of adults correctly identified swimming pools as the most common site of drowning among children ages 1-4, and about 55% of adults surveyed thought that hot liquids were the most common cause of burns among children under 17 years of age. Finally, about 35% of adults surveyed correctly identified vitamins or medication as the most common cause of poisoning in the under-7 age group.

Project Status

Module completed between May 2003 - August 2006. Other modules ongoing.

February, 2008

FAMILY HEALTH DEPARTMENT

RRFSS: Fetal Alcohol Syndrome (FAS) Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

john.cunningham@healthunit.org

Summary

Background/Rationale:

The purpose of this RRFSS module was to determine the public's perceived risk of drinking during pregnancy and to assess the public's knowledge of the potential effects of drinking alcohol during pregnancy on an unborn child. As well, this module assessed the prevalence of specific risk reduction strategies.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

The majority of adults surveyed thought that drinking alcohol during pregnancy could be harmful to the unborn baby, and the majority of this subset felt that alcohol was most harmful throughout a woman's pregnancy (as opposed to at the beginning or end). Close to 75% of respondents thought that permanent brain damage and permanent birth defects or deformities could be associated with drinking during pregnancy. When asked how they would prefer to get information about the effects of alcohol on an unborn baby, the most popular response was via the mail, followed by pamphlets/brochures/flyers, and the Health Unit's internet website. Less than 5% mentioned prenatal classes as a best way to receive the information.

Project Status

Module completed between May 2004 - August 2006. Other modules ongoing.

February, 2008

FAMILY HEALTH DEPARTMENT

RRFSS: Parenting Consistency Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

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Summary

Background/Rationale:

The purpose of this RRFSS module was to assess local knowledge regarding positive parenting capacity and interaction, particularly with children under 12 years.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

Three-quarters of parents surveyed reported laughing together with their child “many times each day”, two-thirds of parents reported praising their child “many times each day” and slightly more than half of parents reported talking or playing with their child “many times each day”. Parents reported doing something special and playing games, sports or hobbies with their child less frequently.

Project Status

Module completed between March 2004 - December 2005. Other modules ongoing.

February, 2008

FAMILY HEALTH DEPARTMENT

RRFSS: Postpartum Mood Disorders Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

john.cunningham@healthunit.org

Summary

Background/Rationale:

The purpose of this RRFSS module was to determine community awareness of the signs and symptoms of baby blues and postpartum depression and where women with postpartum depression could go for help.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

Almost 90% of respondents had heard of postpartum depression and about 45% of these could identify at least two different symptoms. Sadness/crying was by far the most commonly cited symptom and other symptoms were less frequently identified. Over 50% of respondents had heard of the "baby blues", however, most respondents were unfamiliar with the expected duration of the baby blues (this was cited as less than two weeks by the module developers). Over 80% of respondents recognized that postpartum depression required professional help and about 40% thought that the baby blues also required professional help. While a strong majority of both males and females had heard of postpartum depression, the proportion of females was significantly higher than males (95% compared to 83%). Females were also more than twice as likely as males to have heard of baby blues.

Project Status

Module completed between January 2006 - August 2006. Other modules ongoing.

February, 2008

FAMILY HEALTH DEPARTMENT

RRFSS: Family Violence and Violence Against Women Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

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Summary

Background/Rationale:

The three purposes of this RRFSS module were:

- (1) To determine the general public's opinions about the prevalence and seriousness of family violence as an issue in their community; public awareness about the effects of family violence on children; awareness of woman abuse during pregnancy.
- (2) To determine the community residents' knowledge of physical, sexual, and psychological abuse, specifically abuse against women in a sexual relationship.
- (3) To determine community residents' knowledge of the Routine Universal Comprehensive Screening (RUCS) protocol to measure changes in knowledge over time and to inform program planning

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. The questions addressing purpose (2) were adapted from a survey conducted by EKOS Research Associates (2002) for the Health Canada report entitled: Family Violence in Canada: A Statistical Profile 2002. Data were analyzed using standard data analysis protocols.

Results:

Just over half of the surveyed population thought there was "some" family violence in the Leeds Grenville and Lanark region. When asked whether they thought by becoming pregnant a woman is more or less likely to be abused by her partner, more than half of the respondents indicated that they didn't know. There was a consistently high belief that witnessing violence in their own families increased the risk to children of emotional and/or social difficulties. 34% of respondents thought that more than 25% of women had experienced abuse at some time, and 49.7% estimated that 25% or less of women in the community had ever been abused in an intimate relationship. 7.7 % of surveyed women had read or heard about the RUCS program, although this estimate is accompanied by a caution related to high sample variability

Project Status

Module completed between March 2003 - December 2005. Other modules ongoing.

February, 2008

FAMILY HEALTH DEPARTMENT

Infant Feeding Survey

Investigators

Infant Feeding Survey Taskforce, Epidemiologist

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

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Summary

Background/Rationale:

The taskforce developed a survey to examine the infant feeding practices of new mothers in the tri-county area, specifically initiation and duration of breastfeeding and the introduction of solids and other liquids. As well, this survey was intended to identify factors which affect infant feeding practices, including the influence of participation in Health Unit programs and services.

Methods:

Compustat Consultants was contracted to conduct telephone surveys with mothers at 7-months postpartum. These interviews were 15 minutes in length and were completed by a trained, female interviewer. Eligible participants were all mothers, residing in Leeds, Grenville & Lanark counties, who gave birth beginning on March 1, 2006 until approximately October 1, 2006 and who had completed a Parkyn that was sent to the Health Unit with consent to release information to the Health Unit.

Data Analysis:

Two alternate hypotheses are being tested by analyzing the data: 1) H_{A1} : 80% or more women initiate breastfeeding within 48 hours post-partum and 2) H_{A2} : 50% or more women continue to breastfeeding at 7-months post-partum. As well, univariate statistics will be used to determine which independent variables are associated with the defined outcomes under study (breastfeeding initiation and duration). Multivariate analysis will also be used to model risk estimates around the exposures that support or threaten breastfeeding initiation and duration and to develop predictive models in terms of factors that affect breastfeeding initiation and duration.

Project Status

Results available in 2008. Results will build on results from previous surveys in 1997 and 1999.

February, 2008

HEALTH PROMOTION DEPARTMENT

Smokeless Tobacco: 'Think Before you Chew' Student Evaluation

Investigators

Dental Health Department, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Stephanie Brazeau, Registered Dental Hygienist
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Summary

Background/Rationale:

In March 2007 the Health Unit's Dental Team gave two presentations about smokeless tobacco to Grade 7 & 8 students in area schools.

Methods:

Following the presentation, students were asked to complete feedback forms assessing how much they learned from the presentation, their knowledge about the topics presented, and information about their use of smokeless tobacco and cigarettes.

Results:

Over 75% of respondents reported learning 'a lot' from the video with fewer (42.4%) learning 'a lot' from the information display and handouts, and even fewer (30.5%) learning 'a lot' from the spinning wheel game. In response to the question '*What would have made this presentation better?*', students' comments suggested that: 1) more graphic pictures, 2) more information, 3) having a real person with cancer at the presentation, and 4) nothing, could be done to improve the presentation. The majority of students correctly answered knowledge questions related to smokeless tobacco. In terms of their own tobacco use, 5.1% of students reported having used smokeless tobacco and 18.6% reported having used cigarettes.

Conclusions/Significance:

The video shown to students appears to have been a useful tool for educating about smokeless tobacco. As well, the students provided the Dental Team with numerous suggestions for improving the presentation in the future.

Project Status

Evaluation Complete. Results will be considered when planning future education sessions.

February, 2008

HEALTH PROMOTION DEPARTMENT

Racing Against Drugs (RAD): Impact Evaluation

Investigators

School Aged Team - Health Promotion, Epidemiologist, Health Information Specialist

Health Unit Contact Person, Position Title:

Tawnya Boileau

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Summary

Background/Rationale:

Racing Against Drugs is a community-based drug and alcohol awareness program originally developed by a partnership between the London Detachment of the Royal Canadian Mounted Police, the staff and students of Saunders Secondary School, the Whitlock/Abby Ford Quality Care racing team, and the Ford Motor Company of Canada, Limited. The program utilizes the sport of auto racing to capture the attention of young people and communicate with them through an exciting and high profile sport - one with no tolerance for substance abuse. The purpose of this evaluation is to determine if the RAD event increases students' awareness of the negative impact of drugs and alcohol.

Methods:

Teachers administered a 'pre-test' survey to their students prior to attending the RAD event. This survey examined students' knowledge of alcohol and drugs using a series of multiple choice and true-false questions. Teachers administered the same survey to their students after attending the RAD event as a 'post-test'. PHNs collected the surveys from teachers.

Data Analysis:

Data will be analyzed using SPSS computer software to determine if students' knowledge of alcohol and drugs increased following attendance at the RAD event.

Project Status

Results available in 2008. Results will be used to plan the 2008 RAD Event.

February, 2008

HEALTH PROMOTION DEPARTMENT

***Health Briefs* Newsletter Evaluation**

Investigators

Adult Team - Health Promotion, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Ginny Ferguson, PHN, Editor, *Health Briefs*

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Summary

Background/Rationale:

Health Briefs is a newsletter produced by the Health Unit that promotes workplace wellness and is sent to over 200 workplaces throughout the community three times per year. The purpose of this evaluation is to determine if/how *Health Briefs* is being distributed at workplaces and to examine satisfaction with the current format and content of the newsletter and suggestions for improvement.

Methods:

A one-page survey was included with the Fall 2007 edition of *Health Briefs* assessing how the newsletter was distributed, how workplaces would prefer to receive the newsletter, and the size of workplaces that the newsletter was being sent to. Distribution contacts at workplaces were asked to complete the survey and fax it back to the Health Unit. As well, focus groups are being held with workplaces in the community - both those who currently receive *Health Briefs* and those who do not. The focus groups are assessing satisfaction with the newsletter and suggestions for improvements.

Project Status

Results available in 2008.

February, 2008

HEALTH PROMOTION DEPARTMENT

Pilot of the Tobacco Enforcement Officer Role Within the Smoke-Free Ontario Program - Evaluation

Investigators

Tobacco Coordinator, Director - Quality Improvement

Health Unit Contact Person, Position Title:

Yves Decoste, PHN, Tobacco Coordinator

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Summary

Background/Rationale:

The enhanced activity under the *Smoke Free Ontario (SFO) Act*, and staffing challenges within the Health Protection Department, lead to an agreement between Local CUPE 1559 and the Health Unit for the temporary use of Tobacco Enforcement Officers (TEOs) on a time-limited basis until May 31, 2007. According to the Letter of Understanding, TEOs would work on enforcement activities under the SFO Act. Also stated in the Letter of Understanding was the need for an evaluation to determine whether the continuation of the TEO role within the agency should be considered

Methods:

The purpose of this evaluation report was to describe the TEO role within the Health Unit and to make recommendations regarding continuation of the role for enforcement of the *Smoke-Free Ontario Act*. Data to describe the TEO role were taken from relevant program documentation. As well, a focus group was held with stakeholders in order to determine the benefits and challenges of the TEO role, and reports on program outputs and outcomes as submitted to the Ministry of Health Promotion were used to determine whether the tobacco enforcement activities were implemented according to the scope of service, during the course of the pilot program.

Results:

Program documentation revealed that the functioning of the TEO role was conducive to the implementation of enforcement activities as intended in the Scope of Service. The focus group revealed that stakeholders felt having a TEO was valuable as it allowed for a focus on tobacco enforcement, was cost-effective, and resulted in behavioural changes within the community. As well, not requiring TEOs to be PHIs resulted in a broader pool of job candidates, particularly candidates with experience in law enforcement. The stakeholders felt that the TEO position enhanced teamwork, communication and performance. Challenges included workload, lack of clarity of position within Health Unit, and shifting from enforcement to education.

Conclusions/Significance:

It was concluded that the TEO role should be continued within the Health Promotion Department.

Project Status

Evaluation Complete.

February, 2008

HEALTH PROMOTION DEPARTMENT

RRFSS: Exposure to Environmental Tobacco Smoke (ETS) Module

Investigators

Epidemiologist, Family Health: Child Health Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

Ext. 2270

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Summary

Background/Rationale:

The purpose of this RRFSS module was to determine levels of ongoing exposure to ETS within the population of Leeds, Grenville and Lanark and also to assist the health unit in focussing its resources towards reducing the exposure of residents in Leeds, Grenville and Lanark to ETS.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

20.2% of respondents stated that they were exposed to ETS "every day or almost every day" within the last 12 months. Of those who indicated that they were exposed to ETS, the most common source of ETS exposure occurred "*when visiting friends or relatives*" at 48.8%. About similar proportions of respondents ($\approx 33\%$) reported being exposed to ETS "*at home*", "*in the workplace*", "*in public places*", or "*in a car or other private vehicle*". When stratified by sex, a significantly higher proportion of males reported being exposed to ETS "*overall*" in the past month when compared to females.

Project Status

Module completed between January 2006 - March 2007. Other modules ongoing.

February, 2008

DEPARTMENT OF CLINICAL SERVICES

Influenza Kick-Off Evaluation

Investigators

Infection Control Team, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Melinda Billet, PHN

Ext. 2213

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Summary

Background/Rationale:

The department of Clinical Services provided an in-service for infection control personnel in hospitals and long-term care hospitals in October 2007. The purpose of this in-service was to provide information to these health care personnel to assist with increasing flu immunization uptake in institutions and to decrease the transmission of communicable diseases.

Methods:

Individuals who attended the in-service were asked to complete an evaluation form assessing if the in-service met their needs, if the in-service met its own objectives, and if attendees learned something new.

Results:

100% of respondents stated that the in-service met their needs, and all respondents agreed 'to some extent' or 'to a great extent' that they had learned something new from the in-service. As well, the majority of respondents felt that the in-service met all of its objectives 'to a great extent'.

Conclusions/Significance:

This evaluation revealed that respondents were highly satisfied with this in-service and that they learned something new. It was recommended that next year's Flu Kick-Off events follow a similar format

Project Status

Evaluation Complete. In-service will be repeated in 2008.

February, 2008

DEPARTMENT OF CLINICAL SERVICES

Vaccine Preventable Disease - Travel Immunization Program

Investigators

VPD Team, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Rebecca Kavanagh, PHN, Manager Clinical Services
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Summary

Background/Rationale:

The Health Unit offers a travel immunization service to residents who wish to obtain information about necessary and recommended immunizations and/or wish to receive immunizations at a Health Unit office. During the peak travel time of October to April, the VPD team is overwhelmed with requests for travel immunization information and requests for immunizations. The VPD team was concerned that the human and financial resources required to run this program were inefficient and that perhaps a more efficient system could be implemented. The purposes of this evaluation were to obtain suggestions from clients and other residents about how they would like to receive travel immunization services and the amount they would be willing to pay for a consultation fee, to provide an estimate of the cost of running the travel immunization program, and to determine if other Health Units charge a fee for their travel immunization services.

Methods:

A survey was developed to determine how individuals would like to receive travel immunization services and the amount they would be willing to pay for these services. This survey was distributed to Health Unit clinics and to travel agencies throughout the community for individuals to complete. A cost analysis was completed using data from the Clinical Services Clerk and Human Resources. A staff survey was developed using Survey Monkey, an on-line survey tool, and was sent to all staff working in the travel immunization program. Finally, an environmental scan of other Health Units' practices around travel immunization was completed by a PHN.

Project Status

Results available in 2008.

February, 2008

DEPARTMENT OF CLINICAL SERVICES

RRFSS: Flu Immunization - Location/Reasons Module

Investigators

Epidemiologist, VPD Team

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

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Summary

Background/Rationale:

Prior to the 1999/2000 influenza season, the flu vaccine was only available free of charge to high-risk populations. Since then the flu program has expanded to include all Ontarians. The Leeds, Grenville & Lanark District Health Unit conducts approximately 20 community flu clinics across the Tri-County area each year. Each year approximately 60,000 individuals receive the flu shot in Leeds, Grenville & Lanark and nearly 12,000 of them receive their vaccine from one of the 20 community clinics implemented by the Leeds, Grenville & Lanark District Health Unit. The purpose of this module was to determine where residents of Leeds, Grenville and Lanark aged 18 and older go to get a flu immunization and to document the reasons they give for getting the shot. As well this module provided information to inform the health unit in focussing its resources towards ensuring that the most residents in Leeds, Grenville and Lanark as possible have access to flu immunization.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

45.8% of respondents in Leeds, Grenville and Lanark stated that they received a flu shot between September 2006 and the time of their survey interview, and 48.7% of respondents stated that they got the flu shot as a "preventative measure". Of the respondents who indicated that they had received a flu shot since September 2006, 45.5% had received their shot at a doctor's office/medical clinic/walk-in clinic. Due to low frequencies of response the remaining response categories were collapsed into "other". Almost equal numbers of respondents stated that they had received their flu shot at work or school or at an "other" location. The top response categories included in "other" were: clinic sponsored by Health Unit, Public Health Unit, Community Health Centre, Pharmacy, Hospital, and house call by Doctor or nurse.

Project Status

Module completed between January 2007 - April 2007. Other modules ongoing.

February, 2008

DEPARTMENT OF CLINICAL SERVICES

Mass Immunization Exercise (MIE) Evaluation

Investigators

MIE Planning Team, Epidemiologist, Planning & Evaluation Consultant, Director - Quality Improvement, Ravi Subramanian (Medical Student)

Health Unit Contact Person, Position Title:

Shani Gates, Director - Quality Improvement
Ext. 2242

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Summary

Background/Rationale:

As part of provincial pandemic planning, the Health Unit was selected to take part in a Mass Immunization Exercise on November 30, 2007. This exercise took place in Smiths Falls with a community clinic at the mall and with school clinics at schools in the community. The purpose of this exercise was to implement the Health Unit's mass immunization plan, and to immunize as many individuals as possible in one day. The purpose of this evaluation is to assess how well the clinics functioned, how many individuals were immunized, how satisfied clients were with the clinics, how clients learned about the clinics, and how satisfied staff were with the day.

Methods:

Individuals arriving at the mall flu clinic were asked how they heard about the clinic by a Health Unit greeter while they were waiting in line, and Registrars recorded the number of clients attending the clinics as clients registered. After receiving their flu shot, an evaluator intercepted the individual and asked him/her to verbally complete a brief survey assessing their satisfaction with the clinic. After the clinic all staff were asked to complete an on-line survey using *Survey Monkey* to assess their satisfaction and preparedness for the day, comfort with their role, and suggestions for improvement. As well, nursing staff were asked to complete an additional survey assessing the suitability of the clinic locations, availability of supplies and hand washing facilities and other aspects of the clinics. Evaluators completed assessments of the suitability of the clinic locations and their perceptions of the exercise.

Data Analysis:

Data have been entered into Excel spreadsheets and will be entered in SPSS computer software for analysis. Comments and suggestions will be grouped and analyzed thematically. The results will help the Health Unit to improve future clinics and will provide valuable feedback for pandemic planning.

Project Status

Results available in 2008. Results will be used for future pandemic planning.

February, 2008

DEPARTMENT OF CLINICAL SERVICES

Cold Chain Surveillance Evaluation

Investigators

Department of Clinical Services, Health Protection Department

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

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Summary

Background/Rationale:

The health unit provides vaccine to over 120 doctors' offices throughout the tri-county. This vaccine is very temperature sensitive and is stored in refrigerators at doctors' offices. The refrigerators currently have air-temperature sensing thermometers, which are not considered to be terribly precise/accurate. After receiving funding to purchase 10 new, liquid temperature sensing thermometers, the Health Unit wanted to compare the accuracy of the new thermometers to the accuracy of the old thermometers currently in use.

Methods:

A list of 60 physicians' offices and clinics in the geographical area served by the Leeds, Grenville & Lanark District Health Unit were randomized for potential study inclusion. In each office a Testo-147 data logger (Testo AG, Lenzkirch, Germany) was installed into the vaccine refrigerator along with the new Traceable Memory Thermometer (new thermometer) (Control Company, Friendswood, TX, USA). As well, the existing non-buffered Thermor Thermometer (old thermometer) (Thermor Ltd, Markham, ON, Canada) was left in the refrigerator. Study participants were briefed on monitoring and recording current, minimum and maximum temperatures from both of the thermometers as well as the time of temperature recording twice daily (AM and PM) for a period of 7-days. A total of 34 of physicians' offices and clinics consented to participate in the study, resulting in their offices being visited by a public health nurse between August and October of 2007.

Data Analysis:

Data analysis was completed by the Health Unit's epidemiologist using SPSS computer software.

Project Status

Clinical Services will be completing the discussion of results in 2008.

February, 2008

DEPARTMENT OF CORPORATE SERVICES

Staff Appreciation and Recognition (StAR) Day 2007 Evaluation

Investigators

Human Resources, Health Information Specialist

Health Unit Contact Person, Position Title:

Tammy Anderson, Human Resources

Ext. 2290

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Summary

Background/Rationale:

StAR Day is an opportunity for the Health Unit to recognize staff and show appreciation for their commitment and work. The 2007 StAR day coincided with the Health Unit's 60th anniversary, so the theme was glamour and flair and staff were encouraged to arrive in formal eveningwear.

Methods:

Health Unit staff completed a feedback form at the end of StAR Day to assess their satisfaction with the theme, agenda items, breakout sessions and the location and timing of the day.

Results:

Close to 85% of respondents rated the overall day as 'excellent' or 'very good', and close to 90% of respondents felt that the theme was 'excellent' or 'very good'. The breakout sessions were rated as an 'excellent' agenda item by over 80% of respondents and the majority of respondents stated that they preferred having breakout sessions to a keynote speaker.

Conclusions/Significance:

The Health Unit's 2007 StAR appears to have been successful in meeting its objectives and providing an opportunity to recognize and appreciate staff while having fun.

Project Status

Evaluation Complete. These results will be considered when planning StAR Day 2008.

February, 2008

DEPARTMENT OF CORPORATE SERVICES

2006 Administration Day Evaluation

Investigators

Human Resources, Health Information Specialist

Health Unit Contact Person, Position Title:

Tammy Anderson, Human Resources

Ext. 2290

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Summary

Background/Rationale:

Administration Day is organized by the Department of Corporate Services as a professional development opportunity for clerical staff as well as staff working in the Quality Improvement Department.

Methods:

Attendees completed a feedback form assessing the overall day, the agenda items as well as comments about the session and suggestions for future sessions.

Results:

Close to 90% of respondents rated the day as 'excellent' or 'good' and the majority found the agenda items to be 'very useful' or 'somewhat useful'. The most useful agenda items were reported to be the 'Contact List Update' and 'Adding Humour to your Life'.

Conclusions/Significance:

The 2006 Administration Day appears to have been a useful professional development day for clerical and Quality Improvement staff and the results should be considered when planning future Administration Days.

Project Status

Evaluation Complete. 2008 Administration Day will be planned using these evaluation results.

February, 2008

DEPARTMENT OF CORPORATE SERVICES

2005-2006 Performance Appraisal and Development (PAD) Evaluation

Investigators

Human Resources, Health Information Specialist

Health Unit Contact Person, Position Title:

Tammy Anderson, Human Resources

Ext. 2290

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Summary

Background/Rationale:

The Health Unit is on a continuous quality improvement journey. The PAD Process provides an opportunity for employees to review work performance, to set clear expectations, to provide feedback, and set solid objectives for the future. Employees complete the PAD Process according to a set policy and procedure. The Health Unit's PAD Process was developed between 2002-2004.

Methods:

Staff were asked to complete a survey about the PAD Process and how easy its stages were to understand, how useful the documents were, and how satisfied they were with various aspects of the PAD Process.

Results:

The majority of respondents found all stages of the PAD Process 'easy to understand' and found the PAD documents useful. As well, the majority of respondents were satisfied with the 'category scale', 'performance criteria', and 'voluntary peer review' aspects of the PAD Process. Respondents provided numerous helpful suggestions for improvement.

Conclusions/Significance:

It appears that the PAD Process that has been developed is easy for staff to understand and that they are satisfied with the PAD documents and the PAD process. Human Resources should take into consideration the suggestions for improvement provided by staff.

Project Status

Evaluation Complete. Results will be considered when making changes to the PAD Process in the future.

February, 2008

DEPARTMENT OF CORPORATE SERVICES

E-mail Guidelines Training Evaluation

Investigators

Information Technology, Health Information Specialist

Health Unit Contact Person, Position Title:

Wanda Goodridge, Health Information Specialist

Ext. 2296

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Summary

Background/Rationale:

In June and July 2006 the IT department provided a training session on E-mail guidelines. This session reviewed E-mail etiquette, use of the 'All Staff' distribution list, and other features of the Health Unit's E-mail system.

Methods:

A survey was sent to staff in October 2006 asking how useful the training session was and if they had used any of the information from the training session in their work.

Results:

The response rate for this survey was low (25%) which was likely due to the time delay between the training and completion of the survey. Close to 40% of respondents found the training session 'very helpful', 46% found it 'somewhat helpful', and 11% did not find the session helpful. The majority of participants (~60%) found the amount of time for the session 'just right' while ~40% found the amount of time to be 'too much'. The majority of respondents found the training handouts to be 'very clear', and following the training session, 50% of respondents reported that they had used the '*All Staff Distribution Guidelines*' handout in their work and about 60% reported that they had used the '*E-mail Etiquette at Work: Dos and Don'ts*' handout.

Conclusions/Significance:

It appears that the training session was helpful to the majority of staff and that the handouts were clear. The comments provided by respondents should be considered by IT when planning future training sessions.

Project Status

Evaluation Complete. Results will be considered when planning future training sessions.

February, 2008

DEPARTMENT OF CORPORATE SERVICES

2006-2007 New Staff Orientation Evaluation

Investigators

Human Resources, Health Information Specialist

Health Unit Contact Person, Position Title:

Tammy Anderson, Human Resources

Ext. 2290

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Summary

Background/Rationale:

The Health Unit provides an orientation for all new staff so that they will become knowledgeable of the Health Unit's structure, responsibilities, programs and services, and how it functions as an integral part of the tri-county community and the provincial and federal health care systems.

Methods:

Between 2006-2007 four New Staff Orientation Days were held. New staff completed evaluation forms at the end of their Orientation Day and the results were entered into an Excel spreadsheet and imported into SPSS for analysis.

Results:

The majority of new staff found the presentations at Orientation Day to be 'very helpful' or 'somewhat helpful'. There were several positive written comments about gaining an overall understanding of the Health Unit and being able to put names to faces at the Orientation Day. Several comments to improve Orientation Day were related to the technical use of the projector and the use of Power Point. In terms of the overall Agency Orientation, the majority of staff reported that they found this helpful. New staff made numerous comments about the friendly, welcoming environment at the Health Unit. Suggestions to improve the overall Agency Orientation included more time to complete the orientation checklist and offering some form of orientation prior to New Staff Orientation Day.

Conclusions/Significance:

The results from this evaluation will be used by Human Resources to improve the Health Unit's orientation activities.

Project Status

Evaluation Complete. Results will be considered when planning future orientation activities.

February, 2008

HEALTH PROTECTION DEPARTMENT

Lyme Disease Stakeholders Meeting Evaluation

Investigators

Health Protection Department, Health Information Specialist

Health Unit Contact Person, Position Title:

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Summary

Background/Rationale:

In May 2007 the Health Unit hosted a meeting for Lyme disease stakeholders. The purpose of the meeting was to provide a forum to dialogue and share information on Lyme disease, to provide information about Lyme disease to stakeholders, and to provide stakeholders with information related to the Health Unit's activities around Lyme disease.

Methods:

Stakeholders completed a feedback form assessing whether or not the Health Unit had met its objectives for the meeting and providing comments and suggestions for improvement.

Results:

Overwhelmingly, the majority of attendees felt that the Health Unit had achieved its objectives and the comments about the meeting were very positive.

Conclusions/Significance:

This meeting appears to have been very well received by attendees and the Health Protection Department should consider hosting a similar meeting in the future.

Project Status

Evaluation Complete. Results will be considered when planning future meetings.

February, 2008

OFFICE OF THE MEDICAL OFFICER OF HEALTH

Municipal Councillors Newsletter Mailing Initiative Evaluation

Investigators

Medical Officer of Health, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

Katie Higham, Planning & Evaluation Consultant

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Summary

Background/Rationale:

In January 2007 the Health Unit began mailing copies of its newsletters to municipal councillors to increase their awareness of the Health Unit and its programs and services. Copies of *Health Briefs* (workplace wellness), *NEXUS* (health professionals), *Health Matters* (schools), and the *Board of Health Quarterly Report* were mailed to councillors' homes or to their municipal offices. The purpose of this evaluation is to examine if municipal councillors feel that receiving these newsletters has increased their awareness of the Health Unit's programs and services. As well, this evaluation will examine if municipal councillors would like to continue receiving the newsletters and if so, how they would like to receive them (i.e. by mail, fax, e-mail or by accessing the Health Unit's website).

Methods:

A one-page survey will be mailed to all municipal councillors currently receiving the newsletters in early January 2008. Councillors will be asked to complete the survey and either fax or mail it back to the Health Unit.

Project Status

Results available in 2008.

QUALITY IMPROVEMENT DEPARTMENT

RRFSS: Familiarity with the Health Unit Module

Investigators

Epidemiologist, Communication Coordinator

Health Unit Contact Person, Position Title:

Susan Healey, Communication Coordinator

Ext. 2275

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Summary

Background/Rationale:

The Health Unit does a great deal of public education through media, printed materials and public presentations. Information on familiarity with health unit programs and services as well as the public's views on health information and media use patterns helps to develop effective media campaigns and public education materials. The purpose of this module was to determine community use, familiarity and satisfaction with health unit programmes and services and to assist the communications coordinator and other health unit departments in making decisions in the design of a strategic communication plan for the health unit.

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

A combined total of 44.3% of respondents in Leeds, Grenville & Lanark (LGL) stated that they were either "Very" or "Somewhat" familiar with Health Unit programs or services. Those reporting being "Not very" or "Not at all" familiar comprised 54.9% of the sample. 58% of respondents reported that they or their family had used a Health Unit service or program, while 38.7% of respondents reported that they or their family had not used a Health Unit service or program. Of those who had used the Health Unit's services, over 96.7% stated that they were satisfied with the program or service they had received from the Health Unit. About 20% of respondents reported hearing about the Health Unit from 'Family/Colleague', 'Health Care Professional' or 'Newspaper' and about 36% reported hearing about the Health Unit from an 'other' source. When asked how the Health Unit could better get information about programmes or services to survey respondents, 49% reported that the mail would be the best method.

Project Status

Module completed between January 2006 - December 2006. Other modules ongoing.

February, 2008

QUALITY IMPROVEMENT DEPARTMENT

RRFSS: Health Report - Distribution Module

Investigators

Epidemiologist

Health Unit Contact Person, Position Title:

John Cunningham, Epidemiologist

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Summary

Background/Rationale:

The purpose of this module was to evaluate the effectiveness of the distribution of the Leeds, Grenville & Lanark District Health Unit's *Annual Community Report* to residents of the tri-county area using local newspaper inserts. As well, the results from this module inform the Health Unit in focusing its marketing resources towards ensuring that the most residents in Leeds, Grenville and Lanark as possible receive information about the health services provided by the Health Unit

Methods:

RRFSS is an on-going telephone survey occurring in various public health units across Ontario. On a monthly basis, a random sample of adults in Leeds, Grenville and Lanark counties, aged 18 years and older, is interviewed regarding a variety of risk behaviours, knowledge, attitudes and awareness about health related topics of importance to public health. Data were analyzed using standard data analysis protocols.

Results:

At the time of the survey 83.1% of respondents in Leeds, Grenville and Lanark stated that they received a local newspaper. Of those who responded that they received a local newspaper, 62.1% stated that they read the paper "*Most of the time*" with 27.7% stating that they read the paper "*Some of the time*". When respondents who reported receiving a local newspaper were asked if they had seen *The Annual Community Report* produced by the Health Unit as an insert in the newspapers, a total of 32.8% stated that they had seen or thought they may have seen the Health Unit report. When asked if they had read the report 43.0% of these respondents stated that they had read "all or some of the health unit report". 87.5% of respondents who had read the *Annual Community Report* found it to be "very" to "somewhat" useful.

Project Status

Module completed between February 2007 - May 2007. Other modules ongoing.

February, 2008

QUALITY IMPROVEMENT DEPARTMENT

Bracken Library Survey

Investigators

Library Task Force, Health Information Specialist

Health Unit Contact Person, Position Title:

Wanda Goodridge, Health Information Specialist

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Summary

Background/Rationale:

In September 2006 the Health Unit entered into a 16-month contract with the Bracken Health Science Library at Queen's University. The Bracken Library provides health information services electronically to the Health Unit through a specially designed webpage. Users have access to the Ovid Network and the Queen's Library Online Catalogue. In the fall of 2006, staff received training from the Bracken Librarians on how to access this service. The purpose of this evaluation was to determine if staff had used the library services since being given access and if the services were meeting the needs of staff.

Methods:

Staff with library cards were sent an electronic copy of the survey to complete. The survey assessed whether or not staff had used the library's services, and if so the services they had accessed. Staff who had not used the library's services were asked to explain why they had not used the services. As well, the survey assessed users' satisfaction, training needs and comments and suggestions for improvement.

Results:

71.9% of respondents indicated that they had used the library's services since being given access while 18.8% indicated that they had not used the library's services. Lack of time was a common reason for not having used the library's services yet. The most frequently cited uses of the library's services were use of electronic databases, document delivery and literature search by a librarian. 100% of users also reported having used the internet to search for information. Users reported being 'very satisfied' or 'somewhat satisfied' with the library services they had used. As well, close to 94% of users reported that the training session they had attended met their needs. There were numerous comments suggesting that a refresher training course would be useful.

Project Status

Evaluation Complete. Results will be considered when renewing contract with Bracken Library.

QUALITY IMPROVEMENT DEPARTMENT

Database Development

Investigators

Health Information Specialist

Health Unit Contact Person, Position Title:

Wanda Goodridge, Health Information Specialist

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Summary

Background/Rationale:

The recent creation of the Health Information Specialist (HIS) position at the Health Unit has resulted in the addition of valuable computer skills, particularly database development skills, within the Quality Improvement Department. The ability to manage, organize and analyze data using a database has the potential to improve the efficiency of many Health Unit programs and services. The HIS has created two new databases using Microsoft Access software for Health Unit programs and has revised a third existing database to meet the Health Unit's needs.

Databases Created:

(1) Prenatal Classes Database (Family Health Department)

This database contains the prenatal registrations and participant evaluations for both the weekend class series and the seven weekly class series. Instructors' evaluations are also included in the database.

(2) Program Activity Review Database (Quality Improvement Department)

This database was developed to assist the Quality Improvement Department with gathering data and producing reports for the Senior Management Committee and the Board of Health. It is anticipated that eventually this database will contain data for every program activity performed in the Health Unit.

Database Revised:

(3) Cervical Screening Database (Health Promotion Department)

This database was developed by Kingston, Frontenac, Lennox and Addington Public Health and shared with the Health Unit to record the number of Pap tests performed at clinics. Internally, this database has been revised by uploading tables with codes/acronyms for the different types of cervical cancers, the addition of clinic location fields and additional reports.

Project Status

Prenatal Classes database currently undergoing testing. Program Activity Review and Cervical Screening databases in use. Other databases currently under development for 2008 include: Transfer Interview database, Health Unit pamphlet database, Healthy Babies-Healthy Children supplies database, Health Promotion Service Requests database, and database for Educational Resource Catalogue for Health Promotion Department.

February, 2008

QUALITY IMPROVEMENT DEPARTMENT

Lanark County Office Location Study

Investigators

Senior Management Committee

Health Unit Contact Person, Position Title:

Shani Gates, Director of Quality Improvement

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Summary

Background/Rationale:

In the spring of 2007, it was decided by the Health Unit Senior Management Committee that the Leeds, Grenville and Lanark District Health Unit (LGLDHU) would take a broad look at the office locations from which we serve Lanark County. The goal of the report is to provide the Board of Health with as much information as possible to inform their decision making process as to the best location(s) for Health Unit facilities in Lanark County

Methods:

A variety of data were collected by staff to provide information for identified decision-making criteria. A data collection plan, outlining key indicators and data collection methods was developed and approved by the Board of Health at its meeting in September. Data on demographics, service delivery sites, client access, and efficiency of service delivery was collected using a variety of retrospective and prospective methods

Results:

The purpose of this report was to provide a demographic description of Lanark County and an overview of the programs and services that are provided by Health Unit staff in order to inform decision-making regarding the location of offices in Lanark County. A brief summary of the data to support a Health Unit office in each of the 4 urban areas under consideration is included in the report. However, the report does not make any recommendations regarding specific office locations.

Project Status

Report sent to the Board of Health in November 2007.

February, 2008

PARTNERSHIPS: HEALTH PROMOTION DEPARTMENT

Leeds, Grenville & Lanark Cervical Screening Clinics 2006 Summary

Investigators

Adult Team - Health Promotion, Director - Quality Improvement

Health Unit Contact Person, Position Title:

Bonnie Schnittker

(?) which office (?)

bonnie.schnittker@healthunit.org

Summary

Background/Rationale:

In January 2006, a new cervical screening coalition for Leeds, Grenville and Lanark was established with the following partners: LG&L District Health Unit, Country Roads Community Health Centre, North Lanark County Community Health Centre, Merrickville Community Health Centre, Community and Primary Health Care (formerly VON), The Canadian Cancer Society and the Regional Cancer Program for Southeastern Ontario.

Methods:

Four clinics were planned and implemented in October and November 2006 in the following locations: North Lanark, Brockville, Portland, and Merrickville. The clinics were intended for women without a primary care provider and for women who were under-screened (>3years since the last Pap test). Female staff (i.e.-nurses and nurse practitioners) delivered services at the clinics, in hopes of providing a “woman-friendly” environment. Women who attended the clinics were asked to complete an *Intake Assessment* and a *Feedback Form*.

Results:

60.7% of the women who completed the *Intake Assessment Form* indicated that they had a healthcare provider and 39.3% indicated that they did not. The average number of years ago that women had their last Pap Test was 3.7 years (the range was 1-15 years). The majority of women (62.1%) found out about the clinic from advertising. Respondents were highly satisfied with the clinic with 100% reporting being satisfied with their visit to the clinic, 100% stating that it was easy to book an appointment and that the location and clinic time were convenient, and 100% of respondents stating that they felt they could ask questions of the health care provider.

Conclusions/Significance:

It appears that the clinics are reaching the target population and that women are highly satisfied with all aspects of the clinics.

Project Status

Evaluation Complete. Clinics took place again in 2007 and results will be considered when planning future clinics.

PARTNERSHIPS: HEALTH PROMOTION DEPARTMENT

Eastern Region Injury Network (ERIN): ATV Use Survey

Investigators

ERIN ATV Subcommittee, Planning & Evaluation Consultant

Health Unit Contact Person, Position Title:

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Summary

Background/Rationale:

ERIN is “a network comprised of injury prevention stakeholders in Eastern Ontario whose purpose is to facilitate collaboration and communication in order to maximize the effectiveness and efficiency of injury prevention programs in Eastern Ontario” (1). One focus of ERIN’s efforts has been reducing the risk of ATV-related injuries among children. To help focus their efforts, ERIN developed a survey assessing individuals’ attitudes towards children under 16 years of age driving and riding ATVs.

Methods:

The Health Unit manned a booth at the 2007 International Plowing Match and visitors to the booth were invited to complete the ERIN ATV Use survey. Respondents completed a one-page survey consisting of 7 questions, including demographic information (sex, postal code), as well as respondents’ use of ATVs, their attitudes towards children under 16 years riding or driving ATVs, and whether their own children ride or drive ATVs (if applicable).

Results:

43.1% of respondents felt that it was safe for children under 16 years to ride/drive ATVs while 53% of respondents did not feel that it was safe. Non-ATV riders were more likely to feel that it was not safe for children under 16 to ride/drive ATVs compared to ATV riders. As well, parents whose children ride/drive ATVs were more likely to feel that this was safe compared to parents whose children do not ride/drive ATVs. Over 150 respondents provided written comments explaining why they feel it is safe for children under 16 years to ride/drive ATVs. These comments were related to: 1) training, 2) supervision or adult accompaniment, 3) proper equipment, 4) operator characteristics, and 5) type of property. Similarly, close to 200 respondents provided written comments explaining why they feel it is not safe for children under 16 years to ride/drive ATVs. These comments were related to: 1) size and age of operator, 2) lack of experience, 3) lack of responsibility, 4) lack of maturity, 5) machine characteristics, and 6) personal experience

Conclusions/Significance:

The results of the ERIN ATV survey provide this group with valuable information for focussing their initiatives. As well, the results may be useful to other groups interested in ATV safety.

Project Status

Evaluation Complete.

References:

1. ERIN. About ERIN. 2007 Dec. 20. Available from: <http://www.plan-itsafe.com/ERIN.html>.

February, 2008

PARTNERSHIPS: FAMILY HEALTH DEPARTMENT

Mothing Transitions Postpartum Depression Treatment Trial

Investigators

Family Health Department, University of Toronto

Health Unit Contact Person, Position Title:

Michelle Murray, PHN

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Summary

Background/Rationale:

There is currently a lack of systematic or evidence-based approaches to the treatment of postpartum depression, despite its prevalence among new mothers (approximately 13% prevalence rate). The University of Toronto developed a randomized control trial to assess the effectiveness of telephone-based interpersonal psychotherapy (IPT) administered by trained nurses.

Methods:

Public Health Nurses at the Health Unit identify clients who may be eligible to participate in the trial (using the Edinburgh Postnatal Depression Scale) and obtain verbal consent from the client to pass on their contact information to the trial coordinator. Women who agree to have their contact information passed along to the trial coordinator and are eligible for the study are randomly assigned to either the control group (usual postpartum care) or the intervention group (usual postpartum care plus IPT). Participants are then interviewed 12-weeks, 24-weeks, and 36-weeks post randomization interview.

Project Status

Results available in 2-3 years.

PARTNERSHIPS: HEALTH PROMOTION DEPARTMENT

Champlain Healthy School-aged Children Attitudinal Research Study

Investigators

Health Promotion Department, Champlain Cardiovascular Disease Prevention Network (CCDPN)

Health Unit Contact Person, Position Title:

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Summary

Background/Rationale:

The CCDPN developed a survey to obtain information on eating and physical activity patterns of school-aged children (ages 4-12) and to assess parental attitudes and practices related to their children's health in terms of physical activity and eating behaviours (1).

Methods:

Compustat Consultants was contracted to develop and implement the survey. Random digit dialling was used to obtain the sample for each of the five regions within the Champlain District Local Health Integration Network that were included in the study (City of Ottawa, Renfrew & District, United counties of Leeds, Grenville & Lanark, United counties of Stormont, Dundas & Glengarry, and United counties of Prescott & Russell). A total of 1940 interviews were completed during June 2007.

Results:

The majority of respondents (82%) felt that physical activity was 'very important' for their child, and 56% reported that their child was 'very active'. The most common reason limiting respondents' children from physical activity was 'no reason' (37%) followed by time (16%). Parks and outdoor areas were the most prevalent community resource in respondents' communities and the most commonly used. The majority of parents felt that their child's eating habits were 'good' (57%) compared to 'excellent' (26%) or 'fair/poor' (18%). In terms of their child's weight, the majority of parents felt that their child was 'about the right weight' (83%), and felt that they had 'a great deal' (51%) or 'some' (36%) influence over their child's weight.

Conclusions/Significance:

The results from this survey assist the Health Promotion department in focussing its efforts to promote physical activity and healthy eating behaviours among children. However, as the data are parental attitudes and perceptions rather than objective measures of children's health they must be interpreted and used with caution.

Project Status

Research Complete.

References:

1. Champlain Cardiovascular Disease Prevention Network. Champlain healthy school-aged children. Compustat Consultants; 2007.