Community Learning Centre for Healthy Living
George Brown College

NaHSSA Conference
March 21st, 2009
Agenda

- The Health Promotion Hub
- The Team
- Accomplishments
- The Annex Retirement Residence
- Research Projects
  - Project 1 – Older adults & IADL level
  - Project 2 – Older adults & LTPA levels
- Benefits
The HP Hub

- The Community Learning Centre for Healthy Living (The Health Promotion Hub)
  - A Component of the Interprofessional Learning Clinic at the Casa Loma campus of George Brown College
  - The HP Hub supports interprofessional student learning, practice and research activities related to community-based health promotion.
Welcome to the Health Promotion Hub!

The Community Learning Centre for Healthy Living, otherwise known as the Health Promotion Hub is located in 175 Kendall Avenue, Building B, Room 8101. We are open from 8:30am-4:00pm Tuesdays & Wednesdays.

The Health Promotion Hub facilitates interprofessional collaboration on health promotion initiatives. Our services include: blood pressure monitoring and provision of health-related resources for such things as diabetes, smoking cessation, stress management, nutrition, heart health and much more. There are also many books on reserve as well.

Our initiatives are led by a health promotion specialist with advanced training and experience in community health promotion and health education. The specialist provides guidance and direction to the students who in turn execute the well planned programs.

Our student-led campus and community initiatives support the international definition of health promotion:

“Health promotion is the process of enabling people to increase control over, and to improve their health”.

(Ottawa Charter, World Health Organization, 1986)
The Health Promotion Hub

Students collaborate in planning, designing, delivering and evaluating health promotion and educational materials and programs related to the determinants of health to a range of target populations.
DO YOU KNOW WHAT GBC HAS TO OFFER YOU?
The Health Promotion Team

**Health Promotion Specialist** – Advanced training and experience in community health promotion

- Jessica Elgie

**Interprofessional Students** – US!

- Marc Ong (3rd year, Nursing)
- Ashley Vandoorn (1st year, Activation and Gerontology)
- Jacqui Holiff (2nd year, Medicine)
- Jennifer Galle (2nd year, Medicine)
- Zoran Kovacevic (3rd year, Nursing)
Accomplishments 2008/2009

So far this year, our students have collaborated on:

- Continuation of the Walking Program at Casa Loma campus and the development of a Walking Club at St. James campus
- Two Walking Program awareness events, one for registration and the other as a ‘kick-off’ to the program
- Two ‘healthy living’ seminars presented to the seniors at the Annex Retirement Residence
- Nursing blood pressure teaching clinics with the first year Dental Hygiene students
Accomplishments, Cont’d

– Collaboration with the Prosthetic and Orthotic students to develop a Grand Rounds presentation entitled “Diabetes and Interprofessional Care”

– Pilot test and launch of a GBC wide Health Risk Assessment

– Student teaching and sharing of own professional skills (i.e. blood pressure, fitness assessments, Life Skills)
Accomplishments, Cont’d

- Breast & testicular self-exam and sexual health information booth for students
- Development of a Personal Health Record for the Interprofessional Learning Clinic
- Nursing students and 2nd year UT medical students collaborating on 2 formal research projects involving the Annex Retirement Residence
The Annex Retirement Residence

- A private retirement community located at Dupont & Spadina in Toronto
- Houses approximately 80 residents of varying cognitive function
  - An “Age in Place” program allows residents who develop dementia to move to the lock-down floor instead of moving to a nursing home
- Daily activities are meant to improve physical, emotional and mental wellbeing
Research Project 1

- **Title**: Assessing Changes in IADL levels and consequent satisfaction levels upon transition into a retirement residence
- **Leads**: Jacqui, Marc & Ashley
- Measuring the residents’ independence in performing daily activities, whether they are satisfied with these levels, and why
- Results will be given to Management to improve resident quality of life
Title: Participation of Older Adults in Leisure-Time Physical Activities

Leads: Jen, Zoran & Ashley

Measuring motivating/preventing factors that influence residents’ participation in physical activity at the Residence

Results will be given to Management to improve current and future physical activity programs
Benefits of Working together

- Learn about other professions – roles & responsibilities, education, advanced learning opportunities, clinical experiences
- Learn about each other personally – develop relationships, explore each other’s perspectives
- Learn how to work as a team, resolve conflicts, generate better ideas and improve client care
- Learn about Health Promotion, planning and implementing programs
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Any Questions?