

## *Ethics Committee*

Chair: Cynthia Davies, Board

Members: Michael Pontus, Board  
Ron Philip, Board  
Dr. Kevin Swanson  
Dr. Stefan Schovaneck  
Dr. Jonathan Reggler  
Dr. Don Fockler  
Dr. Doug Anderson  
Gord Carter, Staff  
Mary-Lynn Taylor, Staff  
Nancy Jütte, Staff  
Sandy Dreger, Staff  
Brian Ducedre, Staff  
Gillian Young-Strilets, Staff  
Janet Fletcher, Staff  
Anne Roberts, Staff  
Debb Theriault, Staff  
Jodie Crombie, Staff



The Ethics Committee met nine times during the year with a few changes in membership.

Our Chair, Joan James, resigned her position at the end of June but continues her involvement with St. Joseph's serving on the Hospital Foundation Board. We very much miss her leadership and would like to express our sincere appreciation for her years of service to the Ethics Committee. Barb Kinnon returned to the mainland and was replaced by Nancy Jütte who has been a welcome addition to the committee. Brian Ducedre and Gillian Young-Strilets have also taken time from their busy schedules to join in this work and we appreciate their participation.

The committee reviewed and recommended three research proposals. A Prescribed Walking Program has been initiated in Psychiatry and the intent of the research project was to evaluate the effectiveness of the walking program for patients as they integrate back into the community after hospitalization. This project was under the direction of Kathy Sulman (St. Joseph's Recreation Therapist) and Dan Woodrow (RN, MSN, North Island College).

The second research proposal was initiated by Shannon McCartney, a fourth year BSN student from North Island College entitled "A Quality Care Research Study: understanding Palliative Death Occurrences within St. Joseph's Hospital." The intended outcome of the study was to improve the quality of end of life care for those patients wishing to remain at home. Both VIHA Home and Community Care and Pastoral Services at St. Joseph's Hospital were to be involved in the research project.

The third research project was introduced by Janet Fletcher, Clinical Nurse Leader in the Adult Day Therapy Program, and was entitled "Building in the Research: Mindfulness as a Core Clinical Intervention." Mara Pungente, BSW, MSW was assigned to complete the research which planned to review patients' levels of stress, anxiety, depression and life satisfaction before and after their participation in the Adult Day Therapy Program.

The Ethics Committee has devoted some time this year to an educational video series entitled "Ethics: What Is It and Why Is It Important?" This series has been made available through the Provincial Health Ethics Network in Alberta and has several noted academics who present varying view points for information and discussion. This work will continue as time permits.

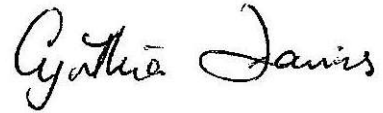
An integral part of the Committee's work this year has been the presentation of case studies. Leah Kallio, Gordon Carter and Brian Ducedre presented seven case studies and the ensuing discussion was valuable to participants. Ideas generated by the group were often reported back to the staff involved who felt supported and validated. Some suggestions resulted in positive changes happening for staff, patients and family members. The Committee is grateful to all the staff who has taken the time and effort to bring these case studies forward for discussion. They continue to form a very valuable part of the Committee's work.

The Committee spent sometime discussing the flu shot and the ramifications of staff declining the preventative injection. This resulted in a change in the documentation for staff around this issue which hopefully will increase the numbers of staff who participate in the program.

Gordon Carter, Director of Pastoral Care, Mission and Medical Ethics, continues to provide excellent leadership and vision for this committee. He has discovered and distributed many relevant articles to members of the committee and encouraged us to attend workshops and conferences which have enriched the participation of those who attended. He continues to be an inspiration to many in the hospital and an excellent resource for staff and patients.

Similarly we are grateful for the efficient work of our recording secretary, Corrie Marles, who enables us to function in a timely fashion but does so with a gentle spirit and much encouragement. We appreciate here very much.

Respectfully submitted,

A handwritten signature in black ink that reads "Cynthia Davies". The signature is written in a cursive style with a large initial 'C' and a long, sweeping tail on the 's'.

Cynthia Davies  
Chair