



GRAND ROUNDS

Doctors from throughout the Ottawa Valley were in Renfrew recently to learn from the experts at CHEO (the Children's Hospital of Eastern Ontario).

Together, they discussed standardized approaches to treat common childhood ailments such as bronchiolitis, croup, diarrhea and vomiting.

The refresher day course focused on the new critical pathways for care that have been developed through a unique partnership involving CHEO, RVH and seven other community hospitals in the Champlain Local Health Integration Network (LHIN).

The goal is to provide the same level of care at every participating hospital's emergency department, giving families the assurance that they do not need to drive to CHEO in Ottawa with a sick child.

"Through this partnership, our medical professionals in Renfrew are able to deliver CHEO's expertise to the people of this region," commented RVH CEO Randy Penney. "We are delighted that CHEO offered us this opportunity, and we

look forward to continuing our work together to provide the best possible care in our community."

"It's nice to get the perspective of the people at CHEO," commented Renfrew's Dr. Andrea DiPaolo, one of the participants in the day-long education session.

"We turn to them a lot for advice and specialized knowledge," he added. "This has been very informative."

Twenty-four health professionals from 10 different institutions in the Champlain LHIN registered for the refresher day presentation, which provided a variety of practical information geared to answer the local physicians' questions.

"What should we be telling parents about the use of cough medicines?," asked one family doctor.

The advice was that over-the-counter cough medicine should never be given to children under the age of three.

"Tell the parents to give their child plenty of fluids and rest," responded Dr. Andrea Losier, an emergency physician at CHEO.

Another discussion focused on the best way to help a child recover from dehydration caused by vomiting or diarrhea. Dr. Losier said more is needed than the common BRAT diet which consists of bananas, rice, apples and toast.

"We're not recommending it anymore for gastrointestinal patients because there's no protein in it," she said, explaining that protein is a necessary ingredient to repair the damage done by a stomach bug.

Healthy foods that include protein are the best route to recovery, including milk as long as it does not cause a reaction. If there is an adverse reaction to milk,

parents should opt for a lactose-free milk until the child is better, Losier said.

"This type of dialogue is a great example of how our partnerships can make a real difference for the families we serve," commented Penney.

"Medical professionals from throughout the Valley were here acquiring this knowledge to help them in their respective communities," he added. "It is great that RVH could help facilitate this session, and we are equally enthusiastic about delivering better health care to the people of the Renfrew area through this type of regional collaboration."



Dr. Andrea Losier of CHEO led a day-long educational session for local emergency physicians at RVH recently.