

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

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I. NEWS & VIEWS

ONTARIO

1. TIME TO END PELVIC EXAMS DONE WITHOUT CONSENT

This article (Picard, 2010) reports that medical students routinely practice doing internal pelvic examinations while surgery patients are unconscious. A young physician, Dr. Sara Wainberg, was a medical student at McMaster University and her younger brother was also studying to be a doctor. He phoned her for advice because in his rotation in obstetrics and gynecology he had been asked to perform a pelvic exam on a woman who was under anesthetic. He refused because he felt it was unethical to do it without consent. Dr. Wainberg had done this numerous times in her training and his phone call led her to poll her fellow students. She found that 72% had also done exams on unconscious patients without consent.

<http://www.theglobeandmail.com/life/health/time-to-end-pelvic-exams-done-without-consent/article1447337/>

CANADA

2. LATEST PRODUCT RECALLS

(also available in French)

Note: Products that are recalled for containing lead or barium are in excess of the allowable level per the Canadian Hazardous Products Act (CHPA).

- Wind Chime Toys by Tiny Love: Can be pulled apart, revealing sharp metal rods that pose puncture and laceration hazards.
- Blink Strollers: Hinges on the stroller's canopy can pose a fingertip amputation and laceration hazard to the child when the consumer is opening or closing the canopy.
- Innovage Discorety Kids Lamps: A defect in the lamp's printed circuit board can cause an electrical short, posing a fire and burn hazard.
- Youth Jackets with Drawstrings by GTM Sportswear: Jackets have drawstrings, which pose a strangulation hazard.
- Boys and Girls Pyjama Bottoms sold by JYSK: Does not meet the design and flammability requirements for children's sleepwear under Canadian law.
- Maxi-Cosi Micro Infant Car Seat and Base: There is a potential that the seat could separate from the base in the event of a collision if the seat is not locked into the base.
- Wooden Bracelet attached to Papyrun-brand "Happy Birthday" Card: The surface coating on the bracelet contains lead.
- Charm Accessory in Tinker Beel's Lil' Tinker Bracelet Set: The cylinder that is used to attach the charm to a loop of the bracelet may contain lead.
- Glass Water Bottle by Starbucks: The glass stopper or water bottle can shatter when removing or inserting the stopper, posing a laceration hazard.
- Glazed Ceramic Butterfly Tea Set by Schylling: The glaze on the recalled butterfly tea set contains cadmium.

English: http://healthycanadians.gc.ca/pr-rp/pr-rp_e.php

French: http://healthycanadians.gc.ca/pr-rp/pr-rp_f.php

3. CANADA SWITCHES TO GROWTH CHARTS BASED ON WORLD HEALTH ORGANIZATION (WHO), NOT U.S. STANDARDS

Four leading national health groups have decided to move away from using growth charts developed by the U.S. Centres for Disease Control and Prevention to charts based on World Health Organization standards. The Dietitians of Canada, the Canadian Paediatric Society, the College of Family Physicians of Canada, and Community Health Nurses of Canada were part of the project to adapt the WHO charts for use in Canada. A related statement and resources are available (see *Recent Report and Research* and *Resources* sections below).

<http://www.cbc.ca/cp/health/100208/x020802A.html>

<http://www.cps.ca/english/Publications/CPS10-01.htm>

4. INUIT PRESCHOOLERS OFTEN GO HUNGRY

Grace Egeland of the McGill Centre for Indigenous Peoples' Nutrition and Environment notes that 70% of Inuit preschoolers in Nunavut live in homes where there is not enough food, a situation with implications for children's development. She explains that the average family in Nunavut with young children pays close to \$430 a week for groceries, double the price for a family of the same size in the south. The study also found that 29% of children were obese and 39% were overweight. Egeland says this is not surprising because parents buy foods high in carbohydrates, which tend to be inexpensive and filling. A total of 44% of children did have access to traditional food. According to Egeland and her co-authors: "The data suggest that support systems need to be strengthened for Inuit families with young children".

<http://www.cbc.ca/canada/montreal/story/2010/01/25/inuit-children-hungry-mcgill.html?ref=rss#ixzz0fGzs0G8F>

II. RECENT REPORTS AND RESEARCH

CANADA

5. PROMOTING OPTIMAL MONITORING OF CHILD GROWTH IN CANADA: USING THE NEW WHO GROWTH CHARTS

(executive summary also available in French)

The Dietitians of Canada, Canadian Paediatric Society, The College of Family Physicians of Canada, and Community Health Nurses of Canada provide recommendations, intended as a practice guideline for medical practitioners and other health professionals. They aim for wide dissemination of these recommendations in order to promote consistent practices in monitoring growth to improve the nutritional status and health outcomes of Canadian infants, children, and adolescents.

English: <http://www.cps.ca/english/statements/N/growth-charts-statement-FULL.pdf>

Executive summary: <http://www.cps.ca/english/statements/N/ExecSummary.pdf>

French: <http://www.cps.ca/Francais/enonces/N/Resume.pdf>

6. A HEALTH PROFESSIONAL'S GUIDE TO USING GROWTH CHARTS

(also available in French)

This resource outlines how to use and interpret the 2006 WHO Growth Standards and the WHO Growth References 2007 to assess physical growth in infants, children, and adolescents.

English: http://www.cps.ca/english/statements/N/DC_HealthProGrowthGuide.pdf

French: http://www.cps.ca/Francais/enonces/N/DC_NouvellesCourbes.pdf

INTERNATIONAL

7. ALCOHOL USE IN PREGNANCY CHANGES FETAL GENES, ANIMAL STUDY FINDS

According to a recent animal study involving mice (Kaminen-Ahola, 2010), alcohol exposure during pregnancy can cause permanent genetic changes in fetuses. The researchers fed mice either water or alcohol during early pregnancy and found that those given alcohol had twice as many dark-furred offspring than the water group. Skull malformations and decreased body weight were also observed in offspring of the alcohol-fed mice. Author Suyinn Chong explains how the research could help in the development of a DNA test to screen children for Fetal Alcohol Syndrome: “So what we hope is that if we can screen the children, identify these epigenetic changes which might be markers of future educational or social problems, we could basically aid diagnosis and allow early intervention” (Join Together, 2010, February 1)

<http://www.plosgenetics.org/article/info%3Adoi%2F10.1371%2Fjournal.pgen.1000811>

8. CULTURAL COMPETENCE OF HEALTHCARE PROFESSIONALS CARING FOR BREASTFEEDING MOTHERS IN URBAN AREAS

This study (Noble, Noble, & Hand, 2009) aimed to measure the general cultural competence of healthcare professionals caring for breastfeeding mothers in an urban area. The researchers surveyed 141 healthcare professionals involved in the care of breastfeeding mothers in New York, NY and 128 completed the questionnaire. The findings indicate that: 76% reported that their clients’ cultural background differed from their own; 56% had studied cultural diversity in school; and 68% had attended a continuing education class on the subject. The researchers found that 23% of the participants achieved a score of cultural competence and they were more likely to have attended continuing education courses on cultural diversity. The majority (77%) of healthcare professionals caring for breastfeeding mothers in urban areas did not achieve a score of cultural competence.

<http://www.liebertonline.com/doi/pdf/10.1089/bfm.2009.0020>

III. CURRENT INITIATIVES

9. SEXUAL AND REPRODUCTIVE HEALTH AWARENESS DAY: FEBRUARY 12

The Canadian Federation for Sexual Health celebrates “Sexual and Reproductive Health Day” by promoting awareness of sexual and reproductive health issues and raising the profile of organizations providing sexual health services. This year focuses on the prevention and treatment of Chlamydia, Canada’s most prevalent sexually transmitted infection.

http://www.cfsh.ca/resources/public_awareness/sexual-and-reproductive-health-day.aspx

10. NATIONAL NUTRITION MONTH

(also available in French)

Nutrition Month stimulates nutrition activities in communities across Canada and communications to reinforce the importance of nutrition in achieving health and wellbeing. Dietitians of Canada Nutrition Month 2010 will focus on “celebrate food... from field to table!” Canadian families are interested in food and nutrition and dietitians are ready, willing, and able to help Canadian families learn where food comes from and to relay accurate facts and dispel myths about Canadian food. The goal of the 2010 campaign is to help people discover:

- action ideas to eat healthier, and celebrate Canadian foods

- practical solutions to help people discover and engage in ways to eat well, live well while learning where food is coming from
- how to translate nutrition advice into everyday food choices
- local nutrition resources
- dietitians as a trusted source of nutrition information accurate, reliable information based on current research and evidence

English: http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/about.asp

French: http://www.dietitians.ca/public/content/eat_well_live_well/french/index.asp

11. NEXT STEPS FOR A MENTAL HEALTH STRATEGY FOR CANADA

(also available in French)

The Mental Health Commission of Canada (2010) announced the start of the second phase of the mental health strategy development plan. Beginning in March 2010, the Commission will host a series of roundtable meetings. These roundtables will examine specific topics related to achieving the vision and goals set out in "Toward Recovery and Wellbeing: A Framework for a Mental Health Strategy for Canada." The roundtables aim to define practical solutions and develop action plans to achieve the vision. In this phase, they want to continue building on the extensive knowledge and experience of diverse stakeholders in Canada including those living with mental health problems and illnesses, their families, service providers, researchers, policy-makers, and concerned individuals. Individuals who are interested in participating can use new on-line tools to:

- indicate interest in participating in a roundtable session
- respond to the Request for Proposals for the development of background papers
- access a copy of "Toward Recovery and Wellbeing: A Framework for a Mental Health Strategy for Canada"
- contact Mental Health Commission of Canada directly to share ideas

English: <http://www.mentalhealthcommission.ca/English/Pages/Strategy.aspx>

French: <http://www.mentalhealthcommission.ca/Francais/Pages/default.aspx>

IV. UPCOMING EVENTS

This section lists events that have not been included in earlier editions of the MNCHP bulletin or listserv postings. For the details of these events and a complete list of events noted in previous MNCHP bulletins and postings, including contact information, links to organizations, and descriptions, see <http://www.beststart.org/events/otherevents.php>

ONLINE

12. SHOUT CLINIC HOMELESS YOUTH AND HARM REDUCTION

February 17, 2010: Online

Hosted by: Wellesley Institute

http://www.wellesleyinstitute.com/events/?event_id=17

13. BILL 168: ONTARIO'S NEW LEGISLATION ON SEXUAL HARASSMENT AND VIOLENCE IN THE WORKPLACE

February 18, 2010: Online

Hosted by: CLEONet

<https://cc.readytalk.com/cc/schedule/display.do?udc=djlsuownh8zc>

ONTARIO**14. BUILDING BLOCKS FOR BUILDING FAMILIES**

February 15, 2010: Toronto, ON
 Hosted by: Conceivable Dreams
<http://www.conceivabledreams.org/>

15. POVERTY IN WEALTH

February 17, 2010: Kingston, ON
 Hosted by: Kingston Community Roundtable on Poverty Reduction and Queen's University School of Policy Studies
 For more information, contact Martha at (613) 547-2012

16. FAMILIES IN FOCUS: 3RD CONFERENCE ON RECENT ADVANCES IN THE PREVENTION AND TREATMENT OF CHILDHOOD AND ADOLESCENT OBESITY

October 27-29, 2010: Hamilton, ON
 Hosted by: Interprofessional Continuing Education, The University of British Columbia in collaboration with McMaster University
http://www.interprofessional.ubc.ca/Brochures/AdvNot_Obesity.pdf

CANADA**17. THE 4TH INTERNATIONAL CONFERENCE ON FETAL ALCOHOL SPECTRUM DISORDER**

March 2-5, 2011: Vancouver, BC
 Hosted by: Interprofessional Continuing Education, the University of British Columbia
<http://www.interprofessional.ubc.ca/FASD.htm>

18. 2011 NATIONAL CONFERENCE: NEW CONVERSATIONS ON SUICIDALITY

October 3-5, 2011: Vancouver, BC
 Hosted by: Interprofessional Continuing Education, the University of British Columbia
<http://www.casp2011.ca/>

V. RESOURCES

19. IS MY CHILD GROWING WELL? QUESTIONS AND ANSWERS FOR PARENTS

(also available in French, Spanish, and Traditional Chinese)

This fact sheet is designed for parent education about child growth.

English: http://www.cps.ca/english/statements/N/DC_ChildGrowParents.pdf

French: http://www.cps.ca/english/statements/N/DC_ChildGrowParents.pdf

Spanish: http://www.cps.ca/english/statements/N/DC_ChildGrowParentsSP.pdf

Traditional Chinese: http://www.cps.ca/english/statements/N/DC_ChildGrowParents_Chinese.pdf

20. FREE OPHEA TEACHING RESOURCES TO SUPPORT EARLY YEARS AUDIENCES

(also available in French)

To support Early Years Providers' work teaching young children about health and physical education, Ophea is providing **free** (shipping included) Kindergarten resources that are currently being offered in English and French. Please follow the links below to order and learn more about each of these resources:

activ8 (Physical Activity Resource): <http://www.ophea.net/Ophea/Ophea.net/activ8order.cfm>

Take Action (Substance Use Resource): <http://www.ophea.net/Ophea/Ophea.net/takeactionregister.cfm>

Asthma Education Initiative: <http://www.ophea.net/Ophea/Ophea.net/takeactionregister.cfm>
For more information, please contact Drew Maginn, Projects Leader, Ophea at 416-426-7122 or drew@ophea.org.

21. POSITIVE DISCIPLINE: WHAT IT IS AND HOW TO DO IT

This Manual is for parents of children of all ages. It addresses common issues that arise between birth and the end of adolescence. This Manual is also for those who support parents, such as parent educators, parent group facilitators, and family support workers. It can be used with individuals or groups to generate discussion and foster problem-solving.

[http://www.frp.ca/data/n_0001/resources/live/POSITIVE DISCIPLINE_Order_form.pdf](http://www.frp.ca/data/n_0001/resources/live/POSITIVE_DISCIPLINE_Order_form.pdf)

22. ADVANCING ENVIRONMENTAL HEALTH IN CHILD CARE SETTINGS: A CHECKLIST FOR CHILD CARE PRACTITIONERS AND PUBLIC HEALTH INSPECTORS

This hands-on resource is designed to assist child care practitioners and public health inspectors in identifying practical steps to reduce potentially harmful exposures to toxic chemicals and pollutants in child care settings.

News release: <http://www.healthyenvironmentforkids.ca/news-info/cpche-launches-environmental-health-checklist-child-care-settings>

Free checklist: <http://www.healthyenvironmentforkids.ca/resources/advancing-environmental-health-child-care-settings-checklist-child-care-practitioners-and->

Order form: <http://www.healthyenvironmentforkids.ca/resources/order-form-cpche-publications>

VI. FEATURED BEST START RESOURCES

A study summarized in the *Recent Reports and Research* section of the bulletin found that the majority (77%) of healthcare professionals caring for breastfeeding mothers in urban areas did not achieve a score of cultural competence when surveyed. This resource may help service providers to work in a cultural competent manner.

23. GIVING BIRTH IN A NEW LAND – STRATEGIES FOR SERVICE PROVIDERS WORKING WITH NEWCOMERS

This manual (Best Start Resource Centre, 2009) shares information about the beliefs and practices of newcomer women when accessing reproductive health services. It explains strategies for service providers to offer services in a culturally competent manner.

http://www.beststart.org/resources/rep_health/index.html

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Click here to access Health Nexus' other e-bulletins and listservs:

In English:

- [OHPE](http://www.ohpe.ca/) - The free weekly Ontario Health Promotion E-mail bulletin (OHPE) offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion. <http://www.ohpe.ca/>
- [Click4HP](https://listserv.yorku.ca/archives/click4hp.html) - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- [Health Nexus Today](http://www.blogs.opc.on.ca/) - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.opc.on.ca/>

In French:

- [French distribution list](http://www.meilleurdepart.org/index_fr.html) – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. http://www.meilleurdepart.org/index_fr.html
- [Le Bloc-Notes](http://leblocnotes.ca/) – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>