

**RK MACDONALD NURSING HOME – Family Council Minutes****Date: June 20, 2023****Present:**

Mary Chisholm, Debbie Horne, Heather MacInnis, Joanne MacKenzie, Paul Macgillivray, Susan Wood

Meeting began at 10:00 am and adjourned at 11:30 am

**Regrets:** Albie Faulkenhalm, Chris Rodman

Item	Discussion on	Action
<b>1.0 Approval of Minutes</b>	Approved minutes of the last Family Council meeting (May 23, 2023) were distributed.	
<b>2.0 Business Arising</b>	<b>Item</b>	<b>Discussion &amp; Action</b>
	2.1 Foot Care	<p>Lee Kelly provided an update on recent actions to improve footcare for RK residents:</p> <ul style="list-style-type: none"><li>• Chantel Decoste our new basic footcare provider conducted an initial baseline assessment of footcare needs which revealed that 56 residents required immediate advanced footcare. She will also be training the CCAs on basic footcare. A binder will be kept in each area</li><li>• Tina Pinkham our new advanced footcare provider has completed 30 residents so far</li><li>• A footcare schedule has been established that will result in residents receiving footcare assessment every six weeks.</li><li>• Alison Petten our new nurse educator will be providing education on advanced foot and lower limb care.</li><li>• A quality improvement plan has been implemented.</li><li>• The Family Council is very pleased with the steps taken thus far in addressing footcare needs and looks forward to future reports on footcare provided to RK residents.</li></ul>

	2.2 CEO Update	<p>Terry MacIntyre provided updates with a handout:</p> <ul style="list-style-type: none"> <li>• Infrastructure renewal project update. Family Council will have an opportunity to provide input on the design of the new facility.</li> <li>• The RK needs to provide justification for all space utilization in the new facility &amp; continues to work hard to structure the new build design to meet residents needs.</li> <li>• Family Council minutes will be posted to the website.</li> <li>• A Licensing Compliance Officer visited the RK on June 19<sup>th</sup> and the facility received an overall favorable report.</li> <li>• OH&amp;S – The RK is putting a compliance plan into place.</li> <li>• Resident/Family Handbook – revisions are ongoing.</li> <li>• The RK has moved to no Covid restrictions -- fully open to visitors with no masking required.</li> <li>• The RK continues to work on developing signage reflective of diversity, equity and inclusion and is open to suggestions from the Family Council and others.</li> <li>• The RK AGM will be held June 29<sup>th</sup> in the Main Dining Room. Family Council has provided a summary of our experience and Mary Chisholm plans to attend.</li> <li>• In the context of discussing Quality Indicators, the idea of establishing a mouthcare model, similar to the approach to footcare described above, was discussed. There is a potential of having a dental hygienist to assess residents on basic versus advanced mouth care needs.</li> <li>• Family Council also put forward a suggestion to hire an optometrist and an audiologist to come into a clinic (housed within the facility) on a regular basis.</li> </ul>
	2.3 Recreation Update	<p>Paul provided an overview the Family Council’s interest in recreational activities. Referring to indicators as outlined in the Long-Term Care Program Requirement document (June 2022), Family Council suggests including recreational improvement with measurable outcomes in the RK Quality Improvement plan. The importance of increased resident interaction and socialization was stressed.</p> <p>Terry noted as they move ahead, they will look into the possibility of resident support workers partnering with recreation to assist in activities, as the number of staff to resident ratio plays a factor.</p>

	2.4 Rehabilitation Services	<p>Miles Tompkins addressed Family Council:</p> <p>His goal is to maintain resident mobility, while also attempting to increase interactions and make them smile! He recognizes that residents crave social interaction by the mere fact of how many stop into the rehab room to have a chat.</p> <p>He points to Scandinavian countries as having a model that works to both support and improve resident's social environment while also working to improve their mobility. Miles described an example that involved outdoor equipment with groups of residents taken outside to work on balance and mobility exercises, while at the same time this group of residents get the opportunity to see more people/increase their interactions/have fun! Terry is hopeful to incorporate aspects of this model into the new facility, as much as possible.</p> <p>Miles believes residents can benefit by having St FX Human Kinetics students do clinical hours and/or volunteer in the rehab area. He plans to contact the Human Kinetics Dept in the hope of recruiting students. It would support student learning, and in turn provide support to rehab services and increase social interaction for RK residents.</p>
<b>3.0 New Business</b>		<p>Family Council raised a number of questions about the volunteer program at the RK: how are volunteers orientated/who oversees it/how does the RK currently attract people to come volunteer and what can be done to improve upon this?</p> <p>It is necessary to implement a program for volunteers before we can advertise.</p> <p>Family Council would like to see the number of volunteers increase and will assist in whatever way we can.</p>
<b>4.0 Next Meeting</b>	Date: September 2023 (date TBD) Time: 10:00 -11:30 am Location: TBD	
<b>5.0 Meeting Adjournment</b>	Moved by: Time: 11:30am	