The 3for150 Walk-Play-Create vision culminated over 11 days this September with:

- The International Play Association Meeting (overlapping with Beakerhead festival) September 13 – 17th
- Alberta’s Lieutenant Governor, the Honourable Lois Mitchell launching a Commonwealth Walkway in Banff on September 17th
- The International Walk21 Conference running from September 19th – 22nd

Legacies include:

- Canada’s first Commonwealth Walkway connected in Alberta to The Great Canadian Trail.
- Calgary’s Play Charter and follow-up Play Summit for fall 2018
- Execution of the International Walking Charter by the Mayors of Canmore and Calgary.

Thanks to everybody who participated in any or all events with the hope of advancing a vision of healthy Albertans and healthy Communities together. Contact our SCN if your town or city wants to read the Calgary Play Charter or sign the International Walking Charter. And make sure to visit Alberta’s Commonwealth Walkway!

Bariatric Friendly Hospital Initiative Update

The working groups continue to make great progress in the development of standards for a bariatric friendly hospital environment at the Medicine Hat Regional Hospital. We have done a comprehensive inventory of current equipment available to support patients with bariatric care needs and mapped the current transitions of information and patients between services across hospital departments. This current state assessment is providing valuable information as to what is working well and what areas need to be improved. Next steps include development of a business case outlining the standards and the implications of implementation for South Zone leadership approval.

The need for bariatric friendly hospitals in Canada was featured by CBC and aired on the National. Alberta’s Dr. Mary Forhan and patient advisor, Marty Enokson, were featured in this story. The Medicine Hat Regional Hospital is leading the way to improve the hospital environment and support health care providers to: become more knowledgeable about obesity and its impact on quality care; work effectively and compassionately with patients with obesity; and develop competencies in safe patient care. Read the full story here: https://goo.gl/iCxSaK
Canadian Malnutrition Week September 25–29, 2017: From Hospital to Home
By: Marlis Atkins

The Canadian Malnutrition Task Force, in partnership with the Canadian Nutrition Society, is presenting the 3rd annual Canadian Malnutrition Week. This year’s focus is about transitions from hospital to home, potential nutritional risks in patients, and how to mitigate these risks and support patient recovery. You will see the Canadian Malnutrition Week posters at sites around the province to bring awareness to the importance of nutritional care in the hospital and at home.

Three free webinar sessions have been scheduled during Canadian Malnutrition Week to provide health care professionals and decision makers with information about how to support nutrition care of patients during their transition from hospital to home. We are proud to announce that AHS dietitians, Amber Merrell RD and Kelly Reinprecht RD, will be presenting in 2 of these sessions. Registration information for these webinars can be found at nutritioncareincanada.ca.

During Canadian Malnutrition Week, Nutrition Services also will be launching a webpage for healthcare providers with information about malnutrition and tools to address it. Evidence shows the importance of the entire multidisciplinary team working together to support a patient’s food intake. From addressing barriers to food intake such as improper positioning for eating to barriers like being interrupted at mealtimes - we can all play a role to help patients meet their nutrition needs to support healing and recovery. Visit healthyeatingstartshere.ca and click on the “Healthy Eating to Address Malnutrition” sidebar to access resources for providers, patients/residents and their families. This work aligns with the DON SCN’s 2017–2021 Transformational Roadmap to support actions to address malnutrition across the continuum of care.

23rd Annual Western Canada Nutrition Day Conference

A recent report from the CDC (https://goo.gl/XNEnJW) showed that the incidence of obesity-related cancers is growing while the opposite is happening with cancers unrelated to obesity. Thus it was timely that the 23rd Western Canada Nutrition Day Conference focus Optimizing Nutrition and Medicine in Cancer Care. The conference, organized by AHS Nutrition and Food Services and held October 21st, had speakers from as far away as Italy (Dr. Alessandro Laviano) and Australia (Merran Findlay, RD) as well as presentations from the Alberta research community (Dr. C. Prado, Dr. V. Mazurak and Dr. P Robson).

The speakers reviewed the latest research and guidelines on nutrition care in preventing and treating cancer; sarcopenic obesity and cancer; the Tomorrow Project as well as examples of knowledge translation in cancer care. Key takeaway messages relevant to our Network included the high rate of sarcopenia amongst people diagnosed with obesity and that these people have a very poor prognosis when diagnosed with cancer. The patients with obesity and cancer also seem to lose lean body mass faster than people at lower weights but the mechanism is not understood. It was speculated it may be because healthcare providers may be assuming they do not require as much nutrition as patients that do not have obesity.

Overall it was an excellent day and we are looking forward to next year’s conference.

ACAL has a new fact sheet: Benefits of Active Transportation

To view a larger version, please visit: https://goo.gl/xZhLTC

To download the Benefits of Active Transportation fact sheet (4 pages) please visit: https://www.centre4activeliving.ca/media/filer_public/07/77/077713ef-e097-4bc5-8276-1bf455d26630/2017-active-transportation-factsheet.pdf
**New Provincial Glycemic Management Policy Suite for Adults in Acute Care**

Supporting patients to achieve their glycemic targets of 5-10 mmol/L while in hospital.

The DON SCN led the development of a provincial policy suite, as part of their provincial initiative to improve glycemic management in the hospital setting.

The Glycemic Management Policy suite includes an overarching glycemic management policy with procedures and algorithms for the treatment of hyperglycemia and hypoglycemia. These provincial governance documents were approved by the AHS Clinical Operations Executive Committee (which includes the 5 Zone Medical Advisory Councils), in May 2017, and became effective September 1, 2017.

The goal is to improve glycemic management in acute care settings through a number of coordinated strategies, and to support staff in early recognition and treatment of hypoglycemia and hyperglycemia, to prevent negative outcomes for adult patients.

Covenant Health participated in the development of the governance documents, and has plans in place to adopt these governance documents. For more information about the provincial policy suite, or resources to introduce the new governance documents at your site (including a recorded webinar), we invite you to visit our webpage: [http://www.albertahealthservices.ca/scns/Page13361.aspx](http://www.albertahealthservices.ca/scns/Page13361.aspx) or contact us at: DiabetesObesityNutrition.SCN@ahs.ca.

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**New Provincial Glycemic Management Policy Suite for Adults in Acute Care**

We have lost a friend...

We were saddened to learn of the recent passing of Don Hunt, Executive Director at the QEII hospital in Grande Prairie. Our condolences go out to Don’s family and his team at QEII. Don was an enthusiastic member of the DON SCN provincial inpatient diabetes management steering committee, and was working with the multidisciplinary team at his site to implement strategies to improve glycemic management for patients at the QEII site. Don had also recently agreed to be a DON SCN core committee member. We will miss Don’s positive input and guidance on the work the DON SCN is supporting.

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**EDSRI has a new name...**

**DISER**

**Diabetes Infrastructure for Surveillance, Evaluation and Research**

The Diabetes Infrastructure for Surveillance, Evaluation and Research (DISER) project, is an initiative between the DON SCN, AHS Analytics, and ACHORD at the University of Alberta. It will join several administrative databases with a mechanism for collecting patient data to create a new repository for diabetes care management and research in Alberta.

DISER was chartered late in the spring and entered execution in October. Two steering committees will help to direct DISER: the Partnership Committee, directing the project specific matters (scope, schedule, budget, etc.), and the Clinical and Data Advisory/Management (CDAM) Committee, directing the clinical and data aspects of the project. Both committees have been formed, with Dr. Alun Edwards and Dr. Rose Yeung chairing the CDAM Committee. DISER’s completion is slated for the end of Q1 2020.

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**New Provincial Glycemic Management Policy Suite for Adults in Acute Care**

To view the larger version please visit: [http://www.albertahealthservices.ca/assets/about/scn/ahs-scn-don-roadmap-graphic.pdf](http://www.albertahealthservices.ca/assets/about/scn/ahs-scn-don-roadmap-graphic.pdf)
Symposium

On June 1\textsuperscript{st} and 2\textsuperscript{nd} the DON SCN hosted the Diabetes Foot Care Symposium in Calgary and Edmonton. Over 600 health care providers attended the education day where they learned:

- how to complete a diabetic foot screen
- signs and symptoms of a Charcot foot
- assessment and recommendation of footwear
- tips and tricks for diabetes foot care self-management

We were honoured to have Mariam Botros, executive director of Wounds Canada as the keynote speaker who set the stage of the importance of diabetic foot screening and prevention of ulcers. Patient advisor Marty Enokson shared his powerful story of his journey with a diabetic foot ulcer.

Participant’s quote of what practice change she will make after attending the Diabetes Foot Care Symposium: “I will assess my patient's feet and shoes. In addition, I will assess their risks for ulcerations. Educate patients on proper self-care of their feet”

The Edmonton session was taped and will be posted on the DON SCN website in November 2017.

Spread of the Clinical Pathway

Since the symposium twenty two of Alberta’s forty two PCNs have reached out to the DON SCN expressing interest in the pathway and many have incorporated the tools into their diabetes assessments and patient education. Edie Atrell, the Clinical Practice Lead has scheduled education sessions with many of the PCNs on how to perform a diabetic foot screen and navigate the patient to the most appropriate resource. Other health care providers who are using the pathway are: diabetes centres, renal programs, community pharmacists and indigenous communities.

The DON SCN in collaboration with the Primary Health Care Integration Network is working with PCNs in Edmonton, Central and South zones to establish high risk foot teams. High risk foot teams assess and treat patients at risk of a diabetic foot ulcer and those with an active ulcer present.

The DON is leading a provincial working group to align the Alberta Aids to Daily Living (AADL) therapeutic footwear criteria with the pathway to ensure appropriate access to this program.

Community Education

Over the last year the diabetes foot care clinical pathway team has provided education at five Diabetes Canada public expos (Drumheller, Medicine Hat, Lethbridge, Red Deer, Edmonton and indigenous Communities) where many persons with diabetes expressed they have never had a foot screen and now understand the importance of asking their health care provider to look at their feet.

The pathway tools are available on the DON SCN website:

http://www.albertahealthservices.ca/scns/Page10321.aspx

If you are interested in learning more about the pathway or would like education on diabetic foot screening please email us at diabetesobesitynutrition.scn@ahs.ca
From the DON SCN Scientific Office
Submitted by: Dr. Catherine Chan, Scientific Director & Dr. Naomi Popeski, Assistant Scientific Director

Research Updates

The Office of the Scientific Director for the Diabetes, Obesity, and Nutrition Strategic Clinical Network (DON SCN) is pleased to provide an update on research activities. We are delighted to announce a call for proposals for a Seed Grant competition on September 29, 2017 focusing on research that aims at prevention as well as improving diabetes, obesity & nutrition-related care outcomes across the health system. We will make available four Seed Grant awards to support researchers in the development of large funding proposals in the area of diabetes, obesity & nutrition-related research. The deadline for submission of the project proposal is December 8, 2017 (for details please visit our DON SCN website at http://www.albertahealthservices.ca/scns/Page7676.aspx.

We want to thank our wonderful summer students: Mikaela Stieglmar and Noah Toppings for their work for the DON SCN. Mikaela worked on the diabetic foot care clinical pathway project and performed qualitative analysis on information gathered from focus groups of the health care providers who carried out implementation of the pathway at our pilot sites. Noah was involved with the basal bolus insulin therapy (BBIT) project and executed qualitative analysis on barriers and facilitators pre-and post-implementation of BBIT at both rural and urban sites across Alberta. The data from these projects will be used to 1) further refine processes in the diabetic foot care clinical pathway that will lead to improve patient outcomes and 2) contribute to the development of a knowledge translation tool kit that will facilitate the implementation of BBIT in acute care settings that will impact glycemic control.

Canadian Institutes for Health Research (CIHR)

We would like to share is that a Canadian Institutes for Health Research (CIHR) Health System Impact Fellowship was awarded to Dr. Fatheema Subhan with the support of the DON SCN and AHS. Dr. Subhan proposes to address the health inequities in Alberta encountered by indigenous peoples. The goal of her research is to identify barriers and facilitators to diabetes treatment and co-develop tools and pathways to assist the indigenous communities and individuals to better manage diabetes. Dr. Subhan will become an integral member of the DON SCN as the Scientific Director, Dr. Catherine Chan will be Dr. Subhan’s academic supervisor while Petra O’Connell is her operational supervisor. Her research will interface with the Diabetes Infrastructure for Surveillance Evaluation Research that is currently being developed by the DON SCN.

If you’re a DON SCN member and you’d like to see your research profiled here, send a note to Naomi.Popeski@ahs.ca.

To the DON SCN Core Committee:

- Rosemary Van Herk-Aug, Acting Patient Care Director, AHS North Zone
- Jessica Carlson, Executive Director Health and Wellness Promotion, Alberta Health
- Marty Enokson, Patient Advisor, Edmonton
- Rod Wojtula, Patient Advisor, Banff/Calgary
UPCOMING EVENTS

AHS Quality & Safety Summit October 31, 2017

The DON SCN initiatives will also be showcased at the AHS Quality Summit on October 31, 2017. Abstracts for presentations were accepted for:

**Glycemic Optimization for Calgary Hospitalist Patients in Collaboration with the Diabetes Obesity Nutrition Strategic Clinical Network**

The Calgary Zone Hospitalist group will share their successes in the implementation of Basal Bolus Insulin Therapy (BBIT) through their Glycemic Optimization (GO) project, in a rapid fire presentation at the Summit. They will share their early outcome data. (The Calgary Hospitalist program cares for approximately 1000 patients every day in the 4 Calgary urban hospitals.)

**Innovative Strategies for Improving Diabetes Foot Care**

The DON SCN poster will describe how broader system engagement is essential for enhance communication of the diabetes foot care clinical pathway. Through innovative approaches the DON SCN has increased the number of primary care providers and patients that are aware of the importance of foot screening, self-care and early identification of problems.

Diabetes Canada Annual Conference November 1-4, 2017

Two of the DON SCN primary initiatives will be shared at this year’s Diabetes Canada annual professional conference in Edmonton.

**An Evidence-Informed Knowledge Translation Approach to Improve Inpatient Glycemic Management and Patient Outcomes Context**

Dr. Karmon Helmlie, who is one of the Physician Leads for the DON SCN initiative, will do an oral presentation sharing the barriers and facilitators to implementing the clinical practice change to Basal Bolus Insulin Therapy (BBIT), in favor of subcutaneous sliding scale insulin.

**The Diabetes Foot Care Clinical Pathway Project**

Petra O’Connell and Kathy Dmytruk will present a poster highlighting the system approach of the pathway and share the model of High Risk Foot Teams as an effective strategy to enhancing care in the community through prevention and prompt treatment of diabetic foot ulcers.