

# Medical Director Report to 2024 Annual General Meeting For April 2023 - March 2024

## Medical Director: Dr. Moosa Fadhel

Resident Age Range: 36-106

Number of Admissions: 25

Number Deceased: 25

This year, Dr. Krystolovich who has served the Home for many years retired on December 31st, 2023. As a result, we successfully hired an attending physician to fill the vacancy; Dr. Aakanksha Sharma who has been caring for residents at Kristus Darzs since January 2024. The call schedule was divided evenly between the three physicians, providing 24-7 coverage since then. The physicians attend annual multidisciplinary care conferences, meet with families when required and participate in the quarterly Professional Advisory Committee meetings.

When required, Dr. Gail Nield (dermatologist) and Dr. Michael Kugelmass (psycho-geriatrician) are available for consultation. Michelle Searl, our dietician is available regularly for nutrition-based concerns and pharmacy services continue to be provided by Geriatrix. Kristine Lorbergs continues to aid with assessment, constant re-evaluation of mental well-being and provides regular comfort and reassurance to our residents. We continue to work with Kristine to aid in minimizing the use of antipsychotic drugs at Kristus Darzs.

The online Geriatrix system continues to evolve and transfer more of residents' medical care to an electronic form. Over this year, quarterly evaluations of daily medicines administered to the residents and routinely done by physicians and pharmacists were transferred online. This allows physicians to do more administrative work when not physically at the Home and creates more time to spend directly with residents during weekly rounds.

The Professional Advisory Committee (PAC) meets virtually every quarter and is attended by the various members of the medical staff as well as the Executive Director, Director of Care and York Region Public Health representatives. The Committee reviews updates and trends from the practitioners, reviews any policies as needed and discusses any relevant resident issues and concerns. During this reporting period, we reviewed COVID outbreaks, infection prevention and control and discussed updated guidelines regarding prescribing of specific medicines and their indications.

Our COVID-19 response continues to evolve to reflect the current context of the pandemic. This year, we opened Kristus Darzs to all visitors regardless of vaccine status in concordance with public health guidelines. We also eliminated rapid covid swab testing at entrances in favour of a self-screening questionnaire of symptoms for staff and visitors to follow. Most of our residents have been vaccinated with multiple doses of COVID vaccines which has substantially reduced the risk of severe outcomes and reduced the frequency of disruption to their daily routines. Moving forward, our goal is to maintain a balanced approach that aims to protect our residents' interests and reduce the risk of severe disease while minimizing the impact on residents' health and well-being.

Lastly, we have initiated measures for educating our residents and eventually administering the Respiratory Syncytial Virus (RSV) vaccine called AREXY which has been recommended by the Ministry of Health to reduce severe outcomes from RSV infection.

Dr. Moosa Fadhel  
Medical Director  
Kristus Darzs Latvian Home  
April 2024