



*Health and Wellness*

# ANNUAL REPORT

2014-2015





## Message from the Minister

To the Honourable Frank H. Lewis  
Lieutenant Governor of Prince Edward Island

May It Please Your Honour:

It is my privilege to present the annual report of the Ministry of Health and Wellness for the fiscal year ending March 31, 2015.

Respectfully submitted,

A handwritten signature in black ink that reads "Doug Currie". The signature is written in a cursive, flowing style.

Doug Currie  
Minister of Health and Wellness



## Deputy Minister's Overview

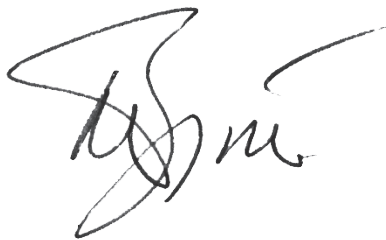
The Honourable Doug Currie  
Minister of Health and Wellness  
Province of Prince Edward Island

Honourable Minister:

It is my pleasure to submit the 2014-2015 Annual Report for the Department of Health and Wellness. The information in this report, including the organizational structure, is presented as of March 31, 2015.

I am pleased with the progress we have made in the last year and look forward to meeting future challenges as we work together towards improving the health and wellness of all residents of Prince Edward Island.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'M Mayne', with a large, stylized initial 'M'.

Michael Mayne  
Deputy Minister, Health and Wellness



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# The Year in Review

## Expenditures

In 2014-2015, the Department of Health and Wellness operating budget was \$12.7 million.

## Planning and Policy Development

The *Prince Edward Island Diabetes Strategy for 2014-2017* was developed with the input of key stakeholders involved with diabetes care. Through this consultation, a three-year diabetes strategy and accompanying diabetes implementation plan was developed. This strategy focuses on Diabetes Prevention, Detection and Management, and will help prepare for the future needs of Islanders who are living with or at risk of developing diabetes. The Province also introduced a new Prince Edward Island Insulin Pump Program to help improve the lives of children with type 1 diabetes. This program allows parents or guardians of children under the age of 19, living with type 1 diabetes, to apply for coverage that will assist with the costs associated with insulin pump therapy.

As part of the Department's ongoing commitment to improve the quality of health care services for Islanders, public drug programs continued to be enhanced by the addition of new drugs - or new indications for existing drugs - to help Islanders battle disease. The medications will support thousands of Islanders facing various health conditions, including cancer, diabetes, and COPD.

During the year, Provincial-Territorial Ministers responsible for Health renewed their commitment to work on the Premiers' Health Care Innovation Working Group priorities relating to pharmaceuticals, appropriateness of care and seniors' care. Health Ministers identified new areas for collaboration on health care and shared best practices on health care innovation. A new office for the Pan-Canadian Pharmaceutical Alliance was opened in Ontario, to strengthen the capacity of provincial-territorial governments to collectively negotiate lower prices for drugs, while allowing the development of more comprehensive pharmaceutical strategies.

In partnership with the Province of Nova Scotia, Prince Edward Island signed a new contract to access high quality health care information through the 811 telehealth service until March 2019. The service connects Islanders with an experienced registered nurse who provides advice and information, helping callers to navigate the health care system and direct them to the appropriate type of care. The service is offered 24 hours, seven days a week and is available in over 120 languages.

## Year in Review 2014-2015: Chief Mental Health and Addictions Office

To support the development of a long-term provincial mental health and addictions strategy (the strategy), the Minister appointed a Provincial Mental Health and Addiction Advisory Council (AC) made up of people with personal and professional experience in this area; and the Deputy Ministers Social Policy Committee appointed an Internal Working Group (IWG) of senior government leaders. Both groups have met monthly since February 2014.

The Advisory Council supported the strategy development by providing direction for a whole-of-government approach to achieving a long-term vision for mental health and addictions in the Province. During strategy development the AC and CMHAO have extensively reviewed past public consultations, consulted with numerous stakeholders, reviewed previous PEI reports in this area, and considered national and international evidence in mental health and addictions. The Internal Working Group supported the strategy development by conducting an analysis of the current state of program and service delivery, and needs and demands on the provincial system.

In October 2014, CMHAO provided interim advice to the Minister on immediate actions for improving access to Mental Health and Addiction services for children and youth. These included:

- A community based Behavioural Support Team for children, adolescents and families
- Community based adolescent mental health day treatment
- Increased inpatient services and beds for youth
- A youth recovery centre which offers 24/7 services for youth addictions

The progress on these recommendations has been substantial and currently Health PEI have fully operationalised the youth recovery centre (Strength program) and are well on their way to establishing the other services (with the exception of increased inpatient beds for youth).

The CMHAO was also involved in the planning and implementation of the Triple P program.

## Enhancements to Public Health

The new *Prince Edward Island Public Health Act* was proclaimed in the legislature in September 2013. This legislation plays a critical role in the health and safety of Islanders and the changes were needed to accurately reflect and address modern public health issues and support the Chief Public Health Office in monitoring and maintaining public health in Prince Edward Island. This legislation helps to ensure that we are able to identify, respond to and report on communicable diseases affecting PEI's population, that food premises are licensed and serving safe food, that milk processing meets current standards and that we are properly investigating health hazards. The Notifiable Diseases and Conditions and Communicable Diseases Regulations were strengthened in February 2014.

Tanning Facility Regulations were introduced in September 2013 to prohibit individuals under the age of 18 from accessing tanning beds. In addition the requirements under the regulations increase awareness among all users about the dangers of exposure to ultraviolet radiation. According to the Prince Edward Island Cancer Trends Report (1980-2009) melanoma skin cancer is the most rapidly increasing cancer in the province, and the most common risk factor for melanoma is increased exposure to ultraviolet radiation. This new legislation will help protect Islanders from the adverse health effects of ultraviolet radiation.

In June 2013 the Chief Public Health Office (CPHO) conducted an investigation of two cases of red measles (measles) in PEI. Measles is a highly contagious viral illness that spreads easily through the air and is preventable through immunization. Vaccination for measles is part of PEI's routine Childhood Immunization Program and is offered free of charge to children at 12 and 18 months. The investigation revealed exposure in several Island schools and events. However the immunization rate against measles in the affected Island schools was very high at over 95% which prevented further transmission of the illness in PEI. The investigation and response were extensive with the involvement of several schools, community organizations, government departments and agencies.

In September 2013 PEI became the first province to offer Human Papillomavirus (HPV) Vaccine universally to boys (in Grade Six). Grade six girls in PEI have been offered this vaccine since 2007 as part of the school immunization program. HPV infection is associated with a high percentage of cancers of the mouth, nose and throat as well as cancers of the penis and anus in males. HPV also contributes to over 90 per cent of genital warts in both sexes. HPV causes cervical cancer in women. Studies have shown that the addition of boys to the HPV immunization program by age 12 increases prevention of ano-genital warts in both males and females and of cervical cancer among their female partners.

In February 2014 a full time Deputy Chief Public Health Officer was hired. This position will enhance the Division's ability to address gaps in the delivery of public health programs and services. In October 2013 the CPHO published the report Suicide and Mental Health in Prince Edward Island (2002-2011) in response to a resolution by the PEI Medical Society in 2011. The suggestion that the rate of suicide was increasing warranted review so that the province could develop a prevention strategy. The study revealed that although treated mental health disorders have increased, this has not been reflected in an increased trend in suicidality despite it being a major risk factor.

In addition to several gastrointestinal and influenza outbreak investigations throughout the year, in February 2014 the CPHO initiated an extensive investigation into a pertussis (whooping cough) outbreak. Waning immunity to pertussis contributes to the spread of the disease which is particularly dangerous to infants under one year of age and to women in the third trimester of pregnancy. Immunization against pertussis is part of PEI's routine Childhood Immunization Program and adults are offered the vaccine free of charge at Public Health Nursing (Health PEI).

In March 2014 Vital Statistics launched a new website to improve access to services and information for Islanders applying for services such as birth, marriage and death certificates. Information on how to access these services is provided as well as answers to the public's most frequent questions on vital event registrations.

## Enhancements to Public Health

The second Chief Public Health Officer's Report and Health Trends 2014 was released in the spring of 2014. The report examined health trends on PEI and described the Chief Public Health Office (CPHO) programs aimed at improving the health of Islanders. Keep Moving on Life's Journey focused on the health of seniors and the importance of supporting healthy aging for all Islanders.

In June 2014 Vital Statistics launched a new service whereby Islanders are able to apply and pay online for birth, marriage and death certificates. The new service makes it easier for Islanders to access the records they need in a timely manner, particularly those who were born or married in the province but do not reside in PEI.

In August of 2014 the CPHO initiated health system planning for a potential case of Ebola Virus Disease (EVD) related to an EVD outbreak in Western Africa. Although there were no cases of EVD in Canada, the World Health Organization (WHO) declared the outbreak a Public Health Emergency of International Concern under the International Health Regulations. In order to contain the spread of the disease Canada and other WHO member states responded to the crisis by providing aid in the form of health care workers and materials to West Africa.

In November 2014 the new Food Premises Regulations became law pursuant to the Prince Edward Island Public Health Act, modernizing the previous Eating Establishments and Licensed Premises Regulations. The new regulations include the requirement for food safety training, written cleaning and sanitizing procedures, and food safety management plans.

In January 2015, PEI signed the Multi-Lateral Information Sharing Agreement (MLISA) which formalizes the sharing of public health information across jurisdictions in Canada. MLISA is important because the surveillance for, and response to infectious diseases and urgent public health events are a shared responsibility among provincial, territorial and federal public health partners in Canada.

## Encouraging Healthy and Active Lives

The Department of Health and Wellness released the Provincial Wellness Strategy in January 2015. The strategy is designed to guide the work over the next three years on five key pillars. The pillars include Mental Wellness, Physical Activity, Healthy Eating, Tobacco Reduction and Consuming Alcohol Responsibly. The launching of the strategy is the culmination of more than a years work of meeting with a number of interest groups, soliciting feedback from Islanders via the white paper on wellness and a variety of intra-departmental meetings.

The Department continues to fund and partner with a number of groups and organizations committed to improving the health and wellness of Islanders. These groups include the Healthy Eating Alliance, Recreation PEI, the PEI Tobacco Reduction Alliance, Sport PEI and regional councils and municipal recreation departments.

go!PEI continues to mobilize Islanders at the local level through a variety of health promotion activities and physical activity programs. The go! Kids walk/run club was launched in April 2014 in partnership with the PEI Medical Society. This initiative was designed to provide schools and community groups with a template to deliver a non-competitive physical activity club that allows children to move at a pace that is comfortable to them. This program along with the go!Play after school program provides two great programs that strengthens school and community partnership. In 2014-15 there were 33 programs offered in 19 different rural elementary schools for a total of 892 participants.

Municipalities and not for profit organizations continue to be key partners in the delivery of recreational programs, management of recreational facilities and building an environment that supports healthy active living. The Department provided 9 community leadership grants to municipalities and regional councils to assist in the coordination of recreation and sport programming along with a number of operational grants for specific physical activity programs.

## Recruitment and Retention Efforts

The Department of Health and Wellness is committed to providing Islanders with better access to health care providers. As of March 2014, there are 246 physicians practicing in Prince Edward Island. Of that, 92 are family physicians (compared to 81 in 2006).

Since the Family Medicine Residency Program began in 2011 in PEI, 12 physicians have remained to practice in the province. In 2015, 4 of the graduates have signed offers to practice in PEI upon completion of their residency.

The Family Medicine Sponsorship Program is a new program in its second year. The program is designed to support recruitment to our rural communities. With preference given to Islanders, the program provides funding support to medical students in their second or third year in exchange for a 4 to 5 year commitment to practice in the area with the greatest need at the time of completion of their residency training.

Nurse Practitioners are providing valuable health care services across the Island. Eleven nurse practitioners are currently working in primary care networks, one in the PEI Cancer Treatment Centre and one in home care.

In 2014-2015, 18 nursing students were provided a Bachelor of Nursing Sponsorship. Summer employment programs continue to be a success. Recruitment and Retention hired 49 nursing students through the Nursing Student Summer Employment Program and 33 students through the Health Care Futures Program. These students are working at various health care facilities across the province.

## Department of Health and Wellness Overview

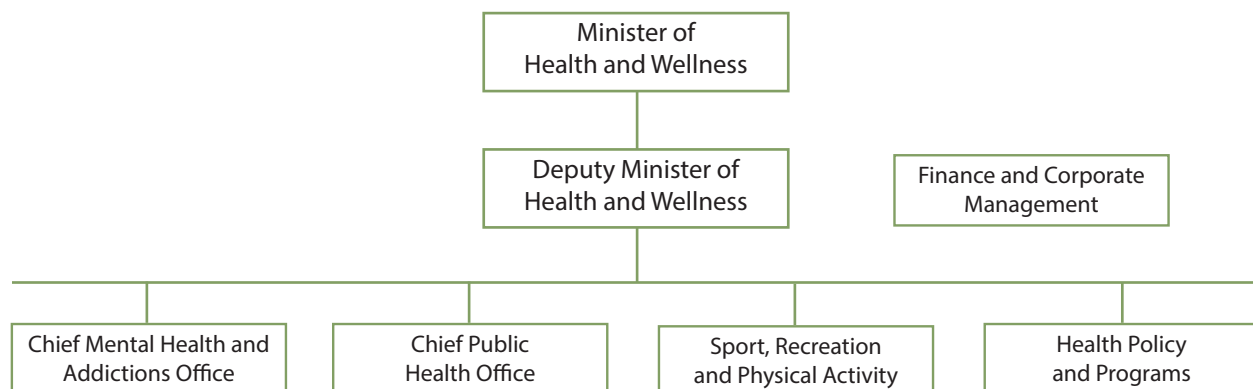
The Department of Health and Wellness is responsible for providing quality health care to the citizens of Prince Edward Island.

The role of the Department is to:

- provide leadership in maintaining and improving the health and well-being of citizens;
- provide leadership in innovation and continuous improvement and to provide specific high quality administration and regulatory services to the health system and Islanders;
- provide policy, program and operational leadership respecting the Island health care system; and
- provide horizontal leadership and coordination in the implementation of Government's Healthy Living Strategy

The Department of Health and Wellness is managed by a departmental management committee comprised of the Deputy Minister and senior directors. This group is responsible for providing overall management direction to the department and for overseeing long-term strategic planning.

### Organizational Structure (as of March 2015)



### Finance and Corporate Management

This Division is responsible to support and assist the Department of Health and Wellness in the areas of human resource management, financial management, communications, and the administration of the *Freedom of Information and Protection of Privacy Act* for the department.

### Chief Mental Health and Addictions Office

The Chief Mental Health and Addictions Office has ultimate responsibility for mental health and addictions policy and planning in the province. The Office is working with all departments and community partners, as well as Islanders, to develop a long-term vision and strategy for Prince Edward Island. The strategy will establish goals for supporting and promoting the mental health of Islanders and for reducing addictions (substance use, problem gambling, etc). The strategy will pursue policies that support promotion, prevention, early intervention, treatment and recovery. Policies will also aim to increase public awareness of mental health and addictions issues with effort put towards reducing stigma and discrimination.

In February 2014, an Advisory Council and an Internal Working Group on mental health and addictions were established to advise and guide the CMHAO. The Advisory Council has a patient-oriented focus. It includes Islanders with firsthand experiences related to mental health and addictions, community organizations, and representatives of the health, mental health, education and justice sectors, as well as other stakeholders. The Working Group has worked on the development of a capacity map to identify true needs and demands on the provincial system and legislative challenges.

## Chief Public Health Office

Public health is defined as the organized efforts of society to keep people healthy and prevent injury, illness and premature death. It is the combination of programs, services and policies that protect and promote health.

The mandate of the CPHO is to protect and promote the health of Islanders through leadership, partnership and excellence in public health. The division is responsible for delivery of health protection programs including food safety as legislated under the Public Health Act. This is accomplished through regulation, inspection and enforcement. The CPHO is responsible for preventative measures to reduce the spread of diseases including immunization and communicable disease infection control. In November 2014, the CPHO assumed responsibility for the Health Promotion Unit which is mandated to implement the new provincial Wellness Strategy. The CPHO also monitors provincial health trends to help inform program and public health policy development.

## Sport, Recreation and Physical Activity Division

The Sport, Recreation and Physical Activity Division is responsible for encouraging Islanders to be active through sport, recreation and other physical activity pursuits. This mandate is achieved through a wide variety of partnerships with sport, recreation and active living organizations throughout the province. The division provides grants and consultation services to a number of provincial, regional and community groups. As well, the division relates to a variety of provincial and federal government departments and national and interprovincial organizations both government and non-government.

Programs under this division include: Amateur Sport Support Program, Community Recreation Support Program, Go!PEI and Bilateral Agreements.

## Health Policy and Programs

This division provides policy and planning direction in various aspects of health care delivery that, in turn, assist the Minister in providing leadership, strategic direction and oversight of the health care system. The division is also responsible for health workforce planning through the actions of the Recruitment and Retention Secretariat.

# Appendix A

## Expenditures and Revenue

<b>EXPENDITURES AND REVENUE</b>		
	<b>2014-2015</b>	<b>2014-2015</b>
	<b>Budget</b>	<b>Budget</b>
	<b>Forecast</b>	<b>Estimate</b>
	<b>\$</b>	<b>\$</b>
<b>EXPENDITURE</b>		
MINISTER'S/DEPUTY MINISTER'S OFFICE.....	434,100	414,600
HEALTH POLICY AND PROGRAMS.....	3,601,600	3,485,100
CHIEF MENTAL HEALTH AND ADDICTIONS OFFICE.....	2,171,100	2,209,600
CHIEF PUBLIC HEALTH	3,986,100	4,065,200
SPORT, RECREATION AND PHYSICAL ACTIVITY.....	2,609,400	2,547,400
<b>TOTAL EXPENDITURE.....</b>	<b>12,802,300</b>	<b>12,721,900</b>
<b>REVENUE</b>		
HEALTH AND WELLNESS.....	1,522,500	955,800
<b>TOTAL REVENUE.....</b>	<b>1,522,500</b>	<b>955,800</b>



## Expenditures and Revenue

	2014-2015		2014-2015	
	Budget		Budget	
	Forecast		Estimate	
	\$		\$	
MINISTER'S/DEPUTY MINISTER'S OFFICE				
Minister's/Deputy Minister's Office				
Appropriations provided for the administration of the Minister's and the Deputy Minister's offices.				
Administration.....		26,200		26,200
Equipment.....		1,500		1,500
Materials, Supplies and Services.....		6,500		6,500
Salaries.....		374,700		355,200
Travel and Training.....		25,200		25,200
Total Minister's/Deputy Minister's Office.....		434,100		414,600
TOTAL MINISTER'S/DEPUTY MINISTER'S OFFICE.....		434,100		414,600
HEALTH POLICY AND PROGRAMS				
Health Policy and Programs				
Appropriations provided to support the Department in carrying out its corporate management responsibilities in the areas of planning and evaluation, health policy development and analysis, and legislation.				
Administration.....		44,900		38,900
Equipment.....		5,000		10,000
Materials, Supplies and Services.....		8,100		21,600
Professional Services.....		166,500		137,500
Salaries.....		946,600		921,900
Travel and Training.....		27,800		29,200
Grants.....		55,300		55,300
Total Health Policy and Programs.....		1,254,200		1,214,400
Community Care Facility and Private Nursing Home Inspection				
Appropriations provided for the inspection and licensing of Community Care Facilities and Private Nursing Homes in Prince Edward Island pursuant to the <i>Community Care Facilities and Nursing Homes Act</i> .				
Administration.....		4,000		4,700
Materials, Supplies and Services.....		700		700
Professional Services.....		43,900		2,000
Salaries.....		363,100		283,100
Travel and Training.....		11,500		10,100
Total Health Recruitment and Retention.....		423,200		300,600



## Expenditures and Revenue

	2014-2015		2014-2015	
	Budget		Budget	
	Forecast		Estimate	
	\$		\$	
Health Recruitment and Retention				
Appropriations provided for the Health Recruitment and Retention Secretariat to provide workforce planning and support the development and implementation of recruitment and retention strategies for physicians, nurses and other healthcare professionals experiencing shortages.				
Administration.....		11,800		12,600
Debt.....		5,800		-
Equipment.....		500		-
Materials, Supplies and Services.....		54,200		58,200
Professional Services.....		61,000		46,300
Salaries.....		931,900		970,500
Travel and Training.....		18,000		20,700
Grants.....		818,800		861,800
Total Health Recruitment and Retention.....		1,902,000		1,970,100
Health Care Innovation Working Group Secretariat				
Appropriations provided for the administration of the Health Care Innovation Working Group Secretariat (HCIWG).				
Salaries.....		21,000		-
Travel and Training.....		1,200		-
Total Health Care Innovation Working Group Secretariat...		22,200		-
TOTAL HEALTH POLICY AND PROGRAMS.....		3,601,600		3,485,100
CHIEF MENTAL HEALTH AND ADDICTIONS OFFICE				
Chief Mental Health and Addictions Office				
Appropriations provided for the administration of the Office of the Chief Mental Health and Addictions Officer.				
Administration.....		7,300		14,300
Equipment.....		4,100		9,500
Materials, Supplies and Services.....		5,800		14,200
Professional Services.....		159,500		209,900
Salaries.....		370,900		341,600
Travel and Training.....		19,500		16,100
Grants.....		1,604,000		1,604,000
Total Chief Mental Health and Addictions Office.....		2,171,100		2,209,600
TOTAL CHIEF MENTAL HEALTH AND ADDICTIONS OFFICE.....		2,171,100		2,209,600

## Expenditures and Revenue

	2014-2015		2014-2015	
	Budget		Budget	
	Forecast		Estimate	
	\$		\$	
<b>CHIEF PUBLIC HEALTH OFFICE</b>				
<b>Chief Public Health Office</b>				
Appropriations provided for administration of the <i>Public Health Act</i> , supervision of provincial public health programs, immunization programs, disease surveillance and communicable disease control.				
Administration.....		18,700		18,700
Equipment.....		3,200		-
Materials, Supplies and Services.....		1,085,200		1,090,700
Professional Services.....		54,800		53,200
Salaries.....		994,900		1,024,500
Travel and Training.....		30,800		30,800
Grants.....		1,600		1,600
<b>Total Chief Public Health Office.....</b>		<b>2,189,200</b>		<b>2,219,500</b>
<b>Population Health Assessment and Surveillance</b>				
Appropriations provided to monitor and report to the public on health status and trends in the Province. This unit support evidence-based decision making and promotes continuous improvement by generating, analyzing and interpreting information.				
Administration.....		6,600		7,800
Equipment.....		6,800		2,400
Materials, Supplies and Services.....		700		1,700
Professional Services.....		13,000		25,000
Salaries.....		309,100		308,300
Travel and Training.....		4,500		4,500
<b>Total Population Health Assessment and Surveillance.....</b>		<b>340,700</b>		<b>349,700</b>
<b>Health Promotion</b>				
Appropriations provided to support the health and wellness of Islanders and to promote a proactive process to enable Islanders to increase control over and to improve their health. The unit is responsible for implementing the provincial Wellness Strategy within the Department, across Government and in partnership with non-Government organizations and communities.				
Administration.....		4,200		3,000
Equipment.....		900		-
Materials, Supplies and Services.....		600		-
Professional Services.....		2,000		-
Salaries.....		212,900		296,900
Travel and Training.....		6,000		3,500
Grants.....		355,400		317,600
<b>Total Health Promotion.....</b>		<b>582,000</b>		<b>621,000</b>

## Expenditures and Revenue

	2014-2015	2014-2015
	Budget	Budget
	Forecast	Estimate
	\$	\$
<b>Environmental Health Services</b>		
Appropriations provided for the services to educate, consult and inspect under the <i>Public Health Act</i> in areas such as food protection, occupational health, accommodations and slaughter houses.		
Inspection services also includes enforcement under the <i>Tobacco Sales &amp; Access Act</i> and <i>Smoke-free Places Act</i> .		
Administration.....	16,300	13,300
Equipment.....	2,600	2,600
Materials, Supplies and Services.....	7,900	10,900
Professional Services.....	70,900	70,900
Salaries.....	716,400	717,200
Travel and Training.....	60,100	60,100
<b>Total Environmental Health Services.....</b>	<b>874,200</b>	<b>875,000</b>
<b>TOTAL CHIEF PUBLIC HEALTH OFFICE.....</b>	<b>3,986,100</b>	<b>4,065,200</b>
<b>SPORT, RECREATION AND PHYSICAL ACTIVITY</b>		
<b>Sport, Recreation and Physical Activity</b>		
Appropriations provided for development, implementation, delivery and monitoring of programs and services in the areas of sport, recreation and physical activity.		
Administration.....	10,300	10,300
Equipment.....	2,100	2,100
Materials, Supplies and Services.....	5,500	5,500
Professional Services.....	20,000	20,000
Salaries.....	493,600	470,800
Travel and Training.....	18,900	18,900
Grants.....	2,059,000	2,019,800
<b>Total Sport, Recreation and Physical Activity.....</b>	<b>2,609,400</b>	<b>2,547,400</b>
<b>TOTAL SPORT, RECREATION AND PHYSICAL ACTIVITY.....</b>	<b>2,609,400</b>	<b>2,547,400</b>
<b>TOTAL DEPARTMENT OF HEALTH AND WELLNESS.....</b>	<b>12,802,300</b>	<b>12,721,900</b>