

## SFMH'S BEST PRACTICE SPOTLIGHT ORGANIZATION (BPSO) PRE-DESIGNATION JOURNEY

### Advancing Evidence-Based Nursing Excellence Celebrating Our Progress for Nurses' Week 2026

#### ✓ OUR JOURNEY SO FAR

##### Year 1: Strengthening Transitions in Care

SFMH began its BPSO pre-designation journey by focusing on improving the safety and consistency of transitions in care. Nurses across the organization collaborated to redesign workflows, enhance communication, and embed evidence-based practices into daily routines.

- **Medication Reconciliation:** A standardized, nurse-led process now ensures accurate medication information at every transition, reducing discrepancies and improving continuity of care.
- **Best Possible Medication History (BPMH):** Enhanced nursing assessments gather complete medication histories, supporting safer clinical decisions and reducing preventable medication-related events.
- **Discharge Phone Calls:** Follow-up calls within 24–72 hours reinforce care plans, identify early concerns, and support a smoother transition home—improving patient confidence and strengthening hospital-to-community connections.

##### Year 2: Advancing the 3Ds of Delirium Care

Building on the foundation of Year 1, SFMH expanded its focus to delirium prevention, early identification, and monitoring. This work has strengthened clinical vigilance and improved patient outcomes, particularly for older adults and those at higher risk.

- **Delirium Assessment on Initiation of Care** — Routine screening at the start of every patient encounter ensures early detection and timely intervention.
- **Delirium Assessment on Change in Health Status** — Nurses reassess promptly when a patient's condition shifts, enabling rapid response to emerging risks.
- **Delirium Prevention Plan** — Individualized prevention strategies are now integrated into care plans, emphasizing hydration, mobility, sensory aids, sleep hygiene, and orientation.
- **Delirium Occurrence Rate** — Ongoing monitoring and data review help teams understand trends, evaluate the impact of interventions, and identify opportunities for continuous improvement.

#### ➔ LOOKING AHEAD

##### Year 3 – Person-Centred Care

As SFMH prepares to enter Year 3 of the BPSO journey, the focus shifts to embedding person-centred care across all clinical areas. This next phase will strengthen partnerships with patients and families, elevate patient voice and choice, and ensure that care plans reflect what matters most to each individual. Teams are preparing through education, reflective practice, and collaborative planning to ensure that person-centred principles become deeply rooted in everyday care.



*Celebrating the launch of our 3Ds BPG at SFMH—five festive days of BPSO spirit powered by an incredible nursing team.*

#### 🤝 CELEBRATING NURSES' WEEK 2026 – EMPOWERED NURSES SAVE LIVES

At SFMH, our BPSO work reflects the heart of nursing: ensuring safe, connected Transitions in Care, strengthening decision-making through the 3Ds, and moving toward truly Person- and Family-Centred Care. Every empowered nurse shapes a safer patient journey and a more compassionate health system. Nurses Week 2026 celebrates the people behind every improved outcome.

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For more information about the RNAO BPSO program, please visit [RNAO.ca](http://RNAO.ca).*