

Community REPORT

SPRING 2006

THE ROYAL COLUMBIAN HOSPITAL FOUNDATION

RAISING MONEY TO SAVE LIVES FOR MORE THAN 25 YEARS

One of a Kind – Larissa and Abbey's Story



Larissa and Abbey

Abbey Malo, an active, friendly seven year old with a big smile, makes herself a glass of strawberry milk and opens up a photo album documenting her first seven weeks of life spent in Royal Columbian Hospital's Neonatal Intensive Care Unit (NICU).

"Look how small I was," says Abbey, pointing to a photo of her two pound, five ounce premature little body hooked up to numerous life saving machines.

Her mother, Larissa, 37, sits beside her at the kitchen table of their South Surrey home and smiles. "I knew we were going to be okay. I knew the team at RCH was the best for both of us."

"It was a very rare case. A one of a kind case," remembers Dr. Peter Beresford, Larissa's Obstetrician at RCH. Larissa and Abbey spent weeks in RCH because of a unique medical challenge they faced that required an interdisciplinary team of specialists.

Larissa was a couple of months pregnant when one of her lungs collapsed. After a battery of tests and treatments Larissa was diagnosed with Lymphangioleiomyomatosis or LAM, a rare, progressive and fatal lung disease that strikes only women, usually in their child bearing years. LAM blocks the flow of air and limits the delivery of oxygen to the rest of the body.

Pregnancy is thought to accelerate LAM and many doctors advise against it. Larissa's doctors initially recommended ending the pregnancy but Larissa, a

laboratory technologist, and her husband, Vaun, a hospital biomedical engineer, did their research and weighed the risks. Feeling this was their only chance for a child, they decided to have their baby.

But Larissa's condition grew worse and she was hospitalized for the rest of her pregnancy. Bedridden, she required fulltime oxygen and had multiple chest tubes. Although initially treated at another hospital, the Malos decided they needed to seek care for Larissa and the baby somewhere else.

"The hospital I was in didn't have a NICU and we were going to need a hospital that could care for both of us." Vaun did some research and they decided to go to RCH.

Dr. Beresford says RCH could put together a multidisciplinary team of specialists capable of caring for both Larissa's adult disease and Abbey's soon-to-be-born premature challenges.

"Our team could care for both. The pregnancy was worsening Larissa's condition. Her breathing was getting more difficult. We had the expertise and the confidence that we could care for both mother and baby. It's a testament to the skill and dedication of the amazing team at RCH who looked after them."

Larissa's condition continued to deteriorate. She was 6 months pregnant, 90 pounds and could hardly breathe. Together with Larissa and Vaun, the team decided to deliver the baby prematurely in a controlled environment to give mom and baby the best chance for survival. "We could look after each of them better after the birth," says Dr. Beresford.

Abbey was delivered by c-section at 28 weeks. Abbey was taken to the NICU and needed to be ventilated. Larissa saw her baby three hours later.

After the birth, the team treated Larissa's condition more aggressively. Within two weeks Larissa had improved and regained much of her strength. She went home five weeks after Abbey's birth. Her daughter was home two weeks later.

Lily Lee, RCH Perinatal Clinical Nurse Specialist and Interim Health Services Director, remembers Larissa and Abbey. "One of my jobs was to coordinate the care of the family and keep everyone on the multidisciplinary team informed and working well together. I was there to answer any questions Larissa

Continued on page 3 ...



"RCH is a recognized leader in the care of women and infants requiring specialized treatment - thanks to our highly-skilled, dedicated team and generous support from the community. We are so grateful for donations to the RCH Foundation, which help fund new technology and life saving equipment so vital in providing essential care to our patients and families."
- Lily Lee, Acting Director & Clinical Nurse Specialist

Special Care Nursery - at RCH is reborn as NICU

BC's second largest Special Care Nursery at Royal Columbian Hospital has changed its name to the Neonatal Intensive Care Unit (NICU).

Salena Mohammed, Manager, NICU and Pediatrics explains "it more accurately describes the critical care we provide to babies born premature, struggling with serious illness or facing life threatening medical problems." The critical care provided in the NICU requires a highly experienced, multidisciplinary team and specialized technology and equipment to care for its tiny patients.

The new name is also more consistent with health care standards across North America and eliminates any confusion about the level of care provided. The NICU at RCH is one of three provincial referral centres that can care for the smallest and sickest newborns.

The name change is also very important to patients and donors. Mohammed adds that "thanks to an incredible team of specialists and the generous support of Foundation donors, our NICU has been recognized as the best in Canada with the best overall outcomes."



15 Years of Cardiac Care Innovation and Excellence

This year the Cardiac Centre at RCH celebrates its 15th anniversary of innovation and excellence. The first open heart surgery was performed at RCH in 1991, when the hospital became the Cardiac Centre for the Fraser region that now includes 1.5 million from Burnaby to Boston Bar.

Dr. Robert Hayden, Director of Cardiac Surgery at RCH, says "there have been significant enhancements in Cardiac Care in the last 15 years. With the advent of interventional cardiology, the majority of patients receive minimally invasive heart procedures in our Cardiac Catheterization Lab." During the procedure a small tube (catheter) is inserted into the patient's artery or vein in the arm or leg. From there it can be advanced into the chambers of the heart or arteries for diagnosis and treatment.

RCH performs approximately 1,500 interventional procedures each year, which makes the Cardiac Catheterization Lab one of the busiest in Canada. Approximately 700 open heart surgeries are performed each year - 65% of which are bypass surgery and 35% heart valve replacements or repairs, says Dr. Hayden.

"The most gratifying part of the past 15 years has

been the pleasure of working with a very motivated team of highly trained, committed healthcare professionals that have been assembled to provide the highest possible level of care anywhere."

An innovative approach to cardiac surgery recovery has been developed and implemented at RCH. "The *Postoperative Wellness Model* is a rethinking of how routine care after surgery should be delivered," says Jocelyn Reimer-Kent, the Clinical Nurse Specialist who developed the model and led the RCH implementation team. RCH has been able to safely shorten the time patients need to stay in hospital.

"Instead of the usual wait and see approach to treating pain, nausea and constipation after surgery, the team now addresses these problems head-on using a preventative approach. As a result, most patients enjoy a full breakfast and are able to get out of bed on their own the day after surgery. Patients benefit from a less painful and complicated recovery and feel confident about going home just 4 to 6 days after their surgery. The Cardiac Team is also able to make better use of hospital facilities and reduce wait times for incoming patients," says Reimer-Kent.

Although RCH's program has been very successful and continues to gain national and international attention, the Cardiac Care team faces the constant challenge of providing the highest quality care to the fastest growing region in the province. Today, approximately 80,000 people in our region are living with heart disease. Heart disease remains the

number one cause of death in Canada, threatening 8 out of 10 people and resulting in more than 7,500 hospitalized in BC each year.

Dr. Hayden says RCH Foundation donors have supported innovation and excellence by funding the purchase of critical equipment for Cardiac Care over the last 15 years. With the continued support of generous donors in the community we will have even more reasons to celebrate on our 20th Anniversary.



"We are so grateful for the willingness of patients, their families and others in the community to give back to the Foundation because what might seem like a small gift for an individual really adds up in the community and can help fund equipment that can save a life." - Dr. R. Hayden, Cardiac Surgeon

BC Lions' Coach Says Cardiac Team Deserves Support

Wally Buono, GM and Head Coach of the BC Lions Canadian Football League team, leans back in the chair of his spacious office and looks out over the practice fields at the team's Surrey training facility.

"I think the key message is that donations help to fund the innovation, the excellence, and the winning RCH Cardiac Care team," says Buono. He underwent triple cardiac bypass surgery in late 2004, one of the nearly 700 cardiac surgeries carried out annually at RCH. As a major referral hospital, RCH is the only hospital providing open heart surgery for 1.5 million people living from Burnaby to Boston Bar.

Buono says the caring support of the cardiac team, the positive atmosphere and the innovative post-operative care at RCH did much to get him through the physical and emotional challenge of major surgery.

"The entire team is really into their jobs. They kept me informed and helped me every step of the process. The team is so upbeat -- from the physicians and nurses to the physiotherapists and volunteers -- everyone was so certain of my complete recovery."

"I was out of bed, taking only Tylenol and walking around the day after my surgery. I was home in just five days and on a beach in Hawaii 12 days after getting home. The aggressive approach to recovery is focused on getting the patient on the road to

recovery as soon as they awake from surgery."

"I support the RCH Foundation because the Cardiac Team was there for me when I needed my open heart surgery. We're fortunate to have the quality of teamwork we have at RCH. These people are really committed to providing the best care available. It's our home team and they need our support to continue their excellent work."

Heartfelt Thanks

Wally Buono returned to RCH one year after his triple bypass surgery to visit with patients and thank the cardiac team for their care and support. The RCH Foundation thanked Wally for helping the Foundation raise more than \$50,000 in the spring fundraising campaign and for volunteering his time to be the spokesperson for the RCH Foundation's public awareness media campaign.

Pictured Below: Adrienne Bakker, President & CEO, RCH Foundation (second from right) is joined by Dianne Obal, Manager, Cardiac Services (far right) and Jocelyn Reimer-Kent, Clinical Nurse Specialist, Cardiac Services (far left) to present a certificate of appreciation to Wally Buono, GM and Head Coach of the BC Lions.



Chairman's Circle Funds Surgical Innovation

The Chairman's Circle (CC), founded by David McDonald seven years ago to assist the RCH Foundation in fulfilling its mission to equip the hospital, has almost 200 members and has raised more than \$1 million from generous community leaders. This year the CC donations will fund a new camera and monitoring system for minimally invasive surgery (MIS) at RCH.

Each year the Foundation invites Chairman's Circle members to the Healthy Living Series, to hear presentations by leading health care professionals on important health issues. In September, Dr. Laurence Turner told the CC about the latest trends and advancements in MIS and the significant benefits to patients and the healthcare system.

During minimally invasive surgery, a very small tube is inserted through a small incision in the patient. A laparoscope (tiny telescope) connected to a camera is inserted into the tube which gives the surgeon a crisp, high resolution image of the patient's internal organs on a LED video monitor.

In the past, a patient who underwent traditional surgery could expect significant postoperative pain, a long scar, a long hospital stay and a 6 week recovery. Today, MIS leaves patients with only 4 tiny

marks, less pain, and fewer complications. Often patients go home the same day and return to normal activities within a week.

Dr. Turner says the CC decision to support the purchase of new equipment will benefit patients now and in the future. The goal is to build a dedicated, surgical suite at RCH to accommodate the unique MIS equipment and technology, rather than the current practice of a traditional operating room crowded with equipment on carts.

Continued support from the community will ensure that more patients have access and will benefit from new and more advanced minimally invasive procedures.



"I'm excited about involving and educating the community - in thanking donors for their support. It will provide a significant and direct benefit to the thousands of people in our community who will need MIS." - Dr. L. Turner, General Surgeon

So Many Reasons Why the Glanvilles Give Back

There are so many reasons why the Glanvilles give back to the hospital and support the Royal Columbian Hospital Foundation. Sue explains that one of those reasons is to say thanks for the level of care she received at RCH when Dr. Laurence Turner performed minimally invasive gallbladder surgery.

"Dr. Turner was fabulous, I can't say enough good things about the care I received at RCH," says Sue Glanville, "There was hardly any pain, no scar and five days later I was on the tennis court. The recovery time after traditional gallbladder surgery is six weeks."

Sue's husband, Jim, gives back by volunteering as a member of the RCH Foundation Board of Directors. Jim and Sue are also members of the Chairman's Circle (CC), a leadership giving group dedicated to raising funds for the RCH Foundation. They were excited that Chairman's Circle donations would fund the purchase of new minimally invasive surgical equipment at RCH. They knew that their gift would benefit Dr. Turner, the other surgeons and staff, and most importantly the thousands of patients that need general surgery every year.

Sue says she also supports the hospital because of strong family and community connections. "My parents were born in New Westminster, I was born at RCH and raised in New Westminster and our three children were born at RCH. My father was a RCH Foundation Board member and my husband has been a Board member for the past 8 years. I still have a doctor in New Westminster so I know I can go to RCH if I need it in the future. The care there is that good."



Sue Glanville - RCH patient, Foundation donor and Chairman's Circle member

One of a Kind continued...

and Vaun might have about any aspect of her or her baby's care. I was impressed at how knowledgeable they were. They were involved in every major decision."

Within a year Abbey had gained 20 pounds and by age two had caught up developmentally to her peers. Larissa didn't return to work, dedicating her time to her child and family. She received a single lung transplant in 2001. At the time of the transplant she was given a 50/50 chance of surviving for five years - that will be this August. Her energetic second grader with the beaming smile is a daily reminder of the amazing care they received at RCH.

GRANTS

\$100,000+

Variety The Children's Charity

\$40,000+

Tzu Chi Foundation Canada (Burnaby Chapter)

\$10,000+

Loyal Protestant Association

\$5,000+

Shrine Club - New Westminster #8

CKNW Orphans' Fund

Hip Hip Hooray New Westminster

The Andrew Mahon Foundation

\$2,000+

The Hamber Foundation

New Westminster Fire fighters Charitable Society

Royal Canadian Legion #2

KUDOS

\$10,000+

Royal Bank Charitable Foundation

\$2,000+

Superior Tofu

Centaur Products Inc.

Manulife Financial

(Above gifts received Sept 1/05 - Feb 28/06)



The Royal Columbian Hospital Foundation received \$10,000 from the Royal Bank Charitable Foundation towards the purchase of a surgical camera.



The Royal Columbian Hospital Foundation received a \$40,000 grant from the Tzu Chi Foundation Canada to fund the purchase of a new ventilator for the hospital's Cardiac Services Intensive Care Unit (CSICU).

Rick Mudie – Chair

Gary Brush – Vice Chair

Brent Atkinson – Treasurer

Gillian Harwood Dr. Roy Morton

Jim Glanville Larry Osachoff

Jim Gray Dr. Michael Piper

Les Jourdain Belle Puri

Bill Melville Mac Tyler

RCH Foundation Staff

Adrienne Bakker President & CEO

Ruby Campbell Director, Major Gifts

Susie Poulsen Manager, Marketing & Communications

Megan Clendenan Development Coordinator

Kathie Michalyk Coordinator, Donor & Data Relations

Debra Walliser Executive Assistant

Bonnie Pearce Administrative Assistant

HOW YOU CAN REACH US:

Royal Columbian Hospital Foundation

6th floor, 260 Sherbrooke Street

New Westminster, BC, V3L 3M2

Tel: 604-520-4438

Fax: 604-520-4428

www.rchfoundation.com



The Royal Columbian Hospital Foundation is an independent charitable organization which raises more than \$5 million each year to fund urgently needed life-saving and diagnostic equipment for RCH. Our mission is to raise money to help the Royal Columbian Hospital save lives, restore health and provide comfort to seriously ill and injured patients of all ages.

You can help us achieve our mission. Please make a donation, sign up for monthly giving or plan a gift to the Royal Columbian Hospital Foundation today.



From Ports to Patients: Community Important to Foundation Board Member Gary Brush



Gary Brush, Vice-Chair, Royal Columbian Hospital Foundation

1. Why did you join the Board of the Royal Columbian Hospital Foundation?

It's something I've wanted to do for a long time. I've lived in the area for 36 years and in Langley since 1980. Both my children were born at RCH and our family has used the hospital on many occasions over the years. RCH has been our family's community hospital and it's a major referral for the 1.5 million people living in the region from Burnaby to Boston Bar. Giving back to this place is a privilege. As the Vice Chair of the Foundation Board I look forward to contributing to a first class hospital.

2. What have you learned about RCH?

It's an excellent hospital; I've spent considerable time in and around RCH and other hospitals. When I was younger, as a patient undergoing reconstructive facial surgery for a cleft palate, I spent a lot of time inside hospitals, getting to see what goes on behind the scene and seeing first hand how important health care providers are. Later, as a parent I was at RCH for the birth of my children and over the years there have been the usual trips to emergency parents make. Over the years I've seen the hospital struggle with the challenge of funding crunches. RCH is a great hospital, with excellent service and a dedicated staff, but more funding for the latest technology and equipment will do wonders to reducing wait times and enhancing care.

3. How important is RCH to your industry, the Fraser River Port?

RCH is vital for our industry. The FRPA handles more than 36 million tonnes of cargo annually and includes the largest auto port in Canada. The port generates \$1.2 billion in local economic output and provides 12,400 direct local jobs. RCH is the major trauma centre for this huge industry. When accidents happen, when people are hurt, when they need the best possible care, they go to RCH.

4. Have you always been so involved in your community?

As I get older it's dawning on me that I'm an overachiever. I've accepted it and derive considerable satisfaction from my involvement in my community. I'm one of these people who gets involved because I see the way organizations work to help people and I want to help make the organization even better.

5. What do you want to accomplish as a member of the Foundation?

I've been the Vice Chair for a couple of years and will

be Chair within a year. I'm in an excellent position to make a real difference at RCH. This hospital has deep roots in the communities it serves and our Board can play a major role in helping the people from Burnaby to Boston Bar understand the excellent work done by the health care team at RCH and support that work through donations for vital equipment. I want to maximize the fundraising efforts of the Board by moving it from an administrative group to one primarily involved in raising much needed funds for RCH. I will continue to work with my fellow board members to promote and support the high level of care at RCH.

Letter to the Editor

I am writing on behalf of my father, Mr. F.C. Lam and my family to express our sincere thanks to Dr. Robert Hayden. My father had coronary artery bypass graft surgery performed by Dr. Hayden and his surgical team at the Royal Columbian Hospital in October 2005. Dr. Hayden was very patient with us and provided detailed information about the surgery. The clinic visits and conversations gave my father the confidence to go forward with the surgery. Dr. Hayden's professionalism, knowledge and surgical expertise incredibly impressed us. His skills and care definitely deserve to be recognized.

Sincerely, Y. F. Lam

Royal Columbian Hospital is one of BC's Busiest Hospitals

Yes, I want to support life-saving work at Royal Columbian Hospital.

Here is my gift of:

\$20 \$50 \$100 Other \$ _____

Enclosed is my cheque made payable to Royal Columbian Hospital Foundation.

OR Charge my credit card: Visa Mastercard

_____ Exp. Date ____ / ____

Signature _____

Name _____

Address _____

City _____ Prov ____ Postal Code _____

Phone _____ Email _____

Thank you for your support.

Mail: Royal Columbian Hospital Foundation
6th floor, 260 Sherbrooke Street
New Westminster, BC, V3L 3M2
Tel: 604-520-4438 Fax: 604-520-4428
www.rchfoundation.com
Charitable Bus No. 11912 8866 RRR0001

