



Your HealthMatters

ROYAL COLUMBIAN HOSPITAL FOUNDATION • rchcares.com • FALL 2013



"Losing a child is never easy. But we are so grateful for the beautiful baby boy that we have," says Travis Rose, here with son Sky, now 18 months, and wife Christine Chan. *Photo: Tiffany Cooper.*

Miracle on East Columbia Street

RCH CHAMPIONS TO SAVE THE SMALLEST OF THE SMALL

Christine Chan, 37, of Coquitlam, was pregnant with identical twins when her water broke. Her husband Travis drove her to Royal Columbian Hospital (RCH) on February 7, 2012, where Christine was admitted and stabilised.

"I was afraid and confused," said the mother of five. "All my life I had wanted to have identical twins. This was a dream come true, babies number five and six, together." The twins were at 23 weeks gestation and the high-risk maternity team at RCH wanted to prolong the pregnancy for as long as possible to give the twins their best chance at life.

On February 29, Christine's worst fears happened.

At 26 weeks, an unstable heartbeat from one of the twins precipitated an immediate caesarean section. Sadly, the twin they named Ocean (1,176 grams) was stillborn. The baby's sac had prematurely broken, making him vulnerable to infection. Christine and Travis were devastated by the news. "Even though my heart was broken I felt supported and cared for by the nurses. They encouraged me to stay strong for my four children at home who were waiting for me to take care of them. They reminded me that I had to be there for Sky, my tiny, new baby."

Sky (1,076 grams) was cared for in the RCH Variety Neonatal Intensive Care Unit for 137 days. He was supported by a nasal CPAP machine that assisted his breathing by puffing up his lungs. On his second day he had some lung collapse so required a High Frequency

Oscillator Ventilation, or breathing tube. "This provides tiny volumes of breath and is thought of as a gentler way of treating a baby," explains RCH Neonatologist-Pediatrician Dr. John O'Toole. "This is a very difficult time for a parent. The little baby is attached to a lot of equipment. Christine was very anxious about her baby and we were all concerned about her. She had to grieve the loss of Ocean and look after her surviving child," says O'Toole.

On June 21, 2012, Sky went home to live with his one brother, three sisters and his overjoyed mother and father. "Losing a child is never easy. But we are so grateful for the beautiful baby boy that we have. The physicians and nurses at Royal Columbian helped us through a difficult time. Without them, we would not have been able to celebrate Sky's homecoming," says Travis. ■

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mobile ECLS response
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LIKE FAMILY

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GOODWILL GODWIN

RCH cardiac pioneer
remembered

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Positive signs

GOOD CHANGE TO COME AT RCH

Each year we strive to do more, to do better, to ensure our hospital is equipped to meet the needs of patients. 2012 was one of our best fundraising years ever, culminating in the opening of the \$5 million Multipurpose Interventional Suite in October. It was also our 150th birthday, made sweeter by government's commitment to the redevelopment of our health care campus during the next few years.

Our successes are made possible by the generous support we receive from donors and sponsors. At Thanksgiving, I am reminded to be grateful for my family and our good health, and I am touched by stories like that of the Rose-Chan family. In the midst of health challenges, their strength to love, laugh and raise five beautiful children is a reminder of why we give.



As a provincial hospital with advanced care specialties, we are here for everybody. RCH is family and we truly care. I thank you for caring too.

Yours sincerely,

Adrienne Bakker
President and CEO



CORPORATE BREAKFAST EVENT

How businesses can build healthy communities

Join RCH Foundation for an insightful interview with Tamara Vrooman, Vancity President and Chief Executive Officer, hosted by Belle Puri, CBC Journalist and RCH Foundation Chair.



Tuesday, October 29, 2013 • 7:30 am – 9:30 am
Inn at the Quay, 900 Quayside Drive, New Westminster
RSVP by October 16, 2013 to Feroza Jamal at **604.520.4438** ■

Why I give

ANNA-MARIE LYONS, MOTHER OF H1N1 SURVIVOR ALEXANDRA KROETSCH

I give to RCH because they have given so much to me. Of course the fact that my daughter Alexandra survived a life-threatening illness is tantamount, but the way our family was treated by all staff was so considerate. RCH is at the forefront of trauma care and I'm proud to support them.

I'm a financial planning consultant and believe that Canadians are generous donors but aren't always strategic. Why not consider donating individual shares or mutual fund units that have appreciated? You'll get the tax deduction for the full donation amount and you won't be taxed on the capital gains. You can donate a lump sum and use it all in this tax year or spread the taxable benefit forward for up to five tax years. Consider talking to your accountant about donating securities now and in your estate to reduce final estate taxes. ■



Anna-Marie holds new granddaughter Evie, who was born at RCH this past Spring to Alexandra Kroetsch and Brad Vigue.

Your Health Matters is published twice annually by RCH Foundation. If you have any questions or story ideas you would like to share with us, please contact our office at 604.520.4438 or e-mail info@rchfoundation.com. Articles by Shannon Henderson and Julie Coghlan unless otherwise noted. Design by Paula Heal. Photography by Jerald Walliser unless otherwise noted.

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All photos shown are of Belvedere residents, staff and family.



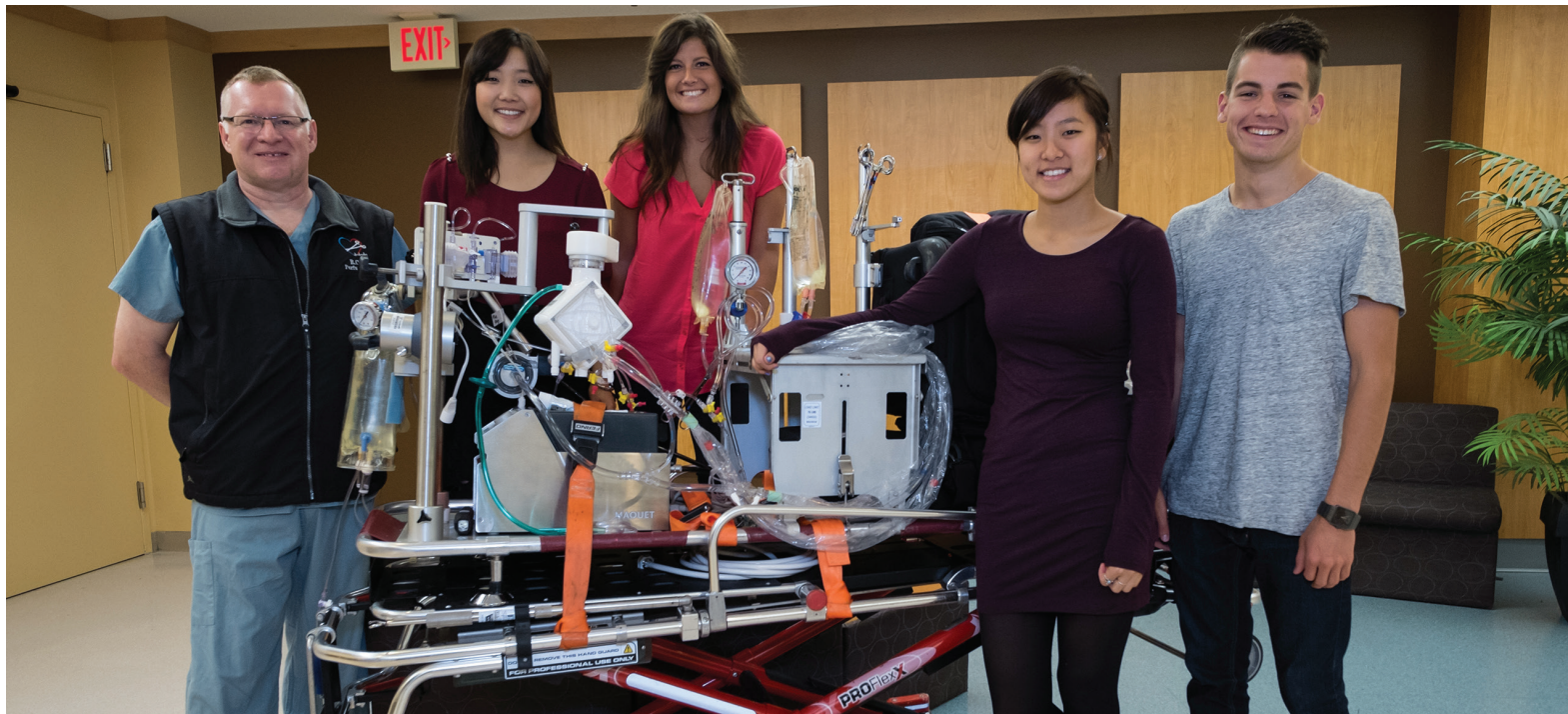
Mobile heart and lung team a lifesaver

RCH BOASTS ONLY MOBILE ECLS RESPONSE TEAM IN BC AND LIKELY CANADA

Royal Columbian Hospital (RCH) is the only hospital in BC, and likely Canada, with a mobile Extracorporeal Life Support (ECLS) response team that can transport critically ill adult patients back to RCH for life-saving surgery or advanced intensive care. Without these highly specialized transports to RCH, these patients would die.

Patients are placed on ECLS – a modified version of a heart-lung machine that artificially takes over the function of the heart and/or lungs – to keep them alive.

“There isn’t a higher risk transport than when a patient is on ECLS,” says Dustin Spratt, RCH’s Chief Perfusionist, who leads the mobile ECLS response team along with Cardiac Surgeon and Intensivist Dr. Derek Gunning. Together, they made the impossible possible. Faced with an urgent need to retrieve a young patient with hypothermia from Surrey Memorial



Leaders of BC’s only mobile ECLS response team, Dustin Spratt, RCH’s Chief Perfusionist (left), and Cardiac Surgeon and Intensivist Dr. Derek Gunning (pictured below), with two patients whose lives they saved, Linette Ho (second from left) and Jessica Funk, with their loved ones, Hannah Pae and Eric Funk.

Hospital to RCH in 2010, Spratt and Gunning ingeniously “rigged” a stretcher that enabled them to keep the patient on ECLS during transport. Thanks to their courage and innovation, that patient survived.

After 2010, the team saw an increased need for ECLS transports due to more cases of rapid onset of acute respiratory failure, often involving young people.

One of those patients is Linette Ho, 19, of Burnaby. She is alive and well and able to return to school this September, thanks to the talent and dedication of the mobile ECLS team, led by Spratt and Gunning.

“The last thing I remember was that I was studying for finals in my room. I woke up in RCH’s ICU one month later,” recalls Ho, whose cold virus turned into pneumonia two weeks before her high school graduation in June 2012. Ho was admitted to Burnaby General Hospital where she suffered a collapsed lung. Realizing that Ho needed advanced complex care, the hospital contacted RCH’s mobile ECLS response team to provide highly specialized transport to RCH, where

Dr. Gunning performed open-heart surgery and placed her on 24/7 ECMO support for 21 days in the ICU.

“We have had 100 per cent success rate on all of the transports we have done....this vital service saves lives,” says Spratt. Yet despite their success, there is still room for improvement, he says. The team has to borrow most of its equipment, and spends precious time adapting the equipment for each transport. Spratt believes so strongly in the mobile ECLS program that he has even co-designed a specialized stretcher that will enable the team to more quickly mobilize and expand their service reach by air ambulance.

As a result of a recent media event publicizing the team’s life-saving work, a private donor came forward with a gift of \$85,000 to fund not one but two of the specialized stretchers, an investment in the lives of many future patients to come to RCH. If you would also like to help RCH save lives, please contact Barbara Becker, Director Major Gifts, at 604.520.4438 or go to rchcares.com. ■



Global BC News Reporter Julia Foy interviews Dr. Derek Gunning about RCH’s mobile ECLS response team at a recent media event.

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← "It was the most wonderful moment to take Isabella home, but we were also sad to leave our new Neonatal Intensive Care Unit (NICU) family. RCH, especially the NICU team, will always be near and dear to us. We truly believe that we would not have our little Isabella with us today if it was not for the NICU and its wonderful staff." ~ Tanya Wilson.



“Hunter was very tiny and he required prolonged, intensive ventilatory care at RCH. With careful clinical support and monitoring, today Hunter is a great little boy and a joy to his family. A living proof of how effective modern neonatal care can be in situations where 30 to 40 years ago, that chance would not exist.” ~ Dr. Zenon Cieslak, RCH Neonatologist-Pediatrician.



↑ "Being first time parents and having our new baby girl in the NICU was very scary. Not only did the NICU nurses and doctors provide excellent medical care for our daughter they provided us as parents with the guidance and support we needed. It has been five years and we are still so grateful for the exceptional care they provided for our daughter." ~ Steve Darling, Global BC News Anchor.

→ "Nothing can be more joyful than bringing a healthy baby into the world."

That is my job! We work as a team to ensure that our high-risk maternity patients are given every medical opportunity within our power to achieve successful outcomes.” ~ Dr. Jagdeep Ubhi, RCH Obstetrician and Gynecologist and Assistant Clinical Professor in the Department of OBGYN at UBC.



Samina Habib was transferred from a Vancouver hospital to RCH as a high-risk maternity patient where she presented with placenta accreta, a potentially life-threatening condition.

→ "When Samina was admitted to Royal Columbian Hospital...it felt as if we moved from our home to our second home."

~ Sajad Habib,
Samina's husband.
Photo: Tiffany Cooper.

And a Special Thank You to our Sponsors



↑ "If not for all the doctors and the wonderful nurses who looked after him (and all of his family) I can say without a doubt my son would not be who he is today...a part of the Canadian Paralympic Team!" ~ *Linda DeWitt, Nathan's mother.* Photo: Matt Law/Surrey Now



Dr. John O'Toole
examines a
newborn infant in
RCH's NICU.

← “The RCH Variety NICU serving Fraser Health (with 42% of births in BC) has ranked amongst the best on the Canadian Neonatal Network’s (CNN) report card

since inception in 1996. It remains a joy to be present at each birth and witness the meeting of the baby and family for the first time." ~ Dr John O'Toole, RCH Neonatologist-Pediatrician.




Queenie Lai, Health Services Manager, attends to a baby and mum in the RCH Variety NICU.

↑ **"Royal Columbian's Variety NICU is a special place! The medical team becomes part of the family and the family becomes part of the medical team." ~ Queenie Lai, Health Services Manager, NICU.**

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Grace under fire

FAMILY GIVES IN MEMORY OF MOTHER'S CARE

Joan Bruce was not herself. The 90-year-old from New Westminster had been showing signs of dementia for a while, but was now declining rapidly. Alarmed by her mother's deterioration, Robin Costanzo called 911 on Christmas Day 2012 and they transported her to RCH's Emergency Room.

Tests revealed that Joan had a urinary tract infection; however, antibiotics weren't able to combat the infection because something else was wrong: the breast cancer that Joan had beaten two years prior had returned.

Due to a gastrointestinal outbreak, Joan could not be admitted onto one of the wards, and she remained in the Emergency Room Overflow Area for 10 days. Through her extended stay there, she was treated like family, and a strong mutual attachment grew between Hospital Physician Dr. Klassen, the nursing team, and Joan and her family. Shortly after New Year's Day, she was moved to the 6th floor End of Life Care area. She passed away six days later on January 9, 2013.

So moved by how caring and attentive the ER team



Robin Costanzo (front row centre) holds a photo of her mother, Joan Bruce, who was cared for by the ER team including Licensed Practical Nurses (back row) Wade Allen, Pam Tritschler, (front row) Jotika Reddy and Hospital Physician Dr. Klassen.

was despite the challenges of working in a pressured environment, Joan's daughter Robin and her husband Frank made a generous donation in support of the ER in memory of her mother.

"While I was with Mum in the ER, I was watching everyone else and seeing what the staff had to deal with," recalls Robin, of Delta. "The staff were so busy and hardworking, yet they treated us like family and made Mum's last days comfortable. I will always be grateful to them." ■

DONOR UPDATES

Sandra Schmirler Foundation



Robin Wilson, Honourary Director, Sandra Schmirler Foundation, (middle) presents a cheque for \$28,750.00 to Queenie Lai, Health Service Manager, RCH Variety Neonatal Intensive Care Unit (NICU), (left) and Barbara Becker, Director, Major Gifts, RCH Foundation, (right). These funds will be used to purchase a bi-level ventilator for the NICU. RCH houses one of B.C.'s largest NICUs, and since 1997, the Canadian Neonatal Network has recognized RCH's NICU as consistently ranking among the top in the country for achieving excellent survival rates for newborn infants. ■

Our apologies



We sincerely apologize to the Westminster Shrine Club #8 for mistakenly omitting their name from our 2012 donor listing in the Spring 2013 issue of Your Health Matters. We truly value their continued support of RCH. ■

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The measure of a man

DR. TOM GODWIN LEAVES A LEGACY OF CARDIAC CARE AT RCH

Ask any RCH cardiac physician or staff member about Dr. Tom Godwin, and they will tell you what an undeniable leader and genuine human being he was. Never one to do anything half-hearted, Godwin always strived for the best for his department and his patients, and almost always, reached a successful conclusion.

Described as “the founding father of cardiology at RCH,” he initiated the Cardiac Catheterization Lab, recruited a strong core of cardiologists and surgeons, and was instrumental in the development of the interventional cardiology and cardiac surgery programs at RCH.

“His push to bring open-heart surgery to RCH was key in making it possible for our department to evolve into one of the most successful interventional cardiology services in Canada,” says Cardiologist Dr. Akbar Lalani.

He would eventually turn the ups and downs of his nearly 50-year medical career and the wonderful life he shared with his wife, Elaine, and his four sons, into the pages of a book. In 2009, **A Doctor's Notes**,

Taken from Both Sides of the Bedsheets was published, with Godwin making a generous donation to the RCH Foundation to represent his book.

Sadly, Dr. Godwin passed away in April 2013. He leaves behind not only a legacy that benefits cardiac patients from across BC today, but also the enduring gift of family and friendship.

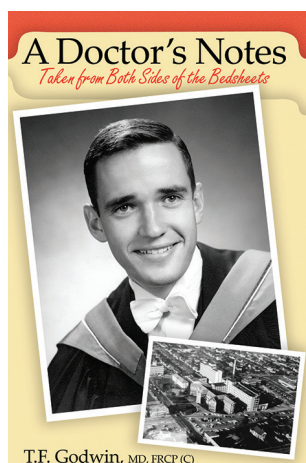
Says Cardiologist Dr. Dennis Rupka:



Dr. Tom Godwin, seen here with his dog Nubi, was a champion for RCH cardiac patients and staff, alike. He passed away in April 2013. Photo: Boaz Joseph/Surrey Leader.

“As impressive as [his] achievements are, these are not what first comes to mind when I think of Tom. I remember his honesty, sincerity and the kindness that he showed to all of those he interacted with.”

To purchase a copy of **A Doctor's Notes**, or to make a donation in honour of Dr. Tom Godwin in support of cardiology at RCH, please contact RCH Foundation at **604.520.4438** or **info@rchfoundation.com**. ■



Dr. Godwin wrote of the experiences of his 50-year medical career in **A Doctor's Notes**.



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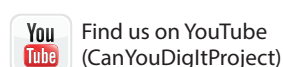
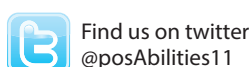
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