



Your HealthMatters

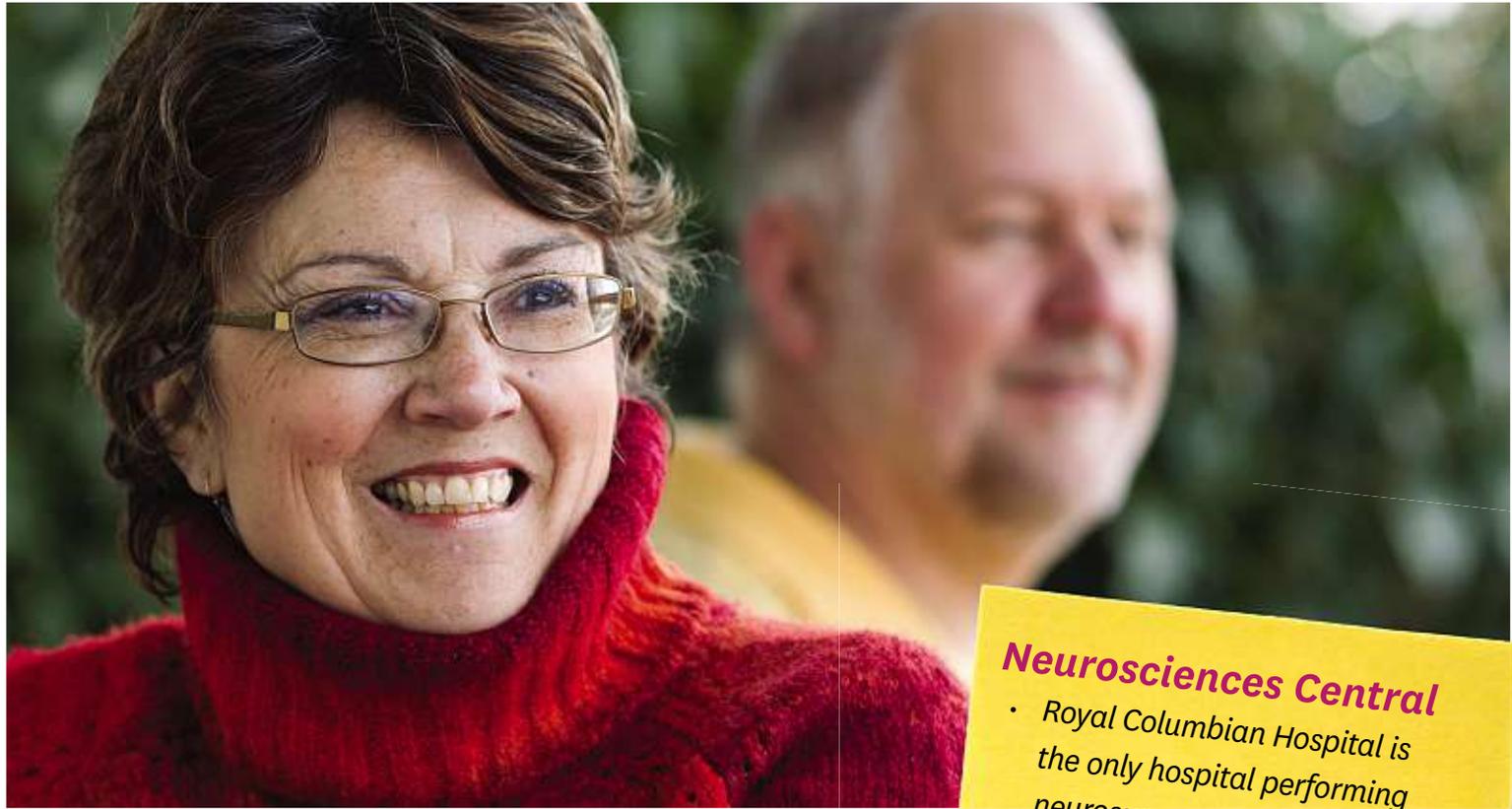
ROYAL COLUMBIAN HOSPITAL FOUNDATION

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Carol's Story

Revolutionary treatment saves life of woman struck by brain aneurysm

In April 2010, Carol Thorpe, a healthy 53-year-old woman, had a sudden stroke and went into a coma. A CT scan at her local hospital showed she had a massive bleed inside her head, surrounding the brain. She was transferred to Royal Columbian Hospital (RCH) that night where Radiologist Dr. William Siu performed an



Carol Thorpe and Ron Gale are happy to be getting married this fall, thanks to Dr. William Siu and Dr. Navraj Heran.

angiogram and found a large brain aneurysm.

Dr. Navraj Heran determined that her aneurysm would benefit from a revolutionary treatment involving the usage of platinum coils. He is the only neurosurgeon in Fraser

Health that can perform this procedure. The aneurysm was unusually large and complex in shape and situated deep inside her head, affecting the main artery supplying the whole right side of her brain. Due to the complexity of the aneurysm, it could not be fully closed in one treatment session. Carol had a total of six angiograms and four coiling/stenting sessions between April and September 2010 at RCH to fully treat the aneurysm. She slowly recovered from the coma, temporary blindness and speech and mobility problems. "Her recovery is close to being a miracle," says Dr. William Siu.

Ron Gale, Carol's lifelong partner, remembers feeling overwhelmed by the sequence of events. Fearful of

losing Carol, whom he describes as his best friend, he kept vigil at her bedside during the five-month period she spent at Royal Columbian Hospital.

"I was totally amazed at what they were able to do with Carol at RCH. They saved her life," says Ron.

Neurosciences Central

- Royal Columbian Hospital is the only hospital performing neurosurgery in the Fraser Health region, serving 1.6 million people
- 1,250 neurosurgeries are performed at RCH each year by only five neurosurgeons. 85 per cent of these cases are emergency-related



RCH Neurosurgeon Dr. Navraj Heran.

Inside



IT TAKES A VALLEY
Ted Carlson's philanthropy
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NEW YEAR, NEW LIFE
Xia family thanks RCH
PG 3



A REAL SHINER
Fifth annual gala a success
PG 6

Trailblazing

Happy Birthday Royal Columbian Hospital



This year Royal Columbian Hospital (RCH) celebrates 150 years of medical excellence and compassionate care. For as long as RCH has been standing, from the first little house built on the hill with 30

beds, to the hospital it is today with 410 beds, it has relied on community support. In 1862, more than \$600 was raised in just under an hour by the people of Lillooet, who recognized that RCH would serve the entire mainland colony. Today, RCH is a provincially designated hospital for trauma, cardiac, neuro and neonatal intensive care, and serves one in three British Columbians.

In the past decade, RCH Foundation has raised more than \$40 million dollars, thanks to our generous donors. This money funds critically needed equipment, education, research and innovation at RCH that benefits people from all across B.C. Join us in helping RCH trailblaze the next 150 years: consider making a gift today at rhcrcare.com or call **604.520.4438**.

Thank you for your continued support.

Belle Puri
Chair, Board of Directors

Adrienne Bakker
President and CEO

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 to info@rchfoundation.com Articles by Shannon Henderson and Julie Coghlan. Design by Paula Heal. Photography by Jerald Walliser unless otherwise noted.



Year of the Dragon: Tzu Chi Foundation celebrates with gift to RCH Foundation's Multipurpose Interventional Suite campaign.

Tzu Chi Foundation

Compassionate relief for RCH patients

On January 29th, the Buddhist Compassionate Relief Tzu Chi Foundation hosted a Chinese New Year festivity at RCH. Patients and visitors joined in fun activities such as paper cutting, calligraphy, musical performances and a Lion Dance to usher in the Year of the Dragon.

Annie Chen, Team Leader, Burnaby & New Westminster District for the Tzu Chi Foundation, remarked, "We are grateful to have the opportunity to be a help to children, seniors and those whose lives have met with unexpected tragedies. We thank RCH for giving us this opportunity to share our culture and a little joy. This interactivity with the RCH community is as important to us as our \$30,000 donation to RCH Foundation's Multipurpose Interventional Suite."

Why I give

Ted Carlson,
President,
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and Gravel
Ltd., and RCH
Foundation
donor since 2009



"Success in business is success in the community...it's meant to be shared. We have been fortunate to experience success, and I want my kids to understand what it means to give back to the community. RCH is important to us as a family and to the Fraser Valley, and so I am proud to support RCH Foundation."

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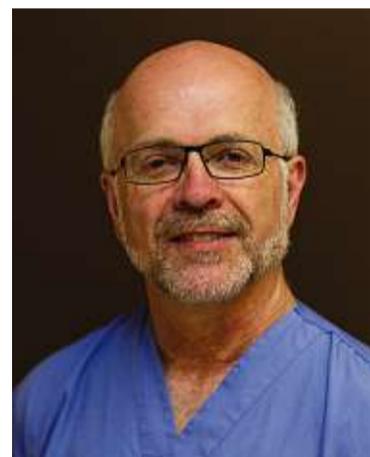
New Year, New Life

Xia family returns to RCH to give thanks

Sharing gifts with friends and family is central to the celebration of Chinese New Year, and for the Xia family of Burnaby, that now includes their 'extended family' at Royal Columbian Hospital (RCH).

Just two months after immigrating to Canada from China to join his daughter's family, Zhao Qi Xia, 74, had to be taken to RCH's Emergency Department. He had a severely high fever and was nearly comatose. Based on his symptoms and an electrocardiogram (ECG) test to check his heart, it was finally determined that a bacterial infection was destroying Zhao's heart valve.

When the penicillin treatment proved unsuccessful in combating the infection, Zhao had to undergo open-heart surgery for a heart valve replacement.



RCH Cardiologist Dr. Dennis Rupka.

"You can imagine how worried we were," recalls Summer Yitian, Zhao's daughter. "My father had just arrived in Canada, speaking very little English, and he had no previous heart condition."

RCH Cardiologist Dr. Dennis Rupka has treated a lot of tough patient cases, and Zhao's case was certainly very challenging.

"He was a very ill man when he came to RCH and he required a long series of investigations to sort out what was going on," recalls Dr. Rupka.

The Xia family's fears were quickly put to rest as a result of the excellent care and compassion Zhao re-



(From left) Summer Yitian, Zhao Qi Xia, Yulu Yang and Dr. Terry Tang.

ceived from the RCH medical teams. "Every single one in the hospital treated my Dad like a family member," says Summer.

Two years later and in exceptional health, Zhao visited the hospital with his family to meet with Dr. Rupka

and the cardiac nursing team, to present a donation for \$1,500 in support of cardiac care at RCH. Summer and her husband, Dr. Terry Tang, raised the money from a Chi Workshop they hosted at their Canadian Institute of Traditional Chinese Medicine Clinic.

RBC Royal Bank: Giving grand support to RCH

(From left) RBC Regional President, Graham MacLachlan; The Honourable Wayne Wright – Mayor of New Westminister; Royal Columbian Hospital Foundation President and CEO Adrienne Bakker; Susan Roh, RBC Branch Manager; Steven Osachoff, Associate Advisor, RBC Dominion Securities and RCHF Director; and Hanif Charania, RBC Regional Vice President, celebrate the grand opening of the new high-tech RBC Plaza 88 with a \$20,000 donation to RCH Foundation, for a cumulative gift of \$40,000 in support of RCH in the past year. RBC's donations will help fund a Multipurpose Interventional Suite to expand specialized cardiac, stroke and aneurysm care at RCH. RBC Plaza



88 is located near New Westminister skytrain station, only two stops away from RCH, which will help hospital employees with their banking.

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150 Years and Counting

Since October 7, 1862, RCH has served the most seriously ill and injured of B.C.

Mostly for men

Initially, RCH primarily treated men, as women and children were taken care of in their own homes, except in emergency and surgical cases. The first maternity “ward” wasn’t established until 1893. Referred to as “the cottage hospital,” it consisted of eight beds set-up in the home of Mrs. David Robson.

By the 1970s, women routinely gave birth in hospital, and typically spent three to four days in the hospital. The Neonatology Intensive Care Unit opened at RCH in 1978.

“A premature baby born at 25 weeks in the 1970s had a low survival rate,” says Loraine Jenkins Director, Clinical Programs, Maternal/Infant/Child/Youth Program. “Today, through a combination of advanced medical knowledge, technology and RCH’s outstanding Neonatal Intensive Care Unit, a 25-week premature baby has an



RCH maternity nurse at “the cottage hospital”, possibly holding triplets, circa 1920s.

outstanding chance of survival with good outcomes.”

Heart disease began when people stopped walking

Before 1900, very few people died of heart disease, as manual labour was the norm both at work and home, and walking was the main source of transportation. The Industrial Revolution changed that, creating a more

sedentary lifestyle and cardiac health repercussions.

30 years ago, bed rest was a large part of how health professionals treated heart attacks along with medications such as nitroglycerine, morphine and blood thinners. Many heart attack sufferers died.

“Today, treatments for heart attack utilize a number of strategies including medications and minimally invasive procedures,” says Jackie Murray, Program Manager, Cardiac Services. “What was a two-week hospital stay in the early ‘80s, has become a two to three-day hospital stay, and mortality from heart attack has decreased significantly.”

Getting your knees done

150 years ago, one of the challenges with a knee ligament injury was that the diagnosis was usually missed, as x-ray technology didn’t exist (the first x-ray machine was installed at RCH in 1916). “The injured labourer probably would have lost their job because of their inability to function on uneven surfaces, carry heavy loads or jump down from a height,” says Dr. Bob McCormack, RCH Orthopaedic Surgeon.

Fast-forward to the early 1980s, it was still a diagnosis that was difficult to make without an MRI, but even when the diagnosis was made, the treatment was relatively crude by today’s standards, according to Dr. McCormack. Surgery usually involved two incisions that could total 30 to 40 centimetres, and the patient was in hospital several days and placed in a long leg cast for six to eight weeks. It took up to six months to get their range of motion back and their chances of returning to high-demand activities such as competitive sports or physical labour were low.

Today the surgery is done as a daycare procedure. The patient can take their weight on it the same day. They start physiotherapy and are on an exercise bike within a week or so. “We expect their range of motion to be back to normal by six to eight weeks and that they are able to return to all their previous activities,” says Dr. McCormack. Surgery is done more precisely with all of the work inside the knee done with the arthroscope (small telescope about the size of a pencil) and the incision is now down to two centimetres.



RCH nurse graduating class of 1925. RCH housed a nursing school between 1901 and 1978. Today, RCH is a Clinical Academic Campus affiliated with UBC’s Faculty of Medicine.

“No means to know what was really wrong”

1862: A male worker, 35-years-old, falls 15 feet off a loading dock on the Fraser River, landing hard on a boat railing causing a severe abdominal injury.

“If the patient arrived alive at RCH there would be no means to know what was really wrong with him except by physically examining his abdomen and making an educated guess. If a trauma patient had a severely injured spleen that was bleeding, they were at high risk of dying,” comments Kathleen Fyvie, Trauma Nurse Practitioner, and Lisa Constable, Clinical Nurse Specialist, Trauma Services.

If a similar accident happened in 1982,



Using a mannequin to train nursing students on how to measure a patient’s blood pressure, circa 1930s.



The original RCH (circled), as it was built in 1862, located at Agnes and Clement (now 4th) Streets in New Westminster. The first hospital on the mainland of British Columbia, it had 30 beds and primarily served men.

Fyvie and Constable suggest that the patient would receive an x-ray and an abdominal lavage would have been conducted to test for internal bleeding. If the patient was considered unstable, they would be taken to the operating room for exploratory surgery of the abdomen. An injured spleen would then be removed.

Today, the same worker would be quickly transported by B.C. Ambulance Service to RCH. Once in the trauma room, they would be assessed from head to toe and have a bedside abdominal ultrasound followed by tests such as an abdominal and pelvic CT Scan to pinpoint potential injury to the spleen and provide direction on next steps. The physician(s) may then make a decision to do a minimally invasive procedure to assess and reduce any bleeding within the spleen. If the patient continued to deteriorate, surgery would be recommended to explore the damage to the spleen, but for the most part, the spleen would not necessarily be removed.



RCH in its Sapperton location in New Westminster in 1889.

150
ROYAL COLUMBIAN
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