

Giving Matters

Spring 2019 Newsletter

How YOU help care for patients at Guelph General Hospital



Donors give 2500 hours per year of bedside nursing time back to patients

Continued on page 2

🌟 Inside

- Donor funded resources from diagnosis to post-op care helped Paul Breadner beat prostate cancer
- Improved surgical outcomes with new laparoscopic towers
- Yes, That Too is Funded by YOU!

THE FOUNDATION OF
GUELPH
GENERAL HOSPITAL

Saving lives and improving health, together with our community

continued from cover...

Thanks to you, nurses and physicians will have vital information right at the bedside.

Time spent searching for paper files or returning to the nurses' station for a shared vital signs monitor will be better spent at the bedside caring for their patients. It may seem a small thing but can have a big impact on the care provided.

All patients in our Hospital will have their vital signs monitored at some point during their stay. Monitoring a patient's temperature, heart rate, blood pressure and oxygen level is a fundamental component of care. These numbers give a snapshot of a patient's condition and help to identify whether someone is getting better or not. Accurate vital signs are also important to identify the proper treatment required at any point in time.

"We can never have enough vital signs monitors," said Kim Towes, Acting Senior Director, Patient Services.

On average, a patient will have their vital signs checked four to six times in a 24-hour period. In other situations, such as following surgery, vital signs will be checked even more frequently.

Currently, the Hospital has one monitor for every three or four patients. Nurses frequently report that they don't have enough vital signs monitors to do their work. An observational study conducted last year found that, on average, it takes a nurse three to four minutes to locate and clean a vital sign machine. When you multiply the

number of nurses working in a 24-hour period by the number of times they take vital signs and clean the machine in between patients, that equates to a minimum of seven hours of nursing time in a 24-hour period. Over a year, that is about 2,500 hours of nursing time spent away from the bedside!

Towes explains, "That time gained can be spent providing essential nursing care, comforting a patient and their family, or simply listening to a patient during their most vulnerable times. This time is invaluable. Those extra minutes spent with a patient will leave a lasting impression."

With the study findings, the Hospital decided vital signs monitors at every bedside was a top priority for funding in 2018. Funding was required to purchase 86 additional monitors.

Time gained can be spent providing essential nursing care to our patients.

Because of you, our caring donors, vital signs monitors at every bedside is now possible.

The Foundation's Circle of Life membership generously pledged \$325,000 in funding for this important priority, \$58,000 was raised through community events, in memoriams and individual donations, and the remaining \$75,000 was received through mail and online donations made in response to the Foundation's 2018 seasonal fundraising campaign.

Because of your generosity, nurses and physicians will be able to respond more rapidly to critical patient situations. Patient safety will also be improved since dedicated monitors help with infection control. Most importantly, you have given patients more time and care from their nurses.

"This project is a great example of how our donors help our Hospital's healthcare team provide the best possible care and experience for our patients. We're so grateful," said Suzanne Bone, CEO of The Foundation of Guelph General Hospital.



Cover photo: Grateful patient with RN Chantal Renaud.

YOU *make patient care better at Guelph*



Clinical Educator Karen Rolland with FGGH staff Elizabeth Stewart.

Yes, That Too is Funded by You

Yes, That Too is Funded by You is a new monthly video feature that highlights the small but meaningful items that you help fund. In addition to more expensive pieces of patient care equipment such as diagnostic scanners and vital signs monitors, there are hundreds of small yet essential tools that our Hospital's healthcare team depends on every single day to provide the best possible care and experience.

To date, **Yes, That Too is Funded by You** has featured specialized waffle cushions that help reduce risk of pressure sores, a tympanic thermometer that takes a temperature reading in a quick and non-invasive manner for patients under two years, and a new refrigerator in the Special Care Nursery for moms to store their breast milk.

One of every two dollars spent on hospital equipment at Guelph General Hospital comes from a caring donor, even for these small yet important tools. Our new video feature celebrates every essential contribution you make to our Hospital.

You can find a link to these videos on our website, **gghfoundation.ca**. Or, you can go directly to our YouTube page: The Foundation of Guelph General Hospital, or, "Like" us on Facebook: www.facebook.com/FdnGGH for notifications when new videos are available to watch.



gghfoundation.ca

Visit our website to link to our YouTube page to see all **Yes, That Too is Funded by You** videos.



Nurse Practitioner Krista Zima with FGGH staff Matt Peltomaki.



RPN Jen Decosta.

New ureteroscope will make patient care better

A ureteroscope is a medical instrument that is used primarily to help locate and remove kidney stones; however, it can be used as a diagnostic tool to take a closer look at any part of the urinary system including the urethra, bladder and kidneys.

Thanks to caring donors like you, just weeks ago, Guelph General Hospital received a new ureteroscope with superior image quality. "It produces a high definition image and the actual image it produces is about five times larger than what the previous one would produce, which was only slightly larger than the size of an iphone screen," said Jen Decosta, RPN, Team Lead, Urology.

With better image quality and improved visibility, the surgeon is able to work more quickly and with greater precision for improved patient outcomes.

"We want you to know how grateful we are to have the support of the Foundation and its donors who give generously, not only for this new ureteroscope, but for everything you do for the OR and our patients who need surgery" said Jenny Griffin, OR Director.



1 in every 2 dollars spent on hospital equipment at Guelph General Hospital comes from a caring donor – **like you**



Dr. Jules Foute Nelong with RN's Charlene O'Connell and Tina Coogan.

Our Hospital has three new laparoscopic towers

Guelph General Hospital performs 3,000 laparoscopic surgeries each year. In these surgeries, video camera and operative instruments are inserted through tiny incisions, allowing the surgeon to view what's inside the body. It's less invasive and faster than traditional surgery.

In January, Guelph General Hospital received three new laparoscopic towers that were funded through the 2018 Black Tie Bingo fundraising gala.

Today's laparoscopic cameras and monitors provide unsurpassed colour and contrast. These systems use ultra-high definition that provides four times the resolution of conventional high-definition imaging systems. Surgeons are able to achieve greater precision and surgeries are often quicker, which results in better patient recovery times and overall outcomes.

To emphasize the importance of this improvement, Dr. Foute Nelong, General Surgeon and Laparoscopic Surgeon at Guelph General Hospital, explains "the sense of touch that is used in open surgery is completely eliminated in laparoscopic surgery. This means the sense of sight and the ability to see clear images are critical to the success of the surgery."

YOU *save lives and improve health*



Donor-funded equipment from diagnosis to post-op helped Paul Breadner beat prostate cancer.

In November 2017, Paul Breadner and his work colleagues participated in Movember, the fundraising and awareness campaign for men's health. As he had done in previous years, Paul took a yearly PSA (Prostate-Specific Antigen) test as part of his commitment. This time, the results came back showing slightly elevated levels. After repeated PSA tests with similar results, his urologist recommended further diagnostic tests.

At Guelph General Hospital, an MRI showed an abnormal structure and an ultrasound-guided biopsy later confirmed that Paul had an aggressive form of prostate cancer.

Paul recalls his treatment decision being an easy one to make. "My surgeon carefully explained my options. I could go to Hamilton for a new less invasive procedure but it would be a four to five month wait. Or, I could have my prostate removed at Guelph General Hospital in just three short weeks from my diagnosis. I chose to get the cancer out as soon as possible."

On September 2018, he underwent surgery and stayed in the Hospital for four days before going home.

From the technologists operating the diagnostic imaging equipment to the pre-op nurses, to his surgeons and urologist, to the student RNs and RNAs, and even the staff who came in to move beds around and clean the rooms, Paul says, "The support structure is awesome, the passion for good health



Paul Breadner and his grandson.

care is inspiring, and the resources are first class." Any apprehension he had completely vanished when staff answered all of his questions, explained every step, and put him at ease with their compassion and professionalism.

Paul freely expresses his appreciation for the excellent support systems in place at GGH. He likened the Hospital to his business experience where 'the chain is as strong as its weakest link.' In his experience, to keep the best people and advance their work, the Hospital needs to be well supported. Paul made a substantial contribution to the Foundation to support this important goal.

Just retired from his marketing career, Paul is looking forward to a new business working with his wife and spending lots of time with his young grandson. He is optimistic and so grateful to GGH for the excellent care he received.



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YOU are a part of our healthcare team



Guelph General Hospital's focus on patient safety recognized

Guelph General Hospital recently learned it had the second best score in Canada on a key patient safety indicator. The Hospital Standardized Mortality Ratio (HSMR) measures expected deaths versus actual deaths in acute care hospitals. Any score lower than 100 indicates fewer than expected deaths. GGH had the second lowest score in the country at 68. Both the national and provincial average were 89.

Over the past two years, GGH has identified a number of projects to help promote safety, such as falls reduction, medication safety and patient identification. Hospital President and CEO, Marianne Walker, was quick to point out it is a team effort. "Our staff and physicians are committed to providing the highest quality care and experience for patients and their families. Patient safety is deeply ingrained in all we do."

You are also an important team member in helping our Hospital reach its patient safety goals. Over recent years, donors have helped the Hospital upgrade many pieces of patient care equipment to ones with improved safety features, including patient beds with built-in alarms, IV pumps with multiple safety checks and, most recently, the laparoscopic towers with improved imagery that facilitate quicker surgical times and reduced risk of surgery-related complications.

Our Hospital's success in this safety measure is also your success – thank you!



Community Events

Community members and businesses help make patient care better at Guelph General Hospital.

The Gift of Giving



Thanks to Stone Road Mall for raising \$5,000 to help care for children, through the purchase of gift cards.

McDonald's Restaurants of Guelph



In December, McDonald's Restaurants of Guelph raised over \$11,000 to help us care for babies. Thanks!