

GivingMatters

Fall 2019 Newsletter

How YOU help care for patients at Guelph General Hospital



Mammography machine, first of its kind in Canada, arrives at Guelph General Hospital – thanks to YOU!

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- You improved experience for labouring moms and newborns
- You supported an important change in GGH's blood transfusion lab
- You funded a new bladder scanner

THE FOUNDATION OF
GUELPH
GENERAL HOSPITAL

Saving lives and improving health, together with our community

You've placed our Hospital at the forefront of breast imaging.

"Guelph is now in a very good place when it comes to breast-cancer screening. We're lucky to have such generous donors buy this machine for the Hospital to serve our community," said Dr. Malek Meshki, Radiologist and head of women's imaging at GGH.

At over ten years old, Guelph General Hospital's former mammogram machine was beginning to show its age. Instead of rushing to replace it, the Hospital held off knowing that brand new technology was about to be available.

Dr. Meshki explained "The new machine has significant advantages over the one it replaced. In particular, it is able to create 3D images of the breast and any abnormality found within. With the increased ability to view smaller lumps or shadows, an earlier diagnosis is possible." It also significantly reduces the number of "false positive" results, which is a huge benefit to patients.

3D imaging can also support a better patient experience, should a biopsy be necessary. "A biopsy needle can be just a millimeter off and miss getting a sample," Dr. Meshki noted. "3D images help ensure the needle is inserted in the correct location and is moved to the exact depth needed to get a proper sample."

The content of the needle is immediately analyzed by a new feature on the machine to make sure the needle found its mark. If it missed because the patient moved, for example, another biopsy can be retaken immediately. It used to be the sample was sent to the lab for confirmation. If the results showed another biopsy was needed, the patient would have to return to the hospital for another scan. With this new feature, the cycle of diagnosis is shortened which means patients can get on a treatment plan sooner.

The machine also has some softer features designed to help patients feel less anxious. For example, its lighting can change colour depending on a patient's preference.

Anything to help ease the patient's tension is most welcome, says Karen Landoni, GGH's long-time Tech Lead in mammography. "Some of the most anxious people coming to the hospital are those coming for a breast scan," she said. "The more we can help them to relax, the better image we can get."

Funding for the machine valued at around \$850,000, came from donors including those in our "Circle of Life" group. Each year, Circle of Life members are given a list of three hospital priorities in urgent need of community support. Members then collectively decide which project to support through a voting process.

The balance of the mammography machine was funded by pooling together many individual donations.

You help save lives and improve health at Guelph General Hospital. Thank you!

We're lucky to have generous donors to buy this machine for the Hospital

Last year, Jaya James, breast-cancer survivor, shared her story as a patient at Guelph General Hospital. As part of her presentation, she expressed her gratitude to all those who so generously support the Hospital:

"Cancer showed me how the actions of a few people can make a remarkable difference in someone's life. It also showed me the amazing community that I have the privilege to live in, a community that decides to fund new diagnostic equipment from their own wallets so that physicians can have the best information available. This gives people like me much greater peace of mind.

When you support the Hospital, you demonstrate the true strength of our community, how a group of people taking one action, can truly change the world for many others."

Cover photo: Radiologist and head of women's imaging at GGH, Dr. Malek Meshki and Tech Lead in mammography, Karen Landoni.

YOU *make patient care better at Guelph*



ICU nurses Arlene Hughes (scanning) and Sarah Reinhart (in bed) demonstrate the new bladder scanner.

YOU funded a new bladder scanner

When the Hospital replaces patient care equipment at the end of its life, newer versions often offer significant advancements in technology and design. That almost always adds up to improvements in patient care.

The new bladder scanner is no exception. The display on the old scanner was limited to a numeric data reader and graphics that resembled those of a 1980s video game. The new machine is equipped with a state-of-the-art 3D display that shows a real-time image. This improvement allows staff to see the bladder for optimal placement of the scan, which results in increased accuracy of the information.

In the Hospital's Bob Ireland Family Intensive Care Unit and Stepdown Unit, the bladder scanner is used frequently. Patients who have suffered a stroke, are

recovering from surgery, or are taking certain medications may have impaired bladder function and may not be able to empty their bladder effectively. For these patients, nurses monitor urine output and also perform regular bladder scans to check the functioning of the patient's bladder to determine if intervention is necessary.

"There are health risks to patients when they are not able to empty their bladder, but there are also risks involved with some of the interventions," said Carrie Anderson, Intensive Care Unit Clinical Educator. "An accurate reading allows us to make the best decision, including avoidance of unnecessary interventions and associated risks."

The previous scanner was nearing the end of its life for service, and replacement parts were practically obsolete. That is why a new scanner became a funding priority.

Because of your generous support, the nurses of the Hospital's Intensive Care Unit and Stepdown Unit are now better equipped to care for their patients.



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Director of FBU and Paediatrics Laurie Williamson, Clinical Educators Sandra Hall and Angel Netto

Portable monitors better for moms and babies

You improved the experience of labouring moms and newborns by funding two new wireless fetal heart-rate monitors and two new portable newborn cardiac monitors.

Moms and nurses are so thankful to now have two wireless fetal heart rate monitors that give moms the freedom to walk while nurses maintain the ability to continuously monitor the baby's heart rate. The previous monitors had short cords between the stationary monitor and the heart rate strap around mom's belly, so movement was limited.

The heart rate strap can also be worn in the water, so these moms now have the option of labouring in the birthing tub.

You also helped fund two new portable newborn cardiac monitors that can be quickly wheeled into the delivery room when a baby is born in distress, so the newborn's cardiac performance can be monitored right away. Often, baby can stay resting right on mom while being monitored.



Emergency Department Physician, Dr. Mary Cameron

You improved care for patients with bedside ultrasound

No longer is the ultrasound's use in patient care restricted to the Diagnostic Imaging department.

More and more, the ultrasound machine is used at the bedside to help guide medical procedures with greater patient safety, and in emergency diagnosis of illness or trauma with greater speed and efficiency.

"Today, the ultrasound machine is used as commonly as the stethoscope," said Dr. Mary Cameron, one of GGH's Linamar Emergency Department physicians. "In the ED, it is in continuous use."

In our Hospital's Bob Ireland Family Intensive Care Unit (ICU), the ultrasound is equally essential. "Patient safety is a top priority at Guelph General. Because the ultrasound provides a visual guide, nurses and physicians can perform medical procedures with greater accuracy, which is safer for patients," said Carrie Anderson, GGH ICU Clinical Educator.

Thanks to you, Guelph General has a new portable ultrasound machine in the ICU. The 2019 Beyond Borders Kairos fundraising event provided funding for one in the ED as well.



All equipment used in the direct care of patients at Guelph General Hospital is funded by a caring donor – **like you**

YOU *save lives and improve health*



Donor Spotlight: June Cauthers

As a patient, June Cauthers has experienced the difference community support has made at Guelph General Hospital. "I've seen wonderful changes in the types of equipment being used to care for patients – from improvements in blood pressure machines to how records are being tracked electronically."

June has been part of that community support, contributing annually to The Foundation of Guelph General Hospital since she first moved to Guelph. But she wanted to do more.

When it came time to update her will, June made a bequest to Guelph General. By leaving a gift in her will, June became part of The Heritage Society, generous supporters helping ensure the hospital is equipped with the technologies needed to care for our community well into the future.

"Leaving a bequest in my will to the Foundation was easy and enables me to give a larger gift than I could consider during my life. It's one of the best ways to support my community when I'm gone."

To learn more about how you can make a big impact on the future of patient care at Guelph General, contact Matt Peltomaki at 519-837-6422.



Rhonda Indewey, breast cancer survivor

It was Rhonda's second routine screening mammogram that revealed a lump. A biopsy confirmed breast cancer. "I was shocked," said Rhonda. "I really wasn't expecting that news, but I was thankful when my physician said it was in an early stage and my odds of beating it were very good."

Rhonda underwent a minor surgery at Guelph General Hospital to remove the lump and to examine the lymph nodes under her arm to ensure the cancer hadn't spread – and it hadn't. Her surgery was followed up with 16 radiation treatments.

Seven years later, Rhonda is cancer-free and living her life to the fullest. She says, "Cancer really made me think about the way I live life. I count my blessings every day."

Rhonda recently got her motorcycle license, something she's wanted to do her whole life, and she's also returned to work after a failed attempt to retire early. It's not a complete coincidence that Rhonda started a new job in Guelph General's Housekeeping department. "I meet a lot of patients while I'm on shift; I try to spread happiness and positivity whenever I can by sharing my story, or by offering a hug."



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YOU are a part of our healthcare team



Your generosity results in better and more efficient blood-matching

Because of you, patients at Guelph General Hospital requiring blood transfusions will have their blood-type matched with greater speed and accuracy.

Patients may require a blood transfusion as part of surgery, as part of disease management, such as in anemia or cancer, or in emergencies when there is severe blood loss due to trauma.

You provided funding for an automated blood analyzer – a first for GGH's blood transfusion lab! This new piece of equipment will allow lengthy manual processes to be automated.

"Most hospitals of GGH's size have an automated blood analyzer. I'm so thankful to all of the caring community members who donate to our Hospital each year because you made this possible for our lab, and for the benefit of patients at GGH," said Sandra Bakker, Charge Technologist, Transfusion Medicine.

The automated process uses barcode technology, eliminating risk of data transfer errors. It also facilitates speedier analysis in emergency situations. The analyzer outputs data about the blood type and antibodies, so that the technologist can interpret the lab results and make decisions on the best blood match.

"Time saved by replacing the manual process means technologists will have more time for data interpretation and decision-making, as well as for performing other important tasks in the lab," explained Bakker.

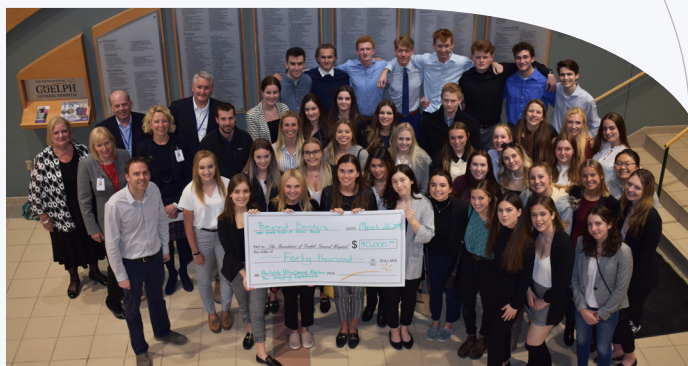
Thank you for supporting this important change at GGH.



Community Events

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

Beyond Borders



Beyond Borders raised \$40,000 from their annual event enabling us to purchase a portable ultrasound for the Linamar Emergency Department.

Marble Slab Creamery Guelph



Marble Slab Creamery Guelph donated a portion of their proceeds from each ice cream sold from July 21st-25th which totalled over \$250. Thank you!