

Giving Matters

Fall 2020 Newsletter

How YOU help care for patients at Guelph General Hospital



Your recent gifts are supporting reduced cancer incidence in our community

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Inside:

- Your generosity allows GGH to provide exceptional care — Nichola Martin shares her patient story
- New Blood Gas Analyzers have arrived

THE FOUNDATION OF
GUELPH
GENERAL HOSPITAL

Saving lives and improving health, together with our community

33 New Endoscopes Detect Colon, Lung and Stomach Cancers

Thanks to you, 33 of the most advanced high-definition endoscopes are now in use at Guelph General Hospital. The scopes were purchased at a cost of just over \$1 million and include 17 colonoscopes, four bronchoscopes, nine gastroscopes, and three scopes for viewing the small intestine, pancreas and bile ducts.

A scope is a flexible tube with a camera lens at the end. The scope is inserted into the body and magnified images from the camera lens are displayed on a screen where the physician can see them. Our General Surgeons, Respirologists and Gastroenterologists are the experts in intestines, lungs and stomachs who use the scopes to prevent, diagnose and treat diseases by performing scope procedures.

The high image quality produced by the new devices allow our specialists to more easily find and remove pre-cancerous growths called polyps. The superior pictures provided by the new scopes also allow the specialists to remove far larger polyps than they could before, reducing the need for more invasive surgery. About 7,000 of these procedures are performed at Guelph General Hospital in a typical year.

Gastroenterologist Dr. James Hewak credits the decrease in colon cancer incidence in Canada to the advancements in endoscopy as a health prevention and promotion procedure. He says, "We can prevent cancer with these tools. Endoscopes save lives. Our donors are reducing cancer occurrence and absolutely saving lives



This picture demonstrates the high definition image quality of the new scopes.

by funding these." The average life span for the scopes is around seven years and huge gains in technology occur in that time. Dr. Hewak suggested thinking about how much personal computers or cell phone technology advances each year and you can well imagine his excitement about the new endoscopes.

Guelph General Hospital is committed to the constant upgrading of medical equipment to ensure that our caregivers have the best tools at their disposal for excellence in patient care. Donations from the community ensure that these continual upgrades can happen. Dr. Hewak expressed, "We are so grateful for the people in our community who donate to the hospital. On behalf of all of the staff who use these scopes, and more importantly for the patients who benefit from them, I say a huge thank you. The reality is that any of us may need these procedures and the whole community benefits from having these best-in-class scopes here."

"Endoscopes save lives. Our donors are reducing cancer occurrence and absolutely saving lives by funding these."

The Foundation's Board Chair, Paul Osborne, explains how gratifying it is to receive updates about equipment that donors have funded. Paul explains, "To see the evidence first hand that donors are improving patient care inspires me. It inspires all of us who serve on the Board. Donors in this community want their caregivers to have the most advanced technology at their disposal and are willing to work with the Foundation to make it happen. These 33 new endoscopes will benefit so many patients and provide peace of mind to their loved ones."

Thousands of caring members of our community helped bring these vital tools to our Hospital including donors who contributed to our capital campaign, responded to our recent mailings, made online gifts, and purchased 50/50 Hospital Lottery tickets. This is a shining example of how together, we can save lives and improve health.

Cover photo: *Dr. James Hewak with one of the scopes funded by our generous donors.*

YOU *make patient care better at Guelph*



Shaymaa Salem, Multi Lab Technologist (L); Jim McIntosh, Charge Technologist, Clinical Chemistry (R)

Your contribution matters to Guelph General Hospital

At a cost of just under \$30,000, Guelph General Hospital (GGH) was able to purchase two new blood gas analyzers, thanks to the caring generosity from you and others in our community.

“These analyzers may not be big and flashy like an MRI or CT scanner, but they are just as important in the care of patients, especially those who are critically ill,” explained Jim McIntosh, Charge Technologist, Clinical Chemistry.

These machines are critical as they rapidly analyze samples for life-threatening blood gas imbalances, which can result from kidney failure, heart failure, uncontrolled diabetes, and other critical conditions.

When a critically ill patient arrives through the Emergency Department, a blood gas analysis is often one of the first tests ordered.

With the new blood gas analyzers, processing times have decreased from two minutes down to 45 seconds. When a patient is critically ill, every second matters to saving their life.

And, especially now, with the COVID-19 pandemic, having these new analyzers is more important than ever. That’s because knowing blood gas levels of patients who need a ventilator to breathe, is essential to monitoring their condition.

“I want donors to know how important they are in helping us provide the highest quality care and experience to all patients and their families. By funding every piece of patient care equipment at Guelph General Hospital, donors truly make a difference,” said Jim.



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Dr. Angela Northy, Anaesthesiologist, expressing gratitude to donors in a Zoom video call with FGGH.

You gave new capnography monitors to the Hospital's Post Anaesthetic Care Unit (PACU)

Capnography allows physicians to monitor how well their patient is breathing. It is most often used when a patient is given medicine for anaesthesia or sedation and also when a patient is recovering from these medications.

"Exhaled carbon dioxide (CO₂) is monitored continuously and in real time so that we can be sure that a patient's breathing is adequate for their needs," said Dr. Angela Northy, one of our hospital's anaesthesiologists.

The patient's caregivers can follow levels of CO₂ that are breathed out. For example, a decrease in CO₂ would signal that something is wrong and would allow a quick response.

"Without donors and their generosity, we'd be missing equipment that is vital for what we do, to look after patients and keep them safe," said Dr. Northy. "So thank you. Every dollar that comes into the Hospital is needed and allows us to give back to the community."



Kelley Stanley, Physiotherapist (R) with the Foundation's Elizabeth Stewart (L)

Yes, heavy-duty practice stairs are also funded by you!

Our *Yes, That Too is Funded by You* video series is back with a new episode posted to our YouTube channel this month.

This series celebrates the numerous small but important pieces of patient care equipment that you help fund.

Through your recent donations, Guelph General Hospital was able to purchase a set of heavy-duty practice stairs for 4 West.

These stairs are used by the our rehab staff to assess patients for range of motion, strength and mobility before going home. They also help caregivers make sure patients will be safe getting up and down stairs once they are home.

Having a dedicated set of stairs on 4 West provides a better experience for patients and more efficient care by our team.

See <https://gghfoundation.ca/yes-that-too-is-funded-by-you/> to link to all our videos on YouTube.



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*



Nichola Martin receives exceptional care in extraordinary times

On the afternoon of June 20th this year, Guelph paramedics responded to a call for help at a local residence. Nichola Martin, had fallen off her backyard deck stairs and was in a lot of pain. EMTs transported her by ambulance to the Guelph General Hospital (GGH) Emergency Department, where X-rays showed both arms were fractured just above the wrists.

It's one thing to break an arm; it's another to break both arms, but it is quite another to do so in the middle of a virus pandemic! Nichola admits that she was initially quite nervous. However, she relaxed when she realized the level of professionalism and care she was receiving, from the first responders to every hospital staffer she encountered.

Nichola's wait in Emergency was only about five minutes. From there to X-ray to the procedure for setting her bones, Nichola met with, in her words, "amazing care." "The ER doctor, the nurses, the porters who took me to X-ray and back, the technicians, surgeon and anaesthesiologist, everyone was incredibly caring."

Within four hours, Nichola's arms were set, splints applied, and she was on her way home.

Because of COVID-19 protocols, Nichola's husband, Art, could not stay with Nichola in the Emergency Department during her time there. He was not allowed inside the hospital at all. But he describes his experience in very favourable terms. He found waiting at home was more comfortable than sitting in a hospital waiting room. He was able to call directly to the unit where Nichola was being treated. Staff gave



Nichola Martin

him specific information and called him back as soon as Nichola was ready to be released.

Art believes that "the focus on the patients (and not on the waiting family) allows the professionals to triage more efficiently, and that leads to better care." He describes his interactions with staff as reassuring and supportive, and he notes that the technology available is of high quality. To quote Art, "Professional expertise is applied with an empathetic lens. GGH staff demonstrate a strong element of caring and responsiveness that I believe is under-recognized."

Now, several months after the accident, Nichola still needs her husband to assist her with personal care. However, she is healing and upbeat, and very grateful for the excellent care she received at GGH.

She wants the staff to know how much she and Art appreciate the care and support they received on that day in June.

That is why Nichola and Art have donated to The Foundation of Guelph General Hospital. They want our caring staff to have quality resources to do their jobs properly, especially during these difficult times.



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YOU are a part of our healthcare team



You're invited. Help GGH improve the patient experience

Your financial support shows you care about the hospital; would you also consider a gift of your time? Guelph General Hospital is inviting members of the community to apply to serve on the Patient and Family Advisory Council (PFAC). Your voice is needed to support the integration of patient and family member perspectives into the hospital's policies and care practices.

Patients and family members are a critical part of our healthcare team and are experts in the patient and family experience within healthcare. GGH's goal is to have patient and family-centred care at the forefront of policy and program decision making.

Patients who have accessed care from GGH, as an inpatient or outpatient, within the last three years and are over the age of 18, are invited to apply to become a volunteer PFAC member. Their family members or other caregivers are also invited to apply. Typically, advisors

volunteer 2-4 hours a month and a commitment to a 2-year or 3-year term is desired.

PFAC will have a direct impact across a wide range of hospital initiatives, programs, projects, services and policies, ensuring the patient and caregiver voice is embedded in all areas. Please consider a gift of your time and volunteer with us to improve local healthcare.

For more information, please call 519-837-6440 ext. 2788 or email GGHpatientexperience@gghorg.ca.



Community Events

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

Hindu Society of Guelph



The Hindu Society of Guelph hosted a Facebook Live concert in April, which raised over \$4,000. The proceeds went toward the purchase of the endoscopes.

Judy Mahon Tupperware



Donating a portion of sales is one way businesses support us. Judy Mahon raised over \$200 for our endoscopes through an online Tupperware fundraiser.