

PRESIDENT'S MESSAGE

Let me start by thanking my fellow POHA directors for entrusting me with the chairmanship of the Board - no mean feat considering the track record of my predecessor, Dr. Michael Martin. The POHA has been fortunate in having had Mike conduct its affairs for a variety of reasons: his visits to both the Kamloops and Kelowna hospitals have helped with the ongoing development of the visitation programs in these areas; his willingness to participate in every activity of the Association has demonstrated his commitment to the ideal of leadership by example; and his establishment of positive relationships with the Founders' Golf Cup Foundation and The BC and Yukon Heart and Stroke Foundation have broadened the scope of the POHA's sphere of operation. Mike will continue as the team captain for the visitors at Royal Columbian Hospital as well as take on the responsibility of editing this newsletter.

Vern Halverson remains on the Board, but has stepped down as Secretary so that he can take on the challenge of combining the three team captaincies at St. Paul's into one captaincy position - a position he has filled willingly and most competently.

Michael Hertslet has taken a well deserved break from organizing the pre-admission visitors at St. Paul's. We are indebted to Michael for his many years of service to the POHA not only as a visitor and team captain at St. Paul's but also for serving as Vice-President of the Board of Directors.

We have been fortunate in adding to our Board two men who bring extensive administrative backgrounds to their Directors' positions. Their experience has already proved valuable at Board meetings. Elsewhere in this issue, you will find profiles on these new Directors, Dr. Roger Kocheff and Dick MacKenzie, our new Secretary.

POHA now has a website which can be accessed at www.pacificopenheart.org.

Also to be found in this issue is the report on The POHA Zippers and their participation in this year's Vancouver Sun Run, ably organized by Director Kathy McAuliffe.

For the golfers amongst you, a detailed description of this year's annual tournament has been provided by Directors Geoff Mook and Morley Pitcher.

An article featuring "The Voice of The POHA" -

Sharon McGovern - has been included in this issue.

This new service provided by Sharon has been beneficial to both those who call the POHA phone number for information and the team captains at Royal Columbian, St. Paul's and Vancouver General.

While there is always a need for new visitors at the aforementioned three hospitals, we have need of a member to fill a special position with a most worthwhile organization that continues to provide us with very generous support: a liaison person is needed who could attend Board meetings of the Heart Transplant Home Society. This small, highly dedicated group not only provides reasonably priced accommodation for heart transplant patients at St. Paul's Hospital but also has made accommodations available to the POHA whenever vacancies in their two facilities arise. This liaison person need not be a current Director of the POHA, so if you think you could fill this position and would like to learn more about the responsibility it entails, please contact me via e-mail (wturpin@hotmail.com) or via the POHA phone number.

Our thanks go to Ron Bayne and his hard-working Board of the Heart Transplant Home Society for their thoughtfulness and generosity.

Finally, may I offer my thanks to all our dedicated Board members and especially to each of our volunteer hospital visitors who assist open heart surgery recipients to make the best possible recovery.



The Founder's Cup Charity Classic Foundation

The Founder's Cup Charity Classic Foundation is pleased to continue its support of the Pacific Open Heart Association. The Founders Cup Charity Classic is a premier golf tournament held annually at Swan e Set Bay Golf and Country Club in Pitt Meadows. Our **11th** annual tournament will be held on September 8th & 9th. The enthusiastic support we receive from POHA during the tournament helps ensure its success. We would welcome POHA golfers who may be interested in playing. Your involvement will not only support POHA but will also help the Healthy Heart program at VGH, the BC. Sports Hall of Fame, Parkinson's Research, Inner Visions and the Maple Ridge Community Foundation. For more information call Roger Kocheff at 604-467-2904



THE ROLE OF PHYSIOTHERAPISTS IN RECOVERY AFTER OPEN HEART SURGERY

By Lori Roy BScPT

Thank you for asking me to contribute to your newsletter. I am a physiotherapist who works at the Royal Columbian Hospital in the

Open Heart Surgery program. I am very impressed with the Pacific Open Heart Association's commitment to helping others who have undergone open heart surgery. I see regular volunteers from this organization coming in to see patients both before surgery and afterwards, sharing their experiences with them and helping them realize that there can be a good quality of life after surgery. I can tell you that it certainly makes a difference to these people when they can see someone who's had the surgery and is now leading a normal life.

In order to start living that life though, the patient has to make it out of the hospital first, and this doesn't happen without having a physio "terrorist" make sure that they are up and moving about so as to minimize the side affects of immobility. Common side effects of staying in bed can include: muscle weakness, poor circulation which can lead to the development of blood clots, urinary tract infections, constipation, aggravation of respiratory problems, bed sores and depression. We are also there to ensure that the lungs are working to their optimum ability so as to prevent complications such as pneumonia and atelectasis. This is what can happen to the lungs after surgery when the body is not getting enough air down to the bottom of the lungs to keep them open. Deep breathing exercises and walking help to clear this up. If there are significant amounts of secretions in the lungs, we can help to get rid of them by clapping the back with our hands to help to loosen them up, or using a mechanical vibrator to help the secretions to move along so that you can cough them out. We never said this job was glamorous! When we minimize these problems, the patient can get out of the hospital faster and this allows there to be a bed for the next person coming into hospital for their surgery.

We see patients both pre-operatively and post-operatively. During the pre-op, we gather information to let us know how well the patient was getting about before hospital admission. For example, if a patient had a total hip replacement recently, they may not be able to get off of a chair without using their arms, so we'd have to take this into account when considering their post op course. In that instance, we would provide them with a taller chair to make it easier to get up without using their arms. We also do a teaching session in the pre-operative phase where we show people how to use the incentive spirometer for deep breathing exercises, and how to get in and out of bed and off of a chair without using the arms. One thing that we have changed in past years is that we no longer use reins where people would pull themselves up into a sitting position to get out of bed, we now use a log rolling technique. It is particularly important not to use the arms for moving about in order to promote the healing of the sternum

following surgery. It takes from 6-8 weeks for the bone to heal, so any heavy lifting (such as pushing the body up from a sitting position) can delay the healing of this bone and leave it open to opportunistic bugs that can get in and cause an infection.

We spend the majority of our days seeing people after the surgery, preparing them for discharge home by making sure that they can get in and out of bed on their own, can walk about the ward independently and can climb 2 flights of stairs without any problems. Even if one doesn't have stairs at home, we try to do stairs with everyone following surgery in order to assess whether there will be any rhythm problems with the heart. This allows the doctor to address any such concerns promptly. We run an exercise class daily on the ward. In this class, we do gentle range of motion exercises in a sitting position to help the joints maintain their mobility and the muscles to stretch themselves out so as to help them recover after surgery. There can be many aches and pains for the first few weeks following surgery, and these exercises can help to alleviate that.

We encourage everyone to make exercise a part of their daily routine. There are many excellent programs in the communities that we recommend to people. These are called healthy heart programs and they are present in many YMCA's and hospitals. If not interested in participating in these programs, there are many others where one can go walking or running with a group, join a swim class, a hiking group or just do one's own program. Of course the doctor will recommend how much activity the patient should be doing following heart surgery. One should have comfortable clothing and try not to exercise immediately after a heavy meal. A half an hour of exercise daily is good for the heart and it keeps one away from the hospital and us physioterrorists!

NEW DIRECTORS

Two members were elected to the new Board of Directors at the Annual General Meeting held last February Both bring extensive experience and expertise to the Board.



Dick Mackenzie is a retired teacher who taught Biology at a number of Burnaby high Schools. He had by-pass surgery at St. Paul's Hospital in 2004. He lives in West Vancouver.

He was on the Board of the Vandusen Botanical Garden Association for five years and was president for one year.



Dr. Roger Kocheff is a practising veterinarian in Maple Ridge. He underwent valve replacement surgery at Royal Columbian Hospital in 2001. Roger is a past president of the BC Veterinary Medical Association. He is

a board member of the Founders Cup Charity Classic Foundation. He works hard towards organizing their annual golf tournament and their fundraising activities.



THE VOICE OF THE P.O.H.A. TELEPHONE SERVICE

Since the last issue of the Pacific HeartBeat, our phone service has been changed, resulting in improved service to members and to anyone else looking for support related to open heart surgery.

The phone number is the same, 604-436-9005. The difference is

that instead of being greeted by a recorded message, as in the past, your call will be answered, in most cases, by the live voice of Sharon Mc Govern.

Sharon had by-pass surgery at St. Paul's Hospital in 2004. As she says, "I wanted to do something to help, but a back problem limits a lot of physical stuff, so I thought it would be great to be the person at the other end of the phone. I am proud to be a part of Pacific Open Heart Association, and I will always be here to take your calls."

Sharon was born in Toronto, moved to Alberta in 1979 and finally to Vancouver in 1995. She has two daughters, and 5 grandchildren ranging in ages from 20 to 3 years old. Again quoting her, she has a, "wonderful husband., Dave, who has been her guardian angel through it all."

Please feel free to call Sharon. She loves to answer your calls, even if you just want to chat. If you have questions about services in the province, she will do her best to get you an answer or refer you to someone else. You may still occasionally be answered by her answering service, but be assured she will be back to you before long.

P.O.H.A. SUPPORTERS

As donors are very important to the success of the POHA's visitation programs, we would like to recognize and say a "heartfelt" thank you to the following POHA donors during the past twelve months:

Stan Andrews, Waiter Ball, John Bennett, Joseph Benson, William Bonar, Rosalio Borsoi, Morley Chang, Eric Chapman, Romeo Chua, City of Surrey, Coast Capital Savings Credit Union, Elaine Cook, May Derksen, Fred & Marie Donatiello, Chuc Duong, Eileen Evans,
Bonnie Fournier, Founder's Cup Charity Foundation, Art George, Jack Grant, Spenser Hadland, John Herring, Srecko Humar, Roy Johnson, Robert & Elizabeth Justason, See Ben Ko, Frank Kozakiewich, Frank Krastoka, Jaide Kiraishi, Cullis Lancaster, Wolfgang Leininger, Sharon McGovern, Bud McLeod, Melchor Mangahas, Cheri Mason, Murray Mawhinney, Finlay Morrison, John Morrow, Arthur & Elizabeth Ng,

Fiona Odam, Helen Orenchuk, Robert Palmer, Jim Pedersson, Gordon Rice, Jennifer Rule, Gunvant Shaw, Sitter School of Dancing, Gisele Smith, TELUS, Bill Tidball, Alfred Tirshman, Patricia & Terry Tochkin, Denis Vaughan, Kenton Wilson, Hans Wong, Gloria Yau, and the Zoroastrian Society of RC.

Donations to the Pacific Open Heart Association, a registered charity, can be made directly to the POHA or indirectly through the United Way's Donor Directed Gifts Program. All donors receive an official receipt which is tax deductible.



LETTER TO THE EDITOR

I became a fellow "zipper" on February 2, 2004 and your volunteers added pleasant relief to some difficult days. I still have my little heart pillow which at the time seemed rather silly but now brings back warm memories. The story in the newsletter from Dr. Vicki Bemstein really brought home the importance of your entire team. Dr. Bemstein sets the bar for all other physicians to measure up to. Her meticulous appearance, classy yet earthy demeanor and her wonderful sense of humour were the bright spots of my days in the tower. We have a cardiologist here in Kelowna named Sandi Barker who must use Dr. Bemstein as a role model. I consider myself very fortunate to have been treated by them both. VGH can be extremely proud of its cardiac care personnel. Many of them border on the category of "Angels." For all you do, thank-you.

Mike Roberts, Kelowna, RC.



VOLUNTEER VISITORS NEEDED

In order to keep our visitation program working efficiently in Vancouver General, S1. Paul's and Royal Columbian Hospitals, the POHA always have a need for new volunteer visitors, especially over the summer holiday season. If you are able to spend 2 to 4 hours each month to visit patients in one of the hospitals, please phone Mike Martin at 535-3195 He will be happy to tell you more about this very rewarding opportunity to give support to fellow heart patients.

In addition, our team that visits at the Royal Inland Hospital in Kamloops could use some more open heart surgery survivors to provide occasional visitation service. If you are interested, please call Dick Weller at 250-374-8468.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not". - Dr. Seuss in The Lorax

GOLF TOURNAMENT

Place: Burnaby Mountain Golf Course

Date: September 22, 2005

First Tee Time: 11 :00 A.M.

Cost: \$80 for golf and dinner. Dinner only: \$35

We are pleased to announce our 21 st annual POHA golf tournament will be held at the same place as last year. We have placed an order for fine weather and would like to extend to you and all our golfmg partners a hearty invitation to come and join us.

Even if you don't play golf, we have a 9 hole putting competition in which anyone can play. Also, we encourage all Open Hearters, spouses, and guests to come to the dinner celebration, both golfers and non-golfers. The dinner will start after every golfer is finished and as close to 7 PM as possible - dress is casual.

For those who would like to receive our golf information package, get further information or donate a prize, please contact one of the chairpersons, Moe Pitcher at 604-738-6629 or Geoff Mook at kdgm@telus.net. For those who have received the package, please complete and return the registration form as soon as possible to help us finalize arrangements and foursomes.

As September 22,2005 is to be a day of fun (not fundraising), our fees have been reduced to \$80! Also, we would remind holders of gift certificates to use and attach them to their 2005 registration.

We are looking forward to seeing all our old friends and many new ones too, as we share and enjoy the gift of life given to us by our surgeons' skills.

If you would like to receive further copies of this newsletter and become a member of the Pacific Open Heart Association, please complete the "Membership Request" below and return it with your \$10.00 annual membership fee in the envelope provided by your visitor.

MEMBERSHIP REQUEST

Name _____

Address _____

City _____

Postal Code _____

Phone _____

I am interested in becoming a volunteer visitor: Yes

I am interested in other volunteer opportunities with POHA: Yes

Membership Fee is only \$10.00 per year.

Membership: Jan 1 to Dec 31

The POHA acknowledges the generous support of the Founders Golf Cup Foundation in the production of this newsletter.



Pat Hagen at the end of the Sun Run

SUN RUN

This was the second year for the Pacific Open Heart Association 'Zippers' to participate in the Vancouver Sun Run which took place on Sunday April 17. There were 25 people signed up for our team, and due to last-minute cancellations, we ended up with about 18 Zippers participating in the event. The day was a bit cool and drizzly, but that didn't dampen the spirits of our runners and walkers, who were interspersed throughout the total of 48,000 participants.

Reg Phillips, who is the most senior but perhaps the most enthusiastic Zipper, completed his **11th** Sun Run, and POHA member Dave Doldon managed to recruit an additional 5 family members for the team Vern and Greta Halverson, who are avid walkers, joined the team for the second year. Most of our group clocked in between 90 and 120 minutes, but Ken Chung, with the blessing of his Cardiac Rehab trainers at VGH, finished the 10 km course in a speedy 75:48!

We had a group of 14 for brunch afterwards, where we warmed up with plenty of food and drink, and almost everyone took home a draw prize. A big thank-you to all our Zippers, and to everyone who helped out by delivering race packages. We are also grateful to the sponsors who donated great prizes. Next year sunshine has been ordered for the Sun Run - we'll see all you 'Zippers' then!

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