



Pacific HeartBeat

NEWSLETTER

January 2010



President's Report

By Warren Keep

On February 6th I shall be handing over the Presidency. The last two years have shown me how dedicated the volunteers, within our organization and the outside volunteers, are. Thank you for your valued support.

I'd like to go back to Nov 21, 2002 to thank the other group of people who helped me recover just after my by-pass operation, and that group is the nurses on the cardiac floor.

I think all of us have memories of the nurses that took care of us, with their calm, caring concern about our well-being. As a volunteer at Royal Columbia Hospital, I am still amazed at the dedication, efficiency and compassion of all the nurses I meet on the cardiac floor, 2 South. There's one nurse still there, that I remember from 2002, Sharon Johnson. I asked Sharon to share a bit of her personal story about becoming a nurse. This is what she told me.

"After being a stay at home mom for a number of years, I took the nursing program at the Douglas College, in New Westminster. After graduation, I went to RCH in April 1989. I joined the staff on 2 South in 2000. I love working with the cardiac unit because the focus is on a "wellness model", and a team approach. The doctors, nurses, unit clerks, physiotherapists, dieticians, social workers, clergy and POHA volunteers all work together to ensure discharge as soon as possible. Being part of that team is a privilege".



Sharon Johnson, dedicated member of the 2 South Cardiac Unit at Royal Columbian Hospital.

Well Sharon, all of us, no matter in which hospital we were patients, are privileged to have those great teams being involved in our care.

POHA Provides Financial Assistance to Eagle Ridge Hospital Monitored Care Unit

By Jack Tompkin

The Monitored Care Unit (MCU) of Eagle Ridge Hospital purchased 8 ergonomic chairs to be used by heart patients awaiting transfer to other hospitals for heart surgery. The replacement chairs are a simple design with steel frame, vinyl seats and back. They have arms that make it easy to rise, and give side support. And most importantly, they are easy to keep clean and sanitize.

The new chairs will replace some armless kitchen type chairs and wooden lounge chairs with loose padding. The patients found it difficult to rise from the armless ones, which, without side support, also posed a hazard if a patient dozed off. The wooden ones were also hard to rise from and were difficult to clean and sanitize.



Fran Kuhn, Manager of Health Services, Eagle Ridge Hospital, in Maple Ridge receives a cheque in the amount of \$1,576.00 from Jack Tompkin, representing POHA.

Patient Education Television at Royal Columbian Hospital

By Kate Martin, Clinical Nurse Educator, Royal Columbian Hospital Cardiac Services

On October 14th, 2009 Cardiac Services at Royal Columbian Hospital in New Westminster launched a patient education television channel (Channel 65), which is broadcast on bedside televisions throughout the second floor. Funded by the Pacific Open Heart Association and the Royal Columbian Hospital Foundation, this channel broadcasts from 7:30 AM to 11:15 PM daily. A television is provided at each bedside and the service is provided free of charge to the patient. The control center for the system is housed in the Clinical Nurse Educator's office, allowing for easy updating and adjustment of schedules.

Using a variety of professionally developed video programs this channel provides information relevant to the hundreds of patients who flow through the Cardiac program on an annual basis. Cardiac Surgery, Pacemakers and Coronary Angioplasty are but a few of the procedures explained. Programming specific to these procedures includes an explanation of the procedure itself as well as anticipated care both in hospital and at home. In addition programs addressing specific outcomes such as Atrial Fibrillation and managing Coumadin are available. Lifestyle concerns such as tips on quitting smoking, managing cholesterol, understanding the role of vitamins and nutrition, and eating out at fast food restaurants are addressed in a non-judgemental manner. During Rest Period and at the end of the day a relaxation video is played. Interspersed with these informative videos, short reminders about important hospital routines such as exercise class, incentive spirometry, and recovery targets have been developed.

Through the generous donations of POHA and the RCH Foundation each medical and surgical cardiac patient is provided with current and informative cardiac education.



Kate Martin, Clinical Nurse Educator, RCH Cardiac Services;
Adrienne Bakker, President & CEO, RCH Foundation; Dianne
Obal, Health Services Manager, RCH

POHA SUPPORTERS

By John Sutherland

A "heartfelt" thank you to the following who received income tax receipts for making Donations or In Memoriam Gifts to the POHA from Dec.1/08 to Nov.30/09:

Roger Adams	Cullis Lancaster
Alcohol & Drug Dependency Society of BC	Jackie Lapierre
Jean Andrews	Savo Lazarian
Paul & Kimberley Anhalt	Ron Leck
Allan Bakken	Wolfgang Leininger
Cecil Bartlett	Stuart Leslie
Clayton Blacker	Alasdair MacDonald
Rosalio Borsoi	Geraldine McIntosh
Robin Burnside	Archie McKen
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Carole Chester	Melchor Mangahas
Gene Chiang	Raymond & Grace Marshall
Jesse Child & Sau Wah Lam	Barbara Matthews
Community Centred College for Connolly Foundation	Tom & Phyllis Meredith
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Elaine Cook	John Morrow
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Eileen Evans	Raymond Pelletier
Richard Fahlman	John & Eunice Pistawka
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David Keith	Patricia Tochkin
Jaide Kuraishi	Terry Tochkin
B. Kwan	Betty Topp
	United Way
	Sophie Uytdehaag
	Stan Vyse
	Harvie Walker
	Reginald Wand
	Eileen Wilson & Kenton Wilson

This list is current as of November 30th 2009

Perfusion

By Dustin Spratt BSc, CPC, CCP

President, BC Society of Clinical Perfusion



On behalf of the British Columbia Society of Clinical Perfusion (BCSCP) I would like to thank the Pacific Open Heart Association for the opportunity to contribute to the Pacific HeartBeat Newsletter. Despite

Cardiovascular Perfusionists being an integral part of the open-heart team, little is known about who we are, or what we do. Cardiovascular Perfusionists are highly specialized medical professionals. There are only two. The Perfusionists primary role is the facilitation of open-heart procedures using specialized extracorporeal equipment and procedures. We can also be found providing vital support to the Vascular, Thoracic, General, Neuro, Orthopaedic and Transplant surgical programs, as well as the Cardiac Catheterization labs and Intensive Care Units. However, support of the open-heart team is our primary focus. 50 certified Perfusionists in Canada with 35 residing in British Columbia. There are currently 5 cardiac centers in BC (Royal Columbian, St Paul's, Royal Jubilee, BC Children's, and Vancouver Hospital), 4 of which are adult centers and one paediatric. However, Kelowna General Hospital is expecting to have a new cardiac center open by 2012.

There has been growing concern there may be a shortage of Perfusionists in the near future. This will be in part due to our small numbers, but more significantly to a substantial increase in the demand for open-heart procedures due to the aging "Baby Boomer" population.

To address this issue the BC Society of Clinical Perfusion (BCSCP) and the BC Institute of Technology (BCIT) are jointly developing a new Cardiovascular Perfusion training program. This program will address the increasing demand for our profession and hopefully set a new bench mark in Canada for this highly specialized training. The new program is on track to accept the first cohort of students in the fall of 2010.

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Cardiovascular Perfusionists are responsible for maintaining a patient's circulation and respiration during surgery through the preparation and operation of sophisticated extra-corporeal circulation equipment as well as other ancillary devices.

So what is cardiovascular perfusion and what do Perfusionists really do?

Cardiovascular Perfusion is the process of employing Cardiopulmonary Bypass (heart-lung machine) during open-



Heart-Lung Machine

heart surgery to replace the normal functions of the heart and lungs, allowing the heart to be stopped to facilitate surgery. Perfusionists also have expertise with other life support equipment such as ventricular assist devices (VAD's), intra-aortic balloon

pumps (IABP's), and Extracorporeal Membrane Oxygenation (ECMO). This specialized equipment is used to support the patient's heart and/or lungs as a bridge to recovery or transplant. Perfusionists also perform ancillary procedures such as autologous blood recovery and plateletpheresis.

In closing, Perfusionists maintain and operate highly specialized state of the art equipment to facilitate very complex surgical procedures. The Cardiovascular Perfusion profession is very demanding, however, it is also a highly rewarding profession as well. I would like to again thank the Pacific Open-Heart Association for this opportunity to highlight our profession. More information about our profession can be found at the following websites.

www.bcscp.ca www.cscp.ca

POHA 26th Annual Golf Tournament June 2010

By Roger Kocheff Chair POHA Golf Tournament

The consensus opinion of those who participated in 2009 was to hold the 2010 tournament at Poppy Estates. We have contacted them but they do not take firm bookings until January 2010. I have asked them to save us either Wed. June 16th. or Thurs. June 17th. I am sure that will work for us. When the date is finalized, we will send the golf package out to all those who have participated in the past or shown an interest.

Please plan to attend. For more tournament information or to learn how to help with the tournament contact me at:

604-467-2904 or rkocheff@telus.net

Please send Golf Tournament Information to:

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

VOLUNTEER VISITORS

By Mike Martin, Team Captain, Royal Columbian Hospital

Volunteers visit patients daily in the three hospitals where open heart surgery procedures are carried out. In addition, visitors see patients at many hospitals throughout the province where they are waiting for transfer to the coast for surgery.

In two hospitals, we are affiliated with other organizations whose members provide a very similar service. These are the Kelowna Coronary Exercise Society and the Chilliwack Heart Support Group.

We, the members of the P.O.H.A. want to thank the following volunteer visitors:

Morley Aboussafy, Charlie Adams, Bill Anderson, Brian Anderson, Don Anderson, Maureen Baker, Kenneth Beesley, Harvey Bentley, John Berard, Ken Bernath, Fraser Berry, Craig Bidnell, Doug Black, Marjorie Blair, Tom Bleackley, Barry Botsford, John Brault, Les & Carol Breckstad, Alfred Buchi, Gene Chiang, Mike Chisholm, Rick Cozzuol, Dave Crealock, Dave Darling, Clar Dickson, Roy Edwards, Jack Grant, Patrick Hagan, Bill Hampson, Vern Halverson, Judy Hankey, Mark Haslem, Don Herd, Jean Highlands, Michael Hollick, Warren Keep, Roger Kocheff, Andrew Law, Clayton Lehman, Jane Luke, John Marcanato, Mike Martin, Jack Morris, Jerry Moloci, Fred Morley, John Moxness, Fiona Odam, Mac Parlee, Vickie Pedlar, Art Perry, Roger Phillips, Vaughn Raeside, Howard Rees, Gordon Rice, John Rose, Jennifer Rule, Peter Sebastian, Phillip Selzman, Chester Szarko, Tom Taylor, Julian Thorsness, Jack Tompkin, Larry Tuan, Terry Vickers, Al Vogt, Bert Webb, Dick Weller, Catherine Williams, Bob Williams, Frank Winters, Hans Wong, Bruce Wood, Pauline Zaytsoff, George Zukerman.

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitor. We are critically short at Vancouver General.

If you can spend 1 to 2 hours every couple of weeks to give support to open heart surgery patients, one of the following team leaders would be very happy to tell you more about the opportunities available:

Vancouver General	Alfred Buchi	604-581-5508
Royal Columbian	Mike Martin	604-535-3195
St. Paul's	Vern Halverson	604-261-2153

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Telephone: 604-436-9005



Cartoon by Ron Cooper, former POHA Member

Annual General Meeting Saturday February 6, 2010

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC

Time: 1:30 PM

Speaker: Dr. Robert Hayden, Chief of Cardiac Surgery,
Royal Columbian Hospital

Topic: Not Available at time of printing

Membership Registration desk will open at 1:00 PM

If you would like to continue to receive copies of this newsletter, please renew your membership or become a member of the POHA. Complete the form below and return it with your \$10 annual fee.

MEMBERSHIP REQUEST

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in becoming a volunteer visitor:

I am interested in Golf: