



Pacific HeartBeat

NEWSLETTER

Volume 20 Number 1

July 2006



POHA PRESIDENT'S REPORT – Summer 2006

Our feature article in this newsletter has been authored by Kate Martin, Clinical Nurse Educator for Cardiac Services at Royal Columbian Hospital. Kate was recently honoured by the College of Registered Nurses of BC with an Award of Excellence In Nursing Practice.

We welcome two new members to The POHA Board – Tom Fleming and Warren Keep – whose profiles appear elsewhere in this issue. Tom and Warren have each taken on important roles on The Board which will be described in future issues of this newsletter.

Special thanks go to Board Member Pat Hagan who has devoted considerable time and care to establishing a new working relationship which will upgrade our web site. Thanks also go to former Board Member Bob Oberg who generously donated his time to start the web site for us.

By the time you have received this newsletter, another POHA Golf Tournament will be in the record books. Thanks to director Moe Pitcher and his hard-working committee for once again staging this enjoyable event.

The Board apologizes to those of you who erroneously received an insert in your last newsletter inviting you to join The POHA when you already were subscribed members. This problem was not the doing of our esteemed editor Michael Martin but, in fact, was an error that occurred at our printers when the wrong insert was included in some of the newsletters.

Thanks to the ongoing efforts of all our dedicated hospital visitors and our dedicated Board of Directors, and best wishes to Director Marie Donatiello (who organizes the distribution of those heart-shaped pillows) for a speedy recovery after a nasty fall recently which left her with both a broken wrist and a broken arm.

Finally, to all of you who have received open heart

surgery or in some way have cared for the recipients of such procedures. Best wishes for a happy, restful summer.

Regards...Bill Turpin

VOLUNTEER FOR THE HEALTH OF IT

If you ask any of the approximately 75 members who are volunteer visitors, they will all tell you it is a very rewarding position. Our volunteers donate their time to visit patients at Vancouver General, St. Paul's or Royal Columbian Hospitals because it is an enjoyable experience, especially when the patients and their families inevitably express thanks and gratitude for the opportunity to talk to someone who has experienced what they face. As well, it is very common for hospital staff, including the doctors to emphasize the benefits of a POHA visit.

Unfortunately, as with any organization, we experience a constant turnover. For example, at Royal Columbian, two visitors have recently moved out of the area, another is planning to move, and one has retired for health reasons. In addition, the number of pre admission clinics to be visited has increased from one each week to three. Therefore, we always need more members at all three hospitals to join the ranks of the volunteer visitor.

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

Royal Columbian Hospital
Mike Martin 604-535-3195

St. Paul's Hospital
Vern Halverson 604-261-2153

Vancouver General Hospital
Marjorie Blair 604-435-4040

Nursing Education at RCH

Thank you for this opportunity to discuss the specialized education of the nurses providing care in the Cardiac Surgical Intensive Care Unit (C.S.I.C.U.) and the Telemetry Ward at Royal Columbian Hospital.

Over the last decade nurses are increasingly in demand in this province and indeed throughout the world. Creative recruitment and retention strategies as well as support for education form an integral part of our program.

Undergraduate student nurses are invited to gain clinical experience on our telemetry ward. A program initiated in 2005 has allowed us to hire some of these undergraduate nurses into support positions. Under the supervision of qualified staff nurses, these nurses gain valuable experience and develop an interest in Cardiac Nursing. This spring, our first two undergraduate nurses have completed their training and have been hired into positions in the New Graduate Program.

The New Graduate Program allows newly qualified RN's to work in our specialized area in a reduced capacity. They attend classroom orientation with the Clinical Nurse Educator followed by two to three weeks of on the job training. Once this training is completed the new grad is able to provide patient care with the support of an experienced staff member who supervises advanced skills such as ECG interpretation and care of pacemakers.

After several months working in this capacity, the new grad is sponsored to attend a nine week high acuity specialty course at BCIT. On completion he or she enters a six week orientation which involves both classroom and clinical training before becoming a fully qualified telemetry nurse.

Nurses interested in practicing in the CSICU require a minimum of two years experience. Nursing students from specialty graduate programs are encouraged to gain clinical experience with us mentored by a senior CSICU nurse. Royal Columbian Hospital also sponsors experienced nurses to attend an eleven week critical specialty course at either BCIT or Kwantlen

College. On completion of this course the nurse enters an eight week orientation which includes four to six classroom days and a minimum of twelve 12H supported shifts before practicing independently.

Of course not all of our nurses are new grads! Many come to us with previous experience.. These nurses are individually assessed on hire and are provided with the appropriate educational training. All nurses regardless of experience complete a minimum of four classroom days and eight 12H supported shifts before practicing independently.

Support and learning does not stop when orientation ends. Each new staff member is assigned to a mutually agreed upon mentor who continues to support and encourage the new staff member during their first year of practice. Regular



*Kate Martin, RN
Clinical Nurse Educator,
RCH, Cardiac Services*

clinical update days and a variety of educational sessions and workshops are offered both in and out of the hospital throughout the year. As a result we are confident in our ability to provide and continue to provide the quality of

patient care our cardiac patients have come to expect.



"Revised" POHA Web Site

The Pacific Open Heart Web Site, (www.pacificopenheart.org) has recently undergone a major upgrade. It became available recently. So, please "surf" on by when you get a chance. We would appreciate receiving any comments or suggestions. These can be sent to: pathagan@telus.net

Sun Run 2006

The Pacific Open Heart "Zippers" participated in the 2006 Sun Run for the third consecutive year. Our number of registrations was not overwhelming. We had 10 in total, which is the minimum required to enter a team. And of the 10, only 6 were people who had undergone open-heart surgery. The other 4 were family or friends.

Here are the results for the 6 "open-hearters" who participated:

Name	Time	Finish
McAuliffe, Kathleen	66:21	16886
Sullivan, Lloyd	90:24	28865
Robinson, Brian	92:51	29672
Martin, Mike	109:38	34775
Hagan, Patrick	109:40	34782
Nobleman, Abe	128:25	38391

Congratulations to all !!!!

Of special note is the performance of Abe Nobleman. Abe is 91 years old !! Well done Abe – you are an inspiration to all.

We did not qualify for team results as unfortunately not all 10 members of the team completed the race.

We would like to have our "Zipper" team in the 2007 Sun Run but in order to do so we need a pre-race commitment for at least 20 participants.

Please contact:

Patrick Hagan pathagan@telus.net 604-536-7141 by November 30, 2006. He will be pleased to accept your commitment and to answer any questions. If we can reach our target of 20, knowing that some will not be able to register or race, then we will register the "Zippers" for 2007.

We encourage family and friends to register as members of our team. Also, please note that team registrations close MUCH earlier than individual registrations. For 2006, team registrations closed March 10th but individuals could register as late as April 22nd.



Abe Nobleman, age 91, and a member of the POHA Team in the 2006 Sun Run, crosses the finish line with his daughter Elaine Nixon.

NEW DIRECTORS

Two members were elected to the Board of Directors at the Annual General Meeting held last February.

Tom Fleming is a native of Prince Albert Saskatchewan. Betty is his wife of 56 years. They have one daughter, one son, five grandchildren and two great grandchildren.

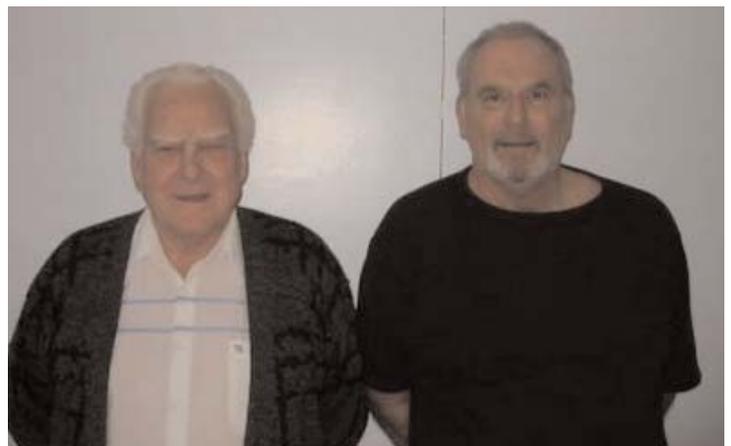
Tom has been associated with the heating, ventilating, air conditioning and refrigeration industry. He retired from ICBC eleven years ago, where he held the position of Manager of Building Services. He is a Life Member of the American Society of Heating, Refrigeration and Air Conditioning and Refrigeration Engineers, and past international president of the Refrigeration Services Engineers Society.

Warren Keep and his wife Dorothy have been married for 48 years. They have three children and three grandchildren. Before their first wedding anniversary in 1959 they left Canada

for what turned out to be a five year hitch hiking trip around the world.

Warren and Dot established five Hairdressing Schools and one Esthetic School in the B.C. Interior in 1985. In 1996 they sold their schools and retired to Pitt Meadows.

They have both had coronary artery bypass surgery, Warren in 2002 and Tom in 2004.



Tom Fleming and Warren Keep

DOUG KITSON AWARDED THE DON TOPP TROPHY

Doug Kitson was awarded the Don Topp Memorial trophy at the banquet following the June 29th golf tournament. Doug received coronary artery by-pass surgery at St. Paul's Hospital. He was elected to the Board of Directors in 2001. He has been a hard working director and a loyal volunteer visitor.

In his early career, Doug had a military background. Later, he worked for Agriculture producers and organizations including marketing boards. He commonly negotiated with high levels of government, including at the Ministerial level. Doug put these skills to good use as the P.O.H.A. liaison with the then Gaming Commission. As a result of Doug's tenacity and ability as a negotiator, P.O.H.A. was a regular recipient of funding which was all used to improve the quality of cardiovascular care throughout British Columbia.

Coincidentally, Doug, was, for some time, a co-worker of Don Topp, and the two of them polished their golf skills during regular meetings with Mr. Greenfields.



Mike Martin, Doug Kitson and Betty Topp

Volunteer Visitors Attended a Luncheon Meeting at Royal Columbian Hospital April 12.



front row: Pauline Zaytsoff, Umi Bodani, Kate Martin (Clinical Nurse Educator), Pauline Mayer, Patti Bronson, Geoff Mook

Second row: Pat Hagan, Mike Martin, Christina Berry (Head Nurse), Denis Vaughan, Roger Kocheff, Frank Winters, Vaughn Raeside, Barry Jackson, Bill Turpin (Pres. P.O.H.A.)

Back row: Gerry Cahill, Gordon Rice, Warren Keep, Mike Hollick, Jack Hufsmith, Jack Tompkin.



Perfect Weather for a Golf Tournament



Golf Committee chairman Moe Pitcher, Committee member Peter Joyce and P.O.H.A. President Bill Turpin at the very successful golf tournament held at the Tsawassen Golf and Country Club, June 29th

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 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:
 I am interested in Golf I am interested in the Sun Run Team
 Membership Fee is only \$10.00 per year.

Membership: Jan 1 to Dec 31

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