

Nursing Units Assistants [NUA] “The Communications Hub of Acute Care”

by Diana Hayes



Tina O'Donnell



Marie Buelles

Here in Lady Minto Hospital, we all wear many hats. The NUAs are no exception. As is often the case in small rural hospitals, their jobs demand a broad range of skills. They work under pressure, multitasking with precision and calm. Traffic is unpredictable in the Emergency Department and the NUAs are responsible for all ER admissions after 4:00pm when the front Admitting Department closes. Their 12 hours shifts begin at 7:45 a.m. and, for the first 8 hours, they perform many functions to assist nursing on ACU. They may start with transcribing physicians' orders and prioritizing, processing and coordinating the paperwork as well as tak-

ing care of necessary follow up action. They are truly the communications link for the unit. They schedule and book patient appointments for off-island tests, arrange for transportation, assemble and maintain patients charts and perform many clerical duties, including data entry and compiling statistics such as the daily census. They observe the patient call signals and relay messages to the appropriate personnel as necessary.

Maintaining the Patient Record is a key function for NUAs and it is not as simple as it may seem. Jo Twaites, Clinical Coordinator, elaborates:



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Moving to a Greener Lady Minto



Left to right: Jan Hartwig, Wendy Knoblauch, Jazzie Griffiths

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“The admitting part of the job is really detailed and important. It’s not just a matter of taking a patient’s name, because it is vital that the patient’s health record is accurate and all together. This means that NUAs are required to search the data bases for the patient’s record, confirm all vital information, including contact information, addresses, etc.. Patients often wonder why they are being asked the same questions with every single hospital visit, but having an accurate and complete medical record is essential for safe and complete medical care. Even though I have worked here for three decades, I get asked for my care card, birth date, address, family doctor etc. every time I come to the hospital and before blood is drawn for any test. I’m so grateful that this is done correctly and thoroughly.”

**Having an accurate and complete medical record is
essential for safe and complete medical care**

**There are two regular full time NUAs and four available
for casual coverage.**

Tina O'Donnell has worked at Lady Minto since 1997 and has worn many hats during her 20 years of service. Initially she started in the kitchen and then worked as a Pharmacy Assistant. She then trained in Admitting and Health Records and now works full time in the NUA position.

Marie Buelles joined the NUA staff in May of this year and has worked as a care aide since 2011 when she moved to Salt Spring.

Jazzi Griffiths is a Paramedic who has worked with the B.C. Ambulance Service here on Salt Spring and in Vancouver for fifteen years.



R.N. Ian and Dr. Ron on night duty in the ER. The RNs cover all admitting duties after the NUAs finish their shift at 7pm

Wendy Knoblauch's first assignment at Lady Minto was to provide coverage as Executive Assistant in 2008. She was then trained for the NUA position and also works as an MOA in Dr. Montalbetti's office.

Melanie Iverson has worked in Lady Minto since the early '80s and has covered positions in Admitting, the Business Office and as a casual NUA.

Jan Harwig is an LPN and works as a casual NUA. She also continues to work casual shifts in the Endoscopy Department.

When I ask Wendy what she likes best about working as a NUA, she replies it is the teamwork, especially in emergency situations. She also really enjoys meeting and registering people new to the island as well as seeing familiar faces of long time locals. She works with different team members daily and enjoys creating friendships among co-workers. Multi-tasking is a challenge, and this job is all about juggling and resetting priorities throughout the day. Staying calm is essential. Confidentiality is of utmost importance.

We all know the standard complaint about reading doctors' writing – NUAs are masters of the task.

Our other full time NUA, Marie-Charlotte Buelles says,

*I feel the Nursing Unit
Assistant is the grease in the
gears that keeps everything
running smoothly.*

"After five years of working hands on with patients, I was looking for a new challenge. The NUA position offers a great opportunity to learn new skills and to see the ins and outs of the ACU and ER from an angle I had never seen."

Jazzi Griffiths has worked as a Paramedic for 15 years and commuted for most of the time to the Mainland. She was

hired for casual coverage on the unit in 2016, and says, "I enjoy helping people. I also enjoy the clerical role, as in the past I have done office work which brought a sense of personal accomplishment. I feel the Nursing Unit Assistant is the grease in the

gears that keeps everything running smoothly."

"The most interesting aspect of the job is the network of information I am learning and how to apply it to the individual task. I find the multi-tasking a challenge yet very satisfying when I am able to prioritize and still achieve the unit's goals. At any point I might have six or more items on the go."

There is no doubt that it takes a special talent to direct the communications traffic under difficult circumstances and with precision and speed. These woman achieve excellence at the task and always greet patients with warmth and compassion. We are lucky to have them! ■

AEDs SAVE LIVES

by Diana Hayes

In the fall issue of the Minto Messenger, we talked about AEDs in action, recalling how one of the machines was instrumental in saving our local resident Stephen Lewis. The Lifeguards and Paramedics who responded to the rescue used the AED after Mr. Lewis collapsed in the parking lot of the Rainbow Road Pool.

It was Molly and Chase Akerman who spotted Mr. Lewis and ran into the pool entrance for help. Both Molly and Chase said they were grateful to have been able to help; “We were relieved that we arrived in time because if it had been any later, he may have been gone.” ■



Molly and Chase Akerman

SHRINE CLUB #39 DONATION FOR PATIENT COMFORTS

Members of the local Shriners' Club present their generous annual donation for patient comforts.



Sandy Gordon, Don Cunningham, Admitting Clerks Leah Little and Elaine Theuniss



A program spearheaded by past board member, Janine Fernandes-Hayden, to raise awareness for young philanthropists



Donation from “The Owls” Class at the Salt Spring Centre School

The class regularly contributes to island charities through the proceeds of their bake sales. They picked the Lady Minto Hospital Foundation for this month’s activity.

Many thanks to Kate Richer, Salt Spring Centre School teacher, who organized the cheque presentation and photo shoot.

The Foundation has supported a “Young Philanthropists” program for many years now and has raised awareness through the “Kids Making Change” campaign headed up by Janine Fernandes-Hayden.

Fulford Elementary School “Change for Community”

Jennifer Williams, Past Chair of the LMHF was present to receive a donation from the children at the Fulford Elementary School last fall.

Every week at the “Whole School Meetings”, students bring change to donate to a local community group. They pick three groups per year. Last spring the students picked the Lady Minto Foundation and presented a cheque at an assembly held in November 24th.





Lady Minto Hospital Auxiliary News

Paul Roberts, President, Lady Minto Hospital Auxiliary



The members of the Lady Minto Hospital Auxiliary Society donate both time and money to local health care facilities: the Lady Minto Hospital, the Greenwoods Complex Care facility, and the Braehaven Assisted Living facility. Our best known programs are the funding for exercise, art and music therapy. And we fund the purchase of “care and comfort” items like floor-level beds, pressure-relieving mattresses, bed monitoring systems and television sets.

Our volunteers at the Lady Minto Hospital provide a twice-daily tea service to residents in the Complex Care Unit. They arrange flowers and organize special events, concerts and Christmas gift giving. Three auxiliary volunteers sew and fill “Comfort” bags for distribution to newly admitted patients.

The article that follows focuses on the music—the concerts, the bell choir and the other components of the wonderful music therapy program provided by Maryann Burrows, the therapist who visits the hospital every week. ■



Peter the Magician performed for Extended Care residents in May. He also works magic at Windsor Plywood.



Lady Minto Music Therapy Program is funded by The Hospital Auxiliary.

WELCOME TO THE EXTENDED CARE MUSIC PROGRAM

Special appreciation and a big thank you to all of our performers this past season

**DECEMBER
JANUARY**

Valdy and Kathleen

The Kaisen Jammers Trio

**APRIL
MAY
JUNE**

Reeds and Wires; Scottish Country Dancers

Lost Chords Choir

Peter, The Magician

Melissa Kodaly and her piano students



A reception for volunteers follows with the residents

MUSIC SUSTAINS OUR AGING HEARTS

Margaret Mackenzie, LMH Auxiliary Volunteer Coordinator

The interview on the following pages with our Music Therapist, Maryann Burrows, is presented to help us all understand the important role of music as a source for healing in the lives of our extended care residents.

All extended care means palliative care which is concerned with healing, leading one “from the pain of isolation to a greater wholeness”. When we speak of healing we do not mean curing, but caring and bearing with them in their distress.

Physician Oliver Sacks writes that “music can be our best medicine”. Music’s rhythm facilitates their own rhythm and connects their past and present, capturing their own attention to a homecoming of the human spirit.





What is Music Therapy?

Defined by the Canadian Association for Music Therapists (CAMT, 2016) as the discipline in which credentialed professionals (MTA, MT-BC) use music purposefully within therapeutic relationships to support development, health and well-being. Music Therapists use music safely and ethically to address communicative, emotional, musical, physical, social, and spiritual domains.

Music therapy is an allied health profession, which uses the prescribed, clinical and evidence based use of musical elements and interventions by a certified music therapist, to improve a person's quality of life.

Scientific research shows the brain's response to sound is greatest in music. Can you comment on this?

In MRI scans and testing, research has found that our brains experience a biological response to receiving music. These tests have shown multiple areas of the brain light up simultaneously like a Christmas tree when we experience music. This essentially acts as a gold key opening up the areas of the brain to be able to work together, in a way that no other medium can – making things possible with music that aren't possible without.

Music also positively alters our brain chemistry, releasing dopamine, oxytocin, serotonin and endorphins to increase feelings of joy and decrease stress levels.

One can learn much more on this topic by reading "This Is Your Brain on Music" by Daniel Levitan.

How do you approach music therapy individually and collectively?

We offer both group and one to one sessions at Lady Minto Hospital. In group programs (Fit as a Fiddle, Variety Music, and the Hand Bell Choir) participants receive the support of both the therapist and group members, ideal for targeting social and motivational goals. One to one music therapy is a much more intimate experience, with a treatment plan catered solely to the person receiving therapy. Individual sessions are better for intensive work processes in meeting emotional or behaviour goals, those who require bedside/palliative care, or who are socially isolated.

Explain your "Fit as a Fiddle" program

Fit as a Fiddle is a music and movement group with a focus on gentle exercise and stretching, body awareness and expression. This group provides a setting where residents can participate at a level that is comfortable for them, and reconnect with their creative, spontaneous selves. Sessions can include balloon tosses, exploration of the parachute, scarves & ribbons, sports games, following song directions and free movement – all supported by live and recorded music. This is a program that has proven to be very engaging and beneficial for our lower level ECU residents.

The bell choir, known as the "Chimers", presents music to us. Explain your approach and the personal involvement of our residents.

"The Chimers" are Lady Minto Hospital's ECU resident tone chime choir. This higher level music therapy program benefits up to nine residents, primarily addressing cognition goals. In the group, the residents actively participate in

seasonal concert planning (i.e. choosing concert themes, songs, costumes, etc.), and present these concerts for ECU residents, families & staff every 3-4 months. A regular weekly commitment is required of the bell choir participants for practices.

Musically, residents are provided with the 1–2 bells required to play the chosen songs. They can join the choir with no musical history — they know when it's their turn to play their bell with a cue from the conductor. The biggest challenge of this group for residents is the focus required on the conductor throughout the 45 minute practice sessions. Often participants will observe an increased ability to focus on other tasks, as well as increased response times. During this purposeful music making, all residents are fully engaged in the process, helping to bring them into the present moment through the creative flow process.

The tone chimes are highly aesthetically pleasing, capable of strong reverberation, providing participants with a gentle tactile stimulation in the hands and fingers. Residents who have participated with arthritis and other painful aging conditions of the hands have noted feeling an improvement in their pain post practice. This program has also been very successful reaching residents who are hard of hearing, as ironically enough, it's a highly visual group.

How does psychology enter as a healing factor when music shows its emotions in darkness and light?

Music therapists receive training in counselling and psychology within the minimum Bachelor of Music Therapy degree required to be a certified, practicing therapist. While often musical experiences bring feelings of joy, there are times when music stirs other emotions that may be painful, confusing or uncomfortable. It is in these moments that learning and growth can be found – as the great Carl Jung stated, one must go into the darkness to find the light. Music therapists know how to hold, support and encourage exploration in these times – this is where music can be used as a significant catalyst for positive change.

Music therapy is part of the larger caring community in Extended Care. The path of palliative healing is not easy and requires continuous attention. Maintaining this is very important in helping our residents understand what is happening to them. The experience of music can go deep into the silent interior of their illness, releasing what is trapped inside them. In the words of one suffering from dementia when experiencing music:

“Best ever, best ever in my life.”

When does music become a necessity when only music can speak to our identity?

In the music therapy field, it is widely believed that humans are inherently musical beings. This can be observed in the melody and dynamics of our voices, the rhythmic beats of our hearts and the gait of our walking pace. It is this physiological connection to music that is forged from the time we are born, an inner music child that remains throughout our lives. Our bodies want to connect with these elements of music, even in everyday life. This likely is the reason why music is universal. It is for these reasons, that a music therapist cannot make assumptions about residents' responses or abilities in partnership with music. There has been more than one occasion in my 12 years of music therapy practice when I have been reminded of this, surprised by what someone is able to do in the presence of music. So I would say, music is necessary for everyone unless we are informed otherwise.

T.S. Eliot wrote “You are the music while the music lasts”. Comment on the importance of being in the moment when memory has failed.

The T.S. Eliot quote immediately brings me to the concept of psychological creative flow – the magic of completely becoming one with a creative act. This often leaves a person feeling as though they have fallen in sync with the activity, accompanied by meditative, calming and productive qualities. In music therapy this often happens as the result of an instrumental/vocal improvisation between the therapist and client(s), termed “Musicking”.

When the frontal lobe of the brain receives music it unlocks the memory center, opening a familiar door to a confused resident. For residents that have memory deficits, there are usually other symptoms that they are managing, such as confusion, agitation or feeling lost or hopeless. Music interventions that bring residents into a creative flow process can help to bring relief to these symptoms – bringing them into the “here & now”; increased reality orientation can help provide grounding to the present moment. It can provide a complete distraction and redirection from agitated behaviours to something more positive that connects them socially with others.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Diana Hayes

As Executive Director, one of my favourite assignments is interviewing and telling the stories of our inspiring staff and volunteers in Lady Minto Hospital for the Minto Messenger. It gives me the opportunity to illustrate their dedication and commitment and to share some of the intricacies of their work that may not be apparent from a patient's perspective. Each department comes together in a symbiotic relationship with the whole to make Lady Minto the *best ever* little community hospital.

In this issue I feature the Nursing Unit Assistants who work on the *flight deck* for Acute Care and provide the *calm in the storm* for the ER. I include a profile of our maintenance staff that keep our physical plant in tip-top shape and cover everything from soup to nuts in the course of their busy schedules. I introduce Shannon Wardroper, our new Continuing Professional Development Coordinator for the Sim Lab, a facility that was spearheaded by Dr. Shane Barclay and equipped through the generosity of one of our

donors. The Sim Lab has put Lady Minto on the map and the web (www.lmher.com) for medical simulation training.

I introduce our new board members: Bob Brewer, Scott Howe and Auxiliary Representative, Ann Muller. I highlight new equipment items that will be purchased this year, include the new Olympus Phase microscope and centrifuge for the Laboratory, both funded by a designated donation from an anonymous donor. Karen Mouat, our Business Administrator, provides an in-depth article about our award-winning Public Health Nurses. There's a lot more to read and I hope to inspire you with stories of the excellent teamwork that is the signature of Lady Minto.

We all know how important it is to have a hospital close to home and available 24/7 for our families' health care needs and emergencies. Did you know that the Foundation has raised over 10 million dollars since we began in 1994? The foundation donates on average \$200,000 per year



Dr. Shane Barclay in the Simulation Lab

for equipment and capital projects to ensure that we have access to the latest technology for our medical care. Supporting the Lady Minto Hospital so that it can provide the best health care possible is our objective and by raising money each year, we are able to meet this goal. ■



If you haven't received the 2017 Phantom Ball invitation in the mail you can pick up the brochure in the hospital lobby, or contact Diana at 250-538-4845



Board Chair Stephen Roberts presents a donation from the JDB Trust Fund to Paul Oliphant, Executive Director of GES

SALT SPRING ISLAND PRIMARY CARE CENTRE PLANNING STUDY

In collaboration with the Salt Spring Chapter of the Rural and Remote Division of Family Practice, the Foundation Board recently engaged in a short-term feasibility study to consider whether or not a primary care centre would be of benefit to Salt Spring and to explore options with which to develop the initiative further. Primary health care is the foundation of Canada's health care system and it is a commonly held expectation that everyone should have access to a primary care provider (family physician or nurse practitioner). Within a primary care centre, GPs work collaboratively with a team of health professionals to deliver comprehensive and coordinated care of patients. The project is studying the feasibility of improving access to a primary care provider by creating the conditions that may improve our community's ability to recruit and retain primary care providers and potentially capitalize on opportunities to expand team-based care and possibly co-locate other health services. The study is well underway and community engagement sessions will be scheduled, with a final report expected this summer.

You are invited....

DONOR RECOGNITION

*A thank you reception and celebration
for our donors*

Thursday, October 5, 2017
Penny's Pantry on the Green
2:30 – 4:30pm
Tea and Refreshments

Everyone Welcome!

Join us in celebrating the achievements and improvements your gifts and support have made possible, ensuring that Lady Minto Hospital remains our community's *jewel in the crown*.

RSVP Diana.Hayes@viha.ca, or call 250-538-4845



Martin Casey



Rick McConnell



Rodney Flowers

FMO STAFF ARE THE GENERAL SURGEONS OF THE BUILDING

Diana Hayes

It takes special talent and skill to maintain the intricate and interconnected systems of a hospital and Lady Minto Hospital is blessed with a team of dedicated technicians who ensure that these vital systems remain fully functional for the day-to-day operations of the hospital.

The role of the Facilities, Maintenance & Operations (FMO) Supervisor and his staff has been likened to that of a general surgeon. They attend to all parts of the “body” here in Lady Minto. The ventilation, heating, plumbing and electrical systems which comprise the circulatory system and the structures that form the bones of the buildings are interdependent. FMO staff also maintain the adjacent buildings, including the annex and the portable. As aging buildings, both require regular checks and tune-ups.

In addition to the daily routines of periodic equipment checks and planned maintenance throughout the building, there are always unpredictable situations and priorities to juggle. The FMO team anticipates they will be called to de-bug or program a computer or to unplug a toilet, but they can also get the occasional unusual problem, as was the case when they were paged to the Emergency Room to remove a patient’s rings with their special wire cutters. They get to know the patients and residents quite well, especially on Extended Care where they are often called to

fix electric beds, ceiling lifts, call bells and other equipment items used on the unit.

FMO Supervisor, Rick McConnell, grew up on Salt Spring Island and after completing his apprenticeship as an electrician took a job at an oil refinery in Saskatchewan. When the position came up in Lady Minto Hospital in 2008, he jumped at the opportunity to return to the island. “The camaraderie, the teamwork and the people we work with are what makes the job enjoyable and rewarding”, says Rick.

Team member Rodney Flowers began in 2008 and has a specialty in boiler systems. He also has a keen interest in gardening and helped out with the Foundation-sponsored garden projects last summer. Martin Casey, who joined the staff in 2016, is a journeyman carpenter who, along with his regular duties, is often called to assist with special project work. Wally Nixon, a Heating Ventilation and Air Conditioning Specialist visits our hospital once or twice monthly to oversee the HVAC systems of the building. Rob



Wally Nixon, HVAC specialist

Minvielle and Dean Shourounis provide casual coverage while also holding positions with B.C. Ferries.

The staff share call duty on a weekly rotation, so after-hours coverage is always available should there be an urgent need for maintenance back-up. Call-ins can involve everything from a refrigerator failure in the laboratory to fire alarms and night evacuations that involve maintenance checks for the Helipad.

Having to juggle the regular daily routines during hectic renovations and installations can be a challenge for the staff. A roof replacement project took place several years ago which needed to be carefully coordinated with the daily operations of the building. A sophisticated water filtration system was installed six years ago which also required careful coordination so that no major interruptions of service took place. The half-million dollar water system was provided by Island Health and was a necessity for quality control throughout the building. As a fringe benefit, Lady Minto likely has the best tasting tap water in town!

It is a unique work environment and I hear it from every department at Lady Minto – it is the people and the strong sense of community which makes the difference and inspires staff to go that extra mile (or 10!). ■



Dorothy, ECU Activities and Rodney head up the gardens project in 2016



Pat Low drawing the winner

NEW WINNER FOR 2016 PHANTOM BALL PRIZE ANNOUNCED

Pat Low and Dennis Wheatley were unable to redeem the 2016 Phantom Ball prize package due to Dennis' health emergency this spring. Pat asked if the Foundation could draw a new prize winner and Executive Director, Diana Hayes made arrangements with the Uniglobe One Travel to have the flights re-assigned by WestJet. Turtle Bay Resort was happy to make arrangements to accommodate the new winning couple. The entry forms for 2016 were

available on file in the office and Pat Low, along with Patrick Taylor, Chair of the Fundraising Committee and Tim Bradley, Committee member drew the lucky ticket.

... and the winners are Richard and Lillian Penner from Calgary!



Richard and Lillian



"Prairie Otter"

Richard and Lillian are from Calgary but spend the summer months cruising in their boat on the west coast and around the Gulf Islands.

"This is our 4th boat. I had it custom built in New Brunswick because I wanted a lobster type fish boat from the deck down and a pleasure boat on top - 43 feet. We spend summers on it, mostly along the BC coast, although we have been in Seattle and Alaska. Its name is "Prairie Otter". Last summer we didn't go too far (summer before we spent cruising Haida Qwail)."

"We were in the area on Prairie Otter when I ran out of one of my medications. We tied up to Salt Spring Marina and went to Lady Minto Hospital where we were treated with promptness and care. In the waiting room I noticed the Phantom Ball benefit and raffle. I have heard of Turtle Bay Resort and wondered why you chose such a high end world class resort. I bought a ticket and forgot about it until your very pleasant surprise phone call a couple of days ago. We look forward very much to our "Impromptu" visit there."

Richard & Lillian, Calgary



PAT LOW AND DENNIS WHEATLEY, RECOVERING WELL AT HOME

When we won the Lady Minto Foundation's fabulous dream vacation to Turtle Bay we thought it was incredible, but that experience paled in comparison to the tremendous good fortune we had on April 17th.

For once it was a pleasant, sunny day so Dennis went out to inspect the goldfish. Don't know why, but five minutes later I looked out the window and I knew at once that he had fallen when I spotted his feet sticking out on the grass at the far end of the yard.

The minute I saw the droopy, left side of his face and heard the inarticulate sounds, I knew he had had or was having a stroke. I called the ambulance immediately. The dispatcher stayed on line asking questions, giving instruction and reassurance until the first responders arrived. Right away they got oxygen going and inserted an intravenous line. Within twenty minutes of my call the ambulance was here and whipped us off with sirens screeching and lights flashing.

What a relief it was to see the familiar face of Nurse Sandy and the known, warm but professional presence of Dr Holly Slakov who immediately confirmed that it was a stroke and that Dennis was in rough shape. Within the hour a helicopter had Dennis in the ER of Victoria General. Within another half-hour he had the scan and immediately the appropriate treatment was started and happy to say the next day, to the lay person, Dennis seemed to have recovered his speech and the strength was returning to his left side. Safely home, after a stay of five days in hospital, his only complaint is that he's not allowed to drive and must endure me as his chauffeur!

We cannot tell you how comforting and confidence-inspiring the atmosphere was in Lady Minto but we also felt that we were in the hands of efficient experts. We have nothing but praise and gratitude for our Lady Minto and Victoria General. We are very fortunate to have such health facilities available.

Pat Low

Phantom Ball



*A fundraiser that
Doesn't require you to
Get dressed up,
Go to dinner, hire a babysitter,
Buy pizzas, candles or wrapping paper.*



*Just fill in a Phantom Ball donor form,
Or go online to
Make your 100% tax-deductible donation
To the Lady Minto Hospital Foundation
And enter the draw for
The Trip for Two to Hawaii.*

www.ladymintofoundation.com

Oh Joy! A Second Chance to Win

For a second year, the Phantom Ball prize draw sends the lucky winners to Hawaii and includes return airfare to Oahu. The Trip for Two includes:

Courtesy of UNIGLOBE One Travel:
a travel kit & Mangini leather holder

Courtesy of TURTLE BAY RESORT:

- 5 nights stay in an ocean view room
- dinner for 2 at the North Shore Kula Grille restaurant
- 2 rounds of golf at the Arnold Palmer or Fazio Golf Course

Draw Date: Thursday October 5, 2017

All entries must be received before midnight, October 4, 2017
No donation required to enter the prize draw.

Picture You—Here!

**Iconic Hawaiian Landmark on the
Famous North Shore of Oahu**

With 850 lush acres to discover and five miles of wind-swept coast, there's an endless array of things to do at Turtle Bay. VISIT TurtleBayResort.com

If you have not received a Phantom Ball donor brochure with entry form, one is available at Lady Minto Hospital or phone the Foundation at 250-538-4845.

Thanks to OUR SPONSORS





PARAMEDIC JASON GRINDLER:

Back in the saddle with our Local BC Ambulance Paramedic Station

Jason Grindler, Advanced Care Paramedic

June 10th 2017 marks the one year anniversary since the seizure which led to the discovery that I had Glioblastoma Multiforme (GBM) terminal Brain Cancer.

After 6 weeks of daily radiation therapy with concurrent chemotherapy, followed by 6 months of oral chemotherapy on a 5 day /28 day cycle later, I have completed my treatment and am getting back into normal life. My last MRI was clear of re-growth and I should hear within the next few days about the one I have just completed.

Life had not been put on hold by any means though, with many exciting events and experiences. On November 14th 2016, with the help of some very close friends, I proposed to my incredible, talented and beautiful girlfriend of over 3 years, Sarah Penhale on Denman Island with a scavenger's hunt that led us all over, culminating with a question on the rocks. Sarah was torn on what to say... "YES!" or "ABSOLUTELY YES!".

Typical of the two of us, we began to make plans for a wedding about 3 months away, timing it so my brother Jesse would be here from France. On April 21st after nearly a week of rain and gloom, the sun burst forth and shone bright and clear for our ceremony on the top of the mountain and, surrounded by friends and family, we exchanged our vows and were married.

At our potluck style reception down in the south end, one guest exclaimed "As soon as I saw the bride in her wedding dress with a pair of Blundstones on, I knew exactly what kind of wedding this was going to be!" Highlights included all the incredibly delicious food brought by guests, the

moving speeches, the dancing far into the night and the unforgettable puppet show put on by my brothers and girlfriends.

We went on our honeymoon to Japan and spent just under 3 weeks exploring the country, having an absolutely incredible time.



I have been training, teaching for, and responding with our amazing local Search & Rescue team throughout and since my treatment. Together with my family, friends and colleagues, their support and enthusiasm and love have drastically improved my life and wellbeing throughout this continued difficult, but altogether positive time.

I am back driving my personal vehicle and I have been working a few day shifts here and there at our local BC Ambulance Paramedic station, and doing the things that I want to do. We all have one life... don't wait to do the things you love or want to do, enjoy them all the time. ■

At press time, I received an update from Jason with wonderful news:

"I just had an appointment this morning with the Radiation Oncologist about my MRI results, and the images are all clear! Exciting news and a wonderful relief. I'm very happy and feeling great!"



Bill Relph – Site Director

MANAGER'S FUND

Island Health provides hospital site directors with the flexibility to purchase urgently required equipment items under \$5,000 without having to go through the cumbersome capital equipment annual approval process. Often the needs exceed the I.H. budget allowance. Responding to this need, the Foundation set up the Manager's Fund some years ago to facilitate these small equipment purchases.

Here are some of the items purchased in fiscal 2016/2017:

- Phlebotomy Tote and Tray Carts (Laboratory)
- Stryker Go Beds
- Cubicle Curtains
- ACME Advance Small Scrubber for Housekeeping Department
- Arjo Huntleigh Sara Steady sit/stand patient lift for Physiotherapy
- Hobart Vulcan 3 pan steamer for Dietary
- Pacific Medical Auto-projector for Emergency Department

RECRUITMENT & RETENTION VIDEO

As a tool to assist in ongoing staff recruitment efforts at Lady Minto Hospital, a video is being produced by Wayne Dupuis, Multimedia Consultant with Distributed Multimedia Systems, and contracted by Island Health.

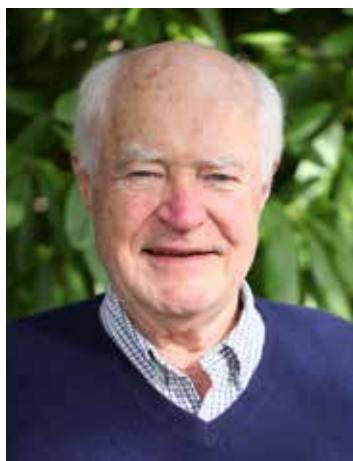
Executive Director, Diana Hayes participated in the film and spoke about the support provided to staff through the Foundation's Education Fund and furnishing the two-bedroom apartment made available for itinerant staff.

Once the final editing has been completed and the video is available for viewing, a link will be provided on the Foundation's website: ladymintofoundation.com

"Lady Minto Hospital is a great place to practice your craft, be it as a patient care aide or as a nurse or in lab technology, medical imaging and support services. The hospital is central to the community here and there is a sense of pride in the care that we provide to the population of our Island. There has been a hospital here since 1914."



WELCOME TO OUR NEW BOARD MEMBERS



ROBERT (BOB) W. BREWER

Bob was born and raised in Vancouver and arrived on Salt Spring Island when he purchased property in 1974. Twenty-five years of “weekend” and “summer” exposure resulted in a retirement home being constructed, starting in 1999, largely under the direction of his late wife, Sharon.

Bob graduated from U.B.C. in 1963 with degrees in Business & Commerce and in Law, thereafter carrying on a General Law and Litigation practise with the firm Braidwood, Nuttall, MacKenzie and Brewer for over 40 years, retiring permanently to Salt Spring Island in 2004. He remains a member of the Law Society of B.C.

Bob retains a high level of enthusiasm for life on Salt Spring, has acted as a PARC Commissioner on the island and joined the Lady Minto Hospital Foundation board in November 2016.

Bob has drawn much enjoyment from the outdoors, from past athletic endeavours and extensive travels. He remains active in the vintage car restoration hobby, holding memberships in a number of such organizations. He looks forward to contributing knowledge, experience and judgement to the benefit of the Foundation.



SCOTT HOWE

Originally from the Maritimes, Scott has lived on Salt Spring since 2000 where he has raised his two sons, Sebastian and Nicholas.

He has worked at Island Savings, our local credit union, since 2003 and holds the Senior Advisor, Financial Planning position. He holds Insurance and Securities licences and also holds the Certified Financial Planner, Certified Professional Consultant on Aging and Responsible Investment Specialist designations.

During his time on Salt Spring, he has held board positions with PARC, ArtSpring, the Salt Spring Library, and has served as President of the local Rotary Club and Chair of the Middle School PAC. In his spare time he plays with the Old Boys Soccer team and recently joined the Viva Chorale Choir.

“I believe my education and experience will be a valuable asset to the Foundation and I look forward to working with others who are passionate about supporting and improving our local health care system.”



ANN MULLER

Ann was born and raised in Moose Jaw, Saskatchewan. In 1953 she moved with her widowed mother, two brothers and grandparents to Vancouver where she attended St Mary’s Grammar School and Notre Dame and Gladstone Secondary Schools.

Ann’s first employment was with the Medical Services Association. She met and married Rudolf in 1961 and after a bit of travelling settled down in Dawson Creek and Edmonton.

In 1965 they returned to Vancouver, where Ann found employment with B.C. Hydro in secretarial roles and eventually customer service.

Ann and Rudolf moved to Salt Spring Island in 1992 and retired from B.C. Hydro in 1997. She joined the Lady Minto Hospital Auxiliary Society in 2010 and volunteers in ECU.

In 2016 she became a member of the executive and was given the honour of joining the board of the Lady Minto Hospital Foundation and acts as liaison between our societies.



EDUCATION FUND

Report from Nursing Department

Jo Twaites, Clinical Coordinator

I am writing to thank the Hospital Foundation for its continued and invaluable support through the Education Fund.

As you know, our nurses work with patients across the life-span, from birth through until death. Unlike larger hospitals where there are Emergency Departments, and Psychiatry wards and Palliative Care units, Lady Minto nursing staff must become specialists in all areas.

The Hospital Foundation funding allows us to keep our nursing staff up-to-date across the entire spectrum of nursing care and to maintain the standards of excellence which our community enjoys. This year, the Foundation supported nursing in excess of \$10,000, covering course fees, honoraria for some speakers, ferry travel, parking, and for the few courses where nurses were unable to make a daily commute, hotel costs. Nursing staff, except in a few cases where their time was paid, contributed their time off, and paid for their own meals and any hotel upgrades above the basic government rate.

The Foundation itself has been providing CPR/AED (Cardiopulmonary Resuscitation/Automated External Defibrillator) training to the public, and has kindly invited our hospital staff to join the classes at no cost. We have continued to offer certification/re-certification in Neonatal Resuscitation, Advanced Cardiac Life Support, the Trauma Nursing Course, the Canadian Triage Acuity Scale training, the five-day Victoria Hospice Palliative Care courses, and this year, a new Emergency course.

We've also been able, with the Foundation's support, to train staff locally for being in-house trainers in the areas of Neonatal Resuscitation, Violence Prevention, and Musculoskeletal Injury prevention. Having our own staff available to train us in our unique environment and without having to leave the island has made a big difference in both accessibility and personalization of the training.

The educational support that the Foundation provides, both through the Education Fund and support of our Simulation Lab, makes a significant difference in not only our ability to provide excellent care, but also to recruit and retain nursing staff.

Thank you, from the bottom of my heart! ■

EDUCATION FUND

A little background on why and when the fund was set up by the LMHF

Rural nursing is considered by some to be a specialty area. Nurses require a sound knowledge base and skills to deal with a wide variety of medical conditions that occur in all age ranges. Nurses in a rural setting are often the first responders in medical emergencies; therefore a great need exists to acquire and maintain these skills. Although considered a benefit by most, living on an island does place one in relative isolation. For a nurse it becomes more difficult to access information and specialists who are a normal part of the infrastructure in a larger centre and most courses and speakers are located off island, which creates a barrier to learning. Hence, as a result, it is more time consuming and expensive to stay current. With the present nursing shortage, it is increasingly difficult to attract and retain nurses with the necessary skills to practice in the rural setting. While hiring newer graduates is possible, there are challenges in providing education that help them to be competent and safe in their practice.

A proposal was presented to the Foundation Board and a fund was established in 2003 to support continuing education of nursing staff including R.N.s, L.P.N.s, Care Aides and Activity Aides. The fund was later expanded to include all departments within the Lady Minto Hospital. ■



SAGE THOMAS NEW MENTAL HEALTH NURSE

Sage Thomas is the new Mental Health Nurse at Lady Minto Hospital. Living all over Western Canada from Manitoba to BC, Sage has found home on the West Coast. He is looking forward to being part of the Salt Spring island community by being involved with DAISSI (Diverse and Inclusive Salt Spring Island, formerly GLOSSI), engaging in the multitude of outdoor activities, and by joining in on community mental health initiatives that are sure to grow.

As part of the health care team at Lady Minto Hospital and part of the Southern Gulf Islands Mental Health and Substance Use team, Sage works with any patients who are in the hospital needing mental health care – this can include providing emotional support, psychoeducation, helping to build or increase coping skills, understanding treatment, connecting to other services, bridging services to the community, and ensuring there are adequate supports. He also provides mental health crisis support during the weekday.

Sage previously worked as a Street Outreach Nurse in Victoria on an intensive case management team with harm reduction as the foundation. Before that, he was working as a Community Health Nurse in the Cowichan Valley with Penelakut, Malahat, Lyackson, and Halalt First Nations. Sage brings a passion for social justice, harm reduction, and holistic health, and is looking forward to connecting with the people on Salt Spring Island. ■

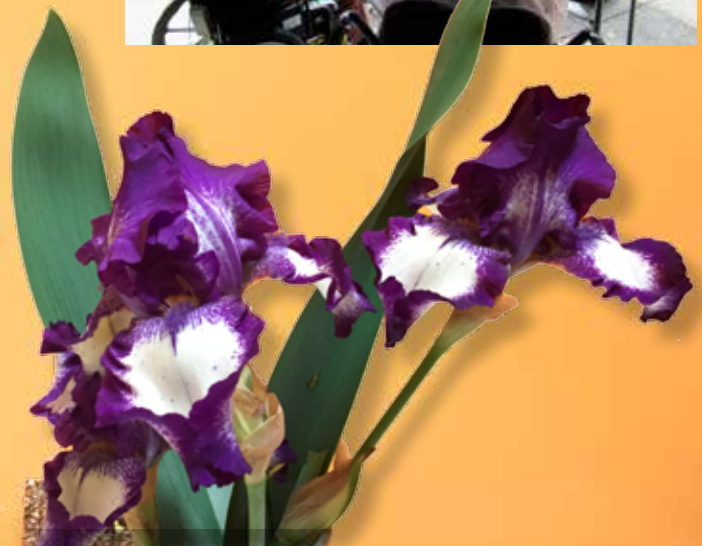
“I have felt absolutely welcomed to Salt Spring Island. I feel very lucky to live here and grow in this community. The land and the people here are quite remarkable – and even though there is a certain heaviness and isolation, there is also such strength, creativity, and healing work that is happening.”

GARDEN PROJECTS

Jennifer Ritson, Activities Coordinator

The success of the garden project funded by Lady Minto Hospital Foundation last year is showing up in full bloom and colour out on the two patios provided for residents and patients.

“Thank you for your continued support of the beautification of the ECU patio area. The residents and I spent a very pleasant afternoon planting up some of our planters for the walkway. We are looking forward to adding more plants and colour to our outside area.”



THRIFTY FOODS 40th BIRTHDAY CELEBRATION



Clockwise from top left: Donor, Susan Close having a smoothie; Leah Byron and daughter Sevannah serving smoothies; Kathy Kendall, long time staff member at Lady Minto, with husband Mike Davis. Also in the photo is Shirley Smith, who worked on the Extended Care Unit for years and now works for Thrifty Foods; Diana Hayes, Executive Director with store manager, Mike Boisard.

Giving back never gets old

During May, we will donate
\$3 from the sale of every
 8lb box of Bergen Farms
 frozen Mixed Berry Blend

to:

Lady Minto Hospital Foundation
 Making a healthy community

40

THRIFTY FOODS

Executive Director, Diana Hayes was invited to attend the celebration on May 27th at the Ganges Thrifty Foods store. During the month of May, the store donated \$3 from the sale of every 8 lb. box of Bergen Farms frozen Mixed Berry Blend. A smoothie stand was set up at the store's entrance as part of the celebration and smoothies were available by donation, with proceeds going to the Lady Minto Foundation.

Leah Byron and her daughter Savannah served up the delicious smoothies along with Sandra Crandell and Leticia Taylor.

Foundation donor, Susan Close stopped by the stand and expressed her appreciation for the wonderful services available at Lady Minto Hospital. "We are so lucky to have our hospital here on Salt Spring. I have been in and out with neighbours who required emergency care and the service is second to none. Thank you for all the good work you do." ■



PHYSIATRY

THE ABCs OF PHYSICAL AND REHABILITATION MEDICINE

Diana Hayes

Physiatry – (pronounced fiz-ay-ettri) is a specialty also referred to in Canada as Physical and Rehabilitation Medicine (PRM). It is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. Physiatrists (not to be confused with Psychiatrists and Physiotherapists) differ from other medical specialists because they focus on the entire body rather than just one organ or system. This head-to-toe approach can be particularly helpful for hard-to-diagnose problems like spine pain or nerve-related symptoms. Physiatrists commonly treat patients who have had an amputation, spinal cord injury, stroke, traumatic brain injury, and other debilitating injuries. In the outpatient setting, they also treat patients with muscle and joint injuries, pain syndromes, movement disorders and other disabling conditions. They lead an interdisciplinary team of physical, occupational, recreational and speech therapists as well as nurses, psychologists and social workers.

The following priorities are part of a Physiatrist's approach to the practice of medicine:

- They look at the big picture
- They work as part of a team
- They use non-surgical treatments
- They tailor treatments to patient needs
-

Physiatrists restore physical function as it relates to each patient so that they can function optimally within the limitations of the impairment or disease. ■

MEET DR. JACQUELINE PIERCE, PHYSIATRIST

Dr. Pierce joined the team of specialists on Salt Spring Island in the fall of 2015. She began with monthly clinics which have now grown to two or three clinics per month where she sees patients in private practice at the Kings Lane Medical Clinic. Her very busy schedule also includes professional roles at Queen Alexander Centre for Children's Health where she is part of the medical specialist team. It is here at the Fisher Building where bracing, prosthetics, pedorthics, seating and assistive devices are created for patients of all ages on Vancouver Island.

She also works a regular weekly schedule on the Neuro-Rehabilitation Unit and Rapid Stroke Clinic at Victoria General Hospital and at the MS Clinic at Royal Jubilee. She is also the Physiatrist for the Priory and the Nigel House long term care facility for younger patients where she provides spasticity clinics. She is a clinical instructor for the Island Medical Program, a satellite of UBC's School of Medicine. She holds CSCN certification which allows her to perform Electro-diagnostic testing (EMG). This equipment is used to diagnose neuro-muscular ailments such as carpal tunnel syndrome and pinched nerves.

A glance at her week's schedule shows her with a full roster of hospital based clinics in Victoria, with MS clinic on Mondays, Psychiatry Team Rounds at VGH on Tuesdays, VGH Neuro-Rehab on Wednesdays, EMGs or Salt Spring Clinic on Thursdays and Queen Alexandra Hospital on Fridays.

It is a good thing that Dr. Pierce has the energy to match this demanding specialty. She began as a fully trained and practicing Physiotherapist, graduating from UBC with a B.Sc.PT before she went into medicine at McMaster University in Ontario. Along the way she also completed a Master's Degree at Queens University in Physical Therapy, conducting research in Multiple Sclerosis. After she completed her M.D., she chose to specialize in Physical and Rehabilitation Medicine which is a five year post-graduate program – a natural progression from her keen interest and early training in physiotherapy. Psychiatry is a small field, with only about 400 specialists practicing in Canada. After World War II, vets came back and required physiotherapy and rehabilitation for spinal cord injuries and amputations. The specialty grew out of this need and recognition of the combined physical and rehab models for care.

Some of the patient cases she sees here on Salt Spring include post-stroke and spasticity management, spinal injuries where she can assist with prescribing braces, head to toe assessments to address musculoskeletal problems such as plantar fasciitis, Achilles tendonitis, rotator cuff



and a variety of arthritis-related conditions, complications of whiplash and TMJ, and movement disorders including MS and Parkinson's Disease. She develops programs specific to a patient's condition including exercise and lifestyle modifications. All systems are looked at as she conducts a thorough assessment. Patients are referred to her through their family doctor.

She speaks highly of the McMaster School of Medicine where she graduated and notes that they developed a "problem-based teaching" model (versus case-based) which has now been adopted into the Harvard School of Medicine's philosophy for teaching.

She recently was asked to join Neuromotion Clinic in Victoria where a variety of physiotherapy and rehabilitation programs are offered on an outpatient basis.

Dr. Pierce takes time out of her busy schedule in Victoria to attend her Salt Spring Island clinics each month and says that it is a pleasure to work here with such a varied caseload and interesting practice. Her colleagues are most welcoming and she is now able to see patients who are admitted to Lady Minto Hospital requiring assessment.

We welcome Dr. Pierce and are indeed lucky to have her expertise and passion for her profession here on Salt Spring Island. No ferry rides or pink slips to fill out and the waiting list is not as intimidating as in the city. ■



Island Health & LMHF Team Up for Study


Chris Sullivan, Director, Island Health, Capital Planning Director

The Foundation is funding a study for Island Health to determine the feasibility of expansion and possible design options, project costs, and operational impacts for the LMH Emergency Department. Although this is not a project approval, it is a necessary first step for addressing the various deficiencies.

Community Health Nurses Win BC-Wide Distinction

Karen Mouat

Salt Spring Island is blessed with a dynamic duo and the Public Health Association of B.C. agrees. The Phyllis M. Baird Memorial Award was awarded this year as a team effort. Criteria for winning this award is standard: excellence in practice, employed by provincial health unit and making this their career path, but it's the compassionate, outgoing qualities of Cali Chang and Jenny Redpath that put this award into their hands.



Pride in doing an excellent job "Cali has so much pride in her work – not so much pride in her own work but pride in other peoples' work that she is able to support. She likes to see people she works with- like ride share people – seeing them uncover and come up with what they wanted to do and then help them do it."

Positive outlook and contributes to good morale "Cali sees peoples' strengths, works towards goals and when she meets hurdles, she tackles them. She has a commitment to what she is passionate about and what the community needs."

Exemplifies integrity, warmth, understanding and compassion "this is the way Cali treats people, the way she interacts with our clients and our whole community. We're so lucky to have her as a public health nurse"

-J.R

Eager to increase knowledge, keeps up to date by reading, attending workshops, extramural studies "Jenny jumps on any opportunity for education and I get the benefit because she shares it with me. We are really lucky in this community to be connected to LAT* and with the schools. It increases our ability to be resources"

Excellent communication skills "Jenny is able to convey relevant, evidence-based research with clarity and compassion. She actively works to improve her relational practice with every opportunity available. She is passionate about the work she does, always does her best, goes above and beyond so often....that's why we are so busy!"

Demonstrates a tactful, discreet, courteous, poised manner "Jenny demonstrates a courteous manner with her community and clients. Even if she disagrees with someone's ideas she gives them space to be heard and is able to share her thoughts in a non-judgmental and tactful way. She has a passion for education and seeking understanding."

-C.C.

*Local Action Team: addresses child youth mental health and substance use. One of the objectives of the LAT is to provide education to address stigma around mental health, as well as to increase the communities' knowledge of how to help people who experience challenges with mental health and substance use. As a member of the LAT, Jenny works to develop and promote those educational opportunities to the community, including themselves.

Jenny Redpath



Cali Chang



When asked what it means to be a Public Health nurse Jenny reflected that it's about supporting the community to be the healthiest we can be through relationships that we build with community members. On Salt Spring Jenny's primary role is working with the school age population and working with the school community to help them achieve their health goals.

For Cali it's about establishing trusting relationships in order that people feel they can divulge their struggles so they can help them work through those struggles with evidence based research or connecting them with resources either on or off island. On Salt Spring this means listening to what the community needs and then being a partner with them in achieving it.

Gratitude

Jenny and Cali recognize the great team that supports them. Their coordinator Carly Westwood "trusts us to do our job. Our island is not cookie cutter." They are given latitude to do what needs to be done. "Huge shout out to Janet Rothwell, Diane Repath and Hannah Dayneswood – our admin team. They make our environment welcoming to families and clients of our Harm Reduction services". It's because of them that the Harm Reduction Services are even possible



Early Years Ride Share Program

Initiated by participants at Family Place, this program is for parents and caregivers to find and offer rides to Family Place programs. Drivers are eligible for a \$10 gas card per round trip. Cali approached the Foundation for startup money. She stated that "The Foundation recognized that transportation was a top priority for families on Salt Spring Island. They saw this fit the bill as a partial solution and were able to step in and help". Since then Cali has been able to secure long term funding for this program. Cali also added "I can't tell you how many people have come through my office and said this made such a difference in my life" ■

HANDS-ON TRAINING IN LADY MINTO'S SIMULATION LAB

Diana Hayes

An article featuring the Simulation Training Lab was included in the spring 2016 Minto Messenger where we featured donor and major contributor, Ron Wood. With his very generous donation, which he made in memory of his wife, Jean Wood, the hospital was able to purchase much of the equipment necessary to outfit the room. At their June meeting, the Board approved a request from the medical staff for an additional equipment item called a REALTi Simulation set. This is an invaluable tool for promoting and doing simulations which includes recording video, TV monitor display, an interactive system plus a large databank of radiology images and ECGs which can be used within the simulation scenarios..

MEET SHANNON WARDROPER

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) COORDINATOR



Shannon was hired as the CPD Coordinator in April under the Doctors of B.C Facilities Engagement Initiative. She is in charge of coordinating all programs and maintaining the Simulation Laboratory. She brings extensive skills and experience in the field of education, particularly in the area of “Performance Enquiry” and the “Education Through Performance” model. Interactive education engages the students and is all about demonstration and engagement, not telling’, she says.

With an M.A. in Arts Education from Simon Fraser University and a degree in Art History and Textile Design, Shannon taught at the Vancouver Island University Nanaimo campus after returning home from ten years abroad teaching and studying in Japan and South East Asia. She has also worked in palliative care and home support here on Salt Spring while concurrently working as a textile artist.

“The SIM Lab is a valuable asset to the hospital. As I have made contacts within the B.C. SIM landscape, I have found that people are surprised and impressed at what goes on here. It’s a wonderful model for other rural and remote hospitals.”

The Sim Lab sessions give participants “the gift of confidence” by allowing them to learn collaboratively with colleagues and, through debriefing, to consider what could be done better or differently.

“Much of what I do in my role as coordinator is organizing, maintaining and growing what Dr. Barclay has been doing off the side of his desk for a long time.” “He is absolutely passionate about education, and so am I”, she adds. “As a mover and shaker, Dr. Barclay created this leading edge program. It is a testament to his vision and has put us on the map for continuing education in B.C. Engagement is the future of education across the board.



Dr. Resnick, Chelsea from BC Ambulance & Peter from Salt Spring Fire-Rescue, Dr. Halla Aljuburi

The nurses also benefit from the programs and are invited to take part in simulations regularly. It is a bonus for the staff here at Lady Minto and this opportunity plays an important part in recruiting new staff.

Dr. Barclay has created a website intended primarily for doctors, nurses and paramedics working on Salt Spring Island who attend the monthly ER simulation rounds. www.lmher.com. Other visitors are welcome.

A page on the website is devoted to the nurse orientation program and includes links to the following modules: Emergency Nursing Orientation on the Learning Management System (LMS), Emergency Services and Trauma Care and the Violence Prevention Class.

He explains the model of learning used in the Sim Lab. The 'Dreyfus model' of learning has been applied to many areas of learning including medicine. It employs 5 steps from novice to expert/master. Simulation learning is one aspect of medical learning that can assist in this 'pyramid of learning'. ■

“As I believe you know, Lady Minto Hospital has been very proactive in developing and maintaining an up to date Emergency Room Simulation Lab Program. This has been made possible in no small part due to the very generous backing from the Hospital Foundation. As always, I, along with the LMH physicians and nurses, greatly appreciate the ongoing support of the Lady Minto Hospital Foundation.”

Dr. Shane Barclay



Chelsea and Andrew from BC Ambulance, Dr. Manuela Lowo



BUSY SCHEDULE FOR TRAINING IN THE SIM LAB

Dr. Ian Gummesson and Dr. Anik Mommsen-Smith will be taking over the running of the simulations and debriefing in the coming months as we are sad to learn that Dr. Barclay will be retiring from on Salt Spring and moving to the Okanagan.

March 28 – a disaster planning meeting was held with key persons in Fire, Ambulance and Search and Rescue as well as the disaster planning specialist from Victoria.

April 11 - A focused Respiratory Therapy (R.T.) class was held with an R.T. specialist from Victoria. The plus about this class was that it was conceived from the February large scale Trauma SIM in which we had a visiting ER doc, head of Trauma services and an RT therapist attend. In these larger and broader simulations we can ascertain where to focus...to go narrow and deep regarding further education. Thus the RT specialist returned in April, having already met many of the participants.

April 25- we conducted an overdose and accidental poisoning SIM

May – A Cardiogenic shock SIM

June – We held a session on airway management

Over the next 12-18 months we are looking at planning all day and even weekend events.



ANNUAL GOLF TOURNAMENT

by Karen Mouat

Golfers have taken to the course for the past 26 years to raise over \$350,000 for Hospital Equipment. Last year we had a record number of Company Sandbagger Challenge Cup teams. Each team was made up of at least two members from a business, organization or group. The Winning team got their names engraved on a prestigious trophy. Last year the Salt Spring Golf and Country Club Pro Shop won the trophy but promised that was the only year they would enter. It was all about getting their name on the trophy! Previous years have seen Thrifty Foods challenging Country Grocer and Bank of Montreal challenging CIBC. Last year the Lion's Club entered two teams and it was a treat to watch them navigate the golf course echoing laughter along the way. ■



Winners of the Hewiston Memorial Trophy Chad Little, Corbin Scott, Mike Horan and Doug Ryan



Clockwise from above:

Salt Spring Interiors entered an All Employee Team that Chad Little had to escort around the greens. Never seen such big smiles accompanying such high golf scores. L-R Conner Vine, Chad Little, Pat Hayes and Tom Little Jr.

Big Bear Services. This team has such a big heart! Carla Ellacott, Larry Davies, John Ellacott, Randy Miron

Mouat's Trading has been golfing in this tournament for over 15 years! Dora Reynolds, Marylou Bompas, Kevin Bell, Brad Bompas

LMHF Board member Drew Stotesbury rustled up this team of avid golfers to enter the challenge cup. Brian Mitchell, Drew Stotesbury, Karen Davies, Bob Woodhouse



SAILING TROPHY

SPONSORED BY THE FOUNDATION

Members of the board agreed to sponsor a trophy for this year's Round Saltspring Race at the Salt Spring Sailing Club as part of the Foundation's public relations goal to promote awareness for the hospital. The trophy was crafted by woodworker Neal Wilkinson and will be a perpetual trophy for the race held at the Salt Spring Sailing Club.

The winner of the "First across the Line by Elapsed Time" trophy was ex-Olympian, Eric Jespersen and his Melges 32 "Mischief", who was greeted by the race committee at 00:53:56. At 9:00pm on race day, the club posted the following note: "As the sun sets and wind fades from memory, about a third of the fleet have retired instead of sticking out a long night floating under the stars". In the end, only 10 of 105 boats finished the race.

Mr. Jespersen spoke highly of Lady Minto Hospital and was very thankful for the services of our 24/7 ER.

"I was so grateful for Lady Minto's emergency services on a previous visit to Ganges by boat. My daughter got scores of large wood splinters in her foot while horsing around on the dock. The medical staff froze the area and painstakingly removed them all, which saved our vacation."

At a volunteer appreciation luncheon held June 8th, Saltspring Sailing Club Race Chair Peter McGovern thanked the Foundation for creating this trophy which is the first time an award has been presented for this category. He added that the club is certified as a "Green Marina" and received the "silver level of stewardship" in terms of environmental footprint.

He also emphasised the importance of Lady Minto Hospital and having a hospital available on race week-end. ■



Left: Neal Wilkinson, craftsman who designed and created the trophy. Right: Winner, Eric Jespersen



Board member, Kelly Hyslop with Regatta Co-Chair Kevin Vine at the awards ceremony on May 21st



Left: "Mischief". Right: Eric Jespersen and family hold the Marshall Sharp Perpetual Trophy and the Foundation's "First Across The Line By Elapsed Time" perpetual trophy.

EQUIPMENT ITEMS PURCHASED WITH FUNDING FROM THE LMH FOUNDATION

Verathon Bladder Scanner for Adults and Children - \$19,568.85

Bladder scanner used to determine whether people retain urine. We use it to assess the need for catheterization.

Steam Table, Electric Hot Food Table \$12,653

Used for holding food after being cooked; holds it at the correct temperature until served.

Trilogy 200 Ventilator \$17,049

Assisted ventilation for critically ill patients used in resuscitation post cardiac arrest/trauma. Also very useful for patients requiring assistance with Congestive Heart Failure who are not referred for Bi-Pap.

Ultrasound Unit \$11,804

Hand Held Ultrasound Unit. Used in Emergency Department to assess for air/ free fluid in abdomen; assists physician in diagnosis and referral to definitive care.

Ultrasound Scanning Stretcher \$6,279

Ergonomic stretcher for use in ultrasound; reduces incidence of injury for Technicians

Invicare Air Mattress (for ECU) \$8,551

Specialty air mattress meant to reduce skin breakdown

NEW MICROSCOPE FOR OUR CORE LABORATORY



The Laboratory at Lady Minto Hospital was in dire need of a replacement microscope and was working with equipment on loan from Campbell River. With the generous donation from an anonymous donor, we were able to provide funding for the new purchase.

"The new Olympus Phase microscope (\$6,040) will have the capability to be used as a regular microscope for looking at stained slides such as our slides for WBC differentials but has a sub stage

phase condenser and a phase objective lens to allow it to be used as a phase microscope for unstained specimens. While stained slides have an important role in cell identification, unstained slides allow better viewing of live organisms and for internal structures unaltered by the staining process.

The phase microscope is used to identify different types of cells, crystals, casts, organisms and other miscellaneous elements found in urine, CSF and other body fluids.

The main use at LMH is for doing routine urine microscopic analysis. Occasionally when we do get other body fluids such as pleural or cerebral spinal fluids we need optimal image quality to identify elements in the sample which the new phase microscope provides."

In addition to the new microscope, the laboratory will be purchasing a much needed replacement centrifuge for urinalysis specimens. This item was also made possible by a generous donation from our anonymous donor and at press time, the equipment has been ordered.

Elaine Fraser, LMH Laboratory Manager





YES! I would like to make a donation to the Lady Minto Hospital Foundation

You choose how your gift helps the hospital by directing your contribution to one of the following Funds or Endowments...

Enclosed is my tax deductible gift of \$

☐ Annual Fund ☐ Endowment Fund ☐ Extended Care Fund ☐ Education Fund

☐ **MEMORIAL GIFTS** are a wonderful way to remember loved ones, and to share gifts that truly make a difference for patients and residents. Please include the memorial name and the name, address and relationship of the person you wish to receive acknowledgement of your gift.

Memorial info: _____

Name: (as you wish it to appear for donor recognition) _____

☐ I prefer my donation to be anonymous

Address: _____

Postal Code: _____ Phone: _____ Email address: _____

I prefer to use my VISA or Mastercard in the amount of \$ _____

OR/ I wish to make a monthly donation of \$ _____ to be charged against my account.

Account Number: _____ Expiry: _____ Name on card: _____
(please print)

Thank you for helping us to ensure that we continue to have excellent health care on the Island. Tax receipts are issued for all donations. Charitable taxation # 135048148RR0001

This form can be mailed to the Lady Minto Hospital Foundation 135 Crofton Road, Salt Spring Island, B.C. V8K1T1 or faxed to, 250 538-4870

Lady Minto Hospital Foundation
135 Crofton Road Salt Spring Island B.C. V8K 1T1

