



THE
RICHMOND HOSPITAL
FOUNDATION

Raising the Bar

Winter/Spring 2008

BREATH OF LIFE NEW VENTILATOR SAVES LIVES IN RICHMOND HOSPITAL'S ICU

"September 30th was a very big day!!!" Marielle Dickson, Respiratory Therapy Practice Leader, announced in a hospital-wide email.

The news, so exciting it merited three exclamation points, was that the first patient had been hooked up to the new oscillator ventilator.

It was a Sunday and Dickson had been called to the hospital on her day off.

"We had set October 1st as our start date for using the oscillator ventilator," Dickson remembers. "But we had this patient who was critically ill... it was the only thing we could do."

Frank*, a man in his sixties, was suffering from severe pneumonia and sepsis (blood infection). He was no longer responding to a conventional ventilator. Taking into account Frank's age and health history, Dickson estimated that it was unlikely he would survive – even with the new ventilator.

Funded entirely by The Richmond Hospital Foundation's generous donors, the \$67,000

oscillator ventilator is used on patients with acute respiratory distress syndrome. Whether caused by illness or trauma, these patients have such severe lung damage that a conventional ventilator would further harm the injured lung membranes that absorb oxygen and expel carbon dioxide.

"We use it on the sickest lungs in the hospital, on patients who may not survive on regular ventilators," Dickson explains.

A conventional ventilator mimics natural breathing. It opens and closes the lungs to deliver around 20 breaths a minute. In comparison, an oscillator ventilator provides a small but steady flow of oxygen and air. It uses pressure to keep the lungs propped open and moves small amounts of oxygen and air into and out of the lungs roughly 360 times a minute.

For critically ill patients like Frank, this method of delivery of air and oxygen can make a life or death difference. "It keeps the patient alive long enough for our other medications to work," Dickson explains.

Within a few hours on the oscillator ventilator, Frank's vital signs began to improve. Within a couple of weeks he was transferred to a conventional ventilator and, one month after that, he was transferred out of the Intensive Care Unit.

It wasn't the speed of his recovery that was so exciting. It was the fact that he recovered at all. And that, Dickson explains, is why this new ventilator is so important.

"The oscillator ventilator gives us hope that there's a possibility of survival for some of our sickest patients," Dickson says.

The Richmond Hospital Foundation would like to extend a special thank you to all of the donors who direct their donations to the hospital's most urgent needs. By helping to fund critical care equipment like the oscillator ventilator, your donations save lives. Thank you.

*Name changed to protect patient privacy.

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— Marielle Dickson, RESPIRATORY THERAPY PRACTICE LEADER.



3 QUESTIONS WITH DR. MARTIN JENKINS

DR. MARTIN JENKINS IS A RADIOLOGIST AT RICHMOND HOSPITAL

WHY DO WE NEED AN MRI?

MRI is the imaging method of choice for many body regions such as the brain, spinal cord and pelvis. It is the diagnostic modality best suited to evaluate joints, muscles and tendons.

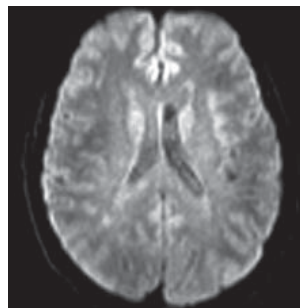
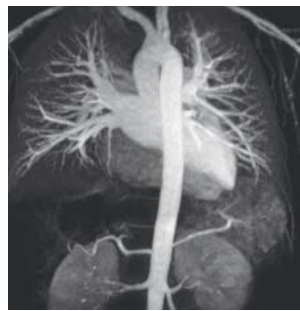
WHO WILL IT HELP?

Every man, woman and child in Richmond stands to benefit, from the young soccer player with a sore knee to the elderly patient with a possible stroke.

WHY IS MRI BETTER?

The MRI scanner shows finer detail (or resolution) than our other imaging tools and is able to better differentiate soft tissues, such as muscles, tendons, ligaments and fat. Simply, MRI produces the best picture of the inside of the human body. They say a picture is worth a thousand words. But, in this department, a good picture is priceless. A good picture saves lives.

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MRI CAMPAIGN

We're over 1/3 of the way to our goal! To date we've raised over \$1.4 million and we'd like to thank everyone who has supported our campaign. Your generous donations have put us one step closer to raising the \$4 million we need to purchase an MRI and fund the specialized construction needed to house this sensitive equipment.

We're also one step closer to having this important diagnostic test available here, in our community. And that doesn't just benefit our patients; it also benefits everyone who loves and cares for them.

We would like to extend a special thank you to the following donors for their leadership gifts: the Milan and Maureen Ilich Foundation, Barry and Laurie Cavanaugh, and the Kronier Family.

HOSPITAL HAPPENINGS

GET READY FOR RICHMOND'S BABY BOOM!

Renovations started this November on Richmond Hospital's new Women's and Newborn Unit. In the new unit, moms will labour, deliver, recover and care for their newborn in the same private, family-friendly room. Premature, weak and sick newborns will benefit from an expanded Neonatal Intensive Care Unit, complete with infant-specific medical equipment.

The new unit is expected to open in November 2008 and should attract 25% more families. That's over 1,500 babies a year!

These renovations were made possible through the support of Variety – the

Children's Charity, Ronald McDonald House Charities and all of the donors who contributed to this important campaign.

CHILD HEALTH CENTRE OPENS

The new unit is bright, child-friendly and will improve access to general and specialized pediatric care for kids and infants in our community. The Child Health Centre is made up of the General Pediatric Clinic, Early Childhood Mental Health Program, and Noakes Primary Care Maternity Clinic.

This new unit was funded by a generous grant from Child Health BC.

EMERGENCY CONGESTION RELIEVED

The Richmond Hospital Integrated Care Initiative was launched this fall to streamline patient progress through emergency. Some of the features include: a new four-chair Rapid Assessment Zone and a five-stretcher Short Stay Unit. The entrance to Emergency has now been designated "Emergency Only". Access is limited to emergency patients and their families in addition to staff and volunteers working on the unit. This has helped to reduce traffic through the emergency department and improved privacy and security for patients.

A DOCTOR REMEMBERS

Dr. Charles Yang calls these moments the most gratifying in all of his years of practice.

The retired Obstetrician/Gynecologist (OB/GYN) speaks slowly. He describes performing a caesarean section. The mother is numb from the waist down but awake. He can't see her face because of a screen hanging across her body that prevents her from watching the operation. Since most of the pregnant women he cared for had complicated pregnancies, he knows she's worried about her baby.

He pulls the baby out and does a quick check. If it is breathing and a healthy pink colour, he lifts the new baby boy or girl over the screen and gives the mother her first look. That's the moment.

"They would always cry right away," he says. "You can't make anyone happier than when

you show them their healthy baby. It's all most mothers want."

In his 34 years at Richmond Hospital, Dr. Yang enjoyed many of these happy moments. He opened his practice in 1966, the same year the hospital opened. From then until he retired in 1999, he cared for countless women with complicated pregnancies, cancer and other gynecological problems.

He remembers when it was routine for him to be woken up in the middle of the night with an emergency call from the hospital. Now it's routine for him to be approached by adults – now in their 40s – who tell him that he delivered them.

He also runs into former patients who credit him with curing their cancer. He's not sure about that. "I helped," Dr. Yang says.

In 2006 Dr. Yang suffered from a debilitating stroke. He returned to Richmond Hospital for 3 weeks, this time as a patient. Over the next year he would learn how to speak and walk all over again. He would not forget the care he received.

Earlier this year Dr. Yang and his wife made a generous donation of securities to The Richmond Hospital Foundation. It was a tax-smart way to give that allowed them to make use of assets they no longer needed. Most importantly, it was a way to say thank you.

"I'm very grateful to Richmond Hospital," Dr. Yang says. "It provided me with what I needed and also looked after me. I wanted to give something to show my appreciation."



"I NEVER PRACTISED
ANYWHERE ELSE.
I HAD EVERYTHING
I NEEDED HERE."

– Dr. Charles Yang

OUR COMMUNITY PARTNERS



KIN'S FARM MARKET raised \$5,250 for The Richmond Hospital Foundation during their 20th anniversary celebration held September 1 to 3, 2007.

ABOVE: Lisa Westermarck accepts a \$5,250 cheque from Mr. Kin Wah Leung, President of Kin's Farm Market.



MANOAH STEVES ELEMENTARY Grade 4 and 5 students organized a Christmas book drive and collected over 100 new books for the Pediatric Unit at Richmond Hospital.

ABOVE: Organizers Stephanie Ma, Meghan Lin, Marco Yeung, and Patrick Yuen.



ABERDEEN CENTRE with a little help from Santa Claus and Huggie the Holiday Bear, raised over \$1,600 for Richmond Hospital. For a \$5 donation, kids got to take home a keepsake photo.

ABOVE: Huggie the Holiday Bear and Erica Lai, a Richmond Hospital Foundation volunteer.

EAT FOR THE HEALTH OF IT!

This healthy, hearty soup is sure to warm you up this winter. It was originally published in *A Lulu of a Cookbook*, a collection of favourite recipes from the staff and volunteers at Richmond Hospital.

LENTIL SPINACH SOUP WITH CURRIED YOGURT

{Serves 5}

Ingredients:

SOUP

- 4 cups chicken or vegetable stock
- 1 can red lentils (drained) or 2 cups cooked
- 2 celery stalks, chopped
- 4 cups chopped fresh spinach
- 1 tbsp lemon juice
- minced onions (to taste)
- minced garlic (to taste)
- salt and pepper (to taste)

CURRIED YOGURT

- ¼ cup low-fat yogurt
- 1 tsp curry powder

Directions:

1. Mix stock, lentils, celery, onions and garlic in a saucepan and bring to a boil.
2. Reduce heat. Cover and simmer for 5 minutes.
3. Add spinach and simmer for 3 minutes.
4. Add lemon juice and season with salt and pepper to taste.
5. In a separate bowl, mix yogurt and curry powder.
6. Ladle soup into bowls and serve with a dollop of curried yogurt.
7. Enjoy!



RONA #178 RICHMOND In October, Rona #178 (on Sexsmith Rd) raised over \$1,000 for the MRI Campaign by selling popcorn by donation.

ABOVE: Arlene, Carson and James at Rona #178 Richmond.

HEALTH E-GIVING

Did you know you can donate online to The Richmond Hospital Foundation? Please visit:
www.richmondhospitalfoundation.com

UPCOMING EVENTS

We have a lot planned for 2008 and so do our community partners. There's a charity concert, a fashion show and an improv performance. And that's just the beginning! Visit our website at www.richmondhospitalfoundation.com for all of the details.

GIVING GIFTS OF SECURITIES

New legislation has eliminated the capital gains tax on donations of securities. Instead of selling your shares and paying tax on 50% of the gain, you can donate them directly to The Richmond Hospital Foundation. You will pay no capital gains tax and receive a tax credit for 100% of the value of the stock. It is easy to arrange. Your broker can transfer directly to our trading account.

To learn more, call Lisa Westermark at:
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