



Pacific HeartBeat

NEWSLETTER



President's Report

By Alfred Buchi

It has been three years since I was elected president of POHA, and I'd like to express my appreciation and gratitude for the invaluable support of the board and all members. Now it is time for a change, and I am anticipating that our vice president John Chesman, will be elected president at our upcoming AGM.

POHA is not immune to changes that govern not-for-profit organizations and the ever changing rules for volunteer groups. Thanks to a dedicated and diverse group of board members, we were able to meet new and ongoing challenges with positive outcomes for our organization. I am confident that the new board will continue to advance the goals of the past 25 years.

Our primary purpose, to provide support for patients needing open heart surgery, will continue.

We received funds from the BC Government Community Gaming Grant and the Founders Cup foundation. These funds are used for books and DVDs that are given to patients at Vancouver General, St Paul's and Royal Columbian hospitals, as well as financial support to feeder hospitals for their cardiac department needs. We are grateful to Telus and Heart and Stroke for continuing their generous support in producing our heart pillows. Their efforts are an important part of our program and greatly appreciated by the patients. Many thanks. I would like to thank the POHA Board for all their work and the golf committee for organizing a great tournament once again this year.

Thank you to all volunteer visitors to the hospitals for supporting our heart patients. To the membership at large, without you we would not exist.

I hope you will join me in continuing your support for POHA and their great cause. If you missed last year's golf tournament, we hope you can join us this year. If you have recently recovered from heart surgery, I invite you to join our not-for-profit organization. We are always happy to welcome new visitors to our hospital visitation teams.

Best wishes to you all in 2014.

The Role of Physiotherapists in Recovery After Open Heart Surgery

By Lori Roy BscPT Royal Columbian Hospital



Hello to members of the "zipper" club! I am one of the physiotherapists who work at the Royal Columbian Hospital with the Open Heart Surgery program. I started my job at RCH in 1999 so have seen numerous people come and go after heart surgery over the years, every one of them with a story to tell.

If you came through our program, you may have met me! You likely would remember me for telling jokes during the exercise class. If you do remember that, hopefully you remembered the jokes as being funny but I'm sure some would argue otherwise. I have always been impressed with the Pacific Open Heart Association's members and their commitment to helping others feel like they are not alone on their open heart surgery journey.

They reinforce with our patients that life does go on beyond their time here in the hospital and it can be a normal active life.

In order to start living that life though, the patient has to make it out of the hospital first, and this doesn't happen without having a physio "terrorist" make sure that they are up and moving about so as to minimize the side effects of immobility. What's the difference between a physiotherapist and a terrorist? You can negotiate with a terrorist. That's right; we hate it when people lay in bed wasting their muscles away. Common side effects of staying in bed can include: muscle weakness, muscle atrophy, poor circulation which can lead to the development of blood clots, urinary tract infections, constipation, aggravation of respiratory problems, bed sores and depression. Now you know why we encourage you to get up out of bed every day!

Physiotherapists are also there to ensure that the lungs are working to their optimum capacity so as to prevent complications such as pneumonia and lung collapse. This is what can happen to the lungs after surgery when the body is not getting enough air down to the bottom of the lungs to keep them open, mostly due to inactivity post-op, the effects of the anaesthetic and shallow breathing. Deep breathing exercises and walking around help to clear this up. If there are significant amounts of secretions in the lungs, we use special breathing exercises to help the secretions to move along so that the patient can cough them up and out. We may also help to get rid of secretions by clapping the patient's back with our cupped hands to help to loosen them up. Yes, we get our frustrations out by beating up our patients! However, most times if someone does their breathing exercises and gets up and walks around, they do not have to be subjected to our beatings. Contrary to what you would think, a lot of people find the back clapping quite comfortable but we try to keep that a secret so they'll get up and move about on their own in order to avoid getting beaten up. When we minimize these problems, this allows the person to get out of the hospital faster and therefore frees up a bed for the next person coming into hospital for their surgery.

Annual General Meeting Saturday February 15th, 2013

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC
Time: 1:30 PM
Speaker: TBD
Topic: TBD.

Membership Registration desk will open at 1:00 PM

Refreshments will be served after the speaker's presentation.

POHA Donates to Local Hospitals

This past year, POHA has made a number of donations to local hospitals. Included are pictures of 2 of the donations being made.

1. A donation of \$3500 being made to Ridge Meadows Hospital Foundation. Following is a list of items that would be beneficial for Advanced Cardiac Life Support education and training:

- ECG Simulator, to simulate normal and abnormal heart rhythms

- CPR dummies
- Heart model for staff and patient education
- Intubation head for staff to practise intubation procedures.

2. A donation of \$2500 being made to Chilliwack General Hospital for the purchase of a sleeper chair..

Sleeper chairs can be reclined completely and used as a bed. They are available to family and friends of critically ill patients so that they can spend the night with the patient. Typically sleeper chairs and educational DVDs cannot be purchased through funds normally available to hospitals.

**Cheque Presented to Ridge Meadows (RM) Hospital Foundation
November 13, 2013.**



From L. To R. - Kristina Murray, RM Hospital Foundation; Brian Symonds, POHA; Laura Butler, RM Hospital Foundation.

See the article in the Maple Ridge – Pitt Meadows Times:
www.mrtimes.com/community/faces-places-dec-10-2013-1.752772

Cheque Presented to Chilliwack Hospital on November 14, 2013.



From L. To R. - Dick Mackenzie, POHA; Margaret Giesbrecht, Patient Care Coordinator and Diane Campbell, Medical Manager, both of Chilliwack General Hospital.

Another donation of \$3000 was made to Surrey Memorial Hospital for the purchase of Cardiac Educational brochures.

POHA SUPPORTERS

A "heartfelt" thank you to the following for making Donations or In Memoriam Gifts to the POHA from Dec.1/12 to Nov.30/13.

Ahmadi Diba Ali	Kuraishi	Jaide
Baer Max	Kyan	Arlene
Bakken Allan	Lancaster	Cullis
Beaucamp Ernie	Lee	Joe Hang
Belliveau Reg	Louden	John
Bingham Bruce	Maccartney	Bill & Trudy
Bothwell Shawn	Mackenzie	Dick
Brown Ron	MacKenzie	Neil
Buchi Alfred	Mcdonald	Ross
Burnside Robin	McDowell	Bob
Campbell David G.	McFadden	Robert
Carlson Robert	McIntosh	Geraldine
Caswell Marlies	McIvor	Gordon
Champagne Annette	McKenzie	Eileen
Chee Benedict	McSheffrey	Ron
Chiang Gene	Melo	Jose
Chong Ron	Meredith	
Coe June	Tom & Phyllis	
Connolly Foundation	Molyneaux	Clarence
Cook Elaine	Morrisse	Esther
Croft Judith	Morritt	Harry
Crofts Joan	Nelson	Ray A.
Dagenais Arnold	Nelson	Richard
Dornan Steve	Neufeld	
Dyson Jim	Jack & Isobel	
Estate of	Odam	Fiona
Worthington G. Connolly	Pelletier	Ray & Jean
Evans Eileen	Perner	Frank
Fahlman Richard	Perry	Dwayne
Fontaine Patricia J.	Petrella	Luigi
Founders Cup	Plumbtree	Jessie
Charity Foundation	Rebello	Maria
Gross Al	Rice	Gordon
Hiltz Phyllis	Romano	Robert
Hnetka Larry	Roske	Harvey
Holgerson Donna	Scott	Jack
Janif S.	Scott	Yvonne
Janif Shakeel	Stuart	Ron
Joe William	Sturgess	Alan
Johal Parminder	Symonds	Brian
Johnson Sylvia	Telus	Inc.
Jones Raymond	Tromba	
Justason	Joseph & Mary	
Robert & Elizabeth	Uytdehaag	Sophie
Keegan Michael	Visscher	Leonard
Kelt Bruce	Vyse	Stan
Keryluk John	Wilson	Doris
King Colin	Wilson	Doris J.
Ko See Bun		

Larry Hnetka, one of the donors listed, sent a very nice "thank you" card along with his donation. Here is what he had to say:

"Enclosed is my membership request, as well as a donation to the Pacific Open Heart Association. I treasure my "red heart pillow" and will keep it close. Your volunteer Paul Altalia brought such joy & optimism with his visits both pre-op & post-op that made my heart surgery less frightening & answered some questions in his unique & friendly manner. Paul is a great ambassador for your association! If other volunteers are like Paul, your association is well represented!"

Thanks again for the info & the pillow."

Al Vogt

We are sad to announce that Al Vogt passed away on October 16 in the Chilliwack General Hospital. Al was a long time member and supporter of Pacific Open Heart Association. He was a golf committee chairman, and a volunteer visitor with POHA. He was awarded the Don Topp Trophy in 1997 in recognition of his service to the association.

POHA 30th Annual Golf Tournament

Friday June 20th. 2014

By Roger Kocheff Chair POHA Golf Tournament

The date and location for the 2014 POHA golf tournament have been booked:

**Friday June 20th. Poppy Estates.
3834 248th. Street, Aldergrove**

The format will be the same as last year, **with some special surprise features to celebrate our 30th. Anniversary.**

We are working on a new hole-in-one prize but have not yet finalized the details. We will include this news in the registration package, which will be in your hands in late April 2014.

Also, there will be a blind draw, for free entry into the 2015 Tournament. This would be drawn from all "early" registrations for this year's Tournament. There will be more details on this in the registration package.

Please plan to attend. For more tournament information or to learn how to help with phoning, prizes or general help for the tournament, contact me at:

604-467-2904 or rkocheff@telus.net

Please send Golf Tournament Information to:

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

Sandra Palmer Retires as Manager, Volunteer Resources at Royal Columbian Hospital

Sandra Palmer retired in September 2013 from her position of Manager, Volunteer Resources at Royal Columbian Hospital.

In 2001, Sandra was instrumental in assisting Pacific Open Heart to establish our volunteering services at RCH. Prior to then, POHA did not have a presence at RCH.

In the ensuing years, she worked very closely with our organization and our volunteers to ensure that we became accepted as being beneficial to and respected by cardiac patients and the medical professionals of the 2 South ward of the Columbia Tower at RCH.

In October 2013, Sandra was thanked, by a number of the POHA Volunteers, at a luncheon in her honour. She was presented with a floral bouquet and another token of our appreciation.

Below is a photo taken at that luncheon.



Santa Visits the Royal Columbian Cardiac Ward



Santa Claus (POHA volunteer Len Mueller) presents a poinsettia to patient Cynthia Rutz at Royal Columbian Hospital on Christmas Eve. Who knew that Santa is a member of the Zipper Club?

Our volunteers also delivered poinsettias to the cardiac wards at Vancouver General and St Paul's hospitals. POHA would like to thank Burnaby Lake Greenhouses for their support in making these poinsettias available.

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitors.

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

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

It's that time again!

It's time to renew your Pacific Open Heart Association membership. Membership is still only \$10.00, unchanged in over 20 years !! Funds from memberships are used to cover operating costs of the Association such as the production of our brochures (in several languages); postage; Annual General Meeting expenses; the purchase of poinsettias for patients who are recovering from open surgery during the Christmas holiday. None of our volunteers or directors receives any form of compensation and never has. Any surplus funds from membership renewals are donated to hospitals for sundry equipment in the cardiac wards. So please renew and help support the good work that POHA has been doing for over 25 years. Thank you.

MEMBERSHIP REQUEST

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in - being a visitor: ☐

- being a volunteer: ☐

- Golf: ☐

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation and the B.C. Gaming Policy and Enforcement Branch in the production of this newsletter.

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