



Pacific HeartBeat

NEWSLETTER



January 2016

President's Report

By John Chesman

It is hard to believe that another year has passed since we last reported to you our members.

We hope that 2015 was a good year for you and that you will have a healthy, happy 2016. I would like to thank the Directors for their hard work and contributions during the past year. I am sorry to report that we lost the services of our Secretary, Chantal Moll for health reasons. We wish her well and hope she will soon be able to once again contribute to the work of POHA.

Our hard working volunteers continue to provide visitation and consultation to the three main heart hospitals and to the feeder hospitals. Their dedication and services are the reason the POHA exists and we cannot adequately express our thanks to them.

At this time of the year we ask that you our members renew your membership for another year. It is your support which provides for the operating costs of the association.

I would like to thank Roger Kocheff for organizing yet another day of golf and friendship in 2015 and invite you all to participate in the fun day in 2016.

I hope to see you all at our annual meeting on April 9, 2016 at the Unitarian Church of Vancouver, 949 West 49th Avenue, Vancouver.

John Chesman,
President

Annual General Meeting Saturday April 9th, 2016

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC
Time: 1:30 PM
Speaker: A Representative from Heart & Stroke
Foundation of BC & Yukon
Topic: TBD.

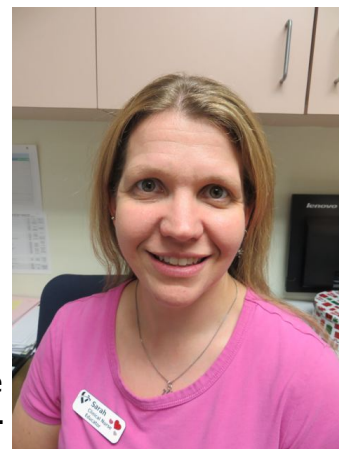
Membership Registration desk will open at 1:00 PM

Refreshments will be served after the speaker's presentation.

Prehabilitation – Preparing for Open Heart Surgery

By Sarah Weinkam, Clinical Nurse Educator
Surrey Memorial Hospital, N43/CCU

Surrey Memorial Hospital is the largest hospital in Fraser Health Authority. It has the second largest Emergency department in Canada, and is BC's busiest Emergency. Surrey Memorial Hospital has a 24 bed Cardiac Care/Cardiology Unit. Planning is underway to expand to 39 beds with construction expected to start in early 2016. The Surrey Cardiac Care/Cardiology unit cares for all the patients who come to the Emergency with a cardiac condition.



Recovery from surgery does not really start with the surgery itself. Once we know surgery is necessary, the preparation that occurs in the days leading up to surgery influences recovery.

Many patients come to the hospital with chest pain. And these patients can often be treated with a stent during an angiogram. No one is expecting to stay for surgery but in some cases this is necessary. At Surrey Memorial Hospital, we may have a couple of patients waiting for surgery at any given time and they may have to remain here for a couple of days or as long as a couple of weeks.

So, how can you prepare for surgery while waiting in hospital?

There are many things to consider: the medical treatment, reducing risk factors, maintaining physical condition, and teaching or counselling. All of these factors can be addressed using a team approach: the patient, their family, doctors, nurses, physiotherapists, social workers, occupational therapists, dietitians etc. By working together, they can help to address many of the items that weigh on patients and families minds before the surgery. The more aware and better prepared a patient is, the smoother the transition back to home can be. With this objective in mind, the health care team at Surrey Memorial Hospital is implementing a more structured approach to helping patients prepare for surgery.

One of the first things we aim to do is identify the patient's main support person(s) after surgery. Then we can include them in our teaching and plan.

Our physiotherapist will see every patient who has been referred for open heart surgery. Previously this consultation had taken place the evening prior to surgery in the hospital where the surgery would be performed. By moving this assessment to the referring sites, the physiotherapists can show patients how to get in and out of bed and how to protect their breast bone (sternum) much earlier in a patient's stay. Patients will then practice getting in and out of bed in this manner so they can get comfortable with moving in the way they will need to after surgery.

The physiotherapist will also give patients the "Recovery After Heart Surgery" booklet. This guide describes the post-operative regimen while in hospital. Nurses can use this to help answer questions that patients may have about their surgery and recovery. As an added benefit, the patients and families get to keep this resource for future reference.

Part of the daily plan is to include small things that can help patients keep moving and feeling as normal as possible. This includes showering daily, brushing teeth regularly, performing a few exercises. Walking around the unit as much as possible increases leg strength. This makes it easier to get in and out of chairs without using their arms.

If we notice that patients are having difficulty with getting in and out of chairs and walking before surgery, we will work together to recommend equipment that can be used in the surgery hospital. The health care team then makes sure this is written out and is passed on to the post-operative care unit. These recommendations can also be given to the family so that the equipment can be picked up before a patient goes home.

Patients waiting for surgery will have a daily visit from their physician. During this visit, the physician reviews the medications they are taking to ensure that risk factors such as hypertension (high blood pressure) and diabetes are well managed. If a patient was smoking leading up to their hospitalization, we will encourage them to quit and offer nicotine patches.

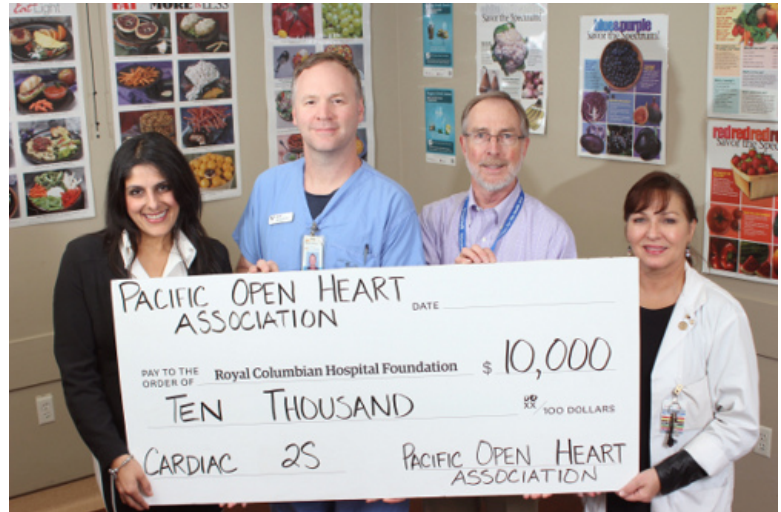
The nurse will also go through risk factors with patients. This can help identify some of the topics that we want to address prior to surgery and can continue throughout a patient's stay right through to follow up in a cardiac rehabilitation program.

A challenge we face is to have a patient's family present for the physiotherapy teaching. Sometimes family have other commitments during the day. So, we address this by using teaching videos and answer questions raised after watching them. The videos we have are the same ones that are available on the post-operative Open Heart Surgery unit at Royal Columbian Hospital. These videos, which are uploaded on a tablet, can easily be brought to the patient's bedside. They have been made available to for use at Surrey Memorial Hospital through the generous support of Pacific Open Heart Association (POHA). The patients also benefit from visits by the POHA volunteers who can answer questions regarding their personal experience of having had open heart surgery.

Our plan of care is aimed to be consistent with the daily plan after surgery, which the nursing staff encourages a patient to keep once they go home after surgery. If a patient has a good routine for recovery from the beginning, it helps make the routine feel more normal by the time a patient is ready to go home.

POHA Donates to Local Hospitals

In the past few months, donations of \$10,000 have been made to each of the three hospitals where open heart surgery is performed. In addition a donation of \$1,700 was made to Ridge Meadows Hospital (RMH) to assist in the development of a Code Blue response video for staff educational purposes to increase awareness of emergency situations involving cardiac arrest. This video will be used throughout the Fraser Health Region. Langley Memorial Hospital received a donation of \$2,200 which will be used to purchase a Holter monitor.



In this photo a presentation is being made to the Royal Columbian Hospital. Participants include from the left, Salima Mowji, RCH Foundation; Jeff Kain, Clinical Nurse Educator, 2 South, Heart Surgery ward; Mike Martin, POHA Team Leader; Lil Drescher, Cardiac co-ordinator, Cardiac surgery triage.



Ridge Meadows Hospital Clinical Nurse Educators Luda Krapchan (pictured, left) and Kelly Van Blanken (pictured, center) met with POHA members Ed Dezura (pictured, 2nd left), Roger Kocheff (pictured, center), Bob Axford (pictured, 2nd right) and Brian Symonds (pictured, right) to acknowledge their generous support of Code Blue video initiative at RMH.

POHA SUPPORTERS

A "heartfelt" thank you to the following for making Donations or In Memoriam Gifts to the POHA from Dec.1 2014 to Nov.30 2015.

Robin Adams, Ali Ahmadi Diba, Pamela Akselsen, John Ashton, Max Baer, Joseph L Batho, Reg Belliveau, Benny George Birovchak, Therese Bisson, Steve Borthwick, Shawn Bothwell, James A Brown, Aaron Buhl, Robert Carlson, Edward Carroll, Marlies Caswell, Benedict Chee, Patrick Clark, David Clarke, Beatrix Coesel, Elaine Cook, John Dejong, Jim Dyson, Robert Ellerton, Vera Endacott, Eileen Evans, Richard Fahlman, Bill Farrall, Founder's Cup Charity, Donald Fox, Victor Gauvreau, Alice Glover, Arthur Goertz, Betty Goodwin, James Gray, Gerald Green, Edward Haggan, Harvey Hantula, Jhonny Hartwick, Heart & Stroke Foundation B.C., Tom Hiebert, Henry Hill, Dennis Hilton, Phyllis Hiltz, Sigbert Edwin Huth, Bob Imhoff, William Irwin Irwin, Raymond Jones, Robert and Elizabeth Justason, E. W. Kane, Leanne Karella-Salter, Tsezar Katsman, Warren Keep, Dorothy Kelt, James R. Kerr, John Keryluk, John Kincaid, K Kirkwood, Peter Kobliuk, Jaide Kuraishi, Joe Hang Lee, Jenny Yeng May lee, Thomas J. Lundgren, Kathleen MacKay, Dick Mackenzie, Larry McDonald, Ross McDonald, Bob McDowell, Bill McIntosh, Geraldine McIntosh, Peter McLoughlin, Ron McSheffrey, Jose Melo, Tom and Phyllis Meredith, Mirhady Family via Vancouver Foundation, Brian Moore, Esther Morisse, Richard Nelson, Fiona Odam, Rodolfo F Padilla, Ray & Jean Pelletier, Dwayne Perry, John Racich, Jack Rae, Fred Remus, Robert Romano, John Rose, Josie Schubert, Jack Scott, Joan Smallenberg, Anthony Soda, George Soika, Lee Stockstad, Brian Symonds, Telus, Sophie Uytdehaag, Leonard Visscher, June Vogl, Stan Vyse, John G. Walker, Harvie Walker, Kim Cheong Wan, Doris J. Wilson, Walter Wishlow

The 32nd Moe Pitcher Annual POHA Golf Tournament

Friday June 17th. 2016

By Roger Kocheff Chair POHA Golf Tournament

The date and location for the 2016 POHA golf tournament have been booked:

**Friday June 17th. Poppy Estates.
3834 248th. Street, Aldergrove**

The format will be the same as last year. We are working on some new features 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 2016.

Also, there will be a blind draw, for free entry into the 2017 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: _____

Mail to: 11961-203 St., Maple Ridge, V2X 4V2

Please Consider Becoming a Volunteer Visitor at St. Paul's Hospital

At the present time the POHA is suffering a serious shortage of volunteers to regularly visit patients at St. Paul's Hospital. If we are to continue our visitation program, we need some members to step up and join the visitation team. If you have had open heart surgery (not necessarily at St. Paul's), here is an opportunity to offer support to people facing a similar procedure to what you experienced.

In most cases you will visit on the heart surgery ward for 1 or 2 hours every couple of weeks. If you are interested and want more information, please call Jennifer Rule, Team Leader at 604-739-3111.

All of us who have taken that first step and become volunteer visitors will verify that this is a very pleasant, rewarding way to volunteer your time.



Jennifer Rule Giving Poinsettia to St. Paul's Patient



Alfred Buchi Giving Poinsettia to VGH Patient



Santa, John Ashbridge, Ms. Claus and Poinsettias at RCH

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 in the production of this newsletter.

Please send all correspondence to:
Pacific Open Heart Association
PO Box 3979 MPO, Vancouver, BC V6B 3Z4
Telephone: 604-582-6229

PACIFIC HEARTBEAT NEWSLETTER
is published semi-annually by the
Pacific Open Heart Association
Editors: Mike Martin and Patrick Hagan