

# Pacific HeartBeat

JANUARY 2023 NEWSLETTER

## Keeping Up the Pace with Heart Health at Langley Memorial Hospital

Langley's charm has its challenges.

The city and township's pastoral beauty and friendly community feel is attracting more people than ever before.

But as a population boom puts a squeeze on resources, including health care, Langley Memorial Hospital's cardiac care team is responding to the demand.

Apart from childbirth, heart attack and heart failure are the most common reasons for hospital admissions across Canada.

About 62 per cent of patients admitted to Langley Memorial Hospital's (LMH) intensive care unit (ICU) in 2021 were admitted after suffering from cardiac pain or emergencies.

Cardiac care is in great demand in Langley. Back in 2016–17, 666 patients needed cardiac monitoring at LMH. By 2020–21, that number had grown to 793. That monitoring—or telemetry—is essential in the care of every patient who visits LMH for cardiac care, either in the Emergency Department or in the Intensive Care Unit, which houses the cardiac care unit.

Telemetry allows doctors to watch for abnormal patterns in heartbeat, arrhythmia or atrial fibrillation, which occur when the heart beats too fast and irregularly. The abnormal activity can be seen on a monitor at the nurses' station spontaneously, allowing for quick intervention.

But with Langley's booming population comes more pressure to meet the corresponding demand for lifesaving equipment. The cardiac care team has six dedicated telemetry beds to monitor patients in the Intensive Care Unit. But that's not enough to keep up with the demand from the growing numbers of patients admitted to the unit.

If all six telemetry spaces in the ICU are occupied, the next patient is forced to stay in the Emergency area where we only have one specialized bed for cardiac monitoring.

The situation is far from ideal, and puts health care workers in a position where they don't feel they are delivering the excellent cardiac care they were specially trained for,



Dr. Daniel Negash. Photo Credit: Double Exposure Photography

says Dr. Daniel Negash, an LMH Internal Medicine Specialist.

“The Emergency Department is busy and the staff have to deal with very sick patients there. Meanwhile [cardiac specialists] are waiting for the cardiac patients to come to the ICU.”

Langley Memorial's cardiology team, the Foundation and donor community have united in a fundraising effort to complete



Grateful patient, Darcy Gill and wife Manjit Gill. Photo Credit: Double Exposure Photography

the cardiac unit with four additional telemetry-equipped beds.

“The priority right now is to make sure we get those patients, waiting in the Emergency Department, into a bed with a telemetry unit. I want our patients to come in, be treated and go home safely,” Dr. Negash says.

Manjit Gill, a Langley community activist, fundraiser and donor, is a leader in the effort. Last summer her husband Darcy, spent time in the CCU to prepare for a procedure to install a pacemaker. “The care was excellent, but the beds were constantly full and the teams were juggling to keep patients in the right unit for the care they needed.” She says the hospital's need for telemetry-equipped beds would make a huge difference in the experience of patients who visit LMH's Emergency Department for urgent cardiac care. “We all know how fast Langley is growing, and it's important that the cardiac unit and entire hospital grow in pace with change.”

To learn more about Langley Memorial Hospital, visit [LMHFoundation.com](https://www.lmhfoundation.com)

## President's Report



Jay Chambers

Happy New Year

They say that the one constant in life is change and the Pacific Open Heart Association (POHA) dealt with a lot of change in 2022.

As we progressed through the year we were pleased to see that the restrictions on our hospital visitations were easing, in particular at Vancouver General Hospital and Royal Columbian Hospital. Our hope is that in 2023 our visitations will be back to the numbers experienced prior to COVID.

Unfortunately, in 2022, three of our Directors moved on. Our President, Richard Lemire and his wife, moved to Vernon to be close to family. In addition to being our President, Richard was also our Captain at St. Paul's Hospital. We are going to miss Richard and wish him all the best in the sunny Okanagan.

Bernie McNeil, a recent addition to our Board, made the decision to move on. However, he will continue to be a dedicated visitor at Royal Columbian Hospital.

Marie Donatiello, a POHA Director for nearly 30 years, recently made the decision to retire. Marie always stepped forward to volunteer for almost any job that needed to be done at POHA. Her big contribution was responsibility for the distribution of pillows and liaison with the Telus volunteers. We are going to miss Marie being part of our team, especially her enthusiasm.

With Richard retiring, I was elevated to the position of President. I am very grateful to have a very knowledgeable team of Directors to draw on for advice, in particular the history of POHA.

Nancy Farrell was asked to become our new Vice President. I am very pleased that she accepted the opportunity. As well, Nancy has agreed to replace Richard Lemire as our Captain at St. Paul's Hospital.

We had a successful Annual General Meeting (AGM) on October 29. At the meeting we reported to our members on the state of our finances, hospital visitations, the pillow program, our golf tournament, social media and our recently introduced ability to accept e-transfer payments. As well, an election of POHA Board members occurred. A highlight of the meeting was the presentation of our annual Don Topp Memorial Award to Amelia Moloci in recognition of her great work as our Secretary and her positive support of POHA initiatives.

Our AGM concluded with a very interesting presentation from our guest speaker, Kylie Morgan, who is a Clinical Exercise Physiologist at the Healthy Heart Program at St. Paul's Hospital.

Our primary goal in 2023 is to have our hospital visitation program fully operational. We will continue to work with each hospital to get their support in achieving this objective.

In early 2023 the Board will review and make a decision on a proposal to update our ageing computer system that maintains our membership database.

All the best to you and yours in 2023.

**Jay Chambers**

*President, Pacific Open Heart Association*

## Presentations



### POHA presented cheques for \$4,000 to four area hospitals

**1 VANCOUVER GENERAL HOSPITAL FOUNDATION.** (L to R) Marc Haslam, POHA; Patrice Talip, RN; Brittney Jones, PCC.

**2 RIDGE MEADOWS HOSPITAL FOUNDATION.** The cheque was used towards the purchase of a Cough Assist Ventilator—shown. (L to R) Respiratory Therapist Dave Wallace (Clinical Practice Lead at RMH); Brian Symonds, POHA; Ed Dezura, POHA.

**3 ROYAL COLUMBIAN HOSPITAL FOUNDATION.** (L to R) Donna MacIntosh, RCH Foundation, Vice President Engagement; Krista Smith, PCC, patient care coordinator/charge nurse; Bernie McNeil, POHA; Karen Donaldson, Operations Manager 2N/2S.

**4 ST. PAUL'S HOSPITAL FOUNDATION.** Juanita Russell, POHA, (2nd from left), presented the donation cheque to Stefanie MacLeod, Patient Care Manager, (3rd from left), and several staff members of the Cardiology and Cardiac Surgery Unit at St. Paul's Hospital.

**5** Rick Cozzuol and Mike Martin, received a \$1,000 cheque from Joga Singh Sanga, director, Khalsa Credit Union in support of fundraising efforts at the June 2022 golf tournament.

**6** The 2022 Don Topp trophy was awarded to Amelia Moloci. Amelia has been a director, and POHA board secretary, for eight years. She is also a valuable member of POHA's "The Moe" golf committee. All in all a worthy recipient of the Don Topp.



**John Chesman, Obituary.**

John was a Chartered Accountant. During his career he held many senior management positions—VP, Vancouver Canucks;

VP, Pattison Automobile Division; General Manager, MCL Motors; Chairman of the New Car Dealers Association of BC. John joined the POHA board in 2011 and was President from 2014–2016. John was instrumental in POHA's transition to the new BC Societies Act and a great supporter of our golf tournament.



**PACIFIC  
OPEN HEART  
ASSOCIATION**

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