

# Pacific HeartBeat

JANUARY 2020 NEWSLETTER

## Royal Columbian Hospital

The first Royal Columbian Hospital, designed for thirty patients, was opened at the corner of Clement (now 4th Street) and Agnes Street in New Westminster on October 7, 1862, to care for men only. The need for a hospital to care for the sick and injured had become apparent as miners flocked to British Columbia during the gold rush of the 1850's and 1860's.

In 1889, the hospital moved into a 50 bed facility located in Sapperton. In 1901, the Royal Columbian Hospital amalgamated with the Women's Hospital of New Westminster. As well, in 1901 the Nursing School was founded. RCH continued to graduate nurses until 1978.

The current hospital is located on East Columbia Street in New Westminster. The Royal Columbian Hospital has 446 acute beds and a medical staff of approximately 440 physicians including eight full time cardiologists, six interventional cardiologists and two cardiac electrophysiologists. Fourteen cardiologists have admitting privileges. RCH provides tertiary/trauma care to the large Fraser Health Authority which extends from Burnaby to White Rock to Boston Bar and serves a third of British Columbians. It is one of two adult Level 1 Trauma Centres in B.C. and it receives more Air Ambulance patients directly from accident scenes than any other hospital in the province.

The first heart catheterization was performed at RCH in November, 1969. Currently, about 6,000 catheterizations are done each year. Angioplasty initially involved a few cases per week and has grown to 2,935 during the 2017–18 year, the most in Canada. In addition, Royal Columbian Hospital is



*The Cardiac operating theatre at Royal Columbian Hospital.*

one of four centres in the country with statistically superior survival rates following angioplasty. The hospital also sees the highest proportion of high-risk cases in the province, with about 1,000 cardiac emergencies in a year.

Open Heart Surgery was first carried out in February, 1991. The Pacific Open Heart Association participated in the 10th anniversary celebrations held in 2001. All veteran "open hearters" were invited to the luncheon and to take part in various tours of the facility including the operating theatres, CSICU and the "cath-lab." 2001 also marked the introduction of visitation by POHA. Volunteers now make regular visits to support patients facing open heart surgery.

Today, six surgeons perform about 970 open-heart surgeries in a year, the most in the province. Ten anesthesiologists administer

the anesthetics and monitor the patient during surgery. A perfusionist runs the heart-lung machine which takes the place of the patient's heart and lungs so the heart can be stopped and safely operated upon. In addition, about 130 minimally invasive TAVI (transcatheter aortic valve implantation) are performed.

As always, Royal Columbian is at the cutting edge of cardiac procedures. The hospital became the first in B.C. and only the second site in Canada to perform a procedure called BASILICA to treat failing heart valves.

BASILICA stands for Bioprosthetic Aortic Scallop Intentional Laceration to prevent iatrogenic Coronary Artery obstruction. This is an option for some patients who need a new heart valve but are not candidates for either surgery or the non-surgical TAVI. During BASILICA, the old valve leaflet is



**PACIFIC  
OPEN HEART  
ASSOCIATION**

### 2020 POHA Annual General Meeting

**Saturday, April 4, 2020 at 1:30 p.m.**

Unitarian Church, 949 West 49th Avenue, Vancouver, BC (Oak & 49th Avenue).

Speaker: Adrienne White, Leadership Development Speaker & Coach.

Membership Registration desk will open at 1:00 p.m.

Refreshments will be served after the speaker's presentation.

split in the middle before a new valve is implanted. This prevents coronary artery blood flow from being blocked during a TAVI procedure. Patients often return home after spending one night in hospital.

The next four years will be an exciting period for Royal Columbian Hospital. The hospital's massive \$1.49 billion redevelopment will transform patient care in a number of departments. For instance, Cardiac and stroke care are set for tremendous growth and advancement. After the opening of a new Mental Health and Substance Use Wellness Centre in 2020, construction will begin on an eleven-floor Acute Care Tower. The tower is being designed to speed up access to interventional care for heart disease and stroke and increase capacity to treat more patients. When it opens in 2024, the tower will contain an "interventional super floor" that includes four suites for interventional cardiac procedures. The interventional super floor will also feature four suites, able to treat strokes using minimally invasive techniques. Royal Columbian plays an integral role in stroke care in our region, as the cornerstone of a 24/7 Acute Stroke Team.

The 2 South ward located in the Columbia Tower holds 30 beds. Patients are initially moved to the Cardiac Surgery Intensive Care Unit (CSICU) after surgery. Within a day or two they are taken to a room on 2 South. There, care and treatment are administered by about 60 specially trained nurses, as well as dietitians, physiotherapists, clinical pharmacists and social workers.



*The Cardiac Surgery Intensive Care Unit (CSICU) at Royal Columbian Hospital.*

All the members of the POHA team at Royal Columbian Hospital have become very familiar with the staff and their role in the heart centre for the Fraser Health Authority. As a result, we all feel very fortunate to have such a dedicated team in place when we need their services. Any "open

hearters" who would like to learn more about becoming a volunteer visitor should phone me at 604-535-3195. We always need more volunteers so that we can carry on our very rewarding work.

**Mike Martin**  
POHA Team Leader, RCH

## President's Report for 2019



*Rolf Gullmes*

How quickly time does fly! I hope you had a great year. 2019 has seen world-wide challenges and we at POHA have had our share. Our growth is stagnant, but hopefully 2020 will bring something positive for us all.

One of the 2019 success stories was the annual POHA golf tournament at Poppy Estate in Aldergrove. Attendees enjoyed golf, dinner and prizes—a great day! If you play a lot, a little, or never, you'll fit right in! The tournament is our only fund raiser. All proceeds go to feeder hospitals in the Lower Mainland. (Bob Axford is the team leader). There are eleven feeder hospitals

where people stay while awaiting transfer to either Royal Columbian, St. Paul's or Vancouver General for cardiac surgery.

One of our yearly goals is to provide some funding for the surgical hospitals. To date your membership fees and donations have provided approximately \$500,000 for the purchase of educational material as well as needed cardiac equipment.

One thing that would be of great assistance to POHA is your participation with our Board. If you have any experience with accounting, secretarial, marketing, computer skills or the legal profession and are willing to assist us, please email me at: [Rolf@RolfTheRealtor.com](mailto:Rolf@RolfTheRealtor.com)

In the Fall, our Vice President, Roland Clifford, resigned. He has been a board member for several years and will be missed. Roland will continue as a visitor at RCH. In addition, he remains responsible for print communications—including newsletters.

Fortunately, Richard Lemire has stepped in as our new Vice President.

These are your thirteen Board Members: **Rolf Gullmes**—President and visitor at RCH. **Richard Lemire**—Vice President and Team Leader at SPH. **Rick Cozzuol**—Past President and visitor at RCH. **Pat Hagan**—Newsletter Editor, website design and visitor at RCH. **Barb Smith**—Financial Accounts. **Marie Donatiello**—Pillow Program Coordinator at SPH and VGH. **Mike Martin**—Newsletter Editor and Team Leader at RCH. **Alfred Buchi**—Team Leader at VGH. **Bob Axford**—Team Leader, Feeder Hospitals and visitor at RCH. **Roger Kocheff**—Golf Coordinator. Our Financial Planners are: **Joga Singh Sangha** and **Jay Chambers**. Jay is also a visitor at VGH. **Amelia Moloci**—is our valued Secretary.

Thanks for your continuing support.  
**Rolf Gullmes**  
President, Pacific Open Heart Association

## Christmas at VGH



POHA volunteer visitor Thomas Lundgren (left) presented a poinsettia and pillow to patient Donald McCormick in the Cardiac Ward at Vancouver General Hospital on December 24.

## Volunteers Needed

We are always in need of new volunteer visitors at all three surgery hospitals. This interesting, rewarding opportunity involves one to two hours about every other week. Training is provided.

You will receive support from a team leader and various hospital staff who are always available for advice.

If you are interested, please contact one of the Pacific Open Heart Association team leaders for more information.

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### Vancouver General Hospital

Alfred Buchi 604-581-5508

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### Royal Columbian Hospital

Mike Martin 604-535-3195

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### St. Paul's Hospital

Richard Lemire 604-294-2625

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### Regional Hospitals

Bob Axford 604-462-9295

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## 2020 POHA Golf Tournament (“The Moe”)

Poppy Estate Golf Course • 3834 248 Street, Aldergrove, BC V4W 2B3

Now that we are at the beginning of a new year, we thought it timely to provide information about the 2020 golf tournament so that you can make plans to join us.

The 2020 tournament will be the 36th. It is fitting that we renamed it The Moe Pitcher (“The Moe”). Many of you will have known Moe and his determination to get Open Hearters together for an afternoon of renewing old friendships and making new friends. His legacy lives on and you are the

reason for its success. I want to share the fact that, while we are all having fun at the tournament, its financial success is helping local hospitals.

The POHA has a strong financial support mechanism for the larger regional hospitals (RCH, St. Paul's and VGH) that perform open heart surgeries. The goal of the POHA Golf Committee is to support outlying feeder hospitals that triage cardiac patients before admission to the surgical hospitals.

Over the last seven years, proceeds from the tournament total over \$50,000. The money has assisted feeder hospitals to help patients with cardiac medical issues. Hospitals have purchased Sleeper Chairs, an ECG Simulator, Holter Monitors, Code Blue Training Videos, Cardiac Event Monitors, Cardiac Education Brochures, and a Smart-Man CPR training dummy.

Golf tournament proceeds have assisted Fraser Health hospitals including Peace Arch, Burnaby General, Langley Memorial, Ridge Meadows, Chilliwack General, Surrey Memorial, Abbotsford Regional and Eagle Ridge Hospital.

We are happy to announce June 12, 2020 as this year's tournament date. It will be held again at Poppy Estate which is under new ownership. We have already seen improvements in their service delivery. **Please save the date.** I hope that you will consider joining us.

**Roger Kocheff**

Tel: 604-467-2904

Email: [rkocheff@telus.net](mailto:rkocheff@telus.net)

### Please send me golf tournament information:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

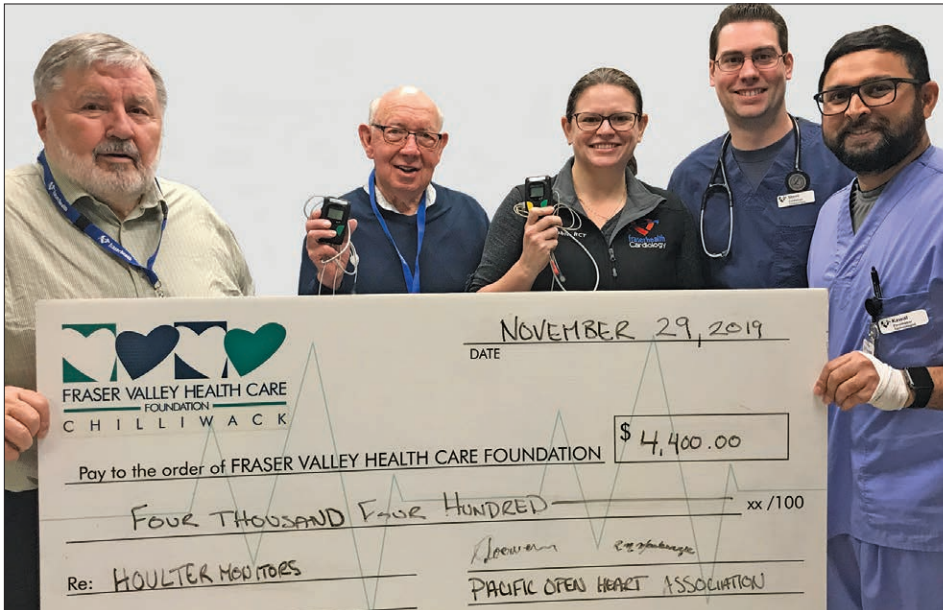
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## 2019 POHA Hospital Donations



### Chilliwack General Hospital

Left to right: POHA's Albert Loewen and Dick Mackenzie present a cheque for the purchase of Holter Monitors to Debra Yeoman, Stephen Jones and Kawal Chehal.

The Pacific Open Heart Association recently presented Chilliwack General Hospital with a cheque for the purchase of two Holter Monitors. These monitors are worn by patients for an extended period of time and let the doctors see how the heart functions on a long-term basis. The recordings made by the monitors help determine if the heart is getting enough oxygen or if the electrical impulses in the heart are delayed or early.



### Vancouver General Hospital

POHA team leader, Alfred Buchi, presented a \$7,000 cheque to VGH Cardiac Sciences to Courtney (left) and Brittney.

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**Correspondence** Please send all correspondence to:  
Pacific Open Heart Association, PO Box 45001, Ocean Park PO, Surrey, B.C., V4A 9L1

## POHA Supporters

Thank you for making Donations or *In Memoriam* gifts to POHA in 2019.

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**TOTAL** \$ \_\_\_\_\_

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I AM INTERESTED IN:

THE GOLF TOURNAMENT

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