



# *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.

- 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](http://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.

## Annual General Meeting Saturday February 15<sup>th</sup>, 2013

Place: Unitarian Church  
949 West 49<sup>th</sup> Ave. (Oak & 49<sup>th</sup> 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

## 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 Altilia 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 248<sup>th</sup>. 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](mailto: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 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:

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