

Pacific HeartBeat

JANUARY 2017 NEWSLETTER

Fraser Health Authority: Cardiac Rehabilitation and Prevention Programs

By Susanne Burns, Manager Clinical Operations, Cardiac Services, Fraser Health Authority, Royal Columbian Hospital

Why are the Fraser Health Cardiac Rehabilitation Education and Self-Management Support and Exercise Programs offered?

Cardiac Rehabilitation and Prevention Programs are provided to support patients who have just been discharged from hospital after a heart health problem. Family and friends may also join in.

Our health team includes Registered Nurse Clinicians, Exercise Specialist, Registered Dietitian, Social Worker, Nurse Practitioner and Cardiologist.

Patients and families are able to ask questions and learn how to manage their heart health. The education support program will be five sessions, once per week, for five weeks.

The Cardiac Rehabilitation Low to Intermediate and High Risk Programs are designed to help support patients begin or restart an exercise program after they have had a heart attack, heart surgery, angioplasty, or for those who are at high risk for a heart event.

Exercise classes are run by a Cardiac Registered Nurse, and/or a Cardiac Exercise Specialist and/or an Exercise Leader with advanced qualifications for working with cardiac clients in a supervised and safe environment.

The exercise programs are both offered in some hospital settings as well as in community settings. Your Cardiac Rehabilitation team will decide where the best program is for each patient. We want patients to attend a program in their

community or a community that is closest to their home.

Why is Cardiac Rehabilitation important?

Many of the Benefits include:

- Social support of being with other people with cardiac disease
- Support from the health care team
- Increased fitness, endurance, and energy
- Reduced symptoms of angina and shortness of breath
- Weight control
- Lowered cholesterol
- Lowered blood pressure
- Managed diabetes (if you have it)
- Reduced stress, anxiety, or depression
- Slowed progress of heart disease
- Reduced chances of having another cardiac event

Science has proven that Cardiac Rehabilitation can provide:

- Comprehensive chronic disease management
- Optimized cardiovascular health
- Minimized risks for future events
- 26% decrease in mortality risk
- Medically supervised exercise-based programs
- Individualized medical assessment and care planning

Who can be Referred

Individuals diagnosed with cardiovascular conditions including coronary artery bypass graft, valve surgeries and any other open heart surgeries.



Susanne Burns

The Exercise Support Program

This 12 week program helps you begin or restart an exercise program after you have had a heart event or are at risk for a heart event. Your doctor must refer you to this program.

Everyone who starts this program has an exercise treadmill test during the first session so we know your level of fitness.

Exercise programs can be offered either at the hospital or in the community. The Cardiac Rehabilitation team will decide the best program for each patient. The best path is to complete the first program and then join a maintenance program offered in community settings.

Depending on what you need, we can adapt the exercise program to be shorter or longer than 12 weeks. Programs range from 8–16 weeks of two 60–90 minute supervised sessions of both cardiovascular and resistance training.

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POHA Annual General Meeting

Saturday, April 8th, 2017 at 1:30 p.m.

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

Speaker: Dr. Raymond Dong, Cardiologist. Membership Registration desk will open at 1:00 p.m.

Refreshments will be served after the speaker's presentation.

President's Report

On behalf of the Board of the Pacific Open Heart Association I wish you a happy and healthy New Year. I hope that 2017 will be good to you and your families.

Two important events are happening in the next few months – the POHA Annual General Meeting and the golf tournament.

The AGM will be held on Saturday, April 8th as usual at the Unitarian Church located at 949 West 49th Avenue, Vancouver, starting at 1:30 p.m.

This year, apart from our usual agenda, we will be discussing the impact of the new B.C. Societies Act that came into effect on November 28th, 2016 and how it affects our association.

We are currently undertaking a review of our constitution and bylaws to ensure compliance. If changes are required then a vote of the membership will be necessary before we file our constitution with the B.C. Government. We have until November 2018 to comply but we hope to have everything ready for a vote at the AGM on April 8th. I encourage you to attend and vote on any changes that may be undertaken to our constitution and bylaws.

I am pleased to announce that the POHA AGM speaker is Dr. Raymond Dong, a

cardiologist who grew up in East Vancouver and who graduated from UBC.

The Annual Moe Pitcher/POHA Golf Tournament will be held on Friday, June 16th at the Poppy Estates golf course in Langley. Roger Kocheff and his committee will undoubtedly arrange an excellent tournament and I urge you to consider participating in this fun event.

I'm pleased to announce that the vacancy for the Treasurer position has been filled. Barb Smith officially joined our Board as our Treasurer on January 24th, 2017. Welcome Barb! Please refer to her bio in this newsletter.

On behalf of the POHA I wish to thank Robert Ellerton for his hard work and contributions as our Treasurer over the past two plus years. Thank you also to all our Board members and visitors for their many contributions to the ongoing success of the POHA in 2016.

This past Fall one of POHA's volunteer visitors at Royal Columbian Hospital celebrated a milestone birthday – his 90th! Congratulations to Vaughn Raeside and many thanks for being a volunteer visitor for the past 16 years. You're an amazing example to us all.

Finally, I wish to address a matter that concerns the future of the POHA – our membership numbers. We have approximately 350 active members. That number has been static for a while despite our volunteers visiting between 2,000 and 2,500 open heart patients annually!

It is from our membership that we draw our volunteer visitors, our directors and our basic operating funds to continue the good works of our organization. Clearly something seems to be amiss. As a result I wish to address this issue at the AGM in April. Please give this matter some thought. We would like your input on what it will take for many more of the patients that we visit annually to become members. Please contact Joga Sangha (our membership director) or myself or any of our Board between now and the AGM with your ideas and suggestions.

Hoping to see as many of you as possible in April.

Rick Cozzuol,
President,
Pacific Open Heart Association

Fraser Health Authority

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Home-Based Exercise Program

For those people who do not qualify for the exercise program or who are not able come in to the exercise classes, we offer a home-based program.

We now use the Heart & Stroke "Living Well with Heart Disease" book and make an exercise plan with you. We then follow up with you by phone.

Education and Self-Management Support

This 5–7 week program is for people who have heart disease, including recent release from hospital after open heart surgery. The aim of the program is to help you manage your health and live a heart-healthy life each day. Family members are welcome to attend as well. We recommend attending the first session as soon as you are well enough after leaving the hospital. Free patient and family self-management support sessions are led by our interdisciplinary teams. No referral is required. Sessions include: understanding diagnosis, identifying personal health goals,

medication review, symptom and emergency management, nutrition and heart health, physical activity, sexual health, and emotional health.

Is there a Cost to Attend Cardiac Rehabilitation?

All of the Education Self-Management support programs are free for patients and families. Most exercise programs have a monthly attendance fee that covers the cost of maintenance for the equipment or community facility. Please speak with your team if you are not able to cover this cost.

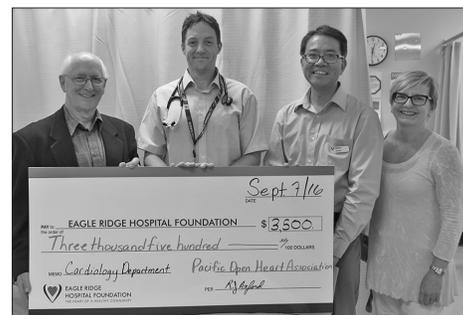
Need Additional Information?

For more specific information on the availability of these programs near your home, refer to the package of information given out by the hospital, or contact your family doctor.

You can also dial 811 and request further information on Cardiac Rehabilitation Programs.

Also, if you have access to the Internet, then search for: Cardiac Health Foundation of Canada.

Donation to Eagle Ridge Hospital



From left to right is Bob Axford, POHA representative, presenting their cheque to Dr. Cameron Dehoney, ERH Cardiology Director, Oliver Chan, ERH Cardiology Manager and Charlene Giovannetti-King, Executive Director ERH Foundation.

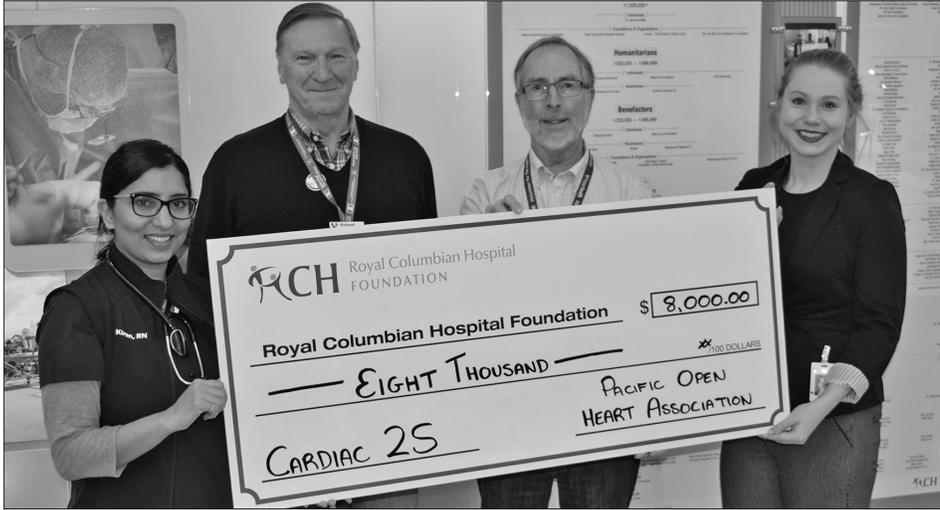
The Pacific Open Heart Association made a donation in support of the purchase of event and holter monitors and software for Eagle Ridge Hospital's Cardiology Department. An event recorder will help detect and diagnose irregular heartbeat known as atrial fibrillation. These may only happen every few days but can cause any of these symptoms – heart palpitations, fainting spells, fatigue, shortness of breath, chest pain or light-headedness.

Donation to Royal Columbian Hospital

Last year the Pacific Open Heart Association donated \$8,000 to each of the three heart surgery hospitals in Greater Vancouver. At Royal Columbian Hospital, \$7,000

of that was used to purchase a Smartman Training Manikin which provides CPR training, assessment and practice to health care staff on the cardiac surgery ward. High

quality CPR saves lives and the Smartman manikin is one of the most effective and innovative tools for improving CPR performance.



Cheque presentation to the Royal Columbian Hospital Foundation.
Left to right: Karin Sangha, RN, Rick Cozzuol and Mike Martin (POHA), Lisa Robinson, Manager, Annual Giving



Jeff Kain, Clinical Resource Nurse and Samantha Murray, CNE, use the manikin to practise CPR techniques.

POHA supporters

A “heartfelt” thank you to the following for making Donations or *In Memoriam* gifts to the POHA from December 1, 2015 to November 30, 2016.

- John Ashbridge • John Ashton • Max Baer
- Gail Baxter • Reg Belliveau • Benny George
- Birovchak • Mike Brewer • James A Brown
- Robin Burnside • Robert Carlson • Edward Carroll
- Kee Tao Chan • Gene Chiang
- Patrick Clark • David Clarke • Pat Craig
- Judith Croft • Karen Dalgetty • Willard Dunn
- Jim Dyson • Vera Endacott • Eileen Evans
- George Faerber • Richard Fahlman
- Claudia Ferner • Donald Fox • Margaret Fuller
- Asaph Ginter • Alice Glover • Patrick Godwin
- Greg Graham • Gerald Green
- Harvey Hantula • Jhonny Hartwick
- Marc Haslam • Phyllis Hiltz • David Hunter
- Jim Hylands • Raymond Jones • Robert & Elizabeth Justason
- James R. Kerr • Peter Kobliuk
- Jaide Kuraishi • Stuart M. Leslie
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- Muhammad Malik • Ross McDonald
- Bob McDowell • Robert McFadden • Bill McIntosh
- Peter McLoughlin • Jose Melo
- Erin Merth • Esther Morisse • Richard Nelson
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- Brian Symonds • Sophie Uytdehaag
- Rolf Vandermeij • Susan Visscher • Harvie Walker
- John G. Walker • Doris J. Wilson
- Gerry Wong • Sui Fun Yen • Zhong Yi Yu

The 33rd Moe Pitcher Annual Pacific Open Heart Association Golf Tournament

Hello golfers.

We have confirmed June 16th, 2017 as the tournament date at Poppy Estates golf course. Those of you who have played before will not notice any changes. The tournament entry fee is still \$90.00 (including golf, banquet, tee gift and a prize). Golf carts can be reserved for \$15.00 for ½ cart. Tee times will start at 11:30 a.m. with the banquet to follow the putting contest.

We are proud to welcome POHA members, family members and friends. It is all

about renewing old friendships and making new acquaintances. Please join us for a great day of fun and fellowship.

If you have any questions please call me (Roger) at 604-467-2904 or email at: rkocheff@telus.net

Your 2017 Tournament Committee

- Roger Kocheff (Chair)
- Bob Axford
- John Chesman
- Rick Cozzuol

PLEASE SEND GOLF TOURNAMENT INFORMATION TO:

NAME: _____

ADDRESS: _____

CITY: _____

POSTAL CODE: _____

PHONE: _____

EMAIL: _____

MAIL TO: 11961 – 203 STREET, MAPLE RIDGE, BC V2X 4V2

New Board Members

Barb Smith

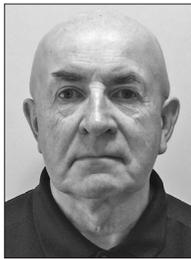
Open heart surgery was performed in February 2010. I joined POHA in 2011 as a volunteer visitor at Royal Columbian Hospital. The following year I took over the duties for the membership database. I have spent most of my career in various positions in accounting departments. The last seventeen years I held the position of Accounting Manager with an Engineering firm. Currently holding the position of Treasurer with the Langley Memorial Hospital Auxiliary.



Barb Smith

Roland Clifford

During Christmas 2015 in RCH, awaiting a quad bypass, I was visited by Bob Axford, representing POHA. Later in rehabilitation, I read *Pacific HeartBeat* and offered to help with its composition.



Roland Clifford

As a typographer, I worked in the UK, France, New Zealand and Canada. This experience eventually led to a role as an instructor at BCIT. Bypass surgery enforced a change of direction. As a senior, with a child in grade four, I have a new lease on life. As he learns, so do I. Thanks to RCH, I am in a lucky place.

Pacific HeartBeat Newsletter

The newsletter is published semi-annually by the Pacific Open Heart Association.

Editors: Mike Martin and Patrick Hagan

Typography: Roland Clifford

Acknowledgement

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation in the production of this newsletter.

Correspondence

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

Contact Numbers

If you need further information about the POHA, please phone one of the three hospital volunteer visitor team leaders:

Jennifer Rule – 604-739-3111

Alfred Buchi – 604-581-5508

Mike Martin – 604-535-3195

Poinsettias Delivered to Cardiac Wards



Alfred Buchi presenting a poinsettia to Ron MacLean at Vancouver General Hospital

Every year, just before December 25th, POHA volunteers deliver poinsettias to the cardiac ward patients at the three cardiac hospitals – Vancouver General, St. Paul's and Royal Columbian. This year we have a picture from Vancouver General.

It's that time again!

It's time to renew your POHA 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. Please renew and help support the good work that the POHA has been doing for over 25 years. Thank you.

New Format for the POHA Website

If you haven't already, we suggest that you visit our website at pacificopenheart.org. This "new and improved" version was implemented in December 2016. It is a result of many hours of effort by two POHA Board members, Patrick Hagan and Roland Clifford, as well as our Internet Service Provider, Caorda Solutions Inc., of Victoria, BC.

If you have any comments, please email newsletter@pacificopenheart.org

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

The Pacific Open Heart Association has a serious shortage of volunteers who can 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 procedure similar to that which you experienced.

In most cases you will visit the heart surgery ward for one or two 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.

MEMBERSHIP REQUEST

NAME: _____

ADDRESS: _____

CITY: _____

POSTAL CODE: _____

PHONE: _____

EMAIL: _____

I AM INTERESTED IN:

BEING A VISITOR

BEING A VOLUNTEER

GOLF