

campaign update

Women's Care 2017



Dr. Cynthia Chan, Physician Lead for Women's Simulation Education, with a simulation mannequin

Transforming Patient Care through Simulation Training

Imagine the following: a young medical resident is tasked with delivering a baby for the first time. The pregnancy has been low-risk and the labour is going as planned until unexpected complications occur. The resident calls another doctor and the team delivers the baby safely; however, the experience has shaken the resident.

It can be very challenging for new and even experienced physicians, nurses and midwives to feel entirely confident in managing a crisis situation in the delivery room, clinic or operating room. But thanks to state-of-the-art technology and donor funding, trainees can now master their skills with confidence in a virtual environment before ever entering the delivery room.

The Michael Gunning Simulation Centre provides an opportunity for staff to learn and improve technical skills by using realistic replicated clinical settings and mannequins of different patient groups (e.g. newborn, five-year-old, adult obstetrical) to practice team communication and clarify roles in a supportive, risk-free environment.

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Terry Zavitz, Women's Care Campaign Cabinet Chair, and Patrick McNeill, Vice President of TD Canada Trust and Women's Care Campaign Cabinet Member

The Simulation Centre was funded thanks to generous donations, including a \$500,000 donation from TD through London Health Sciences Foundation (LHSF) and donations

"We're so grateful to our donors who have ensured that London Health Sciences Centre can perform optimal simulation research and training in the area of women's and children's care," says Terry Zavitz, Women's Care Campaign Cabinet Chair. "This is one of the ways philanthropy is playing a role in enhancing patient care in our community."

from the Gunning Estate and McKenzie Lake Lawyers through Children's Health Foundation (CHF). ■

Scotiabank Helps Families in Need

Earlier this year, Scotiabank announced a \$1 million gift to LHSF and CHF to fund the Scotiabank Family Assistance Program, which supports women, children and their families experiencing financial hardship during treatment.

"I don't know how we would have got back home (Thunder Bay) without your program. Thank you so much for all of your help."

- Grateful family

These funds are used for emergency, short-term situations to support patients and their families from across Southwestern Ontario and beyond receiving women's care or children's care at London Health Sciences Centre (LHSC).

"We know that the Scotiabank Family Assistance Program will make an important difference in the lives of young people and their families," said Andrew Smith, District Vice President, London and Area District at Scotiabank. "We hope the program will help ease the strain that health challenges can have on families so they can focus on taking care of their loved ones."

When coping with a family member's illness that is compounded by excessive travel or other unexpected expenditures, families can become emotionally and physically exhausted. By offering financial support to families in need through parking passes, gas cards, travel vouchers and gift cards to grocery stores and retailers, the Scotiabank Family Assistance Program helps lighten the load. ■



From left: Andrew Smith, Scotiabank District Vice President, London and Area District; Maria Theofilaktidis, Scotiabank Executive Vice President, Retail Distribution; John MacFarlane, President and CEO, LHSF; Steve Gaskin, Scotiabank Senior Vice President, Ontario Region; and Sherri Bocchini, Chief Development Officer, CHF.

Drummond Family Gives Back to Renovate Peaceful Patient Lounge



A traumatic accident almost took Jessica Drummond's life. A fractured skull, brain injury and frequent seizures threatened her hopes for a family. But thanks to specialized women's care and high-tech monitoring at LHSC, Jessica gave birth to two healthy children.

Wanting to give back, Jessica and her husband Jason donated \$25,000 to help refurbish the antenatal patient lounge at Victoria Hospital and support the highest-priority needs of the Women's Care Program at LHSC.

Pregnant moms like Jessica who are hospitalized due to high-risk or complex pregnancies can spend weeks or even months at LHSC's Victoria Hospital away from the comforts of home.

The antenatal patient lounge is a space where the 460 expectant moms hospitalized at LHSC each year can chat with one another, visit with their families, take part in prenatal classes, read, watch movies, do a jigsaw puzzle or simply relax. Thanks to Jessica and other donors, it's gone from an antiquated space with old furniture and outdated technology to a welcoming, peaceful space with comfortable new furniture, a computer with internet access, a subscription to Netflix, and a layout and design more conducive to rest and relaxation. ■

To watch Jessica's amazing story, visit lhsf.ca/womenscare

Women's Health Research

In 2016, the Obesity and Pregnancy Research Group, led by Drs. Barbra de Vrijer and Genevieve Eastabrook, with co-investigators Victor Han, Peeyush Lala, Charles McKenzie, Debbie Penava, Timothy Regnault, Trevor Shepherd and Samuel Siu, was awarded a Canadian Institutes of Health Research, Institute of Human Development, Child and Youth Health and Society of Obstetricians and Gynecologists Team Grant.

Matching funds for this initiative were provided by the Children's Health Research Institute, the Dean's office and the Department of Obstetrics and Gynecology at Western, as well as generous donors to London Health Sciences Foundation. This 5-year, \$1.5 million research grant has resulted in the formation of the Perinatal Research Group at LHSC, consisting of a multidisciplinary team of clinicians and researchers with interest in maternal, fetal and neonatal metabolic health.

The group's research focuses on how the parents' cardiovascular and metabolic health affects the health of the placenta and ultimately, the fetus and newborn. ■



Dr. Barbra de Vrijer

Creating a Lasting Impact by Capturing a First Moment



Donna Sanders, Past President, Service League and Wendy Blackwell, President, Service League

Formed in 1937, the Service League of London has made a significant commitment to volunteering and fundraising over the last 80 years, including its signature program Debut Baby Photos that raises money for the Mother Baby Care Unit at Victoria Hospital.

Mothers and families who give birth at Victoria Hospital may choose to pay the Service League for a special newborn photo session that includes a variety of print photos, a beaded bracelet and/or a mounted footprint. Money raised from the Debut Baby Photos program supports social work, patient and family support, staff education, and equipment and needed items within the Mother Baby Care Unit.

The Service League of London has donated more than \$500,000 since it formed and the group donated \$40,000 this year alone to social work and various items in the Mother Baby Care Unit such as sleeping chairs, baby scales, the repair of infant care beds and more. ■

A Quiet Space for New Moms

The first few hours and days after birth are some of the most profound times for the mother, her newborn and family.

To make the current space in the Mother Baby Care Unit as comfortable as possible, four private suites have been created that accommodate a new mother and her family members.

The suites are larger than usual rooms, have upgraded flooring, new countertops, a small fridge, a flat screen TV with cable included, an additional seating area with a pull-out couch and lounge chair as well as an en suite bathroom. Patients enjoy the privacy and extra space the suite offers. The new mom's partner or family can stay with her in the room, even overnight on the sofa bed and enjoy the time with the new mother and baby.

These suites were constructed with the help of generous donor support, including a major gift from Jan Oates and proceeds from *Driving Miss Daisy* at the Victoria Playhouse in Petrolia. ■



New Continence Clinic Fills Much-Needed Care Gap



Martha Gleason, Nurse Continence Advisor, LHSC

Millions of Canadian women experience some urinary incontinence and it can deeply affect their quality of life. For those who do seek help, they often face long wait times to see physicians specialized in urogynecology – the clinical study of pelvic floor disorders that affect the bladder, reproductive organs and bowels.

Through donor support, and a significant gift from Shoppers Drug Mart, LHSC opened the clinic in the Women's Ambulatory Care space at Victoria Hospital in November of 2016.

The purpose of the nurse-led clinic is to better fill the gap in service for patients who would otherwise be facing a lengthy wait to see a specialist, while simultaneously allowing those whose incontinence can be treated through other means to begin treatment right away. The clinic will also create more public awareness of uro-gynecologic disorders, decreasing the stigma associated with

urinary incontinence and spreading the word about the importance of kegel exercises after childbirth and other preventative measures.

“By introducing this clinic, we are getting women the help they need faster and are often able to quickly eliminate many of the obstacles and feelings that were negatively impacting their lives.”

- Martha Gleason, Nurse Continence Advisor, LHSC

The Continence Clinic was recently featured as part of CTV's Medical Marvels Series, with LHSC patient Connie Kuc sharing her story. Read Connie's story and watch the CTV coverage at lhsf.ca/continencecare ■

Cassy's Experience with Prenatal Depression



Cassy Bowers at the SHOPPERS. LOVE. YOU. Run for Women on June 10, 2017

Perinatal (pre and post-birth) mental health issues affect as many as 30 per cent of mothers and, when untreated, can cause a great deal of suffering for women, their partners and families. LHSC's Perinatal Mental Health Clinic provides comprehensive mental health care and support to new mothers. Here's one mother's story:

"My name is Cassy and I'm an energetic and outgoing person with an amazing little nine-month-old named Morgan. During my third trimester of pregnancy, my whole world shifted. I lost my lust for life. I felt incredibly anxious, had zero desire to take part in any of my usual activities, suffered severe insomnia, and fell into what I describe as the 'black hole' of sadness. Having no previous history of mental illness, it caught me off guard.

I tried going to a psychiatrist for general counselling, but I kept getting sucked back into the black hole until I became so hopeless and lost; I felt I needed to do something drastic to make it all stop.

Luckily, something pulled me up and placed me in the right hands: the Perinatal Mental Health Clinic at LHSC. I thought my situation was unique and therefore difficult to understand and manage, but the Perinatal Mental Health Clinic has seen it all. This team saved my life. Slowly yet surely, they pulled me out of my black hole.

During my stay in hospital, the Perinatal Mental Health team was a constant presence. I finally felt heard, understood and safe. My Social Worker and Clinical Nurse Specialist advocated for me on a regular basis, ensuring my mental health was top priority during my stay while pregnant and postpartum.

After giving birth to Morgan and upon discharge, I had the tools I needed to succeed and the comfort in knowing the supports were there if I needed them.

This experience has brought me new appreciation for those struggling with their mental health and a strong appreciation for the team that changed my life for the better." ■

SHOPPERS. LOVE. YOU. Run for Women



More than 700 runners and walkers of all ages came out to Thames Park on June 10 for the SHOPPERS LOVE. YOU. Run for Women, raising an impressive \$100,000 for perinatal mental health at LHSC. The London run has grown quickly from its inaugural run last year, adding almost 300 more participants. For every individual registration, Shoppers donated an additional \$10 to the cause.

“Shoppers Drug Mart has always been a proud champion of putting women’s health first, and this run is one of the ways we support the women in our communities,” says Beth Li, Associate/Owner of Richmond and Carling Shoppers Drug Mart store. ■

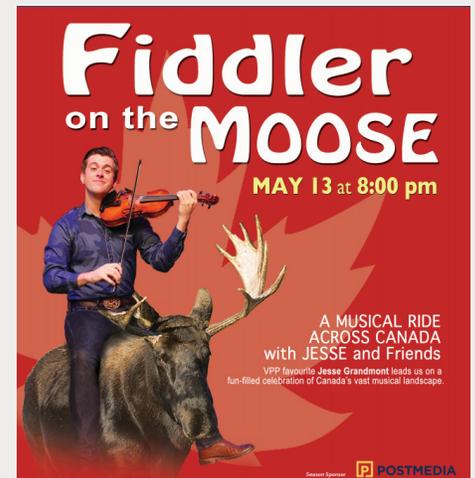
Community Events Supporting Women’s Care at LHSC



Each year, dedicated volunteers host a wide variety of unique and fun events to support women’s care at LHSC.

Last Year, the London Muslim Mosque hosted a special BBQ for Eid Al-Fitr, raising \$2,000 for women’s care.

This past May, the Victoria Playhouse in Petrolia presented *Fiddler on the Moose*, a musical ride across Canada featuring young fiddling virtuoso Jesse Grandmont, which charmed the audience and raised more than \$25,000 for women’s care.



Upcoming events for women’s care include the **Stop the Leak Fashion Show on Sunday, October 15, 2017 at Dark Horse Winery in Grand Bend. This brand new fabulous event will support the Continence Care Clinic.**

Learn more about this and other community events at lhsf.ca/communityevents ■

Supporting Innovative Research and the Future of Women's Care

The Allen-Carey Scholarship in Women's Health, established in 1998, honours Dr. Hugh Allen and the late Dr. Lewis Carey. The donor-funded scholarship provides clinical and research training opportunities for health care providers who seek excellence in women's care.



"Thanks to the Allen-Carey award I will be able to complete my fellowship training in Reproductive Infectious Diseases. By combining obstetrics and gynecology with infectious diseases, my research aims to meet the unique reproductive needs of women in the context of infectious disease throughout their lifetime by keeping their reproductive needs at the forefront of their care. It's through the support from the Allen-Carey Scholarship that I will be able to continue this important work throughout my career."

- Chelsea Elwood, 2016 Allen-Carey Award Recipient

MEET OUR 2017 AWARD RECIPIENTS



Dr. Vanessa Poliquin's research focuses on patient and provider characteristics associated with non-receipt of vaccination among pregnant women in Manitoba. As a strong advocate for vaccination during pregnancy, her research goal is to inform health care providers and administrators about the barriers that currently limit widespread uptake of beneficial vaccinations during pregnancy.



Dr. Jennifer Yamamoto studies diabetes in pregnancy, endocrine disorders in pregnancy and reproductive endocrinology. She will be taking on a research fellowship with the "artificial pancreas" research group in the United Kingdom starting in the summer of 2017.

Thank you to the many generous donors who make the Allen-Carey Scholarship possible. ■

We'd Be Happy to Hear from You!



Please contact us if you have any comments about this report, questions concerning your philanthropic goals or inquiries regarding the Women's Care Campaign. We'd be happy to hear from you!

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