

Your IMPACT

ISSUE 02 | SUMMER 2019

A photograph of a family consisting of a man, a woman, and a baby. The man is on the left, smiling and looking down at the baby. The woman is on the right, smiling and looking towards the camera. The baby is lying in the man's arms, looking up at the camera. The text "You Made Our Family Possible" is overlaid on the left side of the image.

You Made
Our Family
Possible

Glen Blackwell, Beth French
and their son Charles

Your IMPACT

Welcome to the 2019 Summer issue of *Your IMPACT* magazine, where we highlight some of the amazing and unique ways donors like you support advanced treatment, education and research at London Health Sciences Centre (LHSC).

All of the items and projects featured in this magazine were bolstered by the generous support of you, our donors. As you will read, the effects of these contributions were tremendous in enhancing patient care and moving forward life-saving research.

Quite simply, you are making an incredible difference to the patients and families LHSC cares for each and every day.

Thank you.

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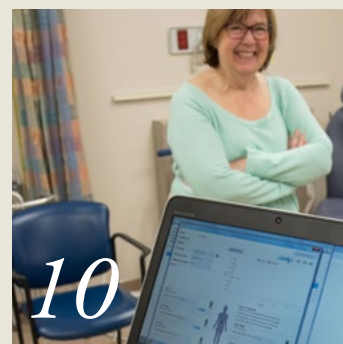
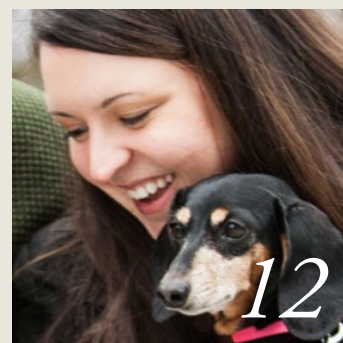
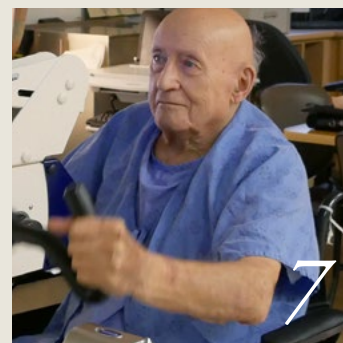
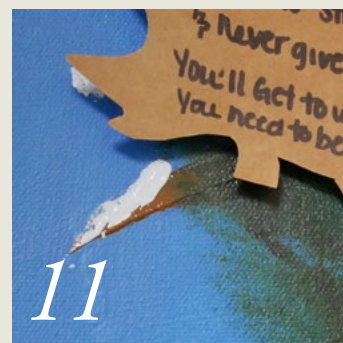
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Messages from the Hospital and Foundation CEOs

MESSAGE FROM JOHN MACFARLANE

In this issue of *Your IMPACT*, we are taking the time to reflect on the past year. We continue to see the tremendous momentum and the effect of your generosity. In this report are just a few examples of the real impact donations have at our hospital, and the meaning that has for patients and families.

Your philanthropy creates a ripple effect that affects not only the patients and families in our hospital, but in communities across Ontario and beyond, who benefit from the life-changing discoveries that happen here. We are truly grateful as a foundation to be able to do the work that we do thanks to the incredible generosity of our donors and volunteers.

John MacFarlane

President & CEO

London Health Sciences Foundation



MESSAGE FROM DR. PAUL WOODS

I am continually inspired by the commitment this community has to ensuring that everyone has the opportunity for a healthy life, both now and for future generations. Patients are at the centre of everything we do. Philanthropy is what affords us the ability to fill the gaps in providing care, funding discovery and building advancements that get patients back to their lives sooner.

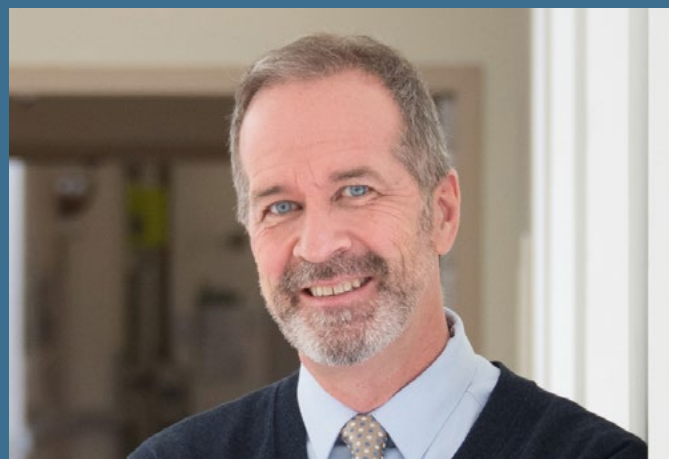
It's no secret that donors and volunteers play a vital role in LHSC's legacy of excellence in patient care, and will play a role in ensuring a future where seamless care for patients is provided at every point on their health care journey.

I extend to you my sincere gratitude, which I know is shared by the physicians, researchers, staff and patients at LHSC.

Dr. Paul Woods

President & CEO

London Health Sciences Centre



New views inside the heart

Many of us consider our heart to be the place where we feel things most deeply. Often, it's not until there's a health problem that we think about how this powerful organ inside our chest serves as the engine to keep us alive.



Sonographer Angela DeGroot demonstrates the new donor-funded echocardiogram equipment

Thanks to you, patients in need of cardiac care – whether they're experiencing first-time symptoms or long-standing heart issues – will be assessed early with the most accurate tools for diagnosis, ultimately leading to better outcomes.

Cardiology is a field of medicine where advances in technology have led to dramatic transformations in care. Thanks to technology supported by generous donors, the need for open-heart surgeries with long recoveries has been reduced significantly and diagnostic tools, such as echocardiograms, are much better at providing clearer images of the heart.

An echocardiogram uses sound waves – ultrasound – to produce images of the heart. These common tests check for problems with the valves, muscles and chambers of the heart, and also help determine if heart problems are the cause of symptoms such as shortness of breath or chest pain.

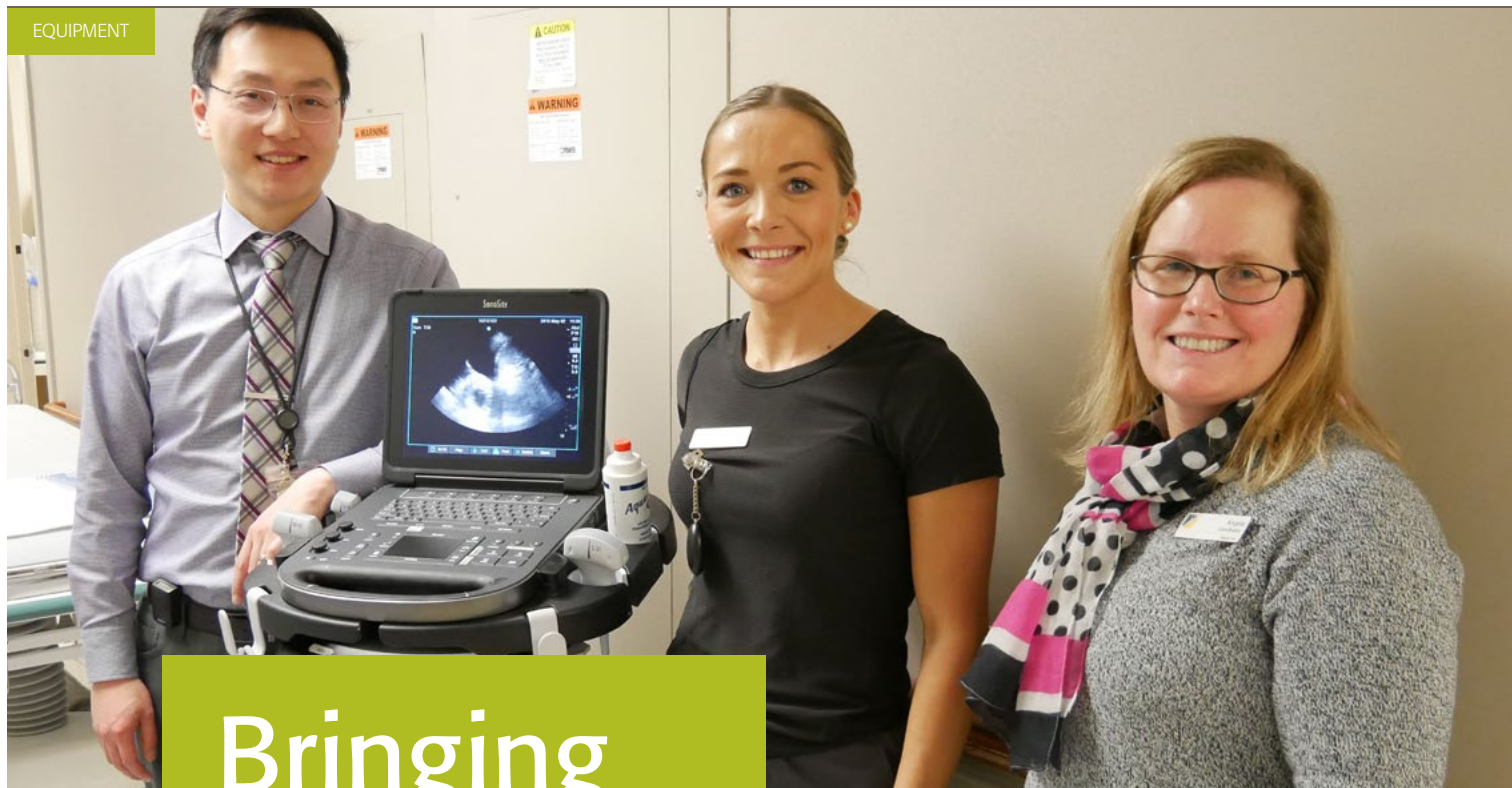
At LHSC, there are more than 24,000 adult echocardiograms performed each year in busy labs that run seven days a week. Given their essential role in early diagnosis, updating the equipment in the echocardiogram “echo” laboratories was necessary for the patients in our region to receive the best assessment for a wide range of cardiac symptoms. Our generous community responded to that need. Donors funded this critical equipment that keeps the program at the forefront of cardiac care.

The new equipment allows the hospital to provide expanded services like a contrast echo, which involves the use of micro bubbles that interact with the ultrasound to produce a more accurate image of the heart – a procedure that's especially critical for patients whose anatomy makes a traditional ultrasound more difficult.



Dr. David McCarty

“This equipment provides new information from readings that we couldn’t access before,” says Dr. David McCarty, a Cardiologist at LHSC who specializes in echocardiograms. “The quality of the image allows us to provide faster and increasingly precise diagnosis while also optimizing our minimally invasive procedures.”



Members of the Internal Medicine Team: Dr. Jeff Yu, Jessica Fullarton, RN, and Angela Schaefer, Coordinator, with the SonoSite Edge II

Bringing care to the bedside

It's a typical day on the General Medicine floor at University Hospital: *A patient seen by LHSC's Internal Medicine team is newly diagnosed with liver disease. Dr. Jeff Yu treats the complications and arranges for follow-up care once the patient is discharged. On the day of discharge, the patient experiences pain and bloating.*

In the past, Dr. Yu may have sent the patient for a comprehensive ultrasound, which could take several hours or days, meaning the patient may need to stay at the hospital much longer than expected. But with a new, donor-funded portable ultrasound machine, he is able to produce images of the patient's abdomen within minutes, treat the issue accordingly and send the patient home.

This machine, called the SonoSite Edge II Ultrasound system, is used constantly for patients with a wide range of health concerns.

"A lot of patients have multiple issues that are competing with each other and it's up to us to try to solve the puzzle," Dr. Yu says. "This bedside ultrasound is an important tool in helping us put that story together."

The ultrasound not only helps with diagnosis, but it is also a much-needed visual aid for procedures like fluid drainage from the chest, lungs and abdomen, as well as guiding intravenous (IV) lines in the neck. These patients are often critically ill or in need of acute care, so the ability to have the machine at the ready is necessary in order to treat people before their symptoms get worse.

Because donors had the forethought to leave legacy gifts, this equipment is enhancing care for thousands in our region.

Trauma equipment brings needed changes

The Trauma Golf Classic celebrated a milestone 10th year in 2018 by bringing their cumulative total to more than \$1 million. Thanks to this funding, the Trauma Unit at LHSC has been able to purchase equipment and tools that are vital to recovery.

One of the major purchases was “Crash Kelly”, a simulation mannequin. Kelly is used in training programs by physicians and nurses to improve their technical skills and allow them to gain confidence in high-stress scenarios in a safe, supportive and controlled environment.

“We know we all learn best from our mistakes,” Trauma Program Coordinator Alison Armstrong says. “What the mannequin does is allow us to practice highly technical skills and procedures, and make errors in a safe environment. This leads to a better trauma response and improved quality of patient care.”

Funds raised by the Trauma Golf Classic also supported new physiotherapy equipment like a cycling machine that patients use to strengthen their arms or legs. Prior to this equipment being purchased, patients required a dedicated staff person to assist them with

operating rehabilitation equipment. Now, patients have more privacy and independence during their physiotherapy, freeing up staff members to help more people, while remaining close by if assistance is needed.

Another renovation in the unit is new parallel bars, which help patients learn to walk again. The new bars are quick to adjust – allowing patients to maximize their treatment time. The bars allow for an increased weight capacity, which is vital to accommodate all patients. The unit was also able to purchase four new ceiling lifts for transferring patients, that are easy to use, reliable, and most importantly, work well for patients.

The Trauma Golf Classic is looking forward to raising more funds at their 11th tournament on August 8th, 2019.



Michael, a trauma patient, strengthens his arms with the new portable cycling machine

Training the next generation of cancer specialists



Dr. Khalil Hetou and Dr. Shiva Nair, Urologic Oncology Fellows

With new discoveries made in health care every day, the practice of medicine is constantly evolving. It is therefore essential that physicians continue to hone and refine their skills long after receiving their MDs.

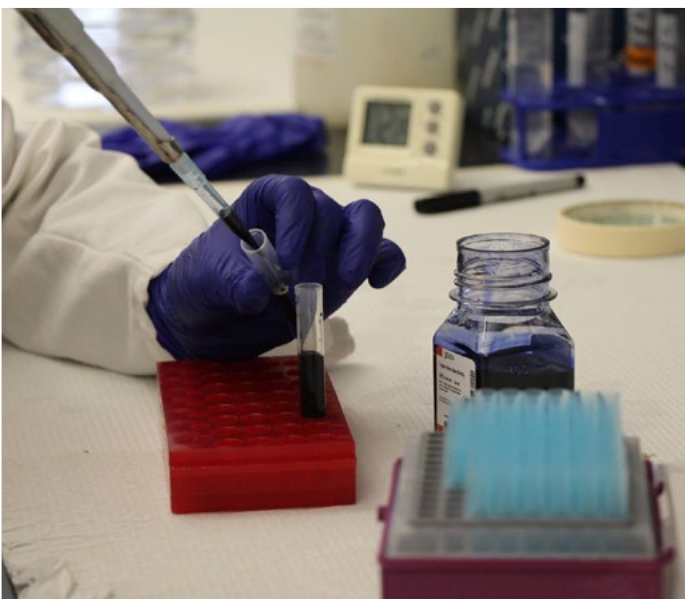
At the London Regional Cancer Program (LRCP), fellowships give physicians the opportunity to become experts in a specific area of cancer care. Fellowship training may involve both clinical and research activities. Donor support provided the necessary funding for the following fellowships:

UROLOGIC ONCOLOGY FELLOWSHIP

The prestigious Urologic Oncology Fellowship is one of just two fellowships in Canada accredited by the Society of Urologic Oncology, and has attracted talented individuals from Saudi Arabia, Colombia, Israel, Italy, New Zealand and the United States, to name a few.

This two-year intensive program was initiated by Drs Joseph Chin and Jonathan Izawa, and is currently under the direction of Dr. Nicholas Power. It consists of one-on-one patient care, surgical care, research and mentorship. The fellowship fosters a new generation of specialists while improving the health of patients with urologic cancers like prostate, bladder and kidney cancers.

The 2017 and 2018 fellowships were awarded to Dr. Khalil Hetou and Dr. Shiva Nair. Dr. Hetou pursued his Master's degree concurrently with his fellowship, and has worked on projects aimed at mitigating some of the discomfort associated



Dr. Veera Panuganty, Karamountzos Family Fellow in Medical Oncology

with common procedures like cystoscopies (bladder exams through a urethral scope). Dr. Nair has been researching non-invasive genetic interventions that may eliminate the need for cystoscopies for some patients. Both Fellows are contributing to research and care at LHSC, and will also be able to share best practices when they return to their communities in Germany and New Zealand.

"The fellowship has made me a better researcher and surgeon," Dr. Hetou says. "My knowledge has developed exponentially and the people here encourage me to pursue my own projects, facilitated by excellent access to data and a wonderful team of research coordinators."

PERSONALIZED MEDICAL ONCOLOGY FELLOWSHIP

As cancer care becomes more personalized, this timely fellowship takes a genetics-based approach to researching

ways of treating patients who have a wide range of cancers.

Dr. Veera Panuganty, Karamountzos Family Fellow in Medical Oncology, is working with a multidisciplinary team to ensure patients receive treatment and care that is suitable for them. Her unique research focuses on determining how breast cancer treatments can be better tailored to patients' genetics, based on simple blood work.

"I am grateful for the donors of my fellowship and feel blessed to be doing research that's not being performed anywhere else in the province – and that has the potential to save lives," Dr. Panuganty says.

Donor funding is critical to the fellowship program at LHSC – your support is helping train tomorrow's specialists.

Wearable technology leads to precision treatment

Did you know that more than 11 million Canadians are affected by musculoskeletal conditions such as arthritis and other bone and joint issues?

Here at LHSC, that means there are nearly 3,000 joint replacements each year. Thanks to donor-driven research and equipment, these procedures can sometimes be as straightforward as getting a hip replacement in the morning and being home for dinner.



Dr. Brent Lanting, orthopaedic surgeon, is leading the charge on minimizing the impact of joint replacement procedures. He's performing clinical trials with donor-funded wearable technologies that are leading to better patient outcomes.

"When you think of wearable technology, you think Fitbit," Dr. Lanting says. "But these are super precise, multi-joint recording devices."



Orthopaedic Research Coordinator Bryn Zomar runs a series of quick tests using wearable technology with orthopaedic patient Sally Kuipers

These devices, called LEGSys+™, have a variety of uses, such as:

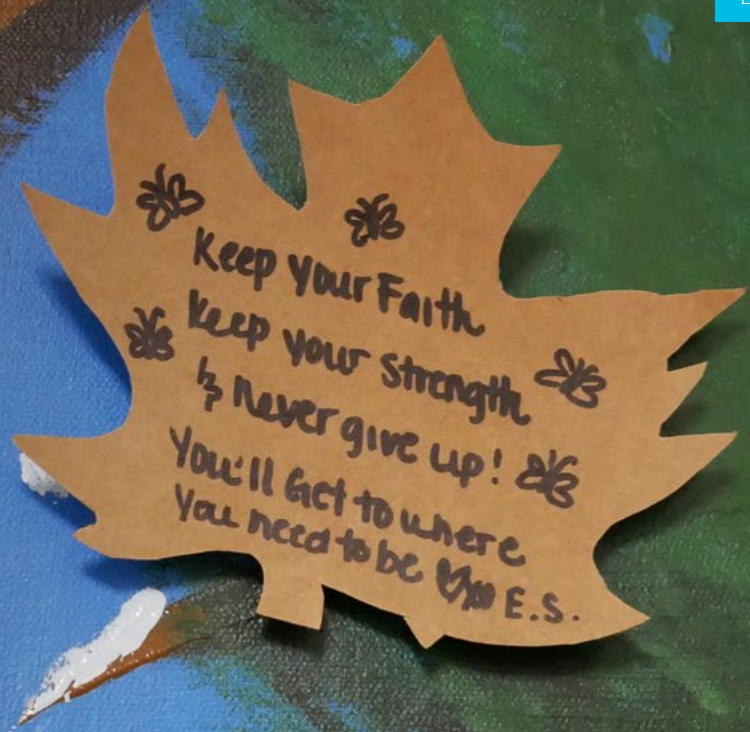
- providing greater understanding into the likelihood of falling after hip replacements;
- tracking a patient's movements before and after knee replacements to help improve surgical techniques and recovery pathways;
- allowing research into the reduction of narcotic dependency by providing data that leads to optimized physiotherapy during the two weeks following surgery.

The research performed with the wearable technologies will inform more personalized approaches so that each patient receives the most accurate care tailored to their physiology and needs.

It means patients like Sally, who has had two knee replacements in the past year, will spend as little time in the hospital as possible and more time enjoying life.

"This donation enabled us to purchase a product that we wouldn't have otherwise had access to," Dr. Lanting says. "And now that we do, we've leveraged that into new research grants, investigation into new surgical approaches, and measurement of our current outcomes so that we can optimize future care."

Helping staff empower patients



Messages of hope left by patients upon discharge from the hospital

Thanks to generous donations to the Mental Health Care Program, LHSC recently partnered with Fanshawe College School of Nursing to deliver a specialized training program for nurses of the Adult Inpatient Mental Health Care Program.

The training focused on building personalized relationships with patients that promote healing, based on the principles of trauma-informed care (TIC). TIC is a framework that helps care providers develop an understanding of the impact that a traumatic event has on an individual's perception of physical, psychological, and emotional safety.

This three-part training session provided practical responses for nurses caring for patients with a history of trauma, as well as delirium, depression, dementia and any other factor that would require extra awareness or sensitivity. The training also highlighted the understanding of various cultural approaches such as indigenous health practices.

"The training helped make me more aware of the type of care I should be providing in order to offer my patients more choices and empower them," says Anna, RN.

Since the completion of the training, the nursing staff has demonstrated an interest in changing the environment and culture of the unit to support a recovery-based approach to care. One nurse was encouraged by this investment in staff education and applied for funding to implement an initiative called Safewards. This program uses tools that engage both patients and staff in activities or strategies that promote a peaceful environment in the mental health unit. One of the Safewards activities is patient discharge messages. Patients are encouraged to write messages of hope to other patients and place them on a tree that's painted on one of the unit's walls.

This training has enhanced patient care by giving nursing staff the tools they need to assess their patient's unique needs and provide more individualized care plans. Without donor support, this would not have been possible.

Supporting a family's health care journey



Glen, Beth, Jazz and Charles - April 2019

When Beth French of Kincardine, Ontario became pregnant again; she knew she needed the support of the high-risk maternal fetal medicine team at LHSC.

At 24 weeks into her first pregnancy, Beth developed severe complications. Tragically, her daughter was stillborn.

Though reeling from the loss, Beth and her husband Glen felt incredibly grateful for the care they received. Beth left the hospital clutching a memory box close to her chest, which had been lovingly created by LHSC staff and volunteers.



In the spring of 2018, Beth was pregnant again. She and Glen quickly reached out to Dr. Robert Gratton, who had managed Beth's care in 2016.

"He assured us that we could come as often as we needed for appointments and ultrasounds to see how the baby was growing," Beth says.

But coming and going proved difficult between Kincardine and London – a four-hour return trip – and soon Beth needed closer monitoring. Once again, at 24 weeks, complications arose, and she was admitted to the Antenatal Unit at LHSC's Victoria Hospital. For the next two months, Beth watched her baby bump grow while lying in her hospital bed. Glen drove down to visit her as often as he could.

Beth was given a reprieve from hospital-living for nearly two weeks when she was deemed well enough to be discharged. But neither Beth nor her care team was comfortable with her being a two-hour drive away from the hospital.

A solution presented itself just in time. Killam Apartment REIT donated an apartment unit in London's Old South for patients and families of the Women's Care Program.

"It was a much-needed mental health break after seven weeks of hospital bed rest – it felt like I was staying in a hotel," Beth says. "It gave me the opportunity to feel like we were a normal couple getting ready to have a baby, but also gave us incredible peace of mind to know that I could get to the hospital within 10 minutes if any of my symptoms returned."

And return, they did. At 32 weeks, Beth's blood pressure skyrocketed and she started shaking uncontrollably. She needed to deliver immediately or both she and her baby's health would be severely compromised. Her care team induced labour and her baby boy Charles was born on October 31, 2018. Born at just over four pounds but healthy and strong, Charles received care in the Neonatal Intensive Care Unit (NICU) while he continued to grow.

Beth was also on the road to recovery after a very challenging labour. Two days after giving birth, she met her son.

"The nurses braided my hair and went out of their way to make the moment special for me," Beth says of their emotional meeting. One month later, they left the hospital as a family.

For Beth, Glen and little Charles, life is back to normal and they are cherishing every moment of it, while their miniature dachshund Jazz serves as Charles' fiercest protector.

Beth's family doctor is close by if they have any health concerns, but they'll never forget their time in London.

"I spent a total of 95 days at LHSC – first as a patient and then helping to care for my son. We both received incredible care every step of our journey and I am grateful to all the donors, staff and volunteers for making our family possible."

Watch Beth's story, along with two other incredible patient stories at lhsf.ca/unitedbyLHSC

Helping patients in their time of need

Can you imagine receiving a cancer diagnosis and then finding out treatment-related costs are beyond what you can afford? Cancer upends people's lives – no one should have to face the added burden of financial stress. Donors are helping to ease that burden.

Although we live in a country with public health care, there are still many costs that are not covered, including certain medications. The Cancer Patient Assistance Program helps to fill this gap, allowing patients and their families to focus on healing. LHSC is one of the only hospitals in Ontario that has a 100-per-cent-donor-funded program set up to help patients in financial need.

The Cancer Patient Assistance Program helped Bonita and so many others. There's Joe, who lost his hearing from chemotherapy, and can now hear his grandchildren read to him because the program helped fund his hearing aids. There's Mervin, who had to have most of his teeth removed to avoid infection, and can now enjoy Easter dinner with his neighbours

because the program funded his dentures. And Rachel was able to participate in an art therapy session with her children – they made a memory box together because she may not be with them next year. Brian, another patient, sums it up well:

"It is difficult when one faces multiple disabilities and minimal income to manage the financial demands of cancer. But because of all of you and your loving generosity – even though I am old – I feel empowered to fight for survival, to overcome, and to one day stand on top of my mountain and roar."

485 patients helped in 2018. THANK YOU!

TYPES OF EXPENSES

Medications 

Wig and Wig Accessories 

Accommodations 

Mastectomy Bras and Swimsuits 

Dentistry and Prosthetics 

THREE FUNDS FOR PATIENT ASSISTANCE

269 Patients supported by the Gene Goodreau Patient Assistance Fund

192 Patients supported by the Massel-Cruickshank Breast Cancer Patient Assistance Fund

24 Patients supported by the CIBC ACT Now Fund (this fund covers high-cost medications)



Bonita Stevenson

“When you become ill, money is the last thing you want to have to think about. I’m just so grateful for the [patient assistance] program for the help it provided, and I think more people need to be aware of it, especially in the community.”

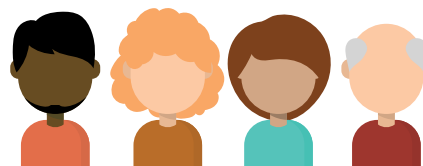
Grateful Patient Bonita Stevenson

Your donations by the numbers

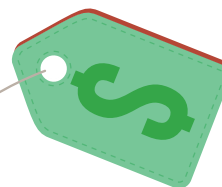
Thanks to you, in the last year....



42,456
GIFTS



24,427
DONORS



\$633
AVERAGE GIFT AMOUNT

\$27 MILLION
RAISED



View the 2019 audited financial
report at lhsf.ca/accountability



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