

WOMEN'S GIVING CIRCLE

*In support of research at
Providence Care and Kingston
Health Sciences Centre.*



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Living with multiple sclerosis (MS) is challenging, and its effects can have a significant impact on those living with the disease, their family members, friends and care providers. The wide variety of unpredictable symptoms vary significantly from person to person and even fluctuate within the same individual from day to day.

The University Hospitals Kingston Foundation's (UHKF) Women's Giving Circle (WGC) is a group of women who come together to support ground-breaking medical research at Kingston Health Sciences Centre (KHSC) and Providence Care. The wonderful WGC donors voted to award \$38,000 toward an MS research project. Lead by Dr. Marcia Finlayson and Dr. Dorothy Kessler from the School of Rehabilitation Therapy at Queen's University, alongside co-investigator Dr. Moogeh Baharnoori, Neurologist and specialist in MS at KHSC.

"Canada has one of the highest rates of MS anywhere in the world," says Dr. Finlayson. "It affects more women than men and, even though it is often discussed as a disease of young adults, it has been diagnosed in people aged eight to 80 and beyond. It's important that we explore ways to support people living with this disease to engage in everyday life, and this study will do just that."

The study aims to assess the impact of Occupational Performance Coaching (OPC) on individuals living with MS. It will explore ways in which coaching removes barriers to daily activities.

"People living with MS need strategies that work for them to manage the unpredictability of their symptoms and their daily lives," says Dr. Kessler.

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Pictured: Members of the Women's Giving Circle at a luncheon in 2019.

DONOR-POWERED RESEARCH: MANAGING SYMPTOMS OF MULTIPLE SCLEROSIS

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"OPC is tailored to each individual and guides them to set goals, problem solve when things change, find solutions and make decisions," Dr. Kessler continues. "It builds knowledge, confidence and skills to really empower people to identify and continue to take part in what is most important to them."

"Given the variability of MS, having a library of skills to rely

on could help people manage their MS over time," says Dr. Finlayson.

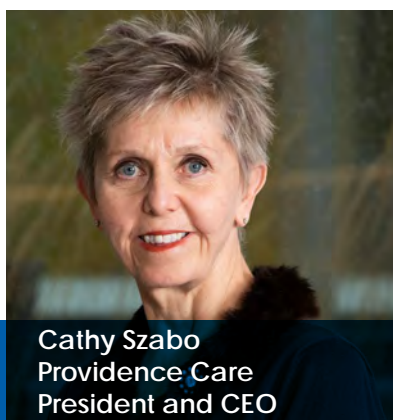
The implications of a study like this has the potential to be felt by people living with MS far and wide, which is why the grant from UHKF's WGC is so vital.

"Thank you very much to the Women's Giving Circle for funding our study," says Dr. Baharnoori. "Without your support, this work wouldn't be happening. Your generosity

and thoughtfulness will help provide information that can be used for broader program planning and will enable people affected by MS to lead healthy and satisfying lives."

Contact UHKF at **613-549-5452** or visit uhkf.ca/WGC to learn how you can join the WGC.

MESSAGE FROM PROVIDENCE CARE PRESIDENT AND CEO



Cathy Szabo
Providence Care
President and CEO

When the pandemic began, it was impossible to foresee what the world would look like today, two years later. But there was one thing I knew – the people

of southeastern Ontario would work together and overcome the challenges in front of them. I strongly believe this now more than ever before.

The resilience and resourcefulness of our community has been exemplified by you, our wonderful donor family. From funding new equipment and technology to generously donating "thank you" gifts to healthcare workers, you have stepped up to support Kingston Health Sciences Centre (KHSC) and Providence Care with

generosity and thoughtfulness, and for that I cannot thank you enough.

Providence Care and KHSC continue to collaborate tirelessly to support our regional partners and the provincial response as a whole. But this is not possible without the generous support that donors like you provide.

As we emerge from another dark winter, it is clear to me the light of this community will always prevail. From the bottom of my heart, thank you.

DONORS THANK LOCAL HEALTHCARE WORKERS



The pandemic has taken its toll on all of us. This includes healthcare workers at Kingston Health Sciences Centre (KHSC) and Providence Care, whose lives have been significantly impacted. Despite this, teams have displayed a resourceful and collaborative spirit that has been nothing short of inspirational.

The Kingston community has rallied together to show their gratitude towards their local healthcare heroes by offering gifts through the Sprinkle Some Joy initiative, as well as donations through the University Hospitals Kingston Foundation (UHKF).

Sprinkle Some Joy was set up in 2020. Thanks to the incredible generosity of our grateful community, gift cards, meal vouchers and other donated items were given away weekly to staff through randomized draws.

Donor and UHKF volunteer Richard Kizell raised \$21,600 through his own network. Gifts from Richard's initiative include "Thank You" banners placed at strategic locations inside KHSC and Providence Care healthcare sites, as well as items contributing towards staff comfort and wellbeing.

"I wanted to recognize the hard work of our local healthcare workers who have helped to keep our community safe," says Richard. "It's vital Kingston's healthcare sites have access to funds so they can be responsive to staff needs during these challenging times. I'm so grateful to my friends and colleagues who contributed."

"This donation comes at a time when staff need a boost to their morale," says Elizabeth Bardon, Vice President Mission and Strategy Integration and Support Services at KHSC. "The banners of appreciation bring cheer to staff every time they come into work!"

Nine resident artists from the Creativity Studios in the Tett Centre also wanted to show their support. They collectively donated pieces of art to the tireless workers at KHSC and Providence Care. It is their hope the beauty of the artwork will symbolize the gratitude of the Kingston community.

Whether it is generous donations of funds, gift cards, thank you banners, pieces of artwork or more, the impact these gifts have on local healthcare workers cannot be overstated.

"The gifts represent a reminder to staff the community is behind them and grateful for their dedicated work," says Micki Mulima, Director of Leadership and Talent Development at KHSC and Providence Care. "Thank you to Richard, the Tett Centre's resident artists and all community donors who have generously donated in support of Kingston's hardworking healthcare workers. This generosity and thoughtfulness makes a huge difference to staff comfort and morale during these challenging times."



KHSC RANKED IN THE TOP 40 RESEARCH HOSPITALS IN CANADA

For the tenth consecutive year, Kingston Health Sciences Centre (KHSC) has been named one of the Top 40 research hospitals in Canada. KHSC strives to be a leader in research projects that are aligned with regional population health needs. As the research arm of KHSC, Kingston General Health Research Institute (KGHRI) collaborates with Queen's University and Providence Care in its research mission.

"Research and innovation are critical to a healthier future," says David Pichora, President and CEO of KHSC and chair of KGHRI. "This is particularly true now, as we work to find creative solutions to the COVID-19 pandemic and its collateral impact as we strive to emerge with new and better ways to care for our patients and community. As southeastern Ontario's leading centre for

complex, acute and specialty care, research is an important part of our role."

KGHRI is home to over 370 researchers who are actively involved in research projects, including a range of COVID-19 health issues, such as small molecule therapies, testing, mental health impacts and biosensor tools. Additionally, more than 180 new clinical trials involve collaborative efforts with regional, provincial, national, and international hospitals and universities.

"We are extraordinarily proud of our Top 40 ranking and the impact that our hospital-based researchers are making to advance discovery and innovate to enhance patient care," says Dr. Steven Smith, President and CEO of the KGHRI and Vice-President of Health Sciences Research at KHSC. "Our research is transforming

patient care for today and for the future."

This recognition as a leading research hospital strengthens KHSC's brand as a teaching and research hospital and positions the organization as a destination academic health sciences centre – a place where students, researchers, staff and volunteers alike are inspired to learn and discover.

"By nurturing this culture of learning and the pursuit of knowledge within KGHRI, KHSC will remain on the leading edge of care, meaning that patients in southeastern Ontario will have access to world-class specialty and acute care, closer to home," says Dr. Smith. "We are grateful to our communities who continue to provide support for research through the University Hospitals Kingston Foundation."

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YES! I WANT TO SUPPORT LIFE-SAVING CARE...

Cut out this form and mail to: University Hospitals Kingston Foundation, 55 Rideau Street, Suite 4, Kingston ON, K7K 2Z8

- I wish to support care by making a **monthly gift** of \$_____ which will be withdrawn on the 10th day of the month.
- I wish to support care by making a **single gift** of \$_____.
- I am interested in learning about the Women's Giving Circle. Please send me more information.

Method of payment:

- I have enclosed a blank cheque payable to **UHKF**, marked "**VOID**" for my monthly gift.
- I prefer to donate by credit card.

Visa Mastercard American Express

Name on card: _____ Phone Number: _____

Card number: _____ Expiry date: _____

Email: _____ Signature: _____

EMERGENCY DEPARTMENT GRATEFUL FOR LIFE-SAVING EQUIPMENT

Robert Frankovitch was watching TV at home when he knew something was wrong. "Call an ambulance. I've got to get to the hospital," he said to his wife, Jo-Ann.

Four days earlier, Robert was discharged from Kingston Health Sciences Centre (KHSC) following a successful quadruple bypass surgery. His recovery was seemingly going well. "I felt pretty good," says Robert. "I didn't experience any pain but all of a sudden my eyes had a horrible sinking feeling and I started feeling light-headed."

An ambulance arrived within five minutes and Robert was taken straight to KHSC's Emergency Department (ED). It was determined that he had very low blood pressure but it wasn't clear why.

The emergency physicians, Dr. Tim Chaplin and Dr. Casey Petrie, quickly utilized KHSC's Point of Care Ultrasound (POCUS) machine. This important equipment offers staff access to ultrasound imaging in real time, providing swift diagnoses for patients showing common or life-threatening symptoms.

"Using POCUS, we were able to identify blood leaking from Robert's heart," says Dr. Chaplin. "It was crushing his heart and he needed surgery immediately. We alerted the cardiac surgery team who mobilized and operated immediately. There's no doubt that POCUS saved Robert's life."

"I thought I was finished, to tell you the truth," says Robert. "When I woke up, I felt really grateful for the doctors and nurses that we have here in

Kingston. I don't think you'll find any better. I'm standing here in front of you today because of them."

POCUS can help expedite diagnoses in a wide variety of emergency scenarios, including checking the health of fetuses, ruling out ruptured abdominal aneurysms, identifying collapsed lungs and so much more. Recently, a few local donors enabled KHSC's ED to purchase two new POCUS machines. This is just one of the many ways our donors make a difference.

"It gives me tremendous satisfaction to make this sort of contribution to a very worthy cause," says Dr. Gary Burggraf, a POCUS donor and former KHSC Cardiologist. "It feels great to give back to KHSC after what it did for my career and what it's doing for the physicians and patients of today and tomorrow."

"POCUS saves time, money and lives. It adds enormously to patient safety," says Dr. Joey Newbigging, Emergency Medicine POCUS Director, KHSC. "We are extremely grateful to Gary and everyone who has contributed to the POCUS program so far. These generous donors are helping physicians save the lives of people like Robert and giving better care experiences to many other patients in the Emergency Department for years to come."

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Pictured: Dr. Newbigging demonstrating the POCUS machine.



Pictured: Dr. Christine Hanna, POCUS Fellow, with the POCUS machine.



UNIVERSITY HOSPITALS
KINGSTON FOUNDATION

THE FOUNDATION REPORT

SPRING 2022

DONORS HELP MAKE PROVIDENCE MANOR A LITTLE SAFER

Thanks to excellent planning from Providence Care's Infection Prevention and Control and administrative teams, and some generous donor support, residents and staff at Providence Manor have had an extra layer of protection throughout the pandemic.

Government directives require any resident entering long-term care homes to be tested and quarantined for 14 days. This is difficult, especially for residents with dementia, for example, who may have tendencies to wander. To help keep staff and residents safe, Providence Manor implemented an isolation and transition unit in March 2020.

"Residents stay in the unit for their quarantine period, and certain staff only care for these residents. It's like cohorting to stop cross-contamination," explains Kaitlyn del Rosario, Director of Care at Providence Manor. "Therefore, the unit is another line of defence for

the health and safety of staff members and residents. Not all homes can do this, so it's very comforting to know we have it."

One obstacle for staff when setting up the unit was equipment could not be shared with the rest of the home. Directives also required daily respiratory assessments for residents, including checking temperatures and oxygen levels, which placed further demands on staff and equipment availability.

"Thankfully, generous donors kindly purchased additional blood pressure machines we could dedicate to the isolation unit," says Kaitlyn. "This has been invaluable because the machines include everything staff need for the assessments, and they don't need to worry about moving machines around the home and risking contamination. We are so thankful for that!"

The donations didn't stop there. Donors also gifted Providence Manor with lift machines to help with resident mobility and access. With staff shortages in long-term care homes due to the pandemic, something as simple as having two staff members available to help move residents with mobility challenges has become very difficult to schedule. Extra lift machines greatly help to minimize disruption in care.

"These tools have really helped to lessen the workloads and stress levels of staff by providing them with the equipment they need to care for our residents," says Kaitlyn. "Life for staff in long-term care homes has become significantly harder during the pandemic, and Providence Manor is no exception. Donations like these are extremely helpful for both staff and residents. We are so grateful!"

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston



Providence
Care

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