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STATE-OF-THE-ART BREAST IMAGING FACILITY OPENS FOR PATIENTS

Thanks to the generous help of donors, the first patients were welcomed through Kingston Health Sciences Centre's (KHSC) state-of-the-art Breast Imaging Kingston facility in March of this year.

The 8,000-square-foot facility brings together breast imaging services and procedures from multiple healthcare sites, streamlining care for patients and transforming breast health in southeastern Ontario.

"This is really the one-stop-shop approach to care for this patient population," says KHSC's Director of Imaging Services, Karen Pearson. "We said we wanted to create a centre that allows the highest level of breast imaging care in North America, and I think we've accomplished that."

The combination of revolutionary screening technology and precision diagnosis equipment under one roof is unique to all of Canada. It will

help save countless lives in the coming decades and help advance knowledge in the field.

"It gives me goosebumps and makes me emotional to think about how far we've come in this journey," says Eric Sauerbrei, Radiologist and Head of the Women's Imaging Section of the Department of Radiology at KHSC. "Now, not only do we expect wait times to decrease significantly with this new centre, we'll increase our rate of cancer detection because the new technology will be that much more sensitive and accurate."

A significant portion of the funding for the \$7 million facility was generously donated by Brit Smith and Homestead Land Holdings Limited, and funds raised by the women of The Rose of Hope committee.

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STATE-OF-THE-ART BREAST IMAGING FACILITY OPENS FOR PATIENTS

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"We are very proud to be a part of this wonderful new centre that will save a lot of lives," says Sherri McCullough, Cataraqui Golf and Country Club Rose of Hope Chair. "We are also very grateful to our partners at the University Hospitals Kingston Foundation for all the support and encouragement they give

us, and we would especially like to thank all of our members, donors and sponsors whose generosity and dedication have helped to make this dream come true."

"We are truly privileged to share a community with individuals who so generously support KHSC's staff, physicians, patients and families," says Dr. David

Pichora, President and CEO of KHSC. "I can truly say that without the visionary leadership and support of Brit Smith, Homestead Land Holdings and the Rose of Hope committee, this new facility would never have become a reality."

MESSAGE FROM UHKF BOARD CHAIR, WAYNE OWENS



Wayne Owens
Board Chair
UHKF

After two years, I will soon be stepping down as the University Hospitals Kingston Foundation (UHKF) Board Chair. And I'd like to take this moment to thank you, our wonderful donor family.

My time at UHKF has been dominated by the COVID-19 pandemic. But what I will remember is the incredible generosity that donors have shown. In two years, we have raised over \$79 million in pledges and donations. This record-breaking total shows how our community has dramatically stepped up to support the region's healthcare organizations during a highly challenging period.

Whether it's funding state-of-the-art equipment or new high-tech facilities, your generosity has made the future of Kingston's health care look brighter for us all.

There is still a lot of work to be done. As our hospitals continue to grow, UHKF must also grow to align with their needs. But I am comforted by the knowledge that local healthcare organizations have such passionate and visionary donors supporting them; donors whose generosity directly impacts the lives of staff, patients and families, and donors who will continue to bring hope to our entire community.

Thank you.

MEMORIAL FUND HONOURS BELOVED LOCAL PSYCHIATRIST



In September 2020, many in the Kingston community were shocked to hear of the passing of Dr. Pallavi Nadkarni (pictured above), Attending Psychiatrist at Kingston Health Sciences Centre (KHSC). The swift course of her brain cancer was devastating to all who knew and loved her.

In honour of his wife, Dr. Shailesh Nadkarni generously set up the Dr. Pallavi Nadkarni Memorial Award. Each year, \$1,000 will be awarded to a psychiatry resident who exemplifies the key attributes Pallavi embodied in her professional life.

"Pallavi was a wonderful physician who was held in the highest esteem by her colleagues and known for her commitment to care, as well as her strong advocacy for mental health support across medical and surgical wards," says Dr. Claudio Soares, Head of Psychiatry at Queen's University, KHSC and Providence Care. "With a thorough approach to education, she was also a celebrated educator and mentor who always encouraged trainees and celebrated their achievements."

The first award winner is fifth-year resident Spencer Haze (pictured bottom right), who was selected by a committee of senior colleagues and who worked closely with Pallavi on several projects over the years.

"Spencer embodies many of the personal and professional qualities the award seeks to recognize. She is extremely deserving of this recognition," says Dr. Soares. "She is highly regarded by her colleagues for professionalism, strong ethical values and dedication to mentorship and teaching. She is very approachable and enthusiastic, and I believe Pallavi would be extremely pleased that Spencer has been chosen to receive this award."

Being recognized as someone who exemplifies Pallavi's wonderful attributes as a psychiatrist, colleague and teacher will be a special and rewarding experience for any resident who wins the award over the coming years, but this is especially meaningful for Spencer.

"Pallavi was just so wonderful to work with in any area at all," says Spencer. "She had such an impressive knowledge base, and anything you brought to her as a supervisor was met with so much enthusiasm. I was very fortunate to have been able to work with her, and it's incredibly flattering to receive this award in her name. I am truly honoured."

"We are all heartbroken but left with incredible memories of our beloved Pallavi," says Dr. Soares. "We offer our deepest condolences to her husband Shailesh, her family and close friends; we wish them strength to cope with such a tragic loss. She is truly missed."



DONORS FUND NEXT GENERATION OF NURSING EQUIPMENT

Thanks solely to the generosity of donors, Kingston Health Sciences Centre (KHSC) recently purchased four new synthetic arms for testing and training purposes.

Every nurse who enters the work force at KHSC is required to demonstrate how to insert and maintain an intravenous catheter. The demonstrations are performed on the synthetic arms, which are also used to train student nurses how to do an intravenous insertion.

"We are so thankful for these arms that touch every nurse who enters our facilities," says Leanne Wakelin, former Director of Professional Practice, KHSC. "The intravenous demonstration is an important way for us to test nurses before they begin doing intravenous insertions on real people. Our old arms were also hard for students to learn on because they were worn

after many years of use. The new ones should last for a good number of years to come!"

The demonstration process certifies that nurses are up-to-date with the equipment and products that KHSC uses. It also ensures staff and patient safety by confirming proper technique.

"There's really two sides to it," says Leanne. "You want to make sure the nurses are doing it with the proper precautions to ensure infection doesn't occur and that they're doing it with the proper technique to ensure it's as painless as possible for the patient. But on the other side it's also a safety issue. We want to make sure staff are inserting the catheters in a manner that protects them from exposure to blood."

Over time, the equipment used for intravenous insertion

has changed. Once upon a time, it was just a needle, and now there's a lot of extra safety apparatuses. These arms ensure that when a new piece of technology is required to be used, every nurse at KHSC is properly trained on how to use it.

"As far as we're concerned, these arms are integral to us making sure nurses and patients are comfortable with the intravenous experience," says Mike McDonald, former KHSC Chief Nursing Executive and Executive Vice President of Patient Care and Community Partnerships. "We are also absolutely thrilled with the thought that students and staff now have better equipment to train on. We feel very fortunate and want to say a huge thank you to UHKF donors for making this possible."

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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 Honour Your Caregiver program. Please send me information.

Method of payment:

- I have enclosed a cheque payable to UHKF or a VOID cheque 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: _____

GRATEFUL PATIENT PLEDGES \$100,000 TO THE FUTURE OF KINGSTON'S HEALTH CARE

As an active mother of three and grandmother of ten, Nancy Cosgrove likes to dance, read and travel. In 2018, her life suddenly changed when her heart rate soared to 200 beats per minute and she was diagnosed with cardiac arrhythmia.

"It's the strangest sensation," says Nancy. "You feel light-headed with this weird feeling of impending doom. You wonder just how long your heart can manage it for!"

Nancy's typically positive outlook was suddenly filled with uncertainty. Always waiting for the next 'episode,' she was unable to plan her favourite activities. This was until Dr. Adrian Baranchuk (pictured bottom left), Cardiologist at Kingston Health Sciences Centre (KHSC), scheduled her for an ablation procedure which Dr. Andres Enriquez performed in 2019.

"The results were instantaneous and have lasted to this day. I have not had any significant arrhythmia since," says Nancy. "I am so very grateful for their excellent care and compassion. Their talent and caring manner is a credit to the medical profession. They are both lifesavers."

In 2019, Nancy and her husband, Brian, (pictured bottom right) pledged \$100,000 to UHKF in support of the redevelopment project at KHSC's Kingston General Hospital site. This incredible generosity was in appreciation of the excellent care Nancy received from KHSC's cardiac team.

"They gave me my life back," says Nancy. "And I often wonder if they feel like they are making a difference in people's lives. Our gift is just one way to remind these extraordinary people that they definitely do. Kingston is so lucky to have them!"

"We do what we do without expecting any gratification at all," says Dr. Baranchuk. "But when patients or members of the community provide funding to restructure areas of the hospital or allow us to access new technologies, it means the world to us. Donors, like Nancy and Brian, are helping us to provide better patient care for generations to come. We are so grateful!"

A gift towards KHSC's redevelopment is just one way donors are helping Kingston's healthcare organizations plan for a bold, new vision of health care in southeastern Ontario.

"We are incredibly appreciative of the Cosgroves' support," says Dr. David Pichora, KHSC President and CEO. "Our massive rebuilding project will allow us to expand our capacity and adopt innovation for the services that help families, like the Cosgrove family, stay healthy. Their generous gift will help us care for southeastern Ontario's growing needs."





UNIVERSITY HOSPITALS
KINGSTON FOUNDATION

THE FOUNDATION REPORT

SUMMER 2022

UHKF STAFF LOTTERY FUNDS LIFE-SAVING EQUIPMENT

Providence Care's Providence Transitional Care Centre's (PTCC) specialized inpatient services' aim is to strengthen the bodies and minds of patients through an activation program. This helps patients in the healthcare system transition back to their daily life in the community.

Thanks to funds raised from the University Hospitals Kingston Foundation staff lottery, the PTCC recently purchased a new MedUp V2 Cycle Trainer. This essential device provides arm and leg workouts to help patients living with a variety of physical and cognitive limitations.

"We are thrilled to get the funding for another cycle trainer," says Marie-Jo Cleghorn, Program Manager. "The trainer has been so successful and gives our patients so much pleasure. The decision to purchase another one was actually based on patient feedback. They said it

was their preferred mechanism for building strength and endurance, while participating in a fun activity. That's why this grant from the staff lottery is so appreciated. It means we can offer the same phenomenal resource to many more patients."

The cycle trainer offers a variety of benefits to PTCC patients. These include improving strength and mobility, stimulating blood flow, relaxing stiff joints or tight muscles and facilitating motor recovery. But they also include cognitive improvements.

"The physical benefits are amazing," says Marie-Jo. "One patient tripled the distance she could walk just by warming up on the cycle trainer. Another finds the rhythm of the bike soothing and it helps them fall asleep. But the cycle trainer also helps patients living with cognitive limitations. They might suddenly remember childhood memories or look forward to

riding a bike once they are home. These benefits are very tangible to some patients. It has also empowered staff and provides them another meaningful way to engage and activate patients. It's just fantastic!"

This use of staff lottery funds is yet another reminder that our dedicated healthcare workers are continuously investing in the collective futures of everyone in the community.

"To see that healthcare staff are able to raise funds and put equipment into local healthcare sites, and immediately benefit patients, is just so special," says Marie-Jo. "It reinforces that staff are truly serving their own community and making a difference in their lives. I think that healthcare staff cannot help but be proud that they're helping to bless local patients in countless ways."

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