

Providence Health Care Opens New East Vancouver Community Dialysis Unit

See story on page 2



Sandra Swanson, Director of BioMedical Engineering, PHC; Dr. Michael Copland, Medical Director of Kidney Services for PHC and VCH; Mary McNeil, MLA Vancouver-False Creek and Minister of Citizens' Services; and Bonita Elliott, VP, Clinical Programs, PHC, at the opening of the East Vancouver community dialysis unit.



Strategic Direction: Lead Through Exceptional Care, Service, Teaching and Research

Caring Hearts

Dear Providence,
I was visiting Vancouver for a few days before boarding a cruise to Alaska. On July 9, while on a visit to Victoria, I fell and hurt my wrist. On return to Vancouver I was taken straight to the SPH ER where I was treated by Dr. Murray Vance Hein. I would like to record my appreciation of the excellent care Dr. Hein took in carefully diagnosing and treating my fractures. He was very professional, patient, compassionate and caring. If only all visits to an ER could be this good. As a result, my wife and I could enjoy the rest of our trip without a hitch.
Yours truly,

Vikram T.
New Delhi, India

Opening of PHC's New Community Dialysis Unit

More patients from across the Lower Mainland are able to receive better kidney care closer to home thanks to the opening of the new East Vancouver Community Dialysis Unit.

Citizens' Services Minister Mary McNeil officially opened the clinic on behalf of Health Services Minister Kevin Falcon on September 24, 2010.

This new community dialysis unit improves access to vital, life-saving services by placing the facility closer to where patients live. The Ministry of Health Services, Vancouver Coastal Health, the BC Renal Agency – an agency of the Provincial Health Services Authority – and Providence Health Care provided the \$540,000 in funding required to open this clinic.



Ribbon-cutting at the opening of the new East Vancouver Community Dialysis Unit.

The clinic will feature state-of-the-art equipment, including:

- New dialysis machines with flat touchscreens and a fully rotatable monitor display to facilitate fast and easy programming of therapies;
- A patient therapy card reader that efficiently stores and reads the patient's data when it is inserted into the machine's card reader. (By storing patient-specific settings with profiles on the card, setup times and errors can be reduced); and,
- Ultra pure water and stainless steel plumbing to all machines. (Some recent studies suggest that ultra pure water can lead to lower infection rates and better quality dialysis treatment.)

Each of the 15 treatment stations features individual flat-screen TVs with headsets. The televisions offer on-demand movies, but can also be used for teaching patients about the dialysis equipment, different treatments and special diets.

The number of people with renal risks and illnesses is growing. Working with our health partners, PHC is utilizing breakthrough research in our laboratories and clinics to improve care outcomes, while helping patients gain independence through such initiatives as the home dialysis program.



Creative Souls Saving Lives Through Art

by Jamie Evrard, artist and member of St. Paul's Hospital Art Committee

I had just returned home from a long day at St. Paul's Hospital hanging artwork when I received a most unexpected phone call. My old friend James whom I hadn't seen in years called me and said, "Your art saved my life."

He explained that he had just spent a long and stressful day at SPH with his partner who had been rushed into emergency surgery. Filled with concern for his friend and having an entire day to wander aimlessly through the hospital while he waited,

James began to walk the halls of St. Paul's Hospital. While he wandered, he noticed the many paintings hanging on the walls. The first paintings he must have noticed were the two large Jane Adams canvases, one of dragonflies and one of flowers, hanging in the Emergency Room waiting area.

From there, he set off down the hall and, perhaps in passing one of my own paintings, remembered years ago how I had spoken with him about being involved in collecting art

and hanging it in the hospital. I was moved by his phone call and so happy to know how powerful the art had been for him.

Few people realize that almost all of the art hanging in the hospital has been donated by local artists, with the rest having been donated by collectors. These gifts to the hospital help make the hallways and waiting rooms warmer, more comforting and relaxing for patients, visitors, doctors and staff.



Paintings similar to Jamie Evrard's "Fruit on a Silver Platter" (shown above) hang on the walls of St. Paul's Hospital.

The hospital art committee reviews submissions and selects artwork they feel is appropriate to the hospital setting. Doctors often say that medicine is an art. We artists believe that art can be good medicine.

Table of Contents

Accreditation 2010 - Examples of PHC's Leading Practices 4/5
Eden Corner 6
Volunteers are Special Treasures 7
PHC-Pioneered Heart Valve Provides Life-saving Alternative to Open Heart Surgery 8
Students Experience Life in the Lab..... 8
SPH Roof Garden Grows Community, Health & Understanding..... 9
Dr. Julio Montaner Celebrated..... 10

It's Time for Your Seasonal Flu Shot

Arm Yourself against the flu



The Flu Facts

- **Influenza vaccination cannot cause influenza because the vaccine does not contain live virus.**
- **Each year 1,400 people in BC die from the flu and its complications, including pneumonia.**
- **Your best defence against influenza is your flu shot.**
- **The World Health Organization declared the H1N1 pandemic over on August 10, 2010.**
- **The vaccine mix is based on surveillance information from the World Health Organization, which tracks flu strains globally to determine which strain is likely to emerge every season.**

Because we care for a population at risk of developing complications from the flu, as health care workers we have a professional responsibility to protect ourselves, our patients and our residents by getting the recommended flu vaccines each year. This year's flu shot will give you protection against three strains of influenza viruses, including H1N1.

For this year's staff flu vaccination campaign, PHSA, VCH and PHC have joined forces to make getting vaccinated more convenient than ever, with more clinic dates and locations. For the first time PHSA, VCH and PHC will have a single flu campaign for staff across all three health authorities. Providing greater immunization convenience, staff from any of these health authorities can be inoculated against the flu at any site within the three health authorities offering staff vaccination. All Vancouver Coastal Health public vaccination clinics will be posted online on the province's flu locator located at www.immunizebc.ca. The ImmunizeBC site is also accessible at www.vch.ca. As well, clinic dates and locations are available by calling HealthLinkBC at 811.

Who Should Get A Flu Shot?

All health care workers are expected to get a flu shot to prevent spreading

influenza inside health care facilities, whether or not they work in patient, client, or residential care areas. Examples of non-care employees who are expected to be vaccinated include, but are not limited to: administrators, program support workers, environmental health officers, corporate staff, switch-board operators, etc.

Direct care providers are those who work face-to-face with, or in close proximity to, patients/clients/residents receiving health services. This includes, but is not limited to, nursing staff, home support workers, admitting staff, porters, care aides, occupational therapists, mental health workers, etc.

What If I Don't Get a Flu Shot?

Direct care providers who aren't immunized must have a seven-day prescription for Tamiflu®, or a similar anti-viral, registered on hold at a 24-hour pharmacy for immediate access if influenza strikes their work area. Those who do not get vaccinated and refuse antiviral medication, may be excluded from work without pay in the event of an outbreak (excluding those with documented contraindication to the vaccine or antivirals).

The flu shot is 70-90% effective in preventing influenza in healthy children and adults, and helps build a robust immune system.

The Flu

Influenza is an infection of the airways caused by the influenza virus which infects the nose, throat, and the lungs, causing symptoms such as fever, body aches, headache, fatigue, loss of appetite, a dry cough, and a sore or dry throat.

Flu Season

The influenza virus usually begins circulating in mid-December and continues until April. Often, you can have the flu virus without knowing it, and pass it to someone who may become ill.

Prevention

The flu shot is the one sure way to guard against

this potentially serious disease. It is 70-90% effective in preventing influenza in healthy children and adults, and helps build a robust immune system.

What Happens If I Get the Flu?

Stay at home to prevent the spread to others. Primary symptoms of the flu are fever and cough. Other symptoms include: headache, muscle pain, runny nose, sore throat and extreme tiredness. PHC staff experiencing these symptoms should self-report to their manager. Staff should return to work once their symptoms have subsided.

What if I get a Flu Shot Somewhere Else?

If you get a flu shot from your family physician, at a public health clinic or a location other than a PHC/PHSA/VCH staff flu clinic, fill out and return the "Proof of Immunization" card. The card is located on PHC Connect.

More Information

Flu information and resources for staff, including the Proof of Immunization card, are available on the PHC Connect intranet under > Workplace Wellness & Safety > Occupational Exposures > Influenza.





Accreditation 2010 - Examples of PHC's Leading Practices

Accreditation provides PHC with an opportunity to highlight our innovative care, service, teaching and research and share our most valued accomplishments and successes. In addition to this, Accreditation Canada allows us to identify in advance of our onsite survey, Leading Practices. These are defined as noteworthy practices carried out by a health service organization that demonstrate innovation and creativity, and have a positive impact on service or outcomes for patients, residents and families.

PHC went through a comprehensive nomination process to identify and select Leading Practices and Accomplishments to showcase during our on-site survey. A few of these are showcased below and relate to our six Quality and Safety themes.

Communication

Culturally sensitive nutrition educational materials for Chinese renal patients

In an effort to support effective renal diet counselling tailored to patients' specific language and cultural needs, dietitians at PHC developed patient nutrition educational materials in Chinese for the Chinese renal community. Providing nutrition education to patients of



other cultural backgrounds and limited English comprehension can be challenging.

Our dietitians developed brochures that can be used by both Cantonese and Mandarin-speaking populations, reflect Chinese culture, and feature culturally appropriate food items and eating patterns. These resources, which respect the intended audience's cultural background and language preference, aim to enhance patients' ability to actively participate in making informed dietary choices and increase self-care skills in their disease management in order to achieve best possible health outcomes.

These nutrition educational materials are being widely used in the renal program at PHC and are electronically available on the BC Renal Agency website and provincial renal database PROMIS for members of the renal community.

Risk Assessment

Implementation of functional rounds on 4E

The implementation of functional rounds on 4E Geriatric Medicine at Mount Saint Joseph Hospital is part of CDMR-initiated project to complement weekly discharge rounds that include the physicians and other allied health professionals. The objective is for the team to have a common understanding of patient function in activities of daily living (ADL) and the ability to problem solve emerging issues; and to ensure the Kardex is kept current. Anticipated outcomes include a decrease in length of patient stay, improvement in communication between nursing staff and interdisciplinary team and assurance that the most current patient care plans are being used in order to minimize patient risk.

During weekly functional rounds, the Clinical Nurse Leader, the patients' nurse, a physiotherapist and an occupational therapist visit patients in their rooms and update their ADL wall chart and Kardex at the bedside. These rounds take about 15 minutes to update and confirm that all members of the care team are on the same page and agree on the patient's functional care plan as well as the discharge goals. Patients also have the opportunity to participate in developing their care priorities during functional rounds at the bedside.

A patient's health can change by the day, hour or even minute. By ensuring the most current patient information is being used by all disciplines, staff are minimizing any opportunity of patient risk that could be caused by changes in patient condition. To date, functional rounds on 4E have improved communication amongst team members, engaged patients in developing care priorities, assisted nursing in maintaining an updated Kardex and improved patient flow.

Ethics

Bringing Our Values to Life: values competency framework

At PHC, ethics permeates everything we do – from our approach to serving patients and residents to how we

relate and communicate with each other. We are committed to helping individuals and teams in the organization to think carefully about the values that we do live by, the values we should live by, and to make decisions and take actions that are rooted in these values.



The *Bringing our Values to Life* booklet emerged out of conversations with the staff, senior leaders, and PHC's Board surrounding how to live our values in everyday decision-making and behaviours as individuals and as an organization. The booklet defines each core value and makes clear the competencies that guide how we can operationalize the values into our routine work. Because no two teams are alike, the booklet allows teams to customize the competencies by including behaviours or actions that reflect each specific team's goals, priorities and activities. This approach ensures that the actions are created collaboratively from within, from conversations with the people who make up each team. The booklet is

continued on following page

user-friendly, containing stories and images from within PHC that illustrate specific values being brought to life.

Medications

Pharmacist expanded prescribing authorities at PHC

PHC's pharmacists and pharmacy staff work closely with prescribing medical professionals and other service providers in the organization to support safe medical management. In early 2010, the PHC Medical Advisory Committee (MAC) approved expanded prescribing authorities for PHC Clinical Pharmacy Specialists. The expanded authorities allow pharmacists to independently modify the dose or formulation of a prescribed medication, continue prescription of a medication taken prior to admission and substitute a drug within the same therapeutic class.

The expanded prescribing authorities seek to improve patient care outcomes, allowing advance-trained pharmacists to more effectively and efficiently utilize their clinical expertise for improving the use of medications for PHC patients. The well-established role of clinical pharmacists at PHC and the PHC values of achieving excellence and continuous improvement combine to create an environment where the full expertise of each member of the health care team is embraced and utilized.

Safety Culture and Worklife/Workforce

Residential Care Medication Reconciliation Projects

PHC's Medical Reconciliation Team was created to focus on reducing any medication errors associated with the transition of care for residents from acute facilities to residential sites. Over 6,000 medications doses are administered daily across PHC's residential sites. Through the Medical Reconciliation Team, PHC can ensure that each resident is receiving the correct medication from day one. The reconciliation process involves questioning residents and their family members when possible to clarify initial medication orders.

PHC's Medical Reconciliation Project Team won the 2007 National 3M Health Care Quality Team Award for their Moving in Medication Orders "MIMO" Form and Process.

Infection Prevention and Control

IPAC Link Nurses

The Link Nurse Project began as a way to help sustain and improve Infection Prevention and

Control. The aim of the program is to provide Infection Prevention and Control (IPAC) Link Nurses in each clinical area in order to supplement infection control capability at the front line. Link Nurses are trained by IPAC to act as local resources for the colleagues, promote awareness of infection control issues including hand hygiene and act as conduits to and from the IPAC team to refer local issues. PHC currently has Link Nurses in all clinical programs.

The program allows for a two-way dialogue between the IPAC team and front line practitioners, making the IPAC team more responsive to the needs of all staff. In turn, it is believed that the staff will be able to implement appropriate infection control measures in a more timely way, ensuring a safe, protective environment for patients and families.

The program is proving to be an extremely cost-effective way of disseminating information on a wide scale to the "grass roots" front line staff of the organization and contributes to raising the profile of infection prevention and control in our organization.





Angels to Watch Over Us

Every Christmas, angels inspire hundreds of you to donate to Tapestry Foundation for Health Care in support of patients and residents cared for at Providence Health Care. Thank you for demonstrating your generosity and kindness during the holiday season by participating in the Foundation's annual Angel Campaign.

Angels Online

This year you can send Angels online! Simply make a donation online through the Tapestry Foundation website, and send up to three electronic cards to family, friends and co-workers anywhere in the world. It's easy, fun and environmentally smart.

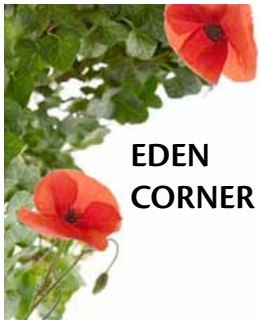
Angels by Post

Help those who need our support. Angels find their way to you through a mail campaign that includes two special angels - one to hang on your Christmas tree - the other to return to Tapestry Foundation, along with your donation. Throughout the holiday season, the angels you return will be displayed on special Angel Trees at sites supported by the Foundation. We'd like to count you among our angels. If you aren't on our mailing list, call us at 604.877.8335.

Angels Helping Others

The Angel Campaign supports priority initiatives at PHC sites. Your donation to this year's campaign will help support the purchase of a vitrectomy unit used in surgical treatment of the retinas. If you prefer, you can designate your Angel donation to support a particular site, program or the Foundation's greatest area of need.

Watch for more Angel Campaign details soon at www.tapestryfoundation.ca.



EDEN CORNER

Air-Born Circus Performs for Residents

Residents and staff at Langara were privy to a special treat in August. Air-Born circus performed on a gigantic pyramid of scaffolding set-up outside the residence.

Picture this: the audience is bundled up on

a brisk, late summer morning, surrounded by neighbours, friends, and family. Soft music starts to play as a female voice comes over the speakers telling of human worship of the sky and air. The wind starts to blow as two

performers come out from behind a tent and begin climbing up lengths of cloth. There, they suspend with their hands and feet; no safety nets. They begin to twirl and climb higher and higher, making each move seem as effortless as

breathing.

Staff, volunteers, family members and residents loved every second and no one could describe the joy this event brought us better than the residents themselves.

Here are a few comments from some of our residents at Langara:

1st Floor Aspen

"I liked everything about the performance. The acrobatics and music were so blended and fitting. I loved the music of Valkner, Debuseu, and Avel. The presentation as a whole – costumes, music, choreography – how could anyone have anything negative to say? The skill and athleticism of the women was just breathtaking." – P.P.

2nd Floor Birch

"Oh boy! That was the best performance I've ever seen! Everything was good... the music and the dances." – E.S. (husband of J.S.)

3rd Floor Cedar

*"Superb! It was a good show." – G.F.
"Very good. Haven't seen anything like that before." – P.L.*



A performer hangs from scaffolding at a circus performance for PHC residents.



Strategic Direction: Engage and Develop our People

PHC Continues to Make Emergency Preparedness a Priority

British Columbia is located in a seismically active region where hundreds of earthquakes occur each year. The threat of a major earthquake in the province is real and Providence Health Care (PHC) has a responsibility and an obligation to make Emergency Preparedness a priority.

On October 26, leaders from across PHC engaged in the second of a Series of Earthquake Exercises designed to increase awareness and identify gaps in preparedness and planning at PHC. The purpose of this exercise



was to heighten the awareness of PHC Leaders about potential impacts to critical infrastructure following a major earthquake by involving external partners and PHC Leaders in a tabletop

discussion at St. Paul's Hospital.

Special guest seismologist Alison Bird introduced the scenario and provided information regarding what we can expect during and after a major

earthquake. Representatives from BC Ambulance Service, Vancouver Police Department, Canadian Blood Services, City of Vancouver (engineering and water works), Terasen

Gas and other external partners contributed through a panel discussion about their agency's expected immediate response following an earthquake. Following this, exercise participants joined in the discussion to explore how all PHC sites may potentially be affected by a significant earthquake.

A table-top exercise is a facilitated discussion that provides an opportunity to talk about the "what ifs" of a given scenario. Table-top exercises pave the way for larger-scale functional exercises, during

which we physically practice our response. Exercises present an invaluable opportunity to increase personal knowledge and are an integral part of an organization's preparedness planning.

Please note that PHC will also be participating in a province-wide earthquake drill on January 26, 2011 – the first annual Great British Columbia ShakeOut. All staff, physicians, volunteers, patients, residents and families are encouraged to participate. More information to come.



Strategic Direction: Live Our Mission

Volunteers are Special Treasures in the Maternity Department at St. Paul's Hospital

Volunteers in Maternity Services at St. Paul's Hospital work in a program called Special Treasures. For several years now, the volunteers visit the program daily to make new baby bracelets to place around each newborn's foot and take ink footprints to place on special Providence Health

Care keepsake cards. In return for the baby bracelets and footprints, families can donate money to a special Nursing Education Fund to support nurses in furthering their education in nursing or perinatal courses.

Jennifer Duff,
Operations Leader of the

Maternity & Neo-natal Intensive Care Unit says "We are very fortunate to work with our group of volunteers. Each and every one of them is amazing and has become a real member of our team!"

Diana Diao has been a volunteer for the Special Treasures program since 2005. Over the years, she has been inspired by the courage and strength shown by the mothers, and by the great medicine and patient care that take place in the maternity unit.

Diao says she feels a great sense of reward volunteering in the program, "Every time I walk onto the Maternity Unit, I get so excited about seeing the newborns and taking their footprints and making bracelets for them and their families. This volunteer position has been incredibly meaningful for me, and the atmosphere of joy, peace, and teamwork on this unit is unique and contagious." Diao has even opted to continue volunteering while pursuing a career in medicine. "I am currently in my third year of study as a medical student at UBC, and my experience as a maternity unit volunteer has and will continue to help shape the physician that I will become."

Anna Marieke Voorhoeve began volunteering in the SPH



Maternity volunteers Anna Marieke Voorhoeve and Christine Allen display newborn bracelets and footprints.

maternity unit in November 2009. At that time she was a second year arts student at UBC with aspirations of one day becoming a nurse. Having had little experience in a hospital setting she felt that a volunteer opportunity such as this would provide her with a real idea of what goes on inside a hospital and specifically in the maternity unit.

"Throughout the year I was introduced to the high-paced hospital environment. I was able to observe many of the nurses and hospital staff at work and it was really interesting to see them in action."

Anna has since applied and been accepted to the interdisciplinary studies program at UBC with a focus on Health and Society.

Thanks to the committed volunteers who work in this program, maternity services has been blessed with significant donations that

have recently provided two amazing opportunities for staff. The unit was able to bring Penny Simkin (leading guru in providing labour support to child-bearing women) to St. Paul's Hospital to complete a full day session on labour support.

Also, with the help of the Special Treasures Program, the unit was able to send five Registered Nurses to Bastyr University - Simkin Center for Allied Birth Vocations to attend an advanced six day course in breastfeeding in the fall of 2010. In addition, nurses have been able to apply to the special fund to be reimbursed for nursing courses they may have taken or conferences they attended.

We are very fortunate to have such amazing volunteers who enhance the mission of Providence Health Care and are an integral part of shaping our organization and who we are.



Join Us For the 2011 Scotiabank Feast of Fortune

On Friday, January 28, 2011, Tapestry Foundation for Health Care invites you to take part in a grand celebration of Chinese New Year at The Westin Bayshore Hotel in Vancouver.

The Scotiabank Feast of Fortune is a signature fundraising event that supports priority needs at Mount Saint Joseph Hospital (MSJ). Over the past three years, this spectacular event has successfully helped fund the latest technology for MSJ's radiology, surgery and emergency departments. Proceeds from the 2011 Scotiabank Feast of Fortune will help support the development of cardiac care services at the hospital.

Enjoy fine dining, live and silent auctions, and great entertainment. Featured performers for the evening are The Retro Divas. Tickets are \$188 (with \$90 tax deductible).

For more information about purchasing tickets for the event, or how to participate as a sponsor, advertiser, auction donor or volunteer, call Doreen Lam at 604.877.8336, or email dlam@providencehealth.bc.ca.



Resourceful Actions

PHC-pioneered Heart Valve Procedure Provides Life-Saving Alternative to Open-heart Surgery

According to a recent study result published in the New England Journal of Medicine (NEJM), a new aortic heart valve replacement procedure – pioneered at Providence Health Care – called transcatheter aortic-valve implantation (TAVI) has shown to be a viable life-saving option for patients who are unable to undergo open-heart surgery.

St. Paul's world-renowned interventional cardiologist, Dr. John Webb is co-author of the study and a member of the executive committee for the trial's design. He was also the first

interventional cardiologist in North America to perform a successful percutaneous aortic valve replacement.

The study, which is part of the Partner Trial (Placement of Aortic Transcatheter Valve), compared the health outcomes of patients who underwent TAVI using the investigational Edwards SAPIEN transcatheter valve to those who received standard therapy. All patients in the study had severe aortic stenosis and were considered unsuitable candidates for surgery. The conclusions stated that TAVI, as compared with standard

therapy, significantly reduced the rates of death for these patients.

"The results from the trial to date are very encouraging," says Dr. Webb, who is also the McLeod Family Professor in Valvular Heart Disease Intervention at the University of British Columbia. "We hope that this will eventually become a standard treatment option. Not only is it less invasive than traditional open-heart surgery, but this procedure provides patients who are not candidates for surgery with an option that has so far proven to have better health outcomes than

standard treatment."

In 2005 specialists, led by Dr. Webb, at the SPH Heart Centre were the world's first to successfully perform transarterial procedures and the world's first to successfully perform a transapical aortic valve replacement. The Heart Centre began with 17 procedures in 2005 and has now done over 200 transfemoral procedures and over 150 transapical. The team has also trained over 50 other programs around the world, with over 10,000 procedures now performed worldwide.

At SPH, the procedure is currently provided on



Dr. John Webb, Interventional Cardiologist, St. Paul's Hospital.

compassionate grounds for patients who are too frail to survive open-heart valve replacement surgery.

These findings were presented at the Transcatheter Cardiovascular Therapeutics (TCT) 2010 scientific symposium held in Washington, DC, in early October.



Strategic Direction: Lead Through Exceptional Care, Service, Teaching and Research

Students Experience Life in the Laboratory

While many people took time to get away this summer, over 50 students came to St. Paul's Hospital to participate in the James Hogg Research Centre's summer student research program.

The program provides students, from high school to medical school, experience in the laboratory. The students conduct research in different areas under the guidance of the Centre's renowned principal investigators.

"My time here has really shown me the significance, importance

"I'm very grateful to the Centre for this opportunity. It's been a great experience and has given me new ideas for a career path..."

*Cyrus Chehroudi
Visiting student*

and joy of research," said Cyrus Chehroudi, who starts grade 12 this fall. "I learned how research can be tied to clinical practice and how it can affect the future of health care."

Chehroudi earned the 2010 Peter D. Paré scholarship to spend his summer at the Centre and worked with Dr. Gordon Francis and his team in the laboratory.

"I'm very grateful to the Centre for this opportunity. It's been a great experience and has given me new ideas for a career path," said Chehroudi, who is interested in pursuing a career in cardiovascular medicine.

Simon Fraser University student Emily Rousseau spent her third summer with the Centre – her first

summer was when she was in high school. "I really like all the people I work with and the environment is very student-oriented," she said. "All the Principal Investigators value the younger researchers and new ideas."

The students complete their summer at the Centre with a Summer Student Research Day where they perform oral and poster presentations on their research. Students are judged on their presentations, with the



top presenters receiving awards. Presentations this year ranged broadly, including research topics such as: cardiovascular risk factors in patients in the St. Paul's Healthy Heart Program, changes to lung structure caused by smoking in young women, and biomarkers and the assessment of lung function in COPD and HIV patients.



St. Paul's Hospital Roof Garden Grows Community, Health and Understanding

It may have been a rough gardening year for some, but for the fifty or so downtown residents participating in a community garden at St. Paul's Hospital, both produce and friendships flourished.

One hundred planter boxes border the approximately 2,000 square metre public rooftop space where an array of people – hospital staff, physicians, patients and families – can enjoy moments of solitude or the company of co-workers and loved ones. With a view that includes city reflections in the surrounding glass sky-scrapers and slivers of the ocean beyond Davie Street, the SPH rooftop green space is really one of the downtown area's best kept secrets.

The community garden initiative was launched on the 4th floor of SPH as part of the Province's Welcoming and Inclusive Communities and Workplaces Program. It is a partnership between the hospital, the YMCA,

“The dimension of caring makes (the roof garden) a perfect fit with the values of Providence, and it improves direct links with our communities and neighbourhoods.”

*Shaf Hussain,
Corporate Director,
Community &
Stakeholder Engagement,
Providence Health Care*

Gordon Neighbourhood House and the West End Residents Association. The purpose of the program is to help make members of the downtown peninsula community feel included by providing physical and intellectual space for intercultural and intergenerational dialogue.

David Tracey, Program Coordinator, Intercultural Community Gardens Project says that integration into a new community is more than simply living there, “We see this helping to build a truly intercultural community rather than just a multicultural community in which people from diverse backgrounds may live in the same area but still have limited contact

or shared experiences in creating a better city for all.”

To reflect the population demographic of the community and to meet government funding requirements, at least 40 per cent of the gardeners are non-Canadian-born.

Despite having lived in Canada for 34 years after moving here from Austria, gardener Veronica Gruber understands full well the difficulty newer Canadians may be facing, “I heard that statistically it takes an average of ten years for an immigrant to feel like a part of their new society, and I believe it.”

Kai Chang had been looking for a community garden to participate in for more than a year when he saw an advertisement for the intercultural garden. While Chang admits with a laugh that the odd carrot or beet may have gone missing from his garden, he says that overall it has been a great experience, “We all get to know each other and form small groups to share watering and tend to each other's plots. Everyone really helps each other out.”

An important aspect of the intercultural



A hospital employee enjoys a sunny day near some of the 100 plots bordering the rooftop area.

when the organizing partners hand over full garden control to them as an official non-profit society.

With a patient population that includes some of the city's most vulnerable people, the rooftop garden at SPH also brings a bit of the outside world up to those who might otherwise be confined indoors. On a nice day, patients can stroll through the outdoor space,

enjoy the greenery and escape the hospital setting.

Shaf Hussain, Corporate Director, Community & Stakeholder Engagement, Providence Health Care says the added sense of community caused by the hustle and bustle of the fifty participating gardeners goes a long way. “To most people, gardening is a meditative activity,” says Hussain. “It involves nurturing, caring and an awareness of the importance of nature in our lives. The dimension of caring makes the initiative a perfect fit with the values of Providence, and it improves direct links with our communities and neighbourhoods.”

community garden program is the mandatory workshops that must be attended by all gardeners. They include topics like racism, homophobia and intercultural communication. The goal is to promote a continued culture of acceptance and openness in all aspects of life.

Although he is already accustomed to life in Vancouver, Chang says the mandatory workshops were still really useful, “They really helped everyone get on the same page and have a common language and level of understanding before working together in the garden.”

Still to come is a workshop on civil governance that will help prepare the gardeners for



Program participant Kai Chang proudly shows off his produce.

Light the Way to a Brighter Future for St. Paul's Hospital

For more than 100 years, caregivers, researchers, physicians and staff have cultivated a tradition of excellence and innovation at St. Paul's Hospital. As momentum builds for an even brighter future for our hospital, please help keep this tradition alive by making a donation to the 2010 Lights of Hope campaign.

Every year, the campaign illuminates the exterior of St. Paul's Hospital (SPH) with a spectacular display of holiday lights to invite the community to

donate generously to the hospital's greatest needs. This year, our goal for the Lights of Hope campaign is to raise at least \$1.95 million.

The campaign provides wonderful recognition opportunities on the display, including named and backlit stars. Your name or the name of a loved one, or the name of your department, program, or business, may be recognized on the display if you make an applicable gift before December 1.



Illustration by Colleen Keith, artist. Capilano University, IDEA Program 2011.

Donors have given more than \$14 million to the Lights of Hope since the campaign started in 1998. That figure includes an impressive \$2.2 million

raised in 2009, surpassing that year's goal of \$1.85 million.

Let's keep that momentum going in 2010! To learn how to

light the way to a brighter future for SPH, visit the Foundation office at room 178, call 604-662-HOPE or go to www.lightsofhope.com.

PHC and St. Paul's Hospital Foundation Celebrate Accomplishments of Dr. Julio Montaner



(from l. to r.) Dr. Julio Montaner, Director, BC-CfE; Stephen Shapiro, President & CEO, St. Paul's Hospital Foundation; and Kevin Falcon, Health Services Minister.

Friends, colleagues, government leaders and community partners celebrated Dr. Julio Montaner's global leadership in the fight against HIV/AIDS at an event co-hosted by Providence Health Care (PHC) and St. Paul's Hospital Foundation on October 13.

The event recognized the world-changing accomplishments of Dr. Montaner and the BC Centre of Excellence in HIV/AIDS (BC-CfE) at St. Paul's Hospital, as well as giving guests an opportunity to hear about the ongoing work to eradicate HIV/AIDS in Canada and throughout the world.

As director of the BC-CfE and UBC/St. Paul's Hospital Foundation Chair in AIDS, Dr. Montaner helped guide the BC-CfE's efforts to create highly active anti-retroviral therapy (HAART), the United Nations' gold-standard treatment for HIV/AIDS. More recent accomplishments include

completing his term as President of the International AIDS Society (IAS) in July and being awarded the Order of BC on October 21.

Guests at the event included patients living with HIV/AIDS, who gave thanks to Dr. Montaner and his CfE team for their years of great service. Further accolades were supplied during a screening of a video tribute that featured congratulations from internationally recognized researchers and dignitaries.

WE WANT TO HEAR FROM YOU

Send in your stories, ideas, photos, thank-yous and events (to a maximum of 200 words please) to share with staff across Providence Health Care.

Your submission may be edited for length.

You can mail material to:
Jennifer Laidlaw
Communications
5th floor, Hornby
Ph: 604-806-8350
 or email:
d'vine@providencehealth.bc.ca


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