

## AGH nurses confirm new equipment's value in quality patient care

If you wonder how new technology and updated equipment really improve the quality of patient care, ask Chelsea Gibb or Sue Abernathy. Both nurses at Almonte General Hospital are working with new equipment purchased with funds from the AGH-FVM Foundation.

Gibb, who has worked for more than five years in AGH's Medical-Surgical Unit, says the hospital's new BVI 9400 Bladderscan machine has improved not only her own nursing experience but, more importantly, the quality of care for her patients.

A bladder scanner can monitor bladder function and measure urine retention in patients recovering from surgery, as well as patients with a variety of chronic or acute conditions, particularly the elderly, and obstetrical patients in post-delivery. It also helps to evaluate the need for catheterization to collect fluid.

AGH's new 3D ultrasound machine, says Gibb, has revolutionized how she checks her patients' bladder function. "The new machine takes only a minute to use. It's non-invasive and it measures urinary bladder volume and the post-void residual."

The machine's ultrasound technology also helps to locate the bladder and get a trustworthy result. With the older machine, nurses took more readings to get an accurate result and sometimes resorted to the insertion of a catheter to determine urine retention, Gibb says.



Nurse Chelsea Gibb demonstrates with RPN Robin Soule

"The new machine reduces unnecessary catheterizations that can cause discomfort and embarrassment for patients," Gibb adds. "It also reduces the risk of urinary tract or bladder infections, or other complications, from unnecessary catheterizations."

Meanwhile, Sue Abernathy says a new blood/fluid warmer purchased for the hospital's Emergency and Perioperative Departments is an essential piece of equipment.

The blood warmer, says Abernathy, is used to help prevent hypothermic shock, as well as hypovolemic shock, in a patient, who is in a compromised state and requires an immediate blood transfusion. Stable patients can receive blood directly from the refrigerator, where blood supplies are stored. But critical cases are at risk of being cooled too much (hypothermia) by unwarmed blood or going into shock from loss of too much blood (hypovolemia), Abernathy says.

"The blood warmer can warm blood to between 37 and 42 degrees Celsius, and pump blood into the recipient's system rapidly," says Abernathy, who has worked in AGH's Emergency Department for more than 20 years. "In urgent situations, whether in the Emergency Department or the Operating Room, the blood warmer works quickly to provide a seamless transfusion."

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## AGH/FVM golf tourney Monday, June 6

The Almonte General Hospital's 2016 Annual Golf Classic, set for Monday, June 6, at the Canadian Golf and Country Club, is presented as a "big thank you" this year, says Joy Delahunt, chair of the organizing committee.

"We want to thank everyone who contributes to this annual event, from the golf players to the sponsors, and everyone who works on the planning, organizing and the game itself," says Delahunt. The golf tourney, now in its 14th year, is the main fundraiser for the Almonte General Hospital-Fairview Manor (AGH-FVM) Foundation.

Delahunt, who has chaired the event's organizing

committee for two years now, has a personal reason for thanking Foundation donors this year.

"A few weeks ago, my husband was rushed to the AGH Emergency Department and received life-saving care. That showed me, more than ever, how important it is to have excellent hospital care available to us in our community and so close to home. And I think it's important that donors to the Foundation realize how much their contributions are helping AGH to provide that excellent care."

This year's event has a shotgun start at 11:30 a.m., says Delahunt, and it will be bigger and better than ever. "The event includes a barbecue lunch, 18 holes

of golf with a shared cart, a steak dinner, as well as both a silent and live auction, and a 50-50 draw," adds Delahunt, who is also a member of the AGH-FVM Foundation Board of Directors. "There also will be lots of games and prizes to hand out throughout the event, as well as a swag bag of gifts."

Mary Wilson Trider, President and CEO of AGH, agrees that Foundation donors play a large part in funding the health care services that AGH provides in the community. "Funds from the Foundation help to pay for a wide range of equipment that improves the care we provide at AGH and the Fairview Manor," Wilson

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## All the comforts of home at Fairview Manor

Muriel Currie is knitting afghans for her two granddaughters, a project that she says will take “months and months” to complete. Meanwhile, Doris Cochran prefers reading when she has time between her exercise classes or other scheduled activities. Both long-time residents of Fairview Manor say they have lots to keep themselves occupied.

“It’s hard to lose your friends and your loved ones as you age,” says Doris Cochran, 93. “But you need to be tough, and you need to look after yourself and keep going.”

That’s why Cochran moved into FVM 12 years ago. “After my husband died in 2002, I stayed in our home for two years (on a property outside Almonte where the couple had retired). But then I decided I wanted to be in a place where I felt safe, where I didn’t have worries and where I could enjoy life.”

The obvious choice for Cochran was Fairview Manor. Although she and her husband had lived in Toronto and Ottawa, and their two daughters still lived in Toronto, Cochran felt most comfortable in Almonte where she had grown up, and still had some family and friends close by. Also, she says, “My daughters looked for places in Toronto, but there was nothing comparable to Fairview Manor.”

Currie, 84, moved into FVM 10 years ago after suffering a fall that required a long rehabilitation period and resulted in limited mobility. She now uses a motorized wheelchair and shares a double room with her husband, George, who came to FVM after suffering a stroke.

The Curries had lived on a farm west of Almonte since they were married. Now their son, Kevin, and his family live there. Currie notes that one of the advantages of living at FVM is that “we are so close to my son and his family, and we can go out to visit them.”

Over the years, FVM has become “home sweet home” to both Cochran and Currie, and they each have established regular routines that keep them busy and content.

Cochran attends exercise class every Monday, Wednesday and Thursday morning. She also reads a lot, including the daily Citizen, and she loves crossword puzzles. “You have to keep your body and



**Resident Muriel Currie**

mind active,” says Cochran, who also takes advantage of the Manor’s various entertainment nights, and enjoys weekly Bingo events, as well as board games like Scrabble and Horse Races. Outings on the FVM bus are also on Cochran’s list of favourite activities.

She also attends FVM’s cooking sessions when staff and residents gather to bake cookies, or prepare preserves for the annual fundraising bazaar in November. “We make everything from strawberry and raspberry jam to jellies and all sorts of pickles.”

Although Currie participates in many of FVM’s scheduled activities, her main interest right now is knitting the afghans for her two granddaughters. It’s a big project, so she keeps her needles close at hand.

In the double room that she shares with her husband, some of Currie’s other projects are on display, including some handmade quilts. Other projects, she says, have

included five quilts for the beds at her son’s house. Another of her specialties, Currie says, are mittens, which she describes as “extra thick and extra warm.”

When not working on her hobbies, Currie participates in various FVM activities. The weekly Bingo game is one of her favourites. She actually won a recent game, though she had to share the five-dollar jackpot with another player. Currie says she didn’t mind. “It was better than a kick in the pants,” she laughs.

Currie also makes time for her duties as president of the FVM Residents’ Council, which meets monthly to discuss topics of interest to the residents. Asked what issues might be discussed, Currie says food sometimes comes up. “Everybody has their own likes and dislikes,” she shrugs, “but you can’t please everybody all the time.”

Cochran agrees. “I need a special diet. So I’m happy that the staff prepares food that fits my diet.”

And that brings both women back to why they live at Fairview Manor. “We feel fortunate to have the staff to help us. They are very good to us. And we get everything we need,” Cochran says.



**Muriel and Doris Cochran**

## Making the tough choices: what equipment to buy?

**A**lmonte General Hospital and Fairview Manor are committed to providing the highest possible quality of care to patients and residents, while keeping pace with changing community needs and technological advances. There is a continuous need to update, replace and add new equipment to maintain the quality of services in this dynamic health care environment.

Tough decisions must be made each year about what equipment to purchase to best meet the most urgent needs of patients and residents. These decisions are based on a rigorous consultation process.

Early each year managers and directors across the Hospital and Fairview Manor consult with their staff and Medical staff to identify equipment that must be replaced, as well as new equipment, to meet evolving patient and resident care needs. Requests from each unit and department are then submitted to the Senior Management Team. If the sum of the requests exceeds the budgeted dollars available, the

Medical Advisory Committee is asked for advice on prioritizing the requests.

The prioritized list is then presented to the AGH's Board of Directors for approval as the capital budget for the upcoming year. Once the budget has been approved, the list of needed equipment is provided to the AGH-FVM Foundation. The Foundation may raise funds to purchase the equipment through designated or undesignated gifts from individuals or organizations, as well as a variety of fundraising activities, including the annual AGH Golf Classic.

"The needs of our patients and residents are of utmost importance in determining our capital equipment budget priorities," says AGH President and CEO Mary Wilson Trider. "And we depend on the AGH-FVM Foundation to work with the generous community to raise funds to make these critical purchases. We are truly grateful to those who donate to the AGH-FVM Foundation. Donors help us to provide the best possible health care in our community close to home."

## Leaving a family legacy

**L**iterally hundreds of families served by the Almonte General Hospital and Fairview Manor have long standing histories with both community institutions. Mothers, fathers, sons, daughters, and grandchildren have all been born at AGH, cared for, and then may eventually or have already become residents of FVM. Recognizing and celebrating this legacy of family health care is becoming more and more important to many.

Arranging a legacy or planned gift is a way to ensure that the excellent patient care for family members, neighbours and friends continues for many years to come.

While the AGH-FVM Foundation strongly encourages you to seek professional legal and financial advice when planning your estate, we will do everything we can to assist you in creating a meaningful gift.



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### AGH'S SCORECARD:

#### the vital signs of success

These services were provided by various departments at AGH-FVM during the 2015–2016 fiscal year:

✓	15,798 patient visits in the Emergency Department
✓	8,598 days of care in the Rosamond Complex Continuing Care Unit
✓	40,335 days of care in Fairview Manor
✓	544 discharges from the Medical/Surgical Unit
✓	1,000 Surgical procedures
✓	12,350 procedures in Diagnostic Imaging
✓	1,530 visits to the Day Hospital.

## Leaving a family legacy

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### BEQUESTS

One of the easiest and most powerful ways to invest in the future of health care for your family and in your community is through a bequest in your will.

According to Foundation Managing Director Al Roberts, "A bequest is a gift specified in a will of either a specific amount of money, a percentage of the estate, a particular asset, or the residue of the estate. Including an estate gift in a will may also help provide tax relief so the Hospital or Manor receive a gift and the 'tax man' receives less."

To leave a bequest to Almonte General Hospital or Fairview Manor Foundation in your will, speak to your lawyer or financial planner to let them

know your wishes.

We encourage those who have made bequests to the Hospital or Manor to notify the Foundation. Your bequest will be kept in strict confidence, but will allow us to properly recognize your gift during your lifetime, and ensure that your gift is designated in accordance with your wishes.

Legacy gifts may be recognized through special plaques, garden stones and/or on the Foundation's donor wall, all of which provide special memories for years to come.

For more information (and with absolutely no obligation), please contact the Foundation at 613-256-2500, ext. 2297.

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Abernethy adds that "the new machine is user friendly, and it's essential to a critical care area to ensure the best possible outcome for patients needing transfusions." The new Hotline model, which replaces an older machine, uses a triple lumen tubing. The blood is carried in a sterile inner tube while warm water circulates in the outer tubing. The device not

only regulates the blood's temperature, but also the speed of flow to the patient, says Abernethy.

And that improves the quality of patient care, she says. "It is good to have a new and reliable machine again. It is the only piece of machinery we have that is capable of warming blood for transfusion."

## Golf tourney on Monday, June 6

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Trider says. "Foundation donors and sponsors of our fundraising events certainly deserve our appreciation. And the tournament is a great way for members of the community to enjoy a fun activity, while contributing to quality health care in our community."

Golf is \$125. Dinner is \$45. Several opportunities still also exist for major and hole sponsorships.

To register online for the 2016 AGH Annual Golf Classic, please go to: [www.almontehospitalfoundation.com](http://www.almontehospitalfoundation.com)

For more information about the Golf Classic or to register off-line, please contact: Carolyn Piche at [cpiche@agh-fvm.com](mailto:cpiche@agh-fvm.com) or call 613-256-2514 extension 2296

Nurse Sue Abernethy with the new blood/fluid warmer



The Foundation Board is currently seeking volunteers to serve as directors. If you'd like to make a difference in the health care of your community, visit [www.almontehospitalfoundation.com](http://www.almontehospitalfoundation.com) for more information.