



Ophthalmologist Dr. Carolyn Isbister is grateful for the arrival of latest cataract extraction technology at LGH.

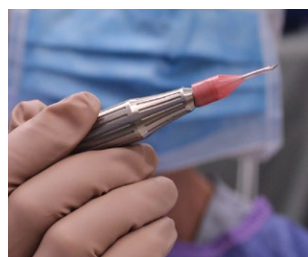
## Donor Driven Vision

Close to 1,000 people a year will have their sight restored thanks to the delivery of two high-tech surgical units purchased on behalf of the Ophthalmology Department at LGH.

The phacoemulsification units, which cost \$85,000 each, are used to remove cataracts – one of the leading causes of blindness in Canada.

The busy ophthalmology department had been relying on units more than a decade old, that used old technology and were in need of constant repair.

The new phacoemulsification (also known as phaco) systems include an ultrasonic probe with a tip small enough to make incisions that are self healing.



The ultra-sonic probe means smaller incisions and more precision for cataract procedures.

As well as benefiting patients, the new units are easier to set up, are better for more challenging operations and have built-in capacity for future upgrades.

The two new phaco units were delivered in the summer just as surgical services were being ramped up at the hospital.

This optical upgrade, which was generously funded by a donor who wants to remain anonymous, is just one example of the donor-driven improvements that have enhanced patient care at LGH over the last year.

Dr. Carolyn Isbister, Division Head of Ophthalmology at LGH is thankful for the donor generosity that made the purchases possible.

"The difference is night and day", she says. "We were one of the only hospitals in BC still using that technology. It had been in the capital budget for a long time and it was nice to finally get the upgrade."

## Surviving the Second Wave

Staff at Lions Gate Hospital have now dealt with a second surge of COVID-19 patients.

In October, the number of patients admitted to the COVID-19 Unit or ICU rose significantly.

Unlike the first COVID surge in the spring, elective surgeries and outpatient care continued with enhanced infection control measures implemented in all areas of LGH.

To deal with the backlog of elective surgeries, a plan was put in place over the summer to catch up. Thanks to the hard work of surgical teams, who worked flat out during a traditionally quiet time of the year, 87% of surgeries cancelled during the spring lockdown have now been completed.

The new year has seen a gradual reduction in the number of patients being treated at LGH. BC's successful vaccination roll-out in long-term care centres and assisted living facilities has also led to a dramatic decrease in the number of elderly COVID patients in need of acute care.

Simone Doust's father, Leonard Doust, was one of the many patients treated during the second surge. After seven tough weeks on the COVID Unit and in the ICU,

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## See inside for our:

**EMERGENCY  
MENTAL  
HEALTH  
CAMPAIGN**



Staff in the LGH ICU strive to keep patients connected with their families.

was on a ventilator, staff organized FaceTime sessions for the family.

"We are so grateful to the staff who were extremely generous with their time and facilitated communication throughout his whole stay," says Simone. "They were really busy keeping him alive but they still took the time to communicate and keep us informed and that was monumental to our family."

**You can learn more** about the current status of LGH during the pandemic and how LGH staff care for the emotional as well as physical needs of the patients in their care at: [lghfoundation.com/covid-update](http://lghfoundation.com/covid-update)

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including time on a ventilator, he is now home and beginning the long road to recovery.

Admitted at the end of November with no visitors for the majority of his stay, his family relied on the ICU staff to stay in touch. Even when Leonard



**NORTH SHORE HOSPICE  
Hike & Bike**

From seaside strolls to mountain hikes, families across the North Shore hit their favourite trails to raise more than \$87,000 during the North Shore Hospice Hike & Bike.

Instead of gathering in one location for this revitalized outdoor fundraiser, family and friend

groups chose a trail of their choice during the fundraising weekend to comply with the COVID restrictions in place at the time.

The money raised will support a digital upgrade at North Shore Hospice that will benefit hospice patients and their families as well as clients of the Every Day Counts outpatient program.

Look out for details of the 2021 Hike & Bike in the Fall.



Parissa Faridi (left) and family and friends show their support for hospice and palliative care.

## EMERGENCY MENTAL HEALTH CAMPAIGN

## Enhanced Emerg

From broken bones to heart attacks, respiratory distress to drug overdose, the LGH Emergency Department is the first port of call for North Shore residents in medical crisis.

Since the Emergency Department was transformed in 2009, the number of visitors has risen to 65,000 visitors a year, up from 40,000 just 12 years earlier.

Of these patients 3,500 require emergency care for mental health and substance use issues and 17% of those patients are children and youth under the age of 19.

To cope with the increased demand and advances in clinical technology, the hospital needs to make changes to ensure that LGH can provide the most effective emergency care for all patients, whatever their needs may be.



## Above & Beyond

Congratulations to all the nominees and recipients of the 2020/2021 North Shore Health Care Awards. Sponsored by LGH Foundation, the annual awards recognize health care excellence and philanthropy across all publicly funded health care facilities in North and West Vancouver.

Staff across the North Shore took the time to nominate their peers for the award categories of Workplace Inspiration, Clinical Excellence and the Dr. Les Janz Leadership award.

Caroline Martini, Geriatric Triage Nurse in the Emergency Department received the Workplace



## Emergency Care for All



Dr. Allan Burgmann.

### Mental Health Webinar Series

LGH Foundation launched its first ever webinar series – Your Mental Health – to share the knowledge and expertise of Health Care professionals on the North Shore.

With the pandemic negatively impacting the mental health of many, the four-part series was created to provide strategies for coping and information on how and where to access mental health services and community support.

The final episode of the series, Kids Coping with COVID, will be broadcast on Thursday, March 11. The episode, which includes a conversation with Julie Zimmerman, of North Shore Foundry Youth Services, features information on mental health resources available for children and youth in our community.

**Sign up** for the free webinar by sending a request for the link to: [info@lghfoundation.com](mailto:info@lghfoundation.com)

**Previous episodes** in the series can be viewed via our website at: [lghfoundation.com/your-mental-health-series](http://lghfoundation.com/your-mental-health-series)

We've launched the new Emergency Mental Health campaign to help fund an upgrade that will provide rapid access to specialized mental health services and improved triage care.

Dr. Allan Burgmann, Psychiatric Liaison of Acute Psychiatric Services, who works on the frontline of mental health care in the ED and at The HOpe Centre explains the urgent need for the upgrade.

"The Emergency Department (ED) was state-of-the-art when it was built and graciously funded by people in the community. We have used the department to its maximum potential over the last 12 years but with the increase in visitor numbers, it is important for us to re-configure and rethink the footprint of emergency care at LGH."

A new Mental Health Emergency Assessment Unit, located within the ED will provide care in a safe, secure

and private setting for up to eight severely ill patients dealing with mental health and substance use issues.

As well as extra safety mechanisms to protect patients and staff, video-conferencing facilities and private meeting rooms, the new unit will have a dedicated area for children and youth.

The triage area, where non-critical patients are assessed will also be re-designed with better sightlines allowing staff to keep an eye on all the visitors, a new visitor assessment area right at the main entrance and physical and infection control barriers to better protect patients and staff.

"Over the 12 years that I have worked at LGH, the thing that has been astronomically amazing has been the support the community provides to

the hospital," says Dr. Burgmann. "It is absolutely pivotal that the community rallies around again for this much needed improvement to health care in our community."

If you support the Emergency Mental Health Campaign, you will have a direct impact on thousands of hospital visitors during a time when they are suffering from potentially life-threatening conditions and in a state of heightened stress, anxiety and pain.

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**Please help us raise the \$4 million needed to fund the updates that will make our Emergency Department more efficient and responsive to the needs of every patient.**

[lghfoundation.com/emergency-mental-health](http://lghfoundation.com/emergency-mental-health)



Caroline Martini, Cheryl Rivard, Heather Wong & Dr. Rob Fingland.

**Inspiration Award.** From creating the ER Wall of Awesomeness to organizing a virtual food drive, Caroline is a dynamic force who devoted her time to caring for her colleagues as well as administering excellent care for her patients.

Cheryl Rivard, Project Manager for the Urgent Primary Care Centre in North Vancouver was the recipient for the Clinical Practice Award. The Centre saw a huge increase in demand as COVID arrived on the North Shore. As patient numbers ballooned from 40 to 180 people a day, Cheryl was the quiet, calm inspiration who worked tirelessly to manage the unexpected and support her colleagues.

The Leadership Award was presented to Heather Wong, a long-serving RN in the Endoscopy Unit at LGH. Heather won the respect and admiration of her co-workers for her commitment to creating a welcoming, inclusive and supportive workplace for everyone.

Each year LGH Foundation nominates a health care worker for the Philanthropy Award to recognize their contribution to the work of the Foundation. Dr. Rob Fingland, Medical Director of the ICU was presented with the award for his efforts in support of the Critical Care campaign as well as his personal contributions in support of patient care at LGH.

Each recipient received a keepsake trophy and a cheque for \$1,000.

LGH Foundation would like to express its gratitude to all of the 29 nominees and thank the awards committee and all staff members who nominated their colleagues.

**To learn more about these exceptional individuals, please go to:**  
[lghfoundation.com/ns-health-care-awards/](http://lghfoundation.com/ns-health-care-awards/)

### Critical Care is Coming

Our donors are amazing! You supported our mission to bring specialized critical care services to the North Shore.

Thanks to the \$10.2 million received in donations, work will start on the new Critical Care Unit at LGH in March.

Not only will the campaign funds pay for the building of the unit on the second floor of the hospital, it will also fund some of the life-saving and life-enhancing equipment required to care for seriously-ill patients with complex medical needs.

The design of the advanced clinical care unit has undergone more stringent infection control upgrades to ensure that all 12 single rooms are able to safely accommodate, not just COVID-positive patients but other patients with highly infectious diseases.

A growing number of people in our community have complex, long-term health care needs and up to 1,400 people a year are expected to benefit from enhanced care from specialised critical care staff.

The CCU is expected to be patient-ready early next year.

**1** A fashionista fundraiser organized by **Westview boutique Get Dressed** raised \$3,000 to boost mental health support services at The HOpe Centre.

**2** A big thank you to **North Shore students Emma and Leila** who sold their handmade bracelets to raise \$320 to support the Critical Care Campaign.

**3** A raffle organized by **St. Agnes Anglican Church** raised \$650 to support the care of critically ill patients.

**4** Thanks to an \$11,000 donation from **G3 Terminals Vancouver**, a new transport monitor has been purchased for intensive care patients at LGH.

**5** Staff at the **City of North Vancouver** hosted a virtual auction to raise \$535 in support of the Critical Care Unit.

**6** Local youth mental health services received a boost thanks to a generous donation of \$10,000 from **Pembina Pipeline Corporation** to Foundry North Shore.

**7** The sale of charity chocolate bars and Christmas cards at all four **Save-on-Foods stores in North Vancouver** raised more than \$14,000 for LGH. Following the success of these festive fundraisers, Save-On will be selling special LGH chocolate bars in stores around Easter.

# Kudos to our community

Lions Gate Hospital Foundation would like to thank supporters who found many ingenious ways to continue their fundraising efforts during this challenging year.



If you would like to support LGH Foundation through your event, please email us at: [info@lghfoundation.com](mailto:info@lghfoundation.com)



Kelly-Anne Karse holds together an old headlight while LGH neurosurgeon Dr. Ryan Janicki sports one of the new generation lights.



## Absolutely Fabulous

When Kelly-Anne Karse, Program Manager of Surgical Services at LGH put out an appeal for surgical headlights, she was hoping for a donation that would cover the cost of three replacement lights but said "five would be fabulous".

The specialist lights enable surgeons to see into deep body cavities in greater detail. While they are also used by a range of specialist surgeons, they are particularly important for neurosurgeons, explains Kelly-Anne. "Here at LGH we do an incredible number of neurosurgeries.

"We are one of the main centres in the region with four to eight surgeries plus emergency admissions, performed at the hospital every day and if we don't have the right equipment for these cases, it affects the surgeries for these patients."

Due to a busy slate of surgeries, the lights were in demand and in use every day. With many moving and delicate pieces, the lifespan of these lights was often short.

The Women's Giving Circle of LGH Foundation answered Kelly-Anne's call to fund the new collection of five new lights to ensure there are now enough lights to go around.

# Thank you

for your support

Please donate online at  
[lghfoundation.com/donate](http://lghfoundation.com/donate)



Visit us at [lghfoundation.com](http://lghfoundation.com)



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