

Straight from the Heart

WRHA Cardiac Sciences Program Newsletter

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Cardiac Sciences Development Project Gets the Green Light!

By Gladys Cadieux, Project Manager, Cardiac Sciences Program

After years of planning and extensive stakeholder input, the Cardiac Sciences Development Project (CSDP) at St. Boniface Hospital has been given approval by Manitoba Health to proceed with construction. The construction has three main components:

- Bergen Cardiac Care Centre (Y3) to accommodate patient access and medical education space;
- I.H. Asper Clinical Research Institute (CRI) space for the Intensive Care Cardiac Sciences unit (5th floor), Cardiac Surgery Inpatient Unit (4th floor), outpatient clinic space (1st floor) and program offices (1st floor), plus an operating room corridor which links the main hospital and the Asper Institute;
- Energy Centre power upgrade, which will support the expanded facilities requirements.

The impetus for CSDP centered around a number of key issues, not the least of which was operational and functional space to appropriately and effectively care for cardiac surgery patients. With the consolidation of cardiac surgery at St. Boniface Hospital in January 2007, there was an increased need for the right type and amount of space to serve this patient population.

CSDP was a welcome and much needed complement to the Bergen Cardiac Care Centre, which is the centre-piece for cardiology patient care and diagnostics.

Con't'd page 2

Gladys Cadieux,
Project Manager

WRHA Cardiac Sciences Program Vision

Be recognized for clinical and academic excellence (locally, nationally and internationally), by providing the highest standard of patient-centered care, education and research within a professional organizations that fosters respect, collaboration and open communication.

In this Issue

1

Cardiac Sciences Development Project (CSDP) Gets the Green Light!!

3

Electrophysiology Program at ST. BONIFACE HOSPITAL

4

Welcome: Sheila Bowles, Cardiac Sciences Program Director

We want to hear from you!

The WRHA Cardiac Sciences Program would appreciate your questions, comments or suggestions. Please forward articles for this publication or other items for communication to jberard@sbgh.mb.ca or via the "Contact Us" link on the WRHA Cardiac Sciences Program website, www.cardiacsciences.mb.ca



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Cardiac Sciences Development Project Gets the Green Light!

con't'd from page 1

There was also a strong desire to incorporate flexibility and prepare for future needs in the design process.

With these issues in mind, an integrated design process (IDP) was undertaken. The IDP Team worked toward a state of the art plan, with high systems quality and sustainability all the while being cognizant of construction logistics and safety. Using collaborative decision making, the IDP Team strived to achieve the following design goals:

- State-of-the-art intensive care rooms that would use a decentralized nursing model;
- Patient floors in the Asper Institute designed in a similar fashion with a modular design of clinical spaces;
- Patient and family-focused space;
- Access for patients and families to diagnostics and out patient services.

The construction began on March 30, 2009, for the administrative and medical education space on the south end of the Bergen Cardiac Care Centre (Y3). This portion is expected to take approximately 6 to 7 months to complete. The construction for the space on the main, fourth and fifth floors of the Asper Institute, the patient transport link

from Asper Institute to the main hospital and the upgrade to the Energy Centre also began on March 30, 2009. These other components will take approximately 18 – 21 months to complete.

It is recognized that with any construction project, there will be noise, disruptions and inconveniences experienced by staff, patients and families. Every attempt will be made to minimize any negative impacts to work areas and the patients served there. For everyone's patience, understanding and cooperation, we say a huge thank-you!

Stay tuned over the coming months for updates as the construction proceeds and the planning for the moves into the wonderful new space develops. For any general questions about CSDP, please contact Gladys Cadieux, Project Manager, Cardiac Sciences Program at 235-3391 / gcadieux@sbgh.mb.ca

Several members of CSDP Team



By Joyce Thomas,
Program Team Manager, Cardiac Sciences Program

Electrophysiology Program at ST. BONIFACE HOSPITAL



Joyce Thomas, Program Team Manager

As part of the Cardiac Sciences Program consolidation, Electrophysiology (EP) staff from Health Sciences Centre moved to St. Boniface Hospital (SBH) in 2006. The rationale was to have the EP Team, which is comprised of four nurses, work in a newly constructed lab in the Bergen Cardiac Care Centre (Y2). It was with great excitement that Dr. Ali Khadem, a Cardiologist and EP Specialist soon joined the Program to lead these initiatives. As a result, the first EP study at SBH was completed in June 2007.

EP studies are most often recommended for patients with symptoms of heart rhythm disorders or for people who may be at risk of sudden death due to arrhythmias. This information cannot be captured through an EKG or Holter monitoring. The EP study is more invasive and provides information for diagnosing and treating arrhythmias. The EP procedure involves actually provoking these arrhythmias in the lab. This data makes it possible to:

- diagnose the source of the arrhythmia symptoms;
- evaluate the effectiveness of certain medications in controlling the heart rhythm disorder;
- predict the risk of future cardiac events;
- assess the need for an implantable device (a pacemaker or internal cardiac defibrillator);
- proceed to a treatment such as a radiofrequency catheter ablation. If a patient requires an ablation, a small catheter is threaded into the heart and radiofrequency energy is targeted toward the area causing the abnormal heart rhythm. The goal is to create permanent tissue

damage in a localized spot which will no longer generate or conduct electrical impulses thus preventing further arrhythmia production from the site.

An EP intervention can typically be completed as a day procedure. The EP patient remains awake during the procedure, which may last 2-4 hours, and sometimes longer. Some patients are admitted to hospital especially if the cases are done later in the day, where others may be discharged home the same day. In December of 2008, a three dimensional computer mapping system for interventional electrophysiology was installed and the first case was done on December 12, 2008. This allows for increased accuracy in arrhythmia localization as required for catheter ablation. This has allowed our physicians to do other complex ablations including atrial fibrillation.

The EP Program's progress to date is impressive. During the first year (2007/2008) of the new EP Program at SBH, EP studies were conducted one day per week. This resulted in a total of 76 EP procedures for that year, including 4 pediatric cases. By Fall 2007, EP studies increased to 2 days per week. Two more Electrophysiologists Dr. Michael Platonov and Dr. Alex Tischenko were recruited in 2008. During this period, two fully trained EP

nurses, Cindy Wong and Annette Harman both played a key role. With their expertise and patience and support from the physicians, they were able to train a third EP nurse, Deb Shaski. This led to the support of 3 EP days per week, which has yielded very positive results. In just two short years, the EP Team has managed to successfully reduce the EP procedure waitlist by more than 50%. In 2008/2009, a total of 110 ablations, 45 diagnostics, and 6 pediatric cases were completed.

EP procedures have allowed patients to come off medications, which otherwise seriously affect their ability to have a normal life style. In the end, EP interventions have allowed patients a better quality of life and in certain instances, saved lives by preventing death from arrhythmia.



EP Team Members

Welcome:

Sheila Bowles, Cardiac Sciences Program Director

The Cardiac Sciences Program is thrilled to welcome Ms. Sheila Bowles as our new Program Director. Sheila joined the Program's Leadership Team in an acting capacity in September 2008 and was permanently appointed to the Program Director role in February 2009.

After more than thirty years in various nursing, intensive care and senior management positions, Sheila's extensive knowledge, skills and enthusiasm are well known and respected in Winnipeg's healthcare community. Sheila is a Registered Nurse, holds a Bachelor's degree in Nursing from the University of Manitoba and is currently completing a Master's Degree in Health Care Administration.



Congratulations

- **Dr. James Tam**, Medical Director & Section Chair, Cardiology, who was recently promoted to Full Professor in the Faculty of Medicine, University of Manitoba.
- **Sheila Bowles**, appointed Program Director, Cardiac Sciences Program.
- **Micheale Rivet**, appointed Program Team Manager, Intensive Care Cardiac Sciences (ICCS) unit.
- **Sandra Christie**, who has taken on a Nurse Practitioner role in Cardiac Sciences upon successful completion of her Master's degree in Nursing (NP Stream) from the University of Manitoba.
- **Lorraine Avery**, Clinical Nurse Specialist, Cardiac Sciences Program has been appointed as a Professional Affiliate with the Manitoba Centre for Nursing and Health Research.
- **Sandy Warren**, appointed Continuing Education Instructor for 2B, Cardiac Surgery Inpatient Unit. Sandy was previously the Clinical Resource Nurse for A5 Cardiology.
- **Dr. Amit Chopra**, who recently completed his Cardiac Anesthesia Fellowship here and will be joining the WRHA Cardiac Sciences Program medical team in September 2009.

Please welcome:

- **Lesli Sutherland**, appointed Administrative Secretary, Cardiac Sciences Program.
- **Terri Hillier**, appointed Administrative Secretary, Cardiac Sciences Program.
- **Greg Vachon**, appointed Clinical Resource Nurse, Intensive Care Cardiac Sciences (ICCS) unit.

Program Developments

Mark your calendars for **Starry Night 2009**, the Cardiac Sciences Program annual celebration, which is scheduled for **Saturday, November 7 at the Hotel Fort Garry**, Provencher Ball Room. Ticket information and other details will be coming soon...

The seventh annual **Cardiac Sciences Research Symposium** was held at the Sam Cohen Auditorium on Wednesday, May 20, 2009. More than twenty presentations and posters were featured, with representation from Cardiology, Cardiac Surgery, Cardiac Intensive Care, Cardiac Anesthesia and Basic Sciences.

Did you see the **da Vinci® Surgical System** demonstration recently held at St. Boniface Hospital? This robotic technology is designed to extend the benefits of minimally invasive surgery to the broadest possible base of patients. It provides cardiac surgeons (as well as urology, gynecology, gastroenterology and general surgeons) with all the clinical and technical capabilities of traditional open surgery while enabling them to operate through tiny incisions.