

# KEEPING CONNECTED

Community Report 2020-21

## *Health Innovation*

In April 2020, when Dr. Tania Sullivan approached the St. Martha's Regional Hospital Foundation about purchasing two new high-fidelity humanoid mannequins to support simulation-based learning and interprofessional practice at St. Martha's, we jumped at the opportunity.

As hospital staff and physicians entered into COVID-19 training, and the pandemic was starting to hit home, purchasing mannequins for St. Martha's Regional Hospital that would support airway training and help prepare the staff and physicians for whatever would come, seemed like a great investment for the hospital and our community. The mannequins have since been used to support ongoing COVID-19 skills training, and enhanced training for medical residents coming to St. Martha's through Dalhousie's Family Medicine Residency Program. They have also supported training at neighboring community hospitals such as Eastern Memorial Hospital, St. Mary's Hospital and Guysborough Hospital, helping medical teams in the region prepare for whatever the future may bring.

Since purchasing the two new mannequins, the Foundation has also committed an additional \$25,000 for simulation task trainers. The task trainers will provide specialized team-based training to be used in the care of patients with cardiac issues, neurological issues and trauma-based injuries. These investments will greatly enrich the healthcare team's ability to train and practice together without patient risk, while also enhancing the learning experience that St. Martha's is able to offer medical learners.



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"In our minds, supporting innovative equipment like high-fidelity humanoid mannequins that support life long learning and growth within our health system, is crucial to supporting better patient care in the long term. Simulation-based learning is an incredible asset for St. Martha's."

- Wayne Ezekiel, Board Chair

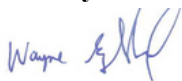
## *MESSAGE FROM OUR CHAIR*

The past year has been a tumultuous one, with many highs and lows. I want to acknowledge all of the frontline workers who have stepped up in a big way this year to keep us safe. They were there for us, holding the hands of our loved ones and helping our communities prepare for whatever would come. There are no words that can fully describe the gratitude that we have for the selfless care you provide everyday. You are held close in our hearts and prayers.

This is my last year as Chair of the Foundation. It has been a privilege and an honor to serve with so many wonderful people on the board, at the hospital and in the community. As I end my term, I want to give a special thanks to the Sisters of St. Martha for their examples of humanity, hope and generosity. They have left a legacy at St. Martha's that we work to preserve every day. A legacy we will work hard to carry on; one that works to provide the hospital staff and physicians with the best tools to care for the residents of the Quad Counties. We will continue the work that they began with perseverance and passion.

Thank you to the Board for your vote of confidence and your unending support over the years. The Foundation is in good hands as we continue to support St. Martha's Regional Hospital. We've accomplished so much these past few years including some incredible projects which I know will improve patient care at St. Martha's for years to come including the new palliative care unit, upgrades to the MIS suite, and the new community navigator position to support physician retention and integration. Finally, I want to thank our Executive Director, Sarah MacDonald, and our Fund Development Associate, Sadie Benoit, for their outstanding leadership, energy and guidance. You have made my job an easy one with your attention to detail and the pride you have in the work of the Foundation. The growth in the endowment, the tremendous success of Hospital Help Day (record year this year at \$93,000), and the many other events that you make happen are due to you being you, exceptional human beings.

**Thank you!**



**WAYNE EZEKIEL**

## *MESSAGE FROM OUR EXECUTIVE DIRECTOR*

While 2020 was a year full of challenges and anxiety, it was also a time for reflection, for family and togetherness. The kindness and generosity shown to the Foundation this past year has been incredible. People reached out to see how they could support physicians and hospital staff, made donations to ensure we had the best resources available and offered kind words of support and encouragement. As we enter the final phase of our endowment campaign, I want to say thank you to everyone who has made a multi-year pledge or one-time donation. Your support has allowed us to be there when St. Martha's needs us and for that, we are truly grateful.



**SARAH MACDONALD**



# HELPING THOSE WHO HELP OTHERS

On March 22, 2020 the Province of Nova Scotia declared a State of Emergency. While staff and physicians worked hard to prepare for COVID-19, the Foundation, thanks to the generosity of local businesses, municipalities and community members, we were able to support St. Martha's with:

**Grab N' Go Lunches:** Sponsored by local businesses and partners including Scott & Stewart Forestry, Happenstance Ltd., Sobeys Antigonish, Sisters of St. Martha and the Town and County of Antigonish, we were able to provide quick grab and go lunches for the staff and physicians.



**Power Snacks & Treats:** We would like to extend a HUGE thank you to local businesses, Tim Hortons and the St. Martha's Regional Hospital Auxiliary for dropping off snacks, granola bars, sweet treats, smoothies and more for the staff and physicians at the hospital. Your generosity and kindness helps to remind us all that we are #inthistogether!

**Gratitude Garden Project:** Set up at the front of St. Martha's Regional Hospital, the garden quickly filled up with beautifully decorated rocks. Utilizing their creativity, members of the community took the opportunity to show their gratitude and support to the staff and physicians at St. Martha's and for that, the Foundation is forever grateful.



## WELCOME TO ANTIGONISH!

In January 2021, I began working as the Community Navigator, furthering the work begun by physicians and volunteers to integrate and retain the next generation of physicians in Antigonish. With the support of the Foundation, the Town and County of Antigonish, and our stakeholders, I have seen how critical the role of the physician workforce is to the overall success and future growth of the community as a whole.

A vibrant and growing population is good for the future of our hospitals, schools, businesses, and community organizations, and our physician workforce is a big part of this growth. People will choose to move and stay here if they know that a family doctor and primary health care services are available to them. These people will be our teachers, entrepreneurs, healthcare providers, faculty, child care professionals, carpenters, and volunteers that make up the community, and soon become our friends and neighbors. Feeling a sense of belonging in Antigonish means being a part of meaningful relationships and when we are willing and eager to actively participate in the welcome and support of new families, they are happy to call it home too. Of course, I am learning through active engagement and conversations, that there are other key pieces of this puzzle, such as adequate child care spaces for working families, including all members of the healthcare team and housing.

We will soon be embarking on some strategic planning and I'm excited to engage our community in a plan that showcases the exciting and innovative parts of Antigonish living, and sets the stage for a future where we all thrive. Antigonish is no stranger to putting itself on the map and we are gaining quite the reputation for rolling out the welcome mat. If you are reading this and you have already joined in the efforts to welcome and support our new physician families, we thank you. Every meal, every batch of cookies, every local tip and offer of kindness has meant so much, and made the adjustment to a new home a lot easier. Thank you for sharing your time, talents, favorite places, food and your friendship.

A handwritten signature in cursive script, reading "Sarah O'Toole".

Sarah O'Toole, Community Navigator

# *The Greatest Gift: Cardiorespiratory Care at St. Martha's*

In January 2021, the cardiorespiratory team was joined by Cardiologist, Dr. Kate MacEachern. Over the coming weeks and months, St. Martha's plans to introduce four new echo programs including: stress echoes, transesophageal echoes, bubbles studies and contrast studies. In 2019, the Foundation purchased an echocardiogram machine for the Sobey Foundation Cardiorespiratory Unit. In 2020, the Foundation provided additional funding to purchase add on equipment for the echo to be able to conduct some of these new procedures.

Having a Cardiologist on staff at St. Martha's has been a game changer. Since welcoming Dr. MacEachern, St. Martha's has seen a massive upgrade to its echo capacity with these new tests.

Using the donation provided by the Sobey Foundation, St. Martha's Regional Hospital is not only able to improve patient care by providing services that they were not able to provide just 12 months ago, they have enhanced the quality of care and have allowed residents in the Quad counties to receive care closer to their home.



## *2020 Events & Activities*



**Chip in Fore St. Martha's Golf Tournament:** We want to extend a huge thank you to everyone who came out in support of the annual Chip in Fore St. Martha's Golf Tournament. It was a bit of a rainy day but it was still a blast! The 2020 tournament saw 22 teams of golfers tee off at the Antigonish Golf & Country Club to raise funds for the Foundation. The Chip in Fore St. Martha's Golf Tournament, proudly sponsored by RJ MacIsaac Construction Ltd., hosted a number of on-course activities including three Hole in One opportunities, food and beverage sampling, and the signature 'Chip in Challenge' event to keep things interesting throughout the day. The winning team was Keltic Ford of Antigonish, with the MacLeod Group team narrowly

beating the St. Martha's Hospital Team for second place. We want to extend a special thank you to Boyd and Theresa MacIsaac for their ongoing support of the tournament. Every year, the golf tournament planning team works hard to raise funds to support St. Martha's Regional Hospital. Boyd and Theresa's leadership is instrumental in the success of this event! Through strong financial support and donations from a wide variety of businesses, including RJ MacIsaac Construction, as well as the 22 teams who played, the tournament raised **over \$20,000 for St. Martha's Regional Hospital!**

**Hospital Help Day 2020: 2020 was a record-breaking year, raising \$91,332, to purchase a new pediatric intubation system for the emergency department at St. Martha's.** We want to extend a very special thank you to 98.9 XFM for their ongoing support and dedication of this very special event. We want to once again thank everyone who purchased a ticket or donated a prize in support of the Raffle. **Your ongoing support reminds us all that we truly are in this together. Thank you.**



# Your Donation Makes a Difference

Thanks to a generous donation from the Bank of Nova Scotia (BNS), Nova Scotia Health hired a **behavioral interventionist** in 2019, to support clients in Antigonish and surrounding areas. Funding for the position came through a gift agreement between the St. Martha's Regional Hospital Foundation and the BNS, which committed \$200,000 in funding over five years. Based out of St. Martha's Regional Hospital in Antigonish, the behavioral interventionist works along with the neurodevelopmental team to plan and provide home based behavioral modification and intervention to school-aged children diagnosed with neurodevelopmental disorders (e.g. autism, Asperger's, Tourette Syndrome) and/or comorbid mental health disorders. Since the program began in 2019, the behavioral interventionist program has worked with over 80 clients in our community, and has grown and adapted to best meet the needs of the community.



The Foundation was very excited to replace the **portable ultrasound machine** for the Ophthalmology Department in 2020. Widely used by the department, the ultrasound machine helps the Ophthalmologists to run tests that would otherwise have to be done in Halifax.

“The ultrasound has many uses. One example is that we often use the machine to measure the length of the eye. You can measure length using light by measuring the time it takes for a reflection to reach a sensor. In a dense cataract however, light cannot pass through, so the ultrasound uses sound waves similar to sonar to figure the length out. This value is important because it helps us calculate the lens power needed during cataract surgery. Our new machine does this and without this we would need to send these complex patients to Halifax.” - Dr. Mustafa Kapasi, Ophthalmologist

**Chester Chest:** This piece features a standard arm with an exiting vein from the inner bicep area and a pre-positioned 20g IV catheter in the forearm. Chester Chest makes it possible to teach and practice the infusion, withdrawal, care, securement and dressings of the following vascular access lines: IVAD placed in the chest, Hickman-like central line, PICC line, IV site and optional Triple lumen jugular and subclavian catheters. It allows for ongoing education and continuous practice for all professions.



In February 2021 the Foundation was pleased to approve \$136,000 for the laboratory services department at St. Martha's to purchase new **CellaVision software**. CellaVision is an advanced piece of laboratory equipment that processes blood morphology results using high speed robotics, digital technology and remote access. Currently, abnormal blood morphology tests are referred to Halifax, which has created delays. With CellaVision, when abnormal cells are seen by St. Martha's Laboratory Technologists, the Halifax Pathologists at the QEII will be able to look at the same cells. The Pathologist in Halifax can review the cells and results, and give a differential diagnosis for the patient in real time, to better aid treatment. CellaVision will prevent delays in treatment and thus delays in diagnoses.

# 2020-21 Spending Commitments

## Endowment Fund:

Behavioral Interventionist	\$40,000
Cardiac Doppler	\$25,000
Vital Machines	\$22,500
SPO <sub>2</sub> Monitors	\$750
Chester Chest Dummy	\$3,000
Bedside Vital Monitors	\$11,250
Telemetry Packs	\$22,500
Simulation Mannequins	\$130,000
Simulation Task Trainers	\$25,000
Cardiorespiratory Enhancements	\$20,000

## Endowment (Education) Spending:

CPR Simulator Training	\$2,000
Wound Care Education	\$7,500
<b>Subtotal</b>	<b>\$309,500</b>

## Parking Lot Fund:

Ceiling Lifts for PCU	\$100,000
Community Navigator	\$30,000
Ophthalmology Portable Ultrasound	\$19,500
Bariatric Bed	\$42,500
CellaVision Lab Software	\$136,000
Sara Steady Chair	\$1,500
<b>Subtotal</b>	<b>\$329,500</b>

## Other Funds:

C-MAC Intubation System	\$50,000
CADD Pumps	\$17,000
iPad Rolling Kiosks	\$2,000
Oncology Virtual Care Equipment	\$10,500
<b>Subtotal</b>	<b>\$79,500</b>

**Grand Total: \$718,500**

## St. Martha's and You... Endowment Campaign

The *St. Martha's and You...the Time is NOW!* campaign launched in September 2016, with a target of raising \$20 million dollars by 2026.

The goal of the campaign is to create a sustainable financial resource and most importantly, ensure continued access to exemplary care for our community both today and into the future. With support from the local business community, municipalities, healthcare community, and residents of Antigonish, Guysborough, Inverness, Richmond and Pictou counties, the campaign hit a benchmark in March 2021 of **\$19 million dollars**.

In 2020, at the start of the pandemic, we revised our campaign name to **St. Martha's and You...Now More Than Ever**. Continuing on the work of the original campaign, phase two of the campaign continues to push towards ensuring St. Martha's has the resources it needs today and for generations to come, no matter what the future holds.

If you have not done so, please consider making a five-year pledge to the campaign. If you have a pledge already, thank you! As you complete your pledge, please consider renewing for an additional five years. Your donation stays in your community to support the health of our friends, family, neighbors and communities. Together, we can make a difference! Together, we can show St. Martha's and the staff and physicians that work there, that we appreciate everything they do, everyday! Please help those who are always there to help us.



[www.smrhfoundation.com](http://www.smrhfoundation.com)



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