

Brighter Futures, Together!

ST. MARTHA'S REGIONAL HOSPITAL FOUNDATION
DONOR REPORT 2021

MIS Surgery Suite Upgrades

How they support patient care and physician recruitment.

How Together, We're Supporting Innovative Patient Care

Steve Smith

What the future holds for St.
Martha's Regional Hospital

Inside

What We've Accomplished...

Since the St. Martha's and You...The Time is NOW! campaign launched in 2016, the Foundation has been able to support better patient care at St. Martha's Regional Hospital--all thanks to our donors. We have purchased several new and innovative pieces of medical equipment and supported research and educational opportunities for staff and physicians. Together, we have accomplished so much and it has truly had a profound impact on St. Martha's and the quad-counties.

This report highlights some of our top accomplishments since the launch of the campaign in 2016. It has been an incredible journey and we're only just getting started!



New Palliative Care Unit at St. Martha's

On June 11, 2018, the new palliative care unit at St. Martha's Regional Hospital officially opened.

With patients moving in just a few days later, the unit offered a comfortable and peaceful patient and family-centered environment that focused on the person, and not their disease.

Committing the \$600,000 dollars needed to move forward with the project, the Foundation was ready and willing to step up. Also willing to answer the call was the Hospital Auxiliary which provided \$150,000 to furnish the entire unit.

The Unit includes 6-single rooms with pull out couches for family to stay overnight, tables and chairs for meals and a full kitchen to prepare a family-favorite meal. It also houses a family lounge area, quiet areas, meeting rooms, family washroom and washer and dryer for family use. It is truly an incredible blend of hospital and home.

Enhancements like this are made possible thanks to the generous donations received through the St. Martha's and You...The Time is NOW! Campaign.



In 2021, the Sisters of St. Martha donated an additional \$500,000 to the campaign. As part of their commitment, a portion of their donation will be designated to support the palliative care unit.

In 2021, thanks to their support, the Foundation was able to purchase new air mattresses and pumps and four new cots to support family members staying with patients. We were also able to support educational opportunities for staff.



Participants in the North Nova Family Medicine Residency Program

“Simulation based medical education is the way of the present and the future. It is how medical schools are training medical students and residents, and it is how we are maintaining skills and promoting high performance teams for practicing physicians. This is what we know and what new physicians thinking about rural practice know. Having simulation-based education and training at St. Martha’s Regional Hospital positions us to attract physicians committed to lifelong learning. It also attracts physicians who have an interest in teaching and academic scholarship.

Having a structured “high fidelity” simulation program at St Martha’s Regional Hospital is a privilege- it is a privilege afforded to us in part by a committed and forward-thinking Foundation. Our community, through their donations are supporting us to be ahead of the curve- moreover we at St. Martha’s are leading the charge forward. We continue to grow our simulation program and are very hopeful to transition to an independent and sustainable model. Our two newest

mannequins are the most lifelike of our simulation family. They were instrumental in our COVID preparations and first wave success.

They have also supported me to secure a position training the entire fleet of North Nova Family Medicine Residents right here at St. Martha’s. That means medical residents from all across northeastern Nova Scotia will be coming through St. Martha’s to train in our simulation lab.

Yarmouth, NS is a great example of the importance of having medical students and particularly medical residents train in our communities. In the past two years, seven of eight of the family medicine residents practicing in Yarmouth chose to stay and practice in the area.

Our medical simulation program will allow us to bring up to 14 medical residents to Antigonish and St. Martha’s four to six times a year. This exposure and opportunity to meet and train with our local teams will be an invaluable opportunity to build

relationships.

Thank you for investing in the St. Martha’s and You...the Time is NOW! Campaign. Thank you for investing in our local hospital and the staff and physicians that work there. I look forward to seeing what these recent investments in simulation will do for our hospital. I’m confident we can expect big things!”

--Dr. Tania Sullivan, ED Physician Lead

NEW SIMULATION EQUIPMENT

In April 2020, the Foundation was ready to help support staff and physicians as they prepared and trained to fight COVID-19.

In an effort to support ongoing training and education at St. Martha’s, the Foundation provided \$130,000 to purchase two new high-fidelity humanoid mannequins.

The mannequins will continue to support inter-professional practice and collaboration, reminding us all of the value simulation-based education has in lifelong learning at St. Martha’s Regional Hospital.

In 2021, we also purchased new simulation task trainers, which allow healthcare teams to focus training for specific skills. The task trainers provide specialized team-based training to be used in the care of patients with cardiac issues, neurological issues and trauma-based injuries.



Dr. Kate MacEachen teaching participants in the North Nova Family Medicine Residency Program at St. Martha’s on the new task trainers.

SUPPORTING EMERGENCY CARE AT ST. MARTHA'S

In 2019, the Foundation purchased a new glide scope and supporting materials, along with vital machines to support the Emergency Department at St. Martha's Regional Hospital.

While this new equipment may not seem large or fancy, it is used for difficult airway management and provides better visualization for the healthcare professional, which in turn, supports better and safer patient care. The vital machines are an essential device that tracks the status of a patient's most important body functions. Vital sign monitors can be selected to track blood pressure, heart rate, temperature, and pulse oximetry.



NEW EQUIPMENT FOR OUR LITTLEST PATIENTS



In 2021, the Foundation purchased a new fetal care monitor for the Children and Women's Health Unit at St. Martha's. The new wireless device enables freedom of movement that can help empower patients and enable caregivers. Monitoring does not need to restrict patients and they can have the freedom to move unassisted about the room while getting the gentle care needed from caregivers.

It's an innovative and enhanced way to support those patients giving birth at St. Martha's Regional Hospital.

OPHTHALMOLOGY CENTRE OF EXCELLENCE: THANK YOU!



"Ophthalmology is a very technologically dependent specialty. We often use very expensive and specialized equipment to help diagnose and direct treatment in conditions that would have led to blindness just a few years ago. Our ability to detect disease earlier and to save sight earlier relies upon having the best technology on hand.

It is often not financially possible for a small ophthalmology centre to purchase the multitude

of equipment required to manage such a broad array of diseases that is seen within our specialty. Having recently trained at a world-class ophthalmology centre in Ottawa, it was important to me to be able to use the best in the industry for my patients. The St. Martha's Regional Hospital Foundation has played a massive role in recruiting both myself and Dr. Gao here. Their support has meant that we have some of the best equipment in the world at St. Martha's and our patients in Antigonish and surrounding areas have access to the same state-of-the-art technology and care that residents in cities such as Halifax have. Thank you."

– Dr. Mustafa Kapasi, Ophthalmologist

Thanks to our donors, once again the Foundation was able to answer the call. Spending just over \$340,000 between 2018-2020, the Foundation purchased a new visual field machine and supporting software and a new retinal camera, the only one of its kind in Nova Scotia. Through 98.9 XFM's Hospital Help Day 2018, we also purchased a new IOL Master to support cataract planning and detection.



L-R: Dr. Lukas Wasserman, Dr. Farisa Hossain, Dr. Shamim Haque & Dr. Suma Abraham

MINIMALLY INVASIVE SURGERY (MIS) SUITE UPGRADES

"We had multiple site visits from potential surgeons during 2019. One consistent comment from all of them was their surprise at how modern and advanced our MIS suite and equipment was compared to other places they visited. We are very happy to have successfully recruited Dr. Hossain.

I am sure if we did not have such an excellent MIS suite and equipment, we would not have been able to recruit a surgeon of her quality and training."
-Dr. Lukas Wasserman, General Surgeon

At St. Martha's, we've always had a great minimally invasive surgery (MIS) suite but thanks to a financial commitment from both Nova Scotia Health and the Foundation we were able to provide significant upgrades to the Suite.

It now has better screens, cameras and the latest technology. Our MIS Suite now has 4K capabilities on the screens—which is the top of the line available.

Not only do these upgrades help our incredible physicians do what they do best—providing top notch care, it helps to recruit new physicians to St. Martha's and our community.

"Over the past decade, minimally invasive surgery has become standard of practice in a vast number of surgical procedures. With an advanced MIS suite at St. Martha's we are able to provide safe and effective services to our patient population on par with larger centres.

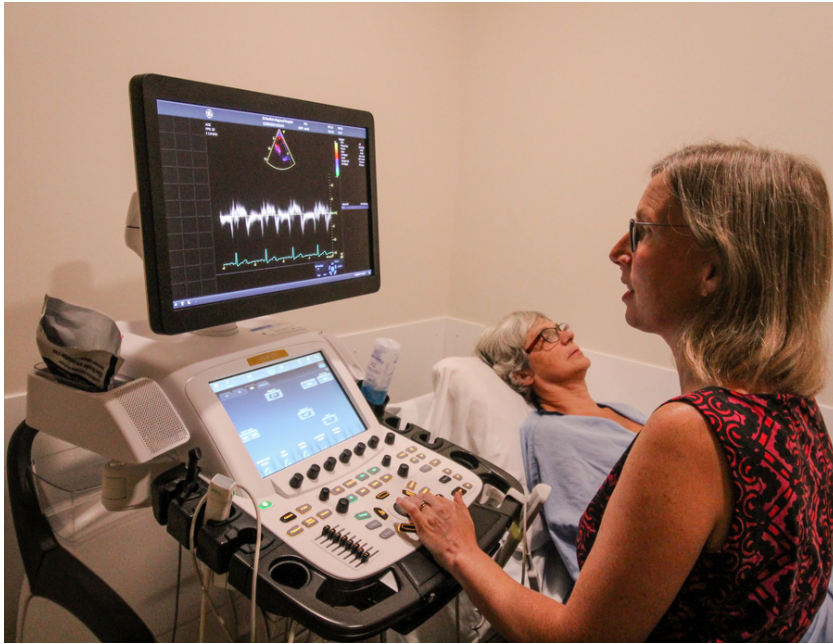
The updated technology will help recruit potential surgeons not just from the general surgical field but from other surgical specialties such as gynecology who will be able to utilize advanced laparoscopic techniques to provide up to date care to the community."
- Dr. Farisa Hossain, General Surgeon

ENDOWMENT SPENDING FROM 2016-2021

Below is a summary of equipment purchased and projects funded since the Endowment launched in September 2016. Please see our annual report for a full list of purchases which include designated funds and the parking lot fund.

Fiscal Year	Equipment	Cost
2016-2018	Creation of Palliative Care Unit	\$600,000.00
	SUBTOTAL	\$600,000.00
2018-2019	Humphrey Visual Field & FORUM Software	\$79,602.00
	Enhanced Recovery After Surgery OR Conference	\$1,159.17
	MDR Conference	\$3,665.00
	Pediatric Mannequin	\$2,955.50
	SUBTOTAL	\$87,381.17
2019-2020	Mental Health Behavioral Interventionist	\$40,000.00
	Simulation Leadership Education Program	\$4,294.26
	Minimally Invasive Surgery (MIS) Suite Upgrades	\$90,000.00
	Emergency Department Equipment including Glide Scope and Supporting Pieces, Specialized Stools & Portable Vital Machines	\$39,000.00
	ECG Machine	\$20,157.00
	Additional Software for Visual Field Equipment	\$2,430.00
	ED Education Day	\$600.00
	SUBTOTAL	\$196,481.26
2020-2021	Mental Health Behavioral Interventionist	\$40,000.00
	Cardiac Doppler	\$25,000.00
	Vital Machines	\$22,500.00
	SPO2 Monitors	\$750.00
	Chester Chest Dummy- Education Equipment	\$3,000.00
	Bedside Vital Monitors	\$11,250.00
	Telemetry Packs	\$22,500.00
	2- High Fidelity Simulation Mannequins	\$130,000.00
	CPR Simulator Staff Training	\$2,000.00
	Wound Care Staff Education	\$7,500.00
	Training Course- Mental Health Team Member	\$900.00
	Simulation Task Trainers	\$25,000.00
	Cardiac Echo Enhancements	\$20,000.00
	SUBTOTAL	\$310,400.00
2021-22	Mental Health Behavioral Interventionist	\$40,000.00
	Palliative Care Conference Registration Fees for Staff	\$2,300.00
	2- Stryker Air LAL Mattress & Pumps	\$13,400.00
	4- Fold Away Cots (Palliative Care)	\$3,200.00
	Insight Flex C Arm for OR	\$49,650.00
	Low Temperature Hydrogen Peroxide Equipment Sterilizer	\$88,499.75
	ENT Navigation System for OR	\$168,750.00
	Wireless Fetal Monitor	\$38,456.25
	Wound Care Carts	\$10,592.00
	SUBTOTAL	\$414,848.00
	Grand Total	\$1,609,110.43

IMPROVING CARDIORESPIRATORY CARE



In 2018, thanks to funding from our parking lot revenues, the Foundation purchased a new echo machine for the now, Sobey Foundation Cardiorespiratory Unit.

Featured in the lefthand photo is Dr. Amy Hendricks running an echo using the new machine.

In January 2021, the cardiorespiratory team was joined by Cardiologist, Dr. Kate MacEachen. Soon after, Dr. MacEachen and the cardiorespiratory team were able to introduce four new echo programs to St. Martha's including: stress echoes, transesophageal echoes, bubbles studies, and contrast studies. To support these new programs, 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 for the cardiorespiratory department. Since welcoming Dr. MacEachen, 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.

A NEW SPECIALIZED STERILIZER



In 2021-22, the Foundation committed to purchasing a new low temperature hydrogen peroxide sterilizer.

The low temperature sterilization system is intended for use in the sterilization of medical devices and equipment in healthcare facilities using vaporized hydrogen peroxide.

The most common items we'd sterilize with this machine at St. Martha's are:

- Video laryngoscopes used for intubation in Emergency and Operating Rooms.
- Bronchoscopes- scopes used to detect the cause of breathing difficulties and lung problems
- Endoscopic telescopes and light cords- used in the operating room to assist surgeons with viewing internal areas during ENT, general and gynecological surgeries.

The current low temperature sterilizer is approximately 17 years old and life expectancy of these is about 15 years. When it breaks down, the MDR staff require a Biomedical Technician from Northern Zone to come and do the repairs. In the meantime, they would have to ship St. Martha's medical devices and equipment to another hospital for sterilization which can cause delays or cancellations of procedures.



St. Martha's Regional Hospital- Photo taken by James Smeaton Photography

Did you know, in a recent 14 months period, NSHA recruited nine new physicians to work at St. Martha's? That's nine new families who are contributing and supporting our local economy.

St. Martha's is one of the leading contributors to our local economy. They employ over 700 people. They're worth investing in. Having a regional hospital, that provides top-notch care, with world-class resources and equipment is essential for the success of our communities and our economy.

We know that times are tough right now. Everyone is feeling the impact of COVID-19, but when you look back over the past few years at what the Foundation has been able to do, thanks to your generous support, we can look ahead and think positively about what the future holds.

Our goal is simple, we want St. Martha's to be able to provide the best and most innovative care possible, We want Nova Scotia Health to be able to recruit and retain the best physicians and healthcare teams and we want St. Martha's and our communities to be looked at as the best place to work and live.

Can you imagine if we were able

to build an endowment that supported the future needs of physician and staff to the point where physicians wanted to come to St. Martha's over anywhere else, so they could access and utilize the best and most innovative equipment in the province? Imagine family physicians wanting to come and work in Antigonish and surrounding communities so that they could access our incredible hospital resources. Can you imagine being the one part of the province that could say they had a family physician for every patient?

Having a strong endowment to support our regional hospital allows the Foundation, our hospital and our communities to dream big. It allows us to focus in on the needs of the hospital and support them with innovative research and educational opportunities. A strong endowment allows us to make our hospital a cut above the rest.

Over the past few months we've all seen the value of a strong hospital.

Please consider renewing your pledge for an additional five years. Now more than ever, we need your support. **Together, let's make St. Martha's stronger and our communities a step above the rest.**

"St. Martha's Regional Hospital and all the associated services it supports, is one of the largest economic generators in Northeastern Nova Scotia. With well over 700 employees, well-paying jobs and hundreds of affiliated jobs that exist because of St. Martha's, our hospital has a direct economic output of over \$100 million dollars and much more than this through associated services.

I implore you to give regularly to the St. Martha's Regional Hospital Foundation. Every new doctor, service, or other health care professional we can attract supports economic growth and builds our economy. It's this growth that creates the huge spinoffs that we all enjoy. To make St. Martha's strong, makes our community strong and gives people more reasons to live here."
- Steve Smith



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PLEASE GIVE:

Thank you for your pledge. As you can see, your donation has made a **huge impact** on our local hospital, and our community. With everything that has happened over the past two years, we have seen the value in having a strong regional hospital in our community. Now more than ever, we need your support to continue to equip St. Martha's with the best and most innovative resources and medical equipment.

The goal of our endowment 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 the 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 already done so, please consider a five-year pledge to the campaign. Your donation is a commitment to local healthcare and a commitment to your community. 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, employees 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.

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