



The Current

The Lachine Hospital Foundation Newsletter

The Lachine Hospital
The only community hospital
of the McGill University
Health Centre

SPRING | 2019



Dr. Serge Carrier

MEN'S HEALTHCARE **In the comfort of a community hospital**

Quebec's Ministry of Health is developing a regional program in Men's Health that will be rolled out over the next 5 years, and the Lachine Hospital will be a key player. Plans for this comprehensive program will include a clinic that will offer men access to doctors and surgeons who specialize in prostate health, infertility, sexual dysfunction, incontinence and other related issues. It will be the only clinic at the MUHC dedicated exclusively to all aspects of men's health. An important first step already took place at the hospital last September with the addition of a second urologist, Dr. Mélanie Aubé, who is an expert in the field.

Leading the initiative is Dr. Serge Carrier, Site Director of Surgery at Lachine, who is watching closely as the plans unfold. Dr. Carrier is a Professor in the Department of Surgery, Division of Urology at

McGill's Faculty of Medicine and a urologist at the MUHC. He has served as chairman on numerous associations including the Canadian Male Sexual Health Council and la Société Francophone de Médecine Sexuelle. He is the President-Elect of the Sexual Medicine Society of North America, the most important association for men's health in America. He is also a peer reviewer for the Journal of Sexual Medicine, among others.

Dr. Carrier feels that the Lachine Hospital is the perfect place for a Men's Health program such as this one. "The urology team currently performs surgeries approximately 6 days out of the month, but

(see page 4) ►

WHEN LESS IS MORE **De-prescription initiative is rejuvenating residents**

Heightened awareness, more autonomy, better appetites and increased mobility. These are just a few of the improvements seen recently, among several elderly residents at Lachine Hospital's long term care facility, the Camille Lefebvre pavilion. The changes occurred through a special program supported by the Canadian Foundation for Healthcare Improvement.

The program has two components: the de-prescription of drugs, and the management of disruptive behaviors.

"Until recently, it was common practice to prescribe antipsychotics and sedatives to patients with Alzheimer's and dementia," says Amelia Joucdar, clinical nurse in Advanced Practice. "However, studies have shown

that these types of drugs can worsen a patient's condition." Side-effects such as delirium, difficulty swallowing and patients becoming violent have been documented.

"From these studies came the desire to 'de-prescribe' these drugs and introduce non-pharmaceutical innovations adapted specifically to residents with

(see page 3) ►



A WORD FROM THE CHAIRMAN

Welcome to the Spring 2019 edition of *The Current*.

Thank you for taking the time to find out what's new at the Lachine Hospital Foundation. Our last newsletter featured an article about our November fundraising show with Montreal caricaturists Aislin and Serge Chapleau. It turned out to be a tremendous success and raised over \$50,000 net. You can read more about it and see a few photos on page 6.

The first half of 2019 is flying by as we gear up for our much-anticipated Spring fundraiser. We're expecting a full house of over 400 people again at the airport Marriott on May 4th, when we raise our glasses and tip our berets to "Springtime in Paris". We are fortunate to have corporate partners who help ensure the success of our events and I'd like to say a special thank you to Imprimerie Aubry, who sponsors all of our printed material throughout the course of the year, including this newsletter.

With construction scheduled to begin in 2020, the hospital's redevelopment project is quietly progressing. Meetings with hospital planners, senior administrators and the Service Québécoise des Infrastructures (SQI) are taking place on a regular basis, and careful analyses of the clinical

and functional plans are being done in order to bring architects on board for preliminary designs.

The Foundation is also preparing as the board of directors and staff set the stage to launch a \$5 million fundraising campaign that will run in tandem with the project.

The mission of the campaign will be two-fold. First, to provide the necessary additional equipment to specific departments whose services will expand within the new space. And second, to purchase state-of-the-art medical tools and devices for new leading-edge techniques being developed, as a direct result of the modernization project. You can visit hoplachine.com for more information.

We hope you enjoy this issue of *The Current*.

For more news about the Foundation or to subscribe to our e-mail list, please visit lachinehospitalfoundation.com, and don't forget to 'like' us on Facebook at facebook.com/fondationhopitallachine. ■



Jacques Filion,
Chairman of the Lachine
Hospital Foundation



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► (When Less is More from page 1)

dementia,” adds Amelia, who specializes in Geriatrics.

The Lachine team chose to proceed one patient at a time, adopting a multidisciplinary approach to evaluate behaviours. “We took our time,” says Amelia. “This was a key element of the project’s success, as it reduced the pressure on the care team and allowed them to closely monitor the evolution of each resident.”

Another factor in the success of the project was the training offered to all the employees involved. “Learning about the different types of dementia and the resulting behaviours allowed them to understand the patients better, and to respond to them accordingly,” says Amélie Rivard, Training and Development Consultant.

Once the de-prescription process began, the care staff observed the patient, found alternative solutions to any problems, and tested them. When an intervention did not have the desired effect, the team took note of it and tried another, until the right solution was found.

The team noticed that as doses of medication decreased, behaviours improved. “Residents’ moods were better, as was their ability to interact. It was both rewarding and stimulating for the team, who quickly became invested in the project,” says Amelia. One particular case



Staff members who participated in the de-prescription project, from left to right: Louise Papillon-Ferland, Philippe Lor, Claudia Sinagra, Amélie Rivard, Amelia Joucdar, Sadya Abdillahi and Christine Lapointe

involved a patient who was not speaking or socializing with anyone. The team was amazed to see that after her medication was adjusted, her behavior transformed completely, and she was

hospital, worked with the team on a daily basis. “The doctors involved backed the project without hesitation,” he says. “Knowing that each staff member was prepared to take on the effects of de-prescription reassured them that their patients would get all the support they needed.”

Based on the program’s success, the team has begun to expand the process on a larger pool of patients. The staff now involves Philippe with each admission, so that the medication of new residents is automatically reviewed upon their arrival at the Camille Lefebvre long-term care pavilion.

Due to the success and positive outcomes of the project, the Ministry of Health and Social Services invited the Lachine team to present the results to their colleagues from twenty-four other long-term care facilities. ■

Quebec is the province with the highest rate of antipsychotic prescriptions. Between 40% and 60% of people over 65 living in long-term care facilities are given antipsychotics.

It is not uncommon for patients over 75 to consume 15 or even 20 different drugs on a daily basis

interacting with people and engaging in conversations.

Philippe Lor, Site Director of the Pharmacy department at the

VOLUNTEER SPOTLIGHT

FRANÇOIS MACKAY

Vice-chairman, Lachine Hospital Foundation

As a young entrepreneur, François Mackay recognized the value of giving back to the community.



François Mackay

"I always felt it was important to not just work and live in my community, but to get involved with the organizations that make it unique," he says.

François is the President of Groupe Mackay, one of Lachine's leading real estate sales offices. Over the years the company has expanded under his presidency, and now has several offices in

and around Montreal, and Quebec City. He joined the board of directors of the Lachine Hospital Foundation in 2005 and took over as Vice-chairman in 2013.

"The Lachine Hospital went through many changes over the 15 years that I've been on the board, but I think that joining the MUHC was the most significant," says François. "It provided the hospital with a level of stability, and the high quality of patient care that was already in place was enhanced."

With the \$95 million construction project on track, François is sure that things will only get better. "The doctors, nurses and support staff do excellent work, and a modernized environment will without a doubt, improve the experience of our patients and our employees," he adds. ■

► (Men's Healthcare from page 1)

we can easily expand on this." He goes on to explain that there is flexibility in the management of operating rooms' schedules that would allow for an increase in the number of days that his team could be in surgery. However, in order to do this, a dedicated clinic would be needed to accommodate the additional patients, and there currently isn't room for one in the hospital. "At the time being we are sharing clinical space with another department," says Dr. Carrier.

Chantale Bourdeau, Administrative Director of the Lachine Hospital acknowledges how important the project is. "This program will treat the physical aspect of men's health, but its natural progression will include

their mental well-being too. So often the topic of men's health is not discussed openly, and is even taboo. Dr. Carrier's support behind this project and his expertise in the field will benefit our male patients in many ways. The Lachine Hospital is lucky to have him," she says.

And Dr. Carrier appreciates the uniqueness of the hospital. "Lachine is a family hospital, close to the community" he says. "It stands apart because we're small, very close to our patients, and always on top of their needs. Surgery patients like the friendliness and the caring atmosphere," he adds.

He is also grateful for the work that the Foundation does for the hospital. Last year's direct mail

campaign asked donors to contribute towards the purchase of a state-of-the-art laser machine for the urology department that vaporizes kidney and bladder stones. "The efforts of the Foundation are evident in my department and throughout the entire hospital. It's important that people realize that their donations go a long way and in many cases we're able to function because of the generosity of our donors" he says.

With construction of Lachine Hospital's \$95 million modernisation plan set to begin next year, the timeline of the Men's Health clinic is right on track. "It will be a tremendous advantage and make a huge difference to our patients" concluded Dr. Carrier. ■

DONOR SPOTLIGHT

From the Executive Director's perspective



Monica McDougall
Executive Director

The Foundation's mission is to raise money for hospital medical equipment that is not included in government budgets. We do this through a variety of ways such as special events, third-party events, and a direct mail solicitation campaign. If you're reading this newsletter, there's a good chance you are one of our valued constituents who is part of our direct mail campaign.

I'm always humbled by the number of people who answer our call for donations. Year in and year out, folks from all walks of life contribute what they can from their hard-earned dollars, to help make our hospital better.

A third-party event is when an activity is completely organized by independent groups or individuals, and the net proceeds are donated to the Foundation. These events are very much appreciated because they not only raise much-needed funds, they also raise awareness about the hospital among people who may not be familiar with it.

On October 6, 2018 **the Club de Croquet Lachine** held a fundraising supper in support of our palliative care unit. The evening was a tremendous success and raised \$2,000. Normand Carrière and Maruice Lejeune, President and Secretary of the Club, respectively, worked hard organizing the event and were very happy with the results. So much so, that they already have a few ideas about the next fundraiser they'd like to do to benefit the hospital.

Last year I received a call from **Mark Lazar**, CEO of Lazar Equities. He was treated by Dr. Serge Carrier in the urology department and was so pleased with the care he received, that he made a donation to show his gratitude. Here's what he had to say: "Dr. Carrier is a wonderful urologist, with a kind and gentle manner. He explains everything clearly

without making me feel anxious. I always felt I was in good hands. It is interesting that as we get older we discuss our ailments with our friends, and I discovered that several of my friends were also seeing him for various urology-related ailments. They also found him to be approachable and sensitive. I recommend Dr. Carrier and feel fortunate to have been introduced to him. I am happy to support his research."

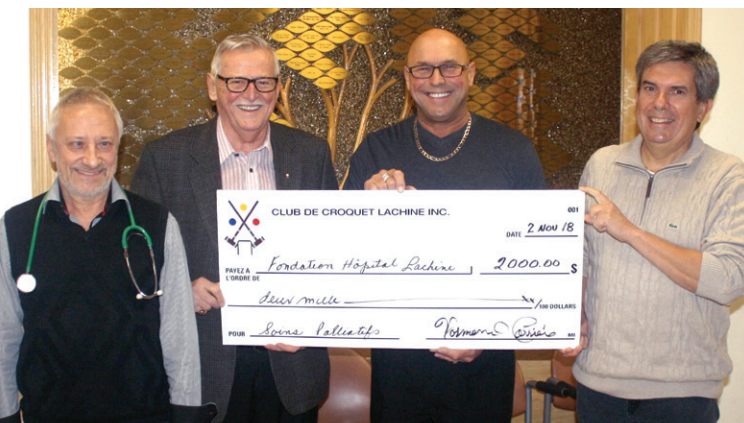
The Foundation's offices are located in the hospital, so each day when I come into work, I see firsthand how your donations make a real difference to our

patients. I'd like to take this opportunity to thank you, and the people mentioned above, for supporting this wonderful community hospital. And if you would like to share your reasons for contributing, I would love to hear from you! You can reach me by email at monica.mcdougall@muhc.mcgill.ca or by phone at 514 637-2351 ext. 77225 ■



Mark Lazar

**From left to right :
Dr. Luc Daudelin, palliative care unit, Maurice Lejeune and Normand Carrière, Club de Croquet Lachine, Jacques Filion, Chairman of the Foundation**



EVENTS



Fondation de l'Hôpital Lachine CUSM
Lachine Hospital Foundation MUHC

CHAPLEAU & AISLIN RAISES \$50,000

The Foundation's November fundraising event was a great success as Montreal caricaturists Aislin (Montreal Gazette) and Serge Chapleau (La Presse) took audience members on a visual voyage of their cartooning work dating back over 40 years.

Chapleau and Aislin (Terry Mosher) recounted stories about politicians and personalities they have drawn throughout their careers, and talked about the process of

producing a daily cartoon. The presentation was followed by a Q&A session and both cartoonists stayed well after the show to meet with audience members for photos and autographs.

"I had wanted to do this for some time and finally we arranged it, thanks to my friend Serge," said Mosher, a long-time Lachine resident. "It's for my local hospital. It's a great hospital and it's a pleasure to do this. Quite frankly, I'm getting a little older and it's good to be nice to your local hospital," he added with a smile. ■

Above: Serge Chapleau helps Aislin prepare for the show

Below: Aislin & Chapleau with longtime Foundation sponsor Andrea Telaro (Restaurant Andrea), his wife Lisa and son Bartolomeo



COMMUNITY FUNDRAISING BREAKFAST GAINING IN POPULARITY

It's been 8 years since the first Breakfast at Barbies fundraiser took place and it's still going strong. Over 300 people dropped by the Dorval restaurant on Saturday, October 13th, but that was just a fraction of the actual number of tickets that sold. Foundation supporters were able to use their tickets

up until the end of January, which meant that if they couldn't make it on the day of the event, they had plenty of time to have a hearty breakfast at a later date.

\$17,000 was raised with all proceeds dedicated to palliative care. "We're

so happy with the results of this year's event," said Dr. Laurie Musgrave, Chief of Palliative Care Services. "And

we are extremely fortunate that through the Foundation's work we're able to offer additional comfort to these patients and their families at a time when it is most needed." A portion of the funds raised will be used to cover the costs of music and massage therapy - services that are not covered by government funding but that Dr. Musgrave emphasizes, are essential to patients' well-being. ■



Dr. Laurie Musgrave, Chief of Palliative Care Services, with her daughter Olivia



Coffee and smiles all around for a good cause



VILANOVA



Springtime in Paris



MARK YOUR CALENDAR!

Hosted by
Sophie Thibault
TVA nouvelles



Join us as we celebrate
Springtime in Paris
at the Lachine Hospital Foundation's
Fundraising Gala

To benefit the modernization of the Lachine Hospital

Saturday May 4, 2019 at 6pm

Marriott In-Terminal Airport Hotel

Info/RSVP: dessi.nikolova@muhc.mcgill.ca

514 637-2351 ext. 77333

Silent Auction

Draw
for a trip
to Paris

Dancing

Tickets \$250



ARE YOU FAMILIAR WITH PLANNED GIVING?

Planned giving is sometimes referred to as gift planning, legacy giving or a bequest. Some planned gifts provide life-long income to the donor, while others use estate and tax planning in ways that maximize the gift and/or minimize its impact on the donor's estate.

By definition a planned gift is a donation, made in lifetime or at death, as part of a donor's overall financial or estate planning.

Enclosed with this newsletter is a pamphlet that provides information on the many options available to you, if you are thinking about making a bequest to the Lachine Hospital Foundation. We encourage you to read it, keeping in mind that it is always wise to consult with your financial planner or your notary before making any decisions with regards to a planned gift. ■

THE FOUNDATION MOURNS THE PASSING OF JEAN LOUISE LALONDE

The Board of Governors of the Lachine Hospital Foundation lost one of its valued members with the passing of Jean Louise Lalonde on January 26th. Mrs. Lalonde was the Chairperson of the Lachine Community Foundation, one of the Lachine Hospital Foundation's longtime and most significant supporters. The board and staff of the Foundation offer their sincerest condolences to Mrs. Lalonde's family and to her colleagues at the Lachine Community Foundation.



Jean-Louise Lalonde



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Lachine Hospital Foundation MUHC

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McGill University
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LACHINE HOSPITAL OF THE MUHC

Our patients experience the comfort of a community-based hospital environment while benefiting from the resources of the world-renowned McGill University Health Centre. Any patient who comes to the Lachine hospital needing more complex care will have immediate access to all areas of specialty medicine offered throughout the MUHC's network of hospitals.

For more information please visit muhc.ca/lachine/dashboard

Lachine Hospital Foundation

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LACHINE HOSPITAL FOUNDATION

The Foundation's objective is to make the patient experience as efficient and comfortable as possible by funding the purchase of medical equipment and hospital improvements that are not included in the provincial government's healthcare budget.

Each year, we provide many departments with new instruments or funds for upgrades that help enhance patients' quality of care. This is made possible thanks to the generosity of donors and sponsors who take part in the many different fundraising initiatives that the Foundation organizes.

The Foundation and the hospital administration work closely together on a continual basis to determine what the most urgent needs are. In 2018-2019 the Foundation will contribute approximately \$300,000 towards hospital improvements.

Your donation makes a difference. Every dollar counts.

Please give today
lachinehospitalfoundation.com