



# MILESTONES

# Emergency

## THE GREATER. CAMPAIGN



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### Preparing for New Era in Adult Emergency Care

Forget hibernating! Jason and Denise and their three children enthusiastically embrace all types of winter outdoor activities. Skating. Snowmobiling. Skiing. Tobogganing. They do them all.

Each family member takes the necessary precautions to ensure every outing is a safe one. But one sunny snowmobiling afternoon, the unexpected happens when Jason crashes heavily into a piece of sharp-edged field equipment completely concealed under a snowdrift.

Denise frantically attends to Jason while their son calls 911 and reports that his dad is not moving. Local first responders rush to the accident site and the air ambulance is dispatched. RUH Emergency's Trauma Team is put on standby.

When Jason arrives at RUH, lifesaving actions are applied immediately. Seriously injured, Jason is stabilized then undergoes surgery. His last stop that day is the Intensive Care Unit, where a long and ultimately successful period of recovery begins.

No one anticipates or plans for the winter sporting accident, motor vehicle collision, heart attack or other of many often-urgent scenarios that call for transport to the Emergency Department. Yet every day, the reality is that many people from across Saskatchewan are rushed to RUH for emergency, trauma and critical care.

This year over 60,000 patients will receive emergency care at RUH. And that number continues to grow, putting increasing pressure on the province's

*Cont'd on page 4*



# LEGACY OF GIVING

## Bernice Chater Bequest Supports New Adult E.R.

Bernice Chater was a role model, both professionally and personally, to many who knew her. She cared greatly about Saskatoon, the place where she was born and resided her entire life.

"Bernice loved Saskatoon," says niece Carole Carver of Victoria. "She was proud to live in a city that gave her so much opportunity and offered the best health care when she needed it."

Carole adds: "Even in her later years, we could not convince her to move so as to be closer to her sister or other relatives. She'd say, 'Saskatchewan is the leader in universal medical care; that's where I want to stay.'"

Bernice graduated from the University of Saskatchewan with a Bachelor of Commerce degree and worked for many years as a comptroller at Pinder's Drugs. She loved music, playing the piano, singing and travelling. She passed away on May 5, 2016, at the age of 86.

In the spirit of supporting health care, Bernice decided to include Royal University Hospital Foundation in her Will by bequeathing a portion of her Registered Retirement Savings Plan and Life Income funds.

Bernice's legacy gift of \$36,000 in support of the Foundation's GREATER Campaign will help address the most pressing emergency, trauma and critical care priorities at Royal University Hospital.



To learn more about how to include RUH Foundation in your Will, contact Candace Boersma, Annual and Legacy Giving Officer, at 306.655.6501.



## Grateful for Life Saved 10 Times

Heather Thiessen began imagining herself as a nurse when she was still a young girl. She looked forward to a career in which she could help sick and injured people get well and remembers her excitement when, in her early twenties, she was accepted into nursing school.

Then Heather's health took a turn for the worse, and her life plan took an abrupt

180-degree turn. Her dream of providing lifesaving care to others was replaced with the reality of urgently needing that care for herself.

Heather is alive today because of the emergency and follow-up care she has received at Royal University Hospital – her life saved not once, not twice, but 10 times over the past 30 years. She's been

intubated more than 15 times and has had two tracheostomies at RUH, each time subsequently returning home to her husband and daughters. "I am deeply grateful to the doctors, nurses and other members of my care team at RUH who provide such exceptional care at my time of greatest need," says Heather.

Living with multiple sclerosis and myasthenia gravis (two chronic, and sometimes critical, neurological conditions), coupled with a weakened immune system and a life-threatening allergy to latex, has made Heather a recipient-perspective expert on the emergency and critical care provided by the medical teams at RUH.

Because of her ongoing interaction with the hospital's Emergency Department, Heather was asked in 2011 to be part of the team responsible for the layout and design of RUH's new Adult E.R., currently under

*Cont'd on page 4*

# PAST CAMPAIGN OUTCOMES

## Cameco Chair in Indigenous Health Sets Course in Saskatoon

A forward-looking donation from Cameco more than a decade ago to RUH Foundation's Royal Care Campaign (2002 to 2006) has resulted in the recruitment to Saskatchewan of an exceptional Indigenous clinician, researcher, mentor, educator and leader.

Dr. Alexandra King, MD, FRCPC, was welcomed to Saskatoon on September 27 as the inaugural Cameco Chair in Indigenous Health.

"Cameco's support of the vision to recruit an Indigenous physician mentor and leader to be a role model to our medical students in Saskatchewan; its patience with the process [coupled with] its amazing generosity will significantly impact the health and wellness outcomes of Indigenous peoples throughout Saskatchewan for years to come," says Dr. Paul Babyn, RUH Foundation Volunteer Chair.

Cameco's gift of \$1.5 million to the Foundation's Royal Care Campaign was instrumental in creating the chair in the College of Medicine at the University of Saskatchewan. Those funds, combined

with \$300,000 from faculty from the Department of Medicine, now comprise part of a \$3 million endowment established for the chair by the RUH Foundation.

Dr. King, who comes to Saskatoon from the Nipissing First Nation in Ontario, is a respected medical researcher, physician and teacher. She is a specialist in internal medicine (focusing on HIV and hepatitis C), and as well teaches Indigenous health and has mentored students at both the undergraduate and graduate levels at Simon Fraser University. She also has served on and continues active involvement with initiatives both locally and nationally.

The goal of the Cameco Chair in Indigenous Health ultimately is to measurably improve health outcomes in Indigenous populations in Saskatchewan and the North.

Dr. King will work with Indigenous communities and stakeholders to promote better understanding of, build on and strengthen health care toward the goal of improved outcomes for Indigenous peoples in Saskatchewan. As well, she will lead work to enhance Indigenous health education; advocate for improvements and funding; ensure sustainability of effective services and supports; and facilitate the sharing and use of knowledge and resources to support improved Indigenous health and wellness.



*Dr. Alexandra King, MD, FRCPC - photo courtesy of Stobbe Photography*

## KUDOS Alfred Penner Family

Family and friends providing support to patients recovering on the Cardiac Medicine Unit 6000 at Royal University Hospital are now finding it a lot more comfortable to do so. Thanks to the generosity of the Alfred Penner family, whose father was a patient on the unit prior to his passing on January 19, 2017, a comfortable reclining chair was purchased. Alfred, who was born and raised in Osler, owned Penner Construction and also farmed. His greatest joy in life was being with his family and enjoying the company of friends. "The chair is always in demand," says Amarah Paquin, Nurse Manager, Unit 6000 Cardiosciences. "Those who have used it are extremely grateful for the thoughtful appreciation shown by the Alfred Penner family." To show your gratitude for the care you or someone you know has received at RUH, please consider making a donation at [ruh.org](http://ruh.org) or phone 306.655.1984.



*The Alfred Penner family*



# Royal University Hospital's New Adult E.R. – Coming Soon!



Construction currently underway with completion in late 2019



Nearly 2.5 times more space than the current E.R., totaling 31,742 sq ft



Three zones – trauma, emergency and minor assessment – for the 60,000+ patients expected each year



Walls and glass sliding doors in all 35 exam rooms for increased privacy and safety



State-of-the-art diagnostic equipment including a CT scanner located within the E.R., shortening the wait for results



Rooftop helipad with direct elevator access to the E.R. for faster response times



Separate entrances for ambulances and walk-ins



Automated pharmaceutical dispensing system with an electronic safety system that double-checks drugs dispensed



Comfortable areas for family and friends who gather to support patients

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busiest Emergency Department which was last redeveloped 40 years ago (at that time designed to handle 22,000 patients).

The growing demands on and dated equipment in our crowded Emergency Department are creating significant challenges for those providing emergency care at RUH. But change is coming soon! Your support will help make a big difference in the way emergency and trauma care are provided at the hospital.

Construction of Royal University Hospital's new Adult Emergency Department is well underway. When completed in late 2019, the physical space will be 2.5 times larger than that of the current E.R. and will be the newest in Canada, featuring private rooms as well as leading-edge technology and equipment.

"The new Adult E.R. is designed and will be equipped and resourced so that our medical teams can provide the most effective and efficient care possible when the unforeseeable happens to a person," says Dr. Brent Thoma (on cover), Emergency Room Physician and Trauma Team Lead at RUH. "Our patients along with their families and our care teams will benefit greatly when the new Adult E.R. opens."

Royal University Hospital Foundation, as part of its \$20 million GREATER Campaign, is raising \$7 million for the new Adult Emergency Department. Your generosity will support the purchase of advanced technology and medical imaging equipment including a dedicated CT scanner and an on-site PYXIS pharmacy dispensary unit, along with new monitors, stretchers and chairs as well as creation of

comfortable and private "quiet spaces" for patients and their loved ones.

"The generosity of donors to The GREATER Campaign will help ensure that Saskatchewan families like Jason's have ongoing access to the best care possible for decades to come," says Dr. Thoma.

Your donation, no matter the size, will make a difference. It will save lives.

To learn more about The GREATER Campaign and to make a donation to the new Adult E.R., please visit [ruh.org](http://ruh.org) or contact Lisa Laskowski, Chief Development Officer, at 306.655.6530.

## Cont'd from page 2

### Heather Thiessen

construction and slated for completion in late 2019. "It truly is a department being built with love, and with the patient and family at its centre," says Heather.

Royal University Hospital Foundation's GREATER Campaign is raising \$7 million for the new Adult Emergency Department.

Your donation, big or small, will help save lives! To donate, please visit [ruh.org](http://ruh.org) or call Lisa Sands, Senior Development Officer, at 306.655.6477.

## CEO's MESSAGE

On behalf of our Board of Directors, staff and volunteers, I want to thank each of you for supporting critical healthcare priorities at Royal University Hospital. Our family is forever grateful for the lifesaving care that my mother received in past years when she was in respiratory distress and was rushed to RUH's Emergency Department. As a donor, I have full confidence that my annual donations have made a difference each and every day and that when we needed the Trauma Team, they were there for my mother.

As the annual season of giving approaches, I am always humbled by the generosity of individuals, families and businesses that have made a donation in the past and for your trust in our Foundation to ensure your donation goes where it is needed most. Royal University Hospital has been the cornerstone of health care in Saskatchewan for over 62 years and we are up against time in providing a new Adult Emergency Department for the generations to come. Each year, over 60,000 people access the current Emergency Department and we need to improve response times and retain, attract and train stronger teams and provide newer equipment for patient care. Please consider making or renewing your gift in support of The GREATER Campaign for the new Royal University Hospital Adult Emergency Department. Thank you and best of the season.



CEO ARLA GUSTAFSON



(l-r) Dr. Rudy Bowen, psychiatrist and Dr. Jonathan Gamble, anesthesiologist

## Practice Changes Produce Positive Results

Dr. Jonathan Gamble, Dr. Rudy Bowen and their research colleagues recently found themselves in a relatively unusual situation: they halted their clinical research study after a planned interim review. Not because of any problematic concerns, though.

The study was stopped because of the overwhelmingly positive results related to the effectiveness of Ketamine-based anesthesia used in association with electroconvulsive therapy (ECT) in the treatment of patients with major depressive disorder (MDD). Further research confirmation was deemed not necessary.

In a randomized double-blinded controlled trial funded through a \$25,000 grant from Royal University Hospital Foundation through the generosity of its donors, Dr. Gamble and his fellow researchers compared two anesthetic drugs used in treating patients with MDD.

"Our research team is very grateful to the support given us by the RUH Foundation and its donors," says Dr. Gamble. "Our study found that, as a result of a slight practice change incorporating Ketamine-based anesthesia, MDD patients get better faster, can go home earlier, and require fewer ECT treatments and general anesthetics."

The current most effective treatment for MDD is ECT, but such care involves a series of treatments requiring general anesthesia, therapy that is both time-consuming and costly.

Dr. Gamble's original research plan was to enroll 72 patients, but was stopped after the participation of just 25 people. At that point, results were showing that Ketamine-based ECT reduced depression symptoms by 50 per cent after a median of two treatments versus the same reduction requiring four treatments with the more commonly used propofol-based ECT.

Dr. Gamble and his team presented their research at the world's largest anesthesiology educational symposium held in Chicago last year in October, and are in the process of preparing their results for publication.

Supporting innovative research is one of RUH Foundation's key pillars. Since 2001, \$4.98 million raised through donor support has been invested in 143 separate research projects.

To learn more about how you can support today's research that informs tomorrow's patient care, please call RUH Foundation at 306.655.1984.



Mark and Donna Fracchia

## AN EVENING OF MYSTERY

A magical evening of mystery and merriment raised \$82,000 (net) at RUH Foundation's "Royal Moonlight Masquerade Ball," presented by PotashCorp on October 14, 2017. The generosity of the guests and sponsors will support the Foundation's \$20 million GREATER Campaign and be used to help equip Royal University Hospital's new Adult Emergency Department. Thank you to volunteer chair Jessica Tremblay and her volunteer committee for their great energy and creativity in organizing the Masquerade Ball! Next year's 20th Anniversary Royal Ball will be held on Saturday, October 13. Mark your calendars now!

## ENDOWMENT IMPACT

### New Trends Explored for Managing Chronic Pain, Addictions

More than 250 health care providers recently gained valuable insights into new trends and emerging best practices for managing chronic pain and addiction thanks to Royal University Hospital Foundation's Peter and Anna Zbeetnoff Memorial Endowment.

Doctors, pharmacists and other members of healthcare teams from across Saskatchewan gained valuable insights into the "four Ps" – pharmacological, psychological, physical and preventive – associated with chronic pain and addiction management when they attended the Continuing Medical Education annual drug therapy conference, this year entitled "Current Options for Managing Pain and Addiction," held in Saskatoon in late October.

"Continuing education conferences like this one funded by the Peter and Anna Zbeetnoff Memorial Endowment help healthcare providers develop new inter-professional connections and introduce them to new ways of doing things that they can bring back and share with patients in their home communities," says Dr. James Barton,

University of Saskatchewan Associate Dean, Continuing Medical Education and Clinical Professor of Medicine – Nephrology.

Roughly one in five Canadians lives in chronic pain. Management of this pain often is through the use of pharmaceutical drugs, which on occasion can result in substance abuse disorders in patients.

"This is why it is so important for healthcare providers to ensure they have the skills to identify the appropriate patients for pharmacological and non-pharmacological therapies," says Dr. Barton. "And then [they must learn how to] implement monitoring methods to assist and support patients in their recommended treatment course."

Topics discussed during the conference ranged from management of complex pain in seniors and best practices for managing orofacial pain to management of opioid addiction and a review of current science and accepted medical uses of medical cannabis.



The Peter and Anna Zbeetnoff Memorial Endowment was created in 2000 with a generous gift of \$250,000 through their Will. Over time, it has provided over \$120,000 to support an annual drug therapy decision-making conference without the need for pharmaceutical company funding.

To learn more about how you can establish an endowment that "gives back" year after year to support pressing priorities at RUH, please contact RUH Foundation at 306.655.1984.

# SPECIAL INTEREST

## Police Officers' Gift Benefits Mental Health Care

Thanks to support from donors like the Saskatchewan Federation of Police Officers (SFPO) Inc., Royal University Hospital has FASTER response times, STRONGER teams and NEWER equipment!

SFPO recently donated \$5,000 to the Royal University Hospital Foundation's GREATER Campaign. The gift supports the creation of the new seven-bed Mental Health Assessment and Short Stay Unit adjacent to RUH's Emergency Department.

The police officers' federation represents over 1,300 police personnel from Regina, Saskatoon, Prince Albert, Moose Jaw, Weyburn and Estevan.

The new unit will bring immediate improvement in the experiences of patients suffering from mental illness and addictions who arrive to be seen and treated at our busy Emergency Department. Because greater privacy and improved appropriate space in which to deliver mental health care will be in place, those who benefit will also include the patient's family and other personal supporters.



*(l-r) Bernie Eiswirth, SFPO Executive Officer; Casey Ward, SFPO President; Tracy Muggli, Director, Mental Health and Addiction Services; Marilyn Baetz, Unified Head of the Department of Psychiatry for the College of Medicine and Saskatoon Health Region; Arla Gustafson, RUH Foundation CEO*

One in four people suffers from mental illness. With donor support, the number of such patients leaving the hospital without being seen or against medical advice now will decrease.

Construction of the Mental Health Assessment Unit is currently underway, aiming for a March completion date.

As a priority of The GREATER Campaign, RUH Foundation is raising \$2 million to

support the new Mental Health Assessment and Short Stay Unit. Irene and Leslie Dubé are generously matching every donation dollar-for-dollar up to \$1 million, to help ensure this important unit becomes a reality.

To learn more about The GREATER Campaign or to make a donation, please visit [ruh.org](http://ruh.org) or contact Kara Lackie, Major Gifts Officer, at 306.655.6456.

## KUDOS Checks n Balances

Giving back to one's community comes in many forms. And so do the thanks from those who benefit from that generosity! Lana Sheppard, President of Checks n Balances Business Services, was recognized during an awards ceremony on November 15 with a National Philanthropy Day award in the category of Honoured Supporter. Lana was nominated by Royal University Hospital Foundation because of her support for and donation of professional services for "Bust a Move" (BAM) Saskatoon, a community-wide event held in partnership with Saskatoon City Hospital Foundation, with the proceeds supporting cancer care at Royal University Hospital. Congratulations to Lana and her team! You are a great example of how both the spirit of giving and partnerships are alive and well in our community.



*(l-r) RUH Foundation CEO Arla Gustafson and Lana Sheppard*

## RUH Foundation Board of Directors 2017–2018



### Royal University Hospital Foundation Purpose Statement:

The RUH Foundation creates excellence in and impacts health care by raising funds to anticipate and respond to needs for innovative research, education and patient care.

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### YOU'RE INVITED!

**December 31, 2017**

Year-end Donation Deadline

**March 14, 2018**

Greek Gourmet Feast

**March 26, 2018**

Purple Day for Epilepsy – wear your purple

Visit [ruhf.org](http://ruhf.org) for details.

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### SPECIAL GIFTS

A gift *In Honour* is made to commemorate a loved one or friend, to mark a milestone or to celebrate a special occasion. A gift *In Memory* is a lasting tribute to someone departed who was respected and loved. We thank family members and friends who paid tribute to the following individuals between July 1 and September 30, 2017, by making donations in their names.

### IN HONOUR OF

Lane Baumung  
CCU Staff  
Medicine 6300 Staff  
Michelle Street

### IN MEMORY OF

Keith Angus  
Trent H. Becker  
Daniel Benson  
Verna Bernhardson  
Al Blevins  
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*If you would like to give a gift in honour of someone special or in memory of a loved one who has passed away, please contact RUH Foundation at 306.655.1984 or make your gift online at [ruhf.org](http://ruhf.org).*

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