Building the Next Generation of Adult Emergency Care at RUH

Back when she was a young teenager, Royal University Hospital opened Alison Turnquist’s imagination to the possibility of one day becoming a doctor. This occurred during her grandmother’s illness, when Alison was extremely impressed by the care provided and compassion shown to her by the specialists and other staff members at Royal University Hospital.

“What I witnessed had a profound effect on me and greatly influenced my career path,” says Dr. Turnquist (above left with Dr. Kamini Premkumar), who was born, raised and educated in Saskatoon. “Today, I am honoured and privileged to be working as an Emergency Department Physician at RUH and providing patients with life-saving care during their time of greatest need.”

Dr. Turnquist received her emergency medicine credentials two years ago. On a typical day, she sees some of the most severely injured and ill patients from across the province. The assessment and care is done in a physical space that was last redeveloped 40 years ago and designed to handle 22,000 patients a year, roughly one-third of the 60,000 that are expected this year.

“A crowded Emergency Department, dated equipment and growing demand are some of the challenges we face as we treat the most critically ill patients. We know that these issues are also of concern to patients and their families,” says Dr. Turnquist.

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LEGACY OF GIVING

Adding RUH Foundation as your Beneficiary Can Be a Simple Process

“When people consider charities in estate planning, they often think about their Will,” says Herb McFaul, Volunteer Chair of the Royal University Hospital Foundation’s Planned Giving Advisory Committee.

But there are other ways — simple ways — to contribute to a charity such as RUH Foundation, including naming the Foundation as a beneficiary of a Retirement Savings Plan (RSP), a Retirement Income Fund (RIF), life insurance or a Tax-Free Savings Account (TFSA) contract.

“You can name a charity as a beneficiary right on an RSP/RIF/TFSA or life insurance contract. It doesn’t have to go through the Will,” says McFaul. “Simply go to your bank or broker and make the change.”

For example, many people have built up RSP/RIF accounts. Upon death, the amounts usually are transferred to a spouse without triggering tax, but upon the death of both spouses they become fully taxable. In Saskatchewan, any taxable income over $200,000 will be taxed at 48%.

“Most people think, ‘I don’t make $200,000 so what’s that got to do with me?’ But odds are that upon your death you will be one of those people because of the full value of your RSP/RIF accounts being taxed like income,” McFaul points out.

Adding a charity as a beneficiary, however, will provide a significant tax credit to substantially offset the estate’s tax bill.

McFaul adds that people should consult a lawyer or financial planner to make sure a beneficiary change fits their financial plan.

By planning now, you can continue your support of health-care priorities through the RUH Foundation.

To learn more about including RUH Foundation in your estate plans, please contact Candace Boersma, Annual and Legacy Giving Officer, at 306.655.6501.

PATIENT STORY

Paul Janzen, Sr. back in net thanks to the medical teams at RUH

Goalie Lauds RUH For Big Save

Paul Janzen, Sr., goaltender for his hockey team, doesn’t remember much about the third period of his game on February 7, 2014, in Radisson. He battled through the final 18 minutes in an increasingly dizzy and nauseous state.

Paul’s team lost the game. He made it back to the dressing room and then the 6’4”, 250-pound goalie collapsed to the floor. He was rushed by ambulance to Royal University Hospital’s Emergency Department where he was resuscitated and stabilized then eventually underwent triple bypass heart surgery.

Last winter, “Sasquatch” (as he is affectionately called by his teammates) returned to the ice. While he himself loves to play, even more important to Paul is that he is able to share his love of goalkeeping with his son and grandson.

“I am so grateful to be alive today and in a position to help my grandson in becoming the third generation of our family to don goalie gear,” Paul says.

The 56-year-old adds: “Were it not for the efforts of the E.R. staff and other medical teams at RUH, my age would have been permanently fixed at 52, forever.”

Prior to his heart attack, Paul and his wife, along with their son, daughter and three grandchildren, rarely had reason to head to the Emergency Department. He is aware that others haven’t been and aren’t as fortunate and that with an increasing

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A generous gift from the Maunders McNeil Foundation is helping forge a new path for Emergency physicians and residents, and patient care at Royal University Hospital through the purchase of a wireless image archiving and training system.

The system, known as Q-Path, is an important component in the Emergency Department’s increasing use of point-of-care ultrasound. The software enables those who perform ultrasound examinations to wirelessly export either a still image or video to an internal server for review, then store the exams and manage quality improvement, credentialing and reporting.

“Support from RUH Foundation and its donors has enabled us to drive quality improvement, innovation, research and training opportunities,” says Dr. Paul Olszynski, Emergency Physician and Director of Emergency Department Ultrasound. “The acquisition of Q-Path takes our Emergency Department to the next level and places us among the leaders across the country.”

RUH’s Emergency Department has been using point-of-care ultrasound for approximately 15 years.

“Approximately 80% of our Emergency physicians are trained in the core applications of emergency ultrasound, and through our work in quality improvement, we see it being used an average of 20 times each day to help with immediate diagnosis of patients in distress.”

Q-Path software was integrated into the image-capturing process this year, helping replace a performance review process that was cumbersome due to the fact that ultrasound images could not be saved in an efficient way. In addition, because RUH is a training hospital, Q-Path allows medical residents to upload and send their scans to instructors who can’t always be present at the bedside.

“Q-Path helps us ensure that scans done at the bedside meet the standards as set forth by the Canadian Association of Emergency Physicians,” says Dr. Olszynski.

Because Q-Path operates as an enterprise-wide system, it is expected that other departments that use point-of-care ultrasound including Anesthesia and Intensive Care will also be able to access the system in the coming years.

**KUDOS Monthly Donors**

Ineke Knight has given generously to Royal University Hospital Foundation more than 150 times since becoming a monthly donor in 2003. “In the opinions of both myself and my late husband, Art (who passed away in 2011), monthly giving is the simplest and most convenient way to support the hospital in meeting its ongoing patient care, research and education priorities,” says Knight. When you are a member of the Royal Monthly Donor Program, your gift is automatically made every month through your bank account or credit card. You receive an annual tax receipt for your total year’s contribution, and you can change, pause or cancel your monthly donation at any time. To join Ineke as a monthly donor, please contact Candace Boersma, Annual and Legacy Giving Officer, at 306.655.6501.

*Thank you, Ineke Knight*
But relief is in sight for the province’s busiest Emergency Department. Construction of RUH’s new Adult Emergency Department is well underway, with completion scheduled for late next year. The floor space will be almost 2.5 times larger than that of the current E.R. and will include 35 separate examination rooms with glass sliding doors for increased privacy and safety. A rooftop helipad with direct elevator access to the Emergency Department’s trauma zone will enable faster response times.

Royal University Hospital Foundation, as part of its $20 million GREATE.R. Campaign, is raising $7 million for the new Adult Emergency Department. Funds will be used to purchase

- a dedicated in-department CT scanner
- an automated pharmaceutical dispensing system
- state-of-the-art equipment
- new stretchers and chairs and
- furnishing for comfortable and private quiet spaces for families and friends.

“Donor support will help build the next generation of care that will be safer for patients, more inclusive of patients and families, and more technologically advanced for those providing care in the Adult Emergency Department,” says Dr. Turnquist.

In November, the Foundation received a generous donation of $100,000 from Sheila Osborn, Doug Osborn and their family.

“Our family is grateful for the emergency care we have received at RUH and know first-hand the challenges the E.R. medical teams face today in providing that care,” says Doug. “The new Adult Emergency Department with its additional space, leading-edge technology and new equipment will assist the trauma and emergency physicians, nurses and others in providing even better and safer care in the future.”

The Foundation’s three-year GREATE.R. Campaign is in its final month of raising much-needed support for emergency, trauma and critical care priorities at RUH. Thank you to all donors who have donated. To those who still intend to be part of making Royal University Hospital’s new Adult Emergency Department GREATE.R., please visit ruhf.org or contact Lisa Laskowski, Chief Development Officer, at 306.655.6530.

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Paul Janzen, Sr.

population, the demand for emergency care is only going to rise. That’s why Paul is pleased to hear that construction of Royal University Hospital’s new Adult Emergency Department is well underway and that RUH Foundation is raising $7 million through its GREATE.R. Campaign to help equip and furnish it.

To make a donation in support of RUH’s new Adult Emergency Department, please visit ruhf.org or call Lisa Sands, Senior Development Officer, at 306.655.6477.
Studying Traumatic Stresses Faced by Nurses

Health care by its very nature exposes practitioners to situations that may have a detrimental impact on their physical and mental well-being.

Sharleen Jahner has experienced as well as witnessed in peers the personal impact of caring for severely injured patients involved in traumatic motor vehicle, industrial, agricultural and other accidents.

Throughout her 30-year nursing career, she has worked in both acute care and community-based settings in rural, remote, northern and large urban locations throughout the Prairies, including 15 years at Royal University Hospital.

“My experience has been that nurses in rural settings don’t have the same level of supports as their urban colleagues do when exposed to traumatic events at work,” says Jahner. “I wanted to better understand the impact on rural nurses, so after my Masters of Nursing degree I decided to pursue my PhD on this topic.”

As she continues exploring this topic, Jahner has found that research on this issue is limited. An integrative review reveals that rural nurses may be more vulnerable from a psychosocial perspective because of the isolated nature of their practice, the social context of knowing the patients and their families, and limited debriefing opportunities or supportive interventions to help them cope. She also found that available research on the topic was limited.

Regarding the implications of her research for rural nursing practice, Jahner says that “The evidence of impact and occupational consequences of being exposed to traumatic events in a rural health-care setting will assist to work toward the development of better management strategies and supportive interventions within the context of rural and remote nursing practice.”

Jahner received support to pursue her Masters and PhD through Royal University Hospital Foundation’s Princeton Scholarship, F. P. Bourgault Scholarship and the Bernice England Scholarship.

“I am very grateful to RUH Foundation and its donors for the scholarship opportunities provided during my academic years. They enabled flexibility that allowed me to sustain my work roles in Saskatoon while maintaining both a strong academic standing and family commitments.”
Renée Manley, R.S.W., never met Bryan Woods, a Royal University Hospital clinician, teacher and leader in professional social work in Saskatoon who died much too early from cancer in 2010. However, through reading his life story, Manley found herself imagining Woods as her mentor.

“Bryan evidently was a highly respected social worker with amazing qualities,” says Manley. “I can only hope that one day I will be remembered for having emulated to some small degree Bryan’s professionalism, knowledge, kindness and patience shown to his clients and colleagues.”

Manley was recently awarded the Bryan Woods Memorial Scholarship through Royal University Hospital Foundation. In honour of Woods’ life and work, a group of his colleagues, friends and family sponsor an annual lecture series to raise funds for the scholarship. It is awarded annually to a social worker to assist with formal education or training to further his or her knowledge and skills in a specific area of practice.

Manley, an assessor/coordinator with Mental Health and Addictions Services, was awarded the scholarship to receive training in Accelerated Resolution Therapy (ART), a therapy that incorporates the use of eye movement.

“ART helps clients cope with and possibly resolve the impact of distressing memories of past traumatic events in sometimes just one or two therapy sessions rather than possibly engaging in years of therapy,” says Manley. “It puts the traumatic event in the back of the mind, so to speak, rather than at the forefront, allowing one to keep the knowledge but lose the pain associated with it.”

During ART, clients are guided to visualize the traumatic events related to their symptoms. During the therapy, the client is encouraged to substitute a positive image for the distressing one, or to alter it by adding positive material, so that it is remembered differently.

RUH Foundation annually awards scholarships that support health-care providers and advance their skills in order to better serve patients and clients. To donate, please call 306.655.1984 or donate online at ruhf.org. To apply for a scholarship, go online to ruhf.org/grants-scholarships.
SPECIAL INTEREST

Fire Fighters Help Purchase New MRI-Compatible Monitor

A lead gift of $60,000 from the Saskatchewan Professional Fire Fighters Association (SPFFA) has enhanced the monitoring of ventilator-dependent patients during Magnetic Resonance Imaging (MRI) scans at Royal University Hospital.

The electromagnetic fields associated with MRI systems can adversely affect or alter the operation of traditional monitoring devices. But new technology and equipment using special electromagnetic shielding material are now available and are being used for patients thanks to the generosity of the fire fighters’ association and other donors to RUH Foundation’s GREATE.R. Campaign.

“Our fire fighters’ association was extremely excited about supporting the purchase of this new MRI-compatible equipment that will be of great benefit to those patients dealing with respiratory problems as a result of a fire, and to others in need of this equipment because of their specific critical care needs,” says Jay Protz, SPFFA Burn Fund Chair.

Royal University Hospital has benefited greatly through the years from the generosity of the Saskatchewan Professional Fire Fighters Association. The association’s Burn Fund has donated close to $1 million to the RUH Foundation in support of initiatives advancing health care for burn patients including equipment, education for treatment, care and rehabilitation, and support to families of burn victims.

KUDOS Hospital Home Lottery

Your support of the Hospital Home Lottery (HHL) each year is making a significant difference to the health and wellness of patients at Royal University Hospital, St. Paul’s Hospital and Saskatoon City Hospital. Since the lottery’s inception in 1985, more than $33 million has been raised and invested in the three hospitals to improve health care in our community. Spring 2018 features the biggest Grand Prize ever: a $1.7-million, 5,500-sq.ft. showhome in Greenbryre Estates. In addition, more than 1,000 other incredible prizes are “up for grabs”! Royal University Hospital Foundation’s share of the proceeds goes towards equipping the hospital’s new Adult Emergency Department, currently under construction, with state-of-the-art equipment including a dedicated CT scanner. If HHL isn’t already sold out, tickets can be ordered online at HospitalHomeLottery.org, by calling 1.866.957.0777 or by visiting the Foundation office at RUH, located beside the old Main Entrance.
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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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 October 1 and December 31, 2017, by making donations in their names.

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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.