

INSIDE:
*Your gift is
matched for a
limited time!*

*In*Touch

VICTORIA HOSPITALS FOUNDATION NEWSLETTER | WINTER 2023

***Emerge Stronger
Reaches \$7.6 Million
& Enters Final
Innovation Phase***

***Ground-Breaking
Research & Innovative
Equipment You Can
Fund Today***

***30th Anniversary of
Visions Gala Raises
Record \$1.5 Million***

***New Stories From
Inside Our Hospitals***

Wilson Louie, Chief Technologist at Island Health, with the new Automated Chemistry Line—a \$2.1 million piece of equipment you can help fund today with a matched donation.



AHP Award

Donor generosity has made a powerful impact on hospital care over the last fiscal year, helping to raise a record-breaking \$17.9 million to support Island Health’s highest priority needs across every area of care.

The Victoria Hospitals Foundation is honoured to be recognized by the Association for Healthcare Philanthropy (AHP) with a 2022 High Performers Award: Community Hospital Category. This award is granted to organizations that reached the top 25% in net fundraising revenue out of all participating community hospitals in the 2022 Report on Giving.

Unwavering support from community members like you means that our Foundation is able to provide more impact directly to our hospitals. We are incredibly proud to be acknowledged for this and will continue to strive towards leading the way as a community hospital foundation who performs impactful philanthropy in North America.

Breakthroughs in Care Start Here



Innovation in our hospitals truly begins with a clinician who wants to change the life of a patient, and a passionate community who is willing to stand behind them both.

I am proud to share that more than 4,450 community members have helped our *Emerge Stronger* campaign raise over \$7.6 million. Already, donors like you have funded over 180 pieces of equipment that our care teams have asked for. We could not have achieved this without your support.

Together, we aim to raise the final \$3 million, supporting the *Innovation* phase of *Emerge Stronger*. Through this phase, you can fund ground-breaking research projects led by local clinicians, as well as the innovative equipment they need to elevate their vital work. When we complete this final phase, we can move forward with funding the highest priority needs in our hospitals as identified by our caregivers.

The following pages highlight our clinicians’ brilliant ideas. I encourage you to read them in detail and find out how you can empower profound medical advancements that can significantly impact someone’s care and quality of life.

Our Foundation has never invested in multiple local research initiatives like this before, and I am incredibly proud to be here, standing strong with our best and brightest.

Together, we can do so much.

Avery Brohman
CEO, Victoria Hospitals Foundation

P.S. Will you help us reach our **\$10 million goal** and complete *Emerge Stronger*?



We extend a sincere thank-you to Peninsula Co-op for generously matching community donations to the *Innovation* phase of *Emerge Stronger* up to a total \$100,000. Donate by March 31 to ensure your donation has twice the impact.



Today, You Can Support Ground-Breaking Research



Project: Cryoneurolysis for Spasticity
Researcher: Dr. Paul Winston
Funding Needed: \$88,000



Imagine not being able to unclench your fingers from a fist to hold the hand of your spouse or extend your arm to properly hug your children.

Now envision that these positions are unimaginably and constantly painful. This is the life of someone living with spasticity.

Spasticity (muscle stiffness) is usually caused by damage to nerve pathways within the brain or spinal cord. It affects hundreds of thousands of Canadians with neurological disorders including stroke, cerebral palsy, brain injury, and multiple sclerosis.

“ Spasticity can condemn someone to never functioning in society. It could be too painful to walk, dress, or feed themselves. After this treatment, we see many of these patients transform because they are finally sleeping through the night, no longer relying on painkillers, or in some cases, regaining movement immediately.”

— Dr. Paul Winston, Medical Director of Rehabilitation and Transitions, Island Health

Currently, spasticity patients are faced with expensive and temporary solutions, many of which do very little to improve their condition. However, award-winning local physician and researcher, **Dr. Paul Winston has developed an inexpensive way to relieve pain while drastically improving limb movement for spasticity patients.** The novel treatment is called cryoneurotomy, and it’s the first of its kind.

Cryoneurotomy involves the use of a -88°C ball of ice generated by a probe injected under the skin, freezing the nerves of spastic muscles using nitrogen gas and causing them to unravel. The results using this treatment include muscle relaxation, restored function, and improved quality of life—often in a matter of minutes. Already, many patients have benefited from this method and **your help is needed to fund additional studies for other areas of the body** (such as shoulders) to help even more patients in our community, country, and world-wide.

You Can Also Support the Funding of a \$44,000 Physiatry Ultrasound Machine



The Physiatry Rehabilitation Clinic at Victoria General Hospital is in need of a new portable ultrasound to support Dr. Winston’s ground-breaking research in nerve block and cryoneurotomy.

This new machine is capable of producing real-time diagnostic images so physicians can accurately identify and target joints, muscles, and nerves. In fact, Dr. Winston says: “Beautiful, high-tech ultrasound images are what makes this research possible.”

Hear Directly from One of the Many Brilliant Minds Inside Our Hospitals

Q&A with Dr. Michael Chen, Head of Medical Biochemistry, Island Health

VHF: Tell us about your research project.

Dr. Chen: Currently, diagnosing a patient with pneumonia—especially a very sick patient who is intubated—requires a procedure to “wash” their lung and then culture the fluid that comes off of the lung. The culture is very time-consuming, and it can take 72 hours to get a result. This isn’t ideal because 72 hours is a long time to wait to start the right therapy for that patient, and it can sometimes result in negative health outcomes.

Through this research project, our goal is to identify the bacteria or other pathogens directly from the lung wash fluid and bypass that lengthy culture step completely. We could then identify the pathogens within an hour of receiving the fluid in the lab, so the patient could start receiving the appropriate treatment the same day, rather than three days later. Ultimately, this will improve care, and it helps both the clinicians and the patients.

VHF: What do you think is the most innovative part of your project?

Dr. Chen: Globally, no one is doing what’s called “direct-from-specimen” analysis, which means you don’t have to culture it to grow and amplify the number of pathogens. Globally, everyone follows routine clinical care, which is to culture the specimen for up to 72 hours, find out what pathogens are growing, and then determine the

treatment from there. So, the innovative part of our project is the rapid diagnosis—and it’s also more affordable for our healthcare system, and better quality. This is immediately relevant for the Vancouver Island population. From there, we can offer it provincially, and grow organically from there.

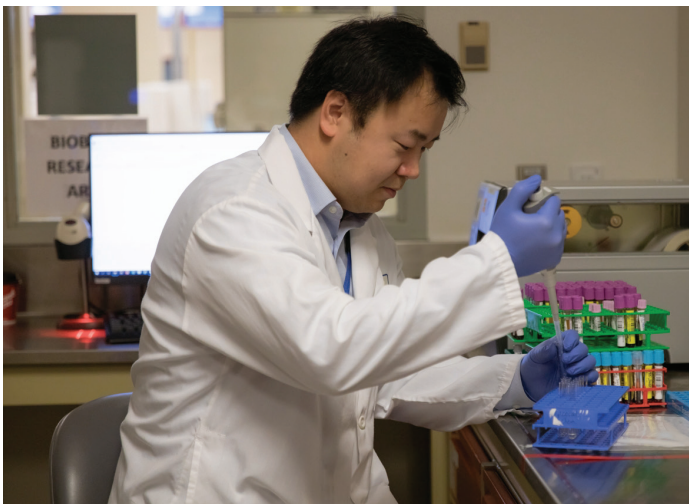
“ **This project uses ‘direct-from-specimen’ analysis which will save clinicians hours of time identifying pathogens, and make the diagnosis faster for patients.**”

— *Dr. Michael Chen,*
Head of Medical Biochemistry, Island Health

VHF: What does this research mean for a future patient with pneumonia?

Dr. Chen: In principle, whenever you have early diagnosis and treatment, patients are able to receive the right treatment in less time. We call this precision medicine, and it’s about treating the patient individually rather than the entire population. If you and I are both sick with pneumonia and we don’t know what pathogen is causing it, we get the same treatment—maybe the same antibiotic. But the faster we know what bacteria is causing you and I to be sick—because it could be a different bacteria for each of us—the sooner the right antibiotics can be given. This decreases the chance of disease progression, and can be lifesaving for a patient in the ICU who has chronic or complex infections.

→ Read more from Dr. Chen:
victoriahf.ca/dr-chen-qa



More Research Projects You Can Help Fund Today:

Responding to Overdose through Innovation and Lived Experience: \$95,000

Dr. Bruce Wallace



Our clinicians continue to see an increase in hospital admissions due to the toxic drug poisoning crisis. The rate of overdose deaths in B.C. has more than doubled since 2016, when illicit drug overdose was declared a public health emergency.

You can help reduce overdose harm in our community and lesson the strain it has on our hospitals by supporting the Substance Drug-Checking Project

led by Dr. Bruce Wallace. The project is harnessing the power of drug-checking with the knowledge of lived experience of people who use illicit substances to stem the tide of opioid deaths aligned with Island Health's harm reduction strategies.

Understanding Breakthrough Neuropathic Pain: \$92,000

Dr. Michael Berger & Dr. John Kramer



The word 'breakthrough' can often inspire thoughts of positivity and advancement. But not for those who suffer neuropathic breakthrough pain.

People with breakthrough neuropathic pain experience a sudden increase of pain in the form of burning, stabbing, and aching in their hands and feet. The intensity makes it difficult for them to walk, sleep, or sit comfortably. Even with medications, patients are likely to experience breakthroughs, leading to frequent healthcare visits.

You can support Dr. Michael Berger and Dr. John Kramer in their research to better understand and develop new ways to prevent neuropathic pain breakthroughs,

reduce these patients' interactions with the healthcare system, and improve their quality of life. This is the first step on the research journey to preventing neuropathic pain breakthroughs for the many patients we see in our hospitals.

→ Help advance research today:
victoriahf.ca/innovation



#HumansFirst: Julia's Story

My love for nursing came from the ICU. There's this group of nurses who become your family. When you are actively resuscitating a patient, you've got your team beside you and it's the most beautiful thing to see all of us in action. It's almost like a dance. We all have our roles and we just get to work.

When a patient is in such a vulnerable position, it's a privilege to be there and to care for their bodies as best as I can. When a patient is so sick, whether it's with COVID-19 or pneumonia or liver failure, and we have to keep them sedated so that their bodies can heal, I'll go in and play music. I'll find out what kind of music the patient likes—it's one of the first questions I ask when I meet the family or loved ones. I'll go into their room and play the music on my phone while I work, and just talk to them as if I were talking to anyone else. I always like to believe the patient can hear me. I'll tell them what I'm doing, what the weather's like, and what's coming in the future.

—Julia Côté

Registered Nurse and Clinical Nurse Leader of Critical Care ICU/HAU, Royal Jubilee Hospital; mom and step-mom, partner, runner, lover of black coffee, human

→ Read more of Julia's story: victoriahf.ca/julia-hf

#humansfirst

#HumansFirst is a social media campaign that aims to share the authentic stories of our local caregivers and hospital staff. These stories remind us that those inside our hospitals also have lives outside them. Like all of us, they are human and they have a story to tell.

Follow us on Facebook and Instagram to read more #HumansFirst stories:

@VictoriaHF @ourvichospitals



Visions

TOGETHER, YOU RAISED
\$1,577,965

TO FUND A NEW AUTOMATED CHEMISTRY LINE FOR ROYAL JUBILEE HOSPITAL

On Saturday, November 19, 2022, community leaders and philanthropists gathered at the Fairmont Empress & Victoria Conference Centre to celebrate the 30th anniversary of the Victoria Hospitals Foundation's signature *Visions* Gala. Together, attendees and supporters raised a record-breaking \$1,577,965 to help purchase a new Automated Chemistry Line for the Core Lab at Royal Jubilee Hospital.

Thank you to everyone who made this such a special night, and to the James family for their outstanding display of philanthropy by matching \$500,000 during our pledge drive.

Your generosity is going a long way to ensure our local caregivers have the most up-to-date equipment to provide the best possible care to patients on Vancouver Island.



Thank you to our wonderful 2022 *Visions* steering committee!

AUTOMATED CHEMISTRY LINE

The existing Chemistry Line at Royal Jubilee Hospital is over 20 years old, and is the most-used piece of equipment across all of Island Health. This equipment is responsible for conducting tests on patient samples—such as the measurement of salts, sugars, and the essential elements in your blood. The current Chemistry Line can perform 1,000 tests per day, whereas the new Automated Chemistry Line can perform over 1,200 tests per hour.



Existing Chemistry Line



New Automated Chemistry Line

Visions guests have already supported the funding of the new Automated Chemistry Line, and we thank them deeply. We still need our community's help to raise the remaining cost to fully fund this crucial equipment piece. Visit victoriahf.ca/donate.



→ Hear from local patient Sara and learn how the Chemistry Line makes an impact in our hospitals: victoriahf.ca/sara-story

THANK YOU, SPONSORS!



“ We have been proud to support the Victoria Hospitals Foundation for nearly a decade to help create healthy, thriving communities on Vancouver Island and all across our province.”

—Chris Fairclough,
BC Lottery Corporation



“ This is our 24th year supporting VHF’s Visions Gala. We proudly sit at the centre of culture and history in Victoria and its an honour to support the causes that help our city be a safe and healthy place to live and work.”

—Alex Thorne,
Fairmont Empress



“ I am incredibly grateful for the life-saving care my family and the families of our clients have received over the years. I encourage you to be there for our Victoria hospitals now, when they need us the most.”

—April Dorey Hartwig,
Heart Wealth Management



“ The spirit of philanthropy runs deep at Thrifty Foods. By supporting our hospitals, we are profoundly connected to the care teams, the patients, and the families whose lives have been changed because their community cares.” —Ralf Mundel, Thrifty Foods

SAVE THE DATE: NOVEMBER 25, 2023

It’s never too early to save the date for our most anticipated night of the year! Sign up today to receive early access for tickets to this year’s event, happening on Saturday, November 25, 2023, at victoriahf.ca/visions.

Hoping to join us as a sponsor? Visions is an incredible opportunity to display your business to community

leaders. Let us introduce you to our extensive network of local donors, dignitaries, friends, and healthcare workers. As a sponsor, your organization will be celebrated as a champion for health and hospital care in our community. Contact Danielle to learn more: Danielle.Mulligan@IslandHealth.ca.



Donor Profile



Thank You, GAIN Group!

In support of Giving Tuesday last November, over 285 donors came together to help fund a new patient monitoring system for the Intensive Care Unit (ICU) at Victoria General Hospital. **Donors raised over \$250,000, funding five of the ten patient monitors needed for the system.** Today, you can join fellow community members—like GAIN Group who generously gave \$50,000—and help fund the remaining five monitors.

“ Whether it’s your parents, friends, children, loved ones, or peers—someone you know will be touched and helped by our local hospitals and care workers. We know that Victoria General Hospital’s ICU needs a new patient monitoring system and wanted to help make a difference. **Our gift to the Victoria Hospitals Foundation of \$50,000 to fund one of the ten monitors** needed was our way of supporting the community and the healthcare system within it. With this gift, we hope to inspire other businesses and those in the community to join us in strengthening local critical care.

—Oliver Booth, GAIN Group



Emerge **STRONGER** ↗

We extend a sincere thank-you to **Peninsula Co-op** for generously matching community donations to the *Innovation* phase of *Emerge Stronger* up to a total \$100,000.

Your gift to fund new equipment and innovative research projects will have twice the impact.



Donate by March 31, and your gift will be matched!

Miracle ^{on the} MOUNTAIN Gala

Save the Date:
Saturday, May 13, 2023

Westin Bear Mountain Resort

Join us for a philanthropic evening to celebrate and advance healthcare on the West Shore by supporting Victoria General Hospital.

Purchase Tickets Today:
MountainGala.ca



VICTORIA HOSPITALS
FOUNDATION

Victoria Hospitals Foundation

Wilson Block | 1952 Bay St
Victoria BC V8R 1J8
victoriahf.ca | vhf@islandhealth.ca

📞 250-519-1750 | 📠 250-519-1751

📱 Victoria Hospitals Foundation
📧 @ourvichospitals

We are committed to protecting your privacy. In accordance with the BC Personal Information Protection Act, we only retain information regarding your gift history and relationship with us. For complete information on our privacy policy, visit victoriahf.ca/privacy-policy or call 250-519-1750. The Foundation does not sell, trade, or rent its donor information. Thank you once again for your contribution to our hospitals.

Help us reduce our newsletter costs! Sign up for our digital newsletter at victoriahf.ca/newsletter

CHARITABLE REGISTRATION #10793 5637 RR0001

CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications Mail		Poste-publications
40711019		