Making the Transition Easier

Transitioning from a pediatric to an adult hospital can be an overwhelming experience for patients and their families. A new app is currently in development to help make the transition easier.

“Conversations around end-of-life care are important for the patient’s loved ones too, so it’s important to include them in discussions,” says Dr. Richard Sawley, Chair of Complex Care, Aging and Palliative Care at St. Peter’s Hospital. “These discussions occur in an honest, sensitive and compassionate way, taking into account what they value, their social environment and cultural beliefs.”

For Dr. Hattabery, working in the Palliative Care Program brings many rewards. “It’s incredibly meaningful work because you’re able to have very real and important conversations,” she says. “I feel grateful for the opportunity to help people in their journey.”

Quality Health Care is Everyone’s Business

Operating a successful business can be about more than making a profit or beating the competition. Businesses can also make a genuine, positive impact on the lives of people in their community.

The Care4 program is an innovative fundraising partnership that empowers businesses to demonstrate meaningful support for health care organizations through a financial commitment on behalf of their customers to Hamilton Health Sciences Foundation. When customers make a purchase from a Care4 partner, a percentage of that purchase (unique to each partner) directly supports patient care, education and research across the spectrum of care at Hamilton Health Sciences.

You can support Care4 in different exciting ways:

1) As a consumer – by choosing products and services from Care4 program members.
2) As a business owner – by joining the program as a Care4 partner. Visit hamilton.ca/care to see a list of member businesses. Join our caring community and work for a better future.

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End-of-Life Care with Dignity

The specialists in the program provide care for the whole family, not just the patient.

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Safety and Compassion in Dementia Care

Dementia is difficult for everyone—individuals suffering from the disease, their families and care providers who offer support and education.

At St. Peter’s Hospital, a dementia education curriculum called Gentle Persuasive Approaches (GPA) teaches care providers across disciplines how to use a respectful and compassionate approach in responding to patients exhibiting strong behaviour, which may include reactions to something negative, frustrating, or confusing in the patient’s environment.

These behaviours can sometimes be unintentional and not necessarily reflective of illness or their environment.

The MyTransition app features several tools to aid patients in managing their health care needs, such as tips to help patients summarize their conditions, communicate with doctors and book appointments without the assistance of their patients. The app also contains information about a patient’s medical history and outlines any current treatment plans.

The pilot version of the app has been well received by patients and the end version is expected to be available in app stores this fall.

“We had a multidisciplinary team working on this project, including a clinical investigator and adolescent medicine specialist,” says Dr. Christine Grant, says Dr. Gary Grant. “Without the infralining support provided to our team by the Hamilton Health Sciences Foundation, we wouldn’t have been able to develop the app and be successful in receiving additional research funding for a new study. We are very hopeful that this app will empower youth as they approach adulthood.”

Julie lost considerable movement and function in her right side following a spinal cord injury and I required immediate surgery, which involved stabilizing my neck.

Julie’s first consideration was to return to her career as an occupational therapist, but her condition left her unable to perform the tasks required. She is now able to return to work as a therapist.

A New Normal

It happened so quickly, I was just another day at home when Julie accidently lost her balance and hit her head. She was rushed to the hospital and diagnosed with a skull fracture and a left temporo-parietal intracerebral hematoma.

Julie’s experience of care at St. Peter’s Hospital was one of the best experiences I have ever had. From the moment I entered the emergency department, I was treated with respect and dignity. The medical professionals were knowledgeable and explained everything in a way I could understand. They were always willing to answer any questions I had, no matter how many times I asked.

The specialists in the program provide care for the whole family, not just the patient.

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A New Normal

(Continued from page 1) my physiotherapy exercises,” says Julie. “The physiotherapists, occupational therapists and nurses are all amazing as they help me regain strength, balance and control of my body. I’m so thankful for all they’ve done for me.”

When Julie was first admitted to St. Peter’s Hospital, she was unable to write and she signed her name with an “x.” As her treatment continued, she gained the ability to write her name. Now she is able to write lengthy letters to her loved ones.

“My skeleton could have been much worse. I’m really lucky that I can breathe on my own and I can feed myself. I saw improvement every day. Just this morning, I was able to swing my legs over the side of the bed and sit up for the first time with the help of a physiotherapist.”

An optimistic person by nature, Julie refuses to let her circumstances get her down. "It feels like I got a new lease on life,” she says. “This is my ‘new normal’ and it’s a miracle that I can do as much as I can. My goal is to be able to stand on my own. I will stand again.”

Julie is grateful to donors who support Hamilton Health Sciences Foundation and help to ensure that St. Peter’s Hospital has the safe and specialized equipment required for patient care.

“I wouldn’t be where I am today without the support of donors and The Foundation. Thanks to them, I have a lot to look forward to. The future is exciting.”

Regional Leaders in Stroke Care

McMaster Children’s Hospital Foundation and Scotchbank are celebrating a milestone anniversary this year. For 25 years, the Scotchbank Stewardship Program has been a real difference for patients and families.

The St. Joe’s Campaign and Scotchbank have worked together to provide specialized stroke care facilities across the region. Over the years, Scotchbank has volunteered their time to host fundraisers and support the sale of plush toys. Additional fundraising activities have included barbeques, spaghetti dinners, craft shows, book sales, and the sale of lapel pins and bracelets. The St. Joe’s Charity Golf Classic is another much-anticipated fundraiser that brings the community together.

Thanks to the generosity of Scotchbank customers over the years, the campaign has helped support many areas of the hospital including the expansion and redevelopment of the Neonatal Intensive Care Unit and the Angiography Suite. These funds have supported the purchase of equipment such as a laser scalpel, a neonatal transport incubator and ventilators.

Twenty-Five Years of Smiles

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The Foundation Welcomes New VP of Development

The Foundation’s executive team welcomes K.C. Carruthers, the new Vice-President of Development, who assumed the position in January. A native of St. Catharines, K.C. Carruthers has a wealth of experience in the non-profit sector, including time at the Canadian Cancer Society and the Heart and Stroke Foundation of Canada. She brings a wealth of experience in the non-profit sector, including time at the Canadian Cancer Society and the Heart and Stroke Foundation of Canada.

K.C. Carruthers

K.C. has worked in the non-profit sector for more than 25 years, holding senior positions with both academic and health care foundations. "I am extremely pleased for the opportunity to work with the Hamilton Health Sciences Foundation," she says. "I am looking forward to working towards our mission of improving the health of our community by providing access to the very best care available in this region."

"The Hamilton Health Sciences Foundation is committed to providing the highest quality of care for patients in our region," says K.C. Carruthers. "I am excited to be a part of this team and to help ensure that our patients receive the best possible care."