

Exciting New Project!



Renovations to the Durham Hospital Emergency Department are planned to make the entrance safe, accessible and attractive.

A larger stoop and covered portico, double automatic sliding doors and a wider entrance area will make it easier to get in and out of the hospital. Handrails, improved steps and ramps will improve accessibility and better lighting will improve safety and security.

A bigger and brighter sign will complete this phase of the renovation.

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Lilah Eve Hopkins– A Delight and A Miracle

When Eric and Courtney Hopkins welcomed their new daughter, Lilah in April of 2013 they looked forward to the joy and experience they had with Macie, their first daughter. For several months Lilah slept, ate and played like any other healthy baby.

Just after Christmas that year, Courtney noticed that something was wrong. Lilah was pale and clammy and having difficulty breathing. A trip to the hospital pointed at the likelihood of croup and the family was relieved.

After 2 weeks, Lilah was no better and they rushed her to the Durham Hospital at 9 pm one cold night. Dr. Denyer did a thorough examination and ordered chest X-rays.

Those raised enough concern for a fast referral to Owen Sound Hospital, where an echocardiogram was performed. Lilah was found to have an enlarged heart that was not allowing the lungs to function properly. She was then airlifted to London to meet with a cardiac specialist. Lilah was diagnosed with Dilated Cardiomyopathy, a life-threatening condition.

There was an equal chance that Lilah would recover on her own, would need a heart transplant or would stabilize with medication. There was also a 10% chance she would suffer a cardiac arrest. Eric and Courtney’s world was badly rocked.



While a healthy heart operates at about 50-60 % efficiency, Lilah’s was functioning at only 14%.

Even with bi-weekly trips to London, Lilah was not gaining weight or getting any better. Just after her 1st birthday, and weighing only 13 pounds, Lilah was once again air-lifted to London.

A specialist at Toronto’s Sick Kids Hospital was consulted and she found an extra electrical pathway that was causing an irregular heart rhythm. It was hoped that by closing this pathway, the heart would beat at a normal rhythm and heal. After several attempts to close it failed, Lilah was placed on the transplant list.

While waiting, a Berlin Heart was put in place to work with her own, giving Lilah’s heart a chance to rest. She learned to play, eat and sleep with it. Life became as normal as it could be while waiting for a transplant, and her family made sure she had lots of visitors and plenty of love.

Then, doctors shared some exciting news. Against all odds, Lilah’s heart was showing signs of improvement! Doctors wanted to try closing the extra pathway one more time. Lilah’s heart was now smaller and this time the surgery “took”! While waiting to gain strength so the Berlin Heart could be removed, Lilah suffered another serious set-back with a stroke. Blood clots continued to be a danger and great care was taken to catch and remove them.

On June 14th, doctors at Sick Kids removed the Berlin Heart and Lilah’s heart began to work on its own. Lilah was only their second patient who had ever had a pump successfully removed! After several weeks of recovery, Lilah was finally sent home on July 17th, 2014.

Today, Lilah’s heart is functioning better than those of most adults, she has gained weight and learned to walk.

Love can truly work miracles!

DURHAM HOSPITAL -HOME TO ALISHA SCHWARTZ AND THE CARDIORESPIRATORY CLINIC

The next time you are in the Durham Hospital, take a second to notice the hidden jewel in the lab hallway.

Durham Hospital has been the home to a well-equipped cardiorespiratory clinic for 15 years and is the best-kept secret around! Respiratory Therapist Alisha Schwartz perform a wide range of cardiology tests on in-hospital and out-patients as well as those who arrive at the Emergency Department.

Loop and Holter Monitors record and track heart rhythms, while electro-cardiograms are used to determine if a heart attack has occurred. Stress tests verify a person's heart health.

Alisha not only performs all these tests in Durham, she scans the results of all Loop and Holter Monitors for Durham, Walkerton and Chesley. She works closely with Dr. Walley who performs all the stress tests, using the treadmill and recording equipment.

Alisha also tests for pulmonary function to measure lung volume, pressure and capacity to diagnose and monitor COPD and Asthma. She also administers spirometry tests— often the first one ordered by a doctor when he or she suspects a lung-related illness.

The Durham Hospital is the only SBGHC site that can perform a methacholine test, where patients breathe in a substance that will determine if a person has a lung condition. Alisha is also able to draw blood from patients to perform an Arterial Blood Gas test. She is trained in CPR and can apply a mask or intubate a patient, if necessary.

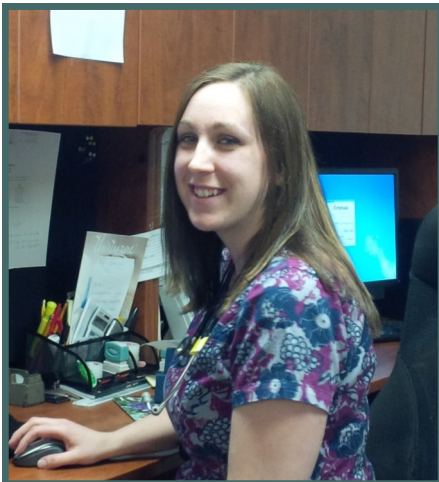
Alisha loves working in Durham, it is close to her home and provides her with the challenges she enjoys. She has great empathy for patients as she too has asthma and understands their challenges.



She loves helping others find out what their breathing problems are, and teaching them how to deal with the treatment and how to use their puffers correctly.

Alisha wishes more doctors and patients used this clinic— she knows just how quality local health care can make such a difference to a person's quality of life.

AMY MARSHALL— REGISTERED PRACTICAL NURSE



As a Registered Practical Nurse, Amy deals with patients that are more medically stable, She has worked in the Durham Hospital for seven years, providing the best possible patient care.

Working at a hospital, Amy is able to reach the full scope of practice, using all her skills and learning new ones every day. Because this is a smaller hospital, Amy can work on the ward and in the Emergency Department.

It has only been three years since RPN's have been able to work in an Emergency Department and Amy likes working there very much. While she does not take part in triage, she does provide follow-up care to patients.

Amy enjoys the education courses she takes in Trauma Training and Palliative Care and would like more training in working with family members as part of a patient's health care team. Amy also enjoys spending time with patients, as she does their dressing changes, helps them eat their

meals and takes care of many other personal and care needs. She often sees familiar faces and can help ease their fears with a smile and kind word.

She likes her fellow staff and feels like part of a family here.

Amy feels that an important role she fills, as do other front-line staff, is that of a Patient Advocate. She takes time to listen to the patients and their concerns and can relay information to supervisors and doctors. She also tries to act as a role model to patients and to be a positive face for the hospital.

Amy thanks the Foundation donors for their support, "The Hospital is better for you!"

BILL BURLING, NURSING SUPERVISOR AND DIRECTOR OF DAY-TO-DAY OPERATIONS



While male nurses are more common now than in the past, it is still unusual and notable to see a man rise through the ranks of the nursing profession. This change has been a positive one for nursing and patients.

Area residents and staff are fortunate to have Bill Burling running the day-to-day operations of the Durham Hospital. He was promoted to the position in November 2015.

Bill chose a career in nursing after getting an undergraduate degree in Bio-Chemistry. He has been an RN for almost 20 years, working at the Peterborough Civic Hospital and North York before moving to Grey County in May of 2000. Bill and his

wife chose this area after shopping for a community that felt like “home” to them.

While they both found jobs here, Bill started work at the Walkerton Hospital just as the Water Crisis hit, a very busy time for hospital staff. Over the 8 years he spent there, one of his jobs was as an OB assistant nurse, helping deliver babies— 406 of them!

Bill and his wife bought a home near Durham and he accepted a job at the Durham Hospital. He has been here for 8 years and feels fortunate to work so closely with doctors and fellow nursing staff, an environment that a smaller rural hospital provides.

Since he started his career, Bill has seen many changes in medical technology and equipment and in the scope of work that RN's and RPN's can now do. New tools and

equipment have changed the health care sector drastically, allowing doctors and nurses to know more, see more and do more. There is more of a linear than hierarchical structure in place now, creating a real team, much better for patient care.

Working as a nurse has given Bill an insider's perspective to his new role. He would like to see some changes made to the facility improving accessibility; he would like to facilitate transparency in management practices so staff are informed of the reasons for change and he would like to improve staff morale so all employees feel valued. He believes a happy employee provides better care.

Bill also looks forward to working closely with the Foundation to strengthen local health care, a good thing for everyone.

JONATHON HOPKINS- KEEPING THE HOSPITAL WARM, SAFE AND FUNCTIONING !

Jonathon may be a familiar face to many people, he worked at Durham Furniture for several years and has many family members in the area. He has been with SBGHC since 2007 and has been taking care of the Durham Hospital since 2011.

Jonathon is a Maintenance Mechanic with a background in Operating Engineering. He is responsible for the Hospital's ventilation and heating systems, keeping the hospital at a comfortable temperature and the air fresh. He is the “hands-on” person for minor repairs to plumbing and electrical, lighting, drywall and paint and calls in contractors, when needed.

He also takes care of the lawns and some snow removal. Since 2015, Jonathon has also been taking care of many of the maintenance needs for the Durham Medical Clinic.

Jonathon feels that the hospital is the heart of the community and the staff—a team and a family—are the heart of the hospital. He feels that his job is important to the patients' comfort and does his best for them every day.

“It is important that Durham have this hospital- people need to be close to home and their friends.” He says, “If the doors don't open, the building doesn't work and the people can't get in. Donors are a big part in keeping the



hospital doors open, so thank you!”



Yes! I want to support a strong local hospital.

I would like to make a gift of \$25 \$50 \$100 \$200 \$365 \$500 or \$_____

Name: _____ Town: _____ Postal Code: _____

Address (1): _____ Phone #: _____

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My cheque is enclosed (payable to Durham & Community HealthCare Foundation) or charge my credit card:

Cardholder's name: _____ Card #: _____ Exp date: ___/___

Have you considered joining our Monthly Giving Program? Here are a few great reasons:

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- You are always in control- able to cancel or make changes at any time
- You will maximize the impact of your support- your gift is put to work immediately
- Budgeting is easy and painless- plan for a level of support that is right for you

I've enclosed a blank cheque marked "VOID". I authorize Durham and Community Health Care Foundation to deduct

\$20 \$25 \$50 \$100 or \$_____ from this account on the 1st 15th or 30th / month

Or- I authorize Durham and Community Health Care Foundation to charge \$ _____ to my credit card (as above) on the

1st 15th or 30th of each month. Signature: _____ Date: _____

Upcoming Fundraising Activities in 2016!

Radiothon has moved to May!

May 12th- listen to CKNX from 9 am and call in your pledge. Enjoy a chili luncheon, eat-in or delivery.



May 14th- Pancake Breakfast, Spin-a-Thon, a Bike Road Rally, Family Health Fair, Toonie At The Till and more! Let's make this the best year ever!

June 25th- Scrubs and' Scopes Fundraising Golf Tournament



Highland Glen Golf Course
Priceville, ON.
11 am Tee-off
\$125/ pp

September 24- Casino Royale Annual Fall Gala



Dress up in black and white for a fun evening of live music, food, beverages, games and an auction!
7-11 pm. \$60/pp

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