

# Chez nous

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MCH EMPLOYEE NEWSLETTER

April 1, 2010

*News*

## The MCH makes headlines Come check out our Media Exhibit

MCH Public Relations and Communications (PRC) is hosting a Media Exhibit on April 7 and 8. Drop by 2B to take a look at all the articles written about The Montreal Children's Hospital, its staff and physicians. Also on display: a sampling of the brochures, booklets and other materials, such as the MCH website, produced by PRC.

Make sure to stop by the Media Exhibit April 7 and 8 on 2B.

## A note of thanks

We would like to thank all those who took part in preparation for arrival of the new intravenous pumps and those clinicians who attended the B Braun training sessions held on March 11 through to the 19. There were 55 nurses from various departments within the MCH who were trained as super-users to assist in on-going training. The implementation of the new Space Infusomat® pumps and transition to a needle-free intravenous delivery system was carried out throughout the MCH on Thursday, March 18. Bravo to all involved and the MCH is proud to announce we are now needle-free!

Montreal Children's Hospital Executive Committee:

**Dr. Harvey Guyda,**

Associate Executive Director

**Dr. Micheline Ste-Marie,**

Associate Director Professional Services

**Barbara Izzard,**

Associate Director Nursing

**Stephane Timothee,**

Associate Director Hospital Services

## The Montreal Children's Hospital wins prestigious award from l'Office québécois de la langue française

The Montreal Children's Hospital of the McGill University Health Centre proudly accepted a Mérites du français dans les technologies de l'information awarded by l'Office québécois de la langue française during the Soirée des Mérites et Francopub 2010 on March 25. The MCH received this prestigious award in the category of Website: large company in recognition of its new trauma and injury prevention website [www.hopitalpourenfants.com/trauma/fr](http://www.hopitalpourenfants.com/trauma/fr). These awards celebrate the vitality of the French language on websites, computer programs and multimedia products that have been created in Québec.



## A museologist among us

Maybe you've already passed her in the hallway. Maybe she's come knocking at your door. Her name is Karine Raynor; she's a museologist and art historian employed by the McGill University Health Centre (MUHC). If this seems strange to you, it shouldn't. You'd be surprised to discover that the buildings that make up the MUHC are a treasure trove of items and objects that tell the history of these institutions.

Karine catalogues artwork, archives, photos, audiovisual documents, medical antiquities, furniture, and textiles which have particular artistic or historical value. The goal is that these objects will eventually become part of an initiative to highlight the hospitals' heritage at the new MUHC—in a way that the community can benefit from it.

The objective of this work is in part to facilitate access to works and objects which make up the collections of the MUHC, in order to shed light on the history of the hospitals and medicine in Montreal from the 19th century to the present day. Another goal of the project is to improve the quality of the environments around the MUHC for employees, patients and visitors.

### Surprising discoveries

The discoveries that Karine has made up to now are surprising. For example, at the Montreal General Hospital, there's a canvas by the painter James Wilson Morrice. At the Montreal Children's Hospital, there's a work by Sir Frederick Grant Banting, the Canadian physician and scientist, who co-discovered insulin, and along with John MacLeod, won the Nobel Prize in Physiology or Medicine in 1923. He was also a friend of A.Y. Jackson of the Group of Seven. History would like us to believe that Banting was tempted to become a painter—good thing for people with diabetes that he decided to pursue a career in medicine

instead! Even though many works are found inside the offices at the MUHC, certain works of art, such as the sculpture of Queen Victoria at the Royal Victoria Hospital (RVH), are actually on display.

Besides works of art, there are objects that trace the evolution of medicine in Montreal. One example is the prototype of a stainless steel dialysis machine from the 1950s, located at the RVH, which measures nearly five feet long and originally had a wooden drum. At the time, this device was used every two days for seven hours at a time! At the Montreal Chest Hospital, there are also photos taken during a tuberculosis epidemic.

### Preparing the collection

The work that Karine has done since 2008 involves going from office to office and responding to requests from people who believe they might be sitting on something valuable from an artistic or heritage perspective. "Sometimes, people think they should preserve certain objects—and it's thanks to them that we have these finds and they can now be part of the collection." It's easy to see that Karine takes a certain pleasure in unravelling all of this!

Once Karine is able to catalogue all the items according to a classification system used in museology, the items will be put on display. Even though there is not yet an exhibition plan or a definitive program in place, the idea is that the works and objects can be exhibited in rotation in various areas of the hospitals such as hallways, waiting areas, and care units so that as many people as possible can enjoy the collection. Until that time, if you think you might have something in your possession that should be part of our recorded history, don't hesitate to contact Karine by email at [karine.raynor@muhc.mcgill.ca](mailto:karine.raynor@muhc.mcgill.ca).

## Events

### World Hemophilia Day at the MCH

Friday, April 16

Calling all doctors, nurses, residents and med students: How well do you know your congenital hemostasis? Get ready to hit the books!

The MUHC Hemophilia and Congenital Hemostasis Services team will be celebrating 2010 World Hemophilia Day on Friday, April 16. Hospital staff are invited to participate in a contest by filling out a mini pop quiz. Catherine Sabourin, nurse coordinator of the hemophilia clinic, will be distributing copies of the quiz at a kiosk in the 2B waiting area from 9:00 a.m. to 2:00 p.m. The person who has the best score on the quiz wins the grand prize. Visitors to the information booth may also win prizes. Come one, come all!

### Pilates for employees - Spring session

Classes have already started but there's still room!  
**Mondays** starting **March 22, 2010**, or **Wednesdays** starting **March 24, 2010**  
5:00-5:55 p.m., D-292

11 weeks

- Men and women are welcome
- \$110 for 1 x per week (11 classes total); \$200 for 2 x per week (22 classes total)
- Registration: Contact Karen @ 514 489-7717 or email [karenkunigis@hotmail.com](mailto:karenkunigis@hotmail.com)

## Ballet troupe gives generously to MCH in tribute to the team that cared for Nicholas Pitcairn

*May you never take one single breath for granted  
God forbid love ever leave you empty handed  
I hope you still feel small, when you stand by the ocean  
Whenever one door closes, I hope one more opens  
Promise me you'll give faith a fighting chance  
And when you get the choice to sit it out or dance  
I hope you dance  
I hope you dance  
I hope you dance performed by Lee Ann Womack*



A troupe of Montreal ballet and ballet jazz dancers with the Westmount Sports and Recreation Centre have been putting on their toe shoes and taking to the stage on a yearly basis to showcase their talents. For the last ten years, proceeds from La Soirée de danse have been handed over to the The Montreal Children's Hospital, particularly the Palliative Care Service.

"At first the proceeds were quite modest," recalls Sheila Lawrence, a former ballerina and the choreographer of La Soirée de danse. "In 2000, the show generated a mere \$400 in revenues. I decided to give it to The Montreal Children's Hospital Foundation as a token of appreciation for the incredible care given to my grandson Nicholas." To date, La Soirée de danse has generated \$12,000 which has been given to the MCH Foundation.

Ms. Lawrence's grandson Nicholas Pitcairn passed away three-and-a-half years ago, at home, surrounded by his loving family. He was only 17 years old. Since birth, Nicholas was in and out of the MCH due to neurological problems. He was wheelchair bound and unable to talk.

"As a baby, when Nicholas would have a particularly violent seizure, my daughter Jennifer would call the ER. Then she would pile Nicholas in the car and drive like mad from the West Island to the hospital. When she arrived a team would be standing waiting at the door with a crash cart, they would usher in mum and baby. Someone would even go park her car," she remembers.

Ms. Lawrence is overwhelmed by the care her grandson received and extremely grateful. "Nicholas was prone to pneumonia and he was in and out of the ICU more times than I can remember. The nurses were astonishing," she says, "so absolutely caring."

While Nicholas could not communicate with words he did manage to express himself physically. His grandmother recalls with a smile the antic he would pull when, after a long day at the hospital, they started heading towards the exit. Nicholas would smile from ear to ear, push out his feet from his wheelchair as if to say, "Yeah, no more prodding and poking and no more needles - I'm going home!"

In 2006, it was becoming clear that Nicholas was dying, and Jennifer wanted her son to be at home. The Pediatric Palliative Care Team did everything possible to accommodate the family's desire. Jennifer was given the number of a pager and told she could call any time of the day or night. Ms. Lawrence remembers when her daughter would call the pager someone would call her back within two minutes. "I'm not sure other hospitals do this. It was really amazing." She was very impressed by the team in palliative care. In the last three years, she figured palliative care likely didn't get a lot of financial support because death is not a subject people want to think about. So, she started directing the proceeds from La Soirée de danse to that service.

"Dr. Liben and the team were just wonderful to us," recalls Ms. Lawrence. "They exuded warmth and they normalized the situation for us. They didn't just take care of Nicholas; they took care of his entire family."

"We are incredibly grateful to Ms. Lawrence and her family for their support of the Palliative Care Service," says Dr. Stephen Liben. "We use the money in a variety of ways. With the funds we can offer the families under our care a little extra. For some families this might be a stroller, a special car seat, a lazy boy or even an air conditioner. We use the proceeds from the La Soirée de danse to make people's lives a little more comfortable."

**By Lisa Dutton**

MCH Staff @ work



**Claude Aubry**  
Distribution  
33 years at the MCH

I love to play hockey; I've been an instructor in minor hockey for 17 years. I really like music, and going to rock concerts is one of my great passions. I also enjoy playing the guitar. My favourite group is The Eagles.

At the MCH, I'm always pleasantly surprised at the dedication and professionalism of our employees. Bravo!



**Annie Dussault**  
Telehealth  
3 years at the MCH

In my spare time, I do a lot of different sports: cycling, rollerblading, skiing and snowboarding. I'm also one of the people responsible for a scout troop that's working to go to the world jamboree in Sweden in 2011.

I like the festive atmosphere at the Children's when there are decorations up. It's like a really big family here!



**Gina Orsini**  
Telehealth  
Less than one year at the MCH

My favourite pastimes are sewing, knitting and scrap-booking, and photography. When it comes to sports, I enjoy soccer, skiing and snowshoeing.

What I appreciate about my work is the team from Telehealth and the variety in my work. Everyone I meet always has a smile on their face!



**Susan Lemieux**  
PCC & Asthma Department  
5 1/2 years at the MCH

I love gardening and have transformed my workspace into a small tropical paradise. I'm proud to say that the "green clan" has expanded to a variety of 10.

Photo: Daniel Héon

## Celebrating 25 years of service and more

Congratulations to the many staff members who are celebrating 25, 30, 35 and 40 years of service in their careers at the MCH!

### 25 years

Antonietta **Angelini**  
Anna **Badia**  
Denis **Boisvert**  
Joan **Browne**  
Donna **Casa-Martin**  
Lucie **Desrochers**  
Giuseppina **Diana**  
Normand **Dumas**  
Angela **Formica**  
Bibiane **Gilbert-Dogbé**  
Claire **Guay**  
Anne-Marie **Hurteau**  
Margaret **Lamb**  
José **Lopes**  
Maria **Malkiewicz**  
Diane **Martin**  
Charlène **Matys**  
Muriel **Michel**  
Jennifer **Milne-Smith**  
Linda **Morneault**  
Diane **Newby**  
Carlos **Noriega**  
Andréane **Pharand**  
Manon **Plante**  
Maria **Ramsay**  
Evelyne **Sarmiento**  
Stephane **Schwartz**  
Serge **Soucy**  
Joanne **Stamegna**  
Dolores **Suarez**

### 30 years

Sylvie **Abou**  
Linda **Aspler**  
Hélène **Boudreau**  
Shirleyann **Briand**  
Danielle **Brunette**  
Lola **Cartier**  
Dale **Dell'elce**  
Mary **Deremer**  
André **Desjardins**  
Teresa **Di Re**  
Mary Pauline **Espinosa**  
Mirlla **Fuks-Lambert**  
Teresa **Gerez**  
Esther **Guy**  
Anne-Mary **Harvey-Bresinger**  
Michael **Hayden**  
Barbara **Izzard**  
Rosa **Macri-Delucacalce**  
Nick **Manias**  
Nayer **Mirza**  
Patricia **Mullins**  
Suzanne **Ouimet**  
Angela **Piazza**  
Margaret **Powell**  
Linda **Sand**  
Angeles **Toharia**  
Josée **Tremblay-Joubert**  
Jo-Anne **Trempe**  
Andrée **Turenne**

### 35 years

Nora **Alexanian**  
Samuel **Burstein**  
Mary **Figura**  
Diane **Gendron**  
Hernanita **Handinero**  
Joyce **Laduke**  
Jacques **Lapointe**  
Janice **Lariviere**  
Noreen **McGuckin**  
Sheila **Millar**  
Emilie **Pilikian**  
Halina **Poltorak-Jasiel**  
Barbara **Regis**  
Barbara **Simorjay**  
Anne Marie **Sobol**  
Rishi **Sukhdeo**  
Shirley **Trench**  
Barbara **Zavalkoff**

### 40 years

John **Cox**

## Continuing Education

### 32<sup>nd</sup> Annual Jean Pouliot Telethon Lectures

Aravinda Chakravarti, PhD, from the Johns Hopkins University School of Medicine will deliver the 2010 Jean Pouliot Telethon Lectures at MCH and Hôpital Sainte-Justine. Mark this highlight on the research calendar!

### Wednesday, April 7

- ▶ **Presentation at MCH:**  
"The Genetic Basis of Hirschsprung Disease"  
8:00 – 9:00 a.m.  
Forbes-Cushing Amphitheatre (D-182)
- ▶ **Presentation at Hôpital Sainte-Justine:**  
"Is Autism Genetic?"  
2:00 – 3:00 p.m.

## Making 10 different menus is all in a day's work

By Lisa Dutton

Don't mess with Dina El Rouby. She is sweet, she has a shy smile and she's very soft spoken, but she owns a 125-lb Rottweiler named Conan.

"I don't look like a Rottweiler person," she admits. She adopted the guard dog a few years ago when one night at 4 a.m. a stranger started pounding on her front door. She happened to be home alone that night. Through the locked door she ordered the man to leave, but he refused and kept banging away. She eventually called the police who escorted the drunk away. She never found out who it was or why he chose her house. Hence, Conan joined the family.

Dina joined the MCH family a year ago when she became a cook's helper in the MCH kitchen. Every day the kitchen prepares breakfasts, lunches and suppers for our hospitalized children. Dina prepares what are called special diets for children with food restrictions or specific food requirements. There are a number of different special diets:

- ▶ **Low residue** – no whole wheat
- ▶ **Diabetic** – low sugar
- ▶ **Low bacteria** – for patients with cancer
- ▶ **Gluten Free** – no wheat, barley, rye or other cereals
- ▶ **Kyrogenic** – high protein for patients with epilepsy
- ▶ **High Energy** – lots of calories
- ▶ **Low protein** – involves lots of special foods
- ▶ **Anorexic** – everything is precisely weighed
- ▶ **Kosher** – for patients of the Jewish faith

There could be up to 20 patients per day who require a special diet. That's 60 meals. So Dina really hustles during her four hour shift. Yet, she doesn't simply slap the food on a tray and move on to the next. She takes time

to make the meal look palatable. "We tend to eat with our eyes as well as our mouths, so, I want the food to look good. These kids are sick and when you see something that looks good you feel better," she says.



Photo: Daniel Héon

It can take Dina up to 15 minutes to prepare each meal for a child on the oncology unit. Everything has to be disinfected. Dina occasionally visits the oncology ward with a nutritionist because, she says, "I want to know who I am preparing the food for. I want to know who my patient is."

Dina immigrated to Canada from Egypt four years ago. She's finally getting used to Montreal's bleak and

cold winters. In Egypt, she worked as a social worker but once she arrived in Canada she became enthralled with nursing. She is studying nursing at Dawson and hopes to work at the MCH upon graduation. "There is a good and bad side to every job," she says, "but nursing only has a good side. You are helping people."

When asked what she does in her free time, Dina sheepishly says, "I won't lie; I don't go to the gym. I love to cook all kinds of food: pastries, Egyptian dishes, Canadian dishes. I like to try everything and often clip recipes from magazines. I love my kitchen. On my day off, I get everything ready." And then she cooks up a storm. In fact, Dina's signature dish is Zucchini with Béchamel Sauce. Her no fail recipe is below.

Cooking helps Dina keep busy. She has no children and her family still lives in Egypt, though her husband is right here with her at the MCH, working in the security department. But, she's found a second family at the Montreal Children's Hospital. She loves the women she works with and loves her job. "I leave work happy. I feel like I've done something, I've helped someone."

### Dina's Zucchini with Béchamel Sauce

500g minced beef  
7-8 medium zucchinis  
2 onions finely chopped  
Salt and pepper  
1 tbsp oil

**For the Béchamel sauce**  
6 cups of milk (3%)  
6 tbsp flour  
6 tbsp butter

In a pan, heat the oil at medium temperature and stir in the chopped onions. Stir until onions turn light brown. Add the minced meat, salt and pepper. Keep stirring until the meat browns. Don't let the mixture get dry. Set aside.

Wash and then peel the zucchinis. Slice the zucchinis. The slices should not be too thick or too thin. Add zucchinis to the meat mixture. Stir for 12 minutes until the zucchini is soft but not mushy.

#### Béchamel Sauce

Melt butter in a pot. Add flour one tbsp at a time. Stir to prevent lumps. Add milk one cup at a time, stirring until thick and then add next cup. The mixture should be watery.

In an aluminum pan, spread alternately one layer of meat and zucchini mixture and then top with béchamel sauce. Top the final layer of béchamel sauce with a liberal sprinkling of parmesan cheese.

Bake in oven 325°F until golden about 30-40 minutes. Serve with salad and/or rice.

**Dina wishes you bon appétit!**