

Chez nous

MCH EMPLOYEE NEWSLETTER

January 21, 2010

News

The HABS pay a visit to our patients



Photo: Daniel Héon

Our patients got to meet their idols recently when the players from the Montreal Canadiens stopped by for a two-hour visit. Quoted in *Le journal de Montreal*, Habs veteran Glen Metropolit says he would not have missed it for the world. Metropolit told the paper of all the public events the team participates in, the visits to meet patients at The Montreal Children's Hospital and the CHU Ste-Justine are the most important of the year.

Number 15, who has two children of his own, says the visit quickly brings the players back down to earth.

For more pictures of the Canadiens visit our Facebook page at Facebook.com/MCH.HME, or watch our video on YouTube at <http://www.youtube.com/user/thechildrens#p/u>

Dedicated groups make MCH equipment needs a number-one priority

By Sébastien Dubé

Did you know that we were provided with more than \$4.85 million to buy new equipment for the period beginning April 2009? In the past our generous foundations were donating about 80% of the yearly equipment budget. The Agence has now changed their process and over the last year they contributed about 50% of the close to \$5 million we received. The Agence contribution is definitely of utmost importance for maintaining our equipment.

We cannot overestimate our donors' generosity in helping to acquire equipment, made possible thanks to the hard work of the MCH Auxiliary, the Just for Kids Foundation and, most notably, The Montreal Children's Hospital Foundation. The Auxiliary contributed more than \$90,000 this year to help us fund small items like sleeping chairs for parents in the ER. They also maintained a reserve fund for emergencies not provided for by the Agence. We thank them for helping us to smooth out the edges and for giving us much-needed flexibility in managing our needs.

For more than 20 years, the Just for Kids Foundation's mandate has been to designate 100% of their annual revenues exclusively to the purchase of priority equipment for The Children's. Thanks to the continued success of their fundraising efforts, they committed to a contribution of \$350,000 in 2009 to provide equipment for various departments, including ENT, GI, Genetics and Nephrology.

The Hospital's most important source of private funding for equipment is The Montreal Children's Hospital Foundation. Thanks to major events such as the Caring for Kids Radiothon and Pedal for Kids, partners like Opération Enfant Soleil and the tens of thousands of donors who choose to give to The Children's, our Foundation is able to contribute millions of dollars each year toward our equipment needs. From large items such as the new ophthalmology Retcam and microscope to smaller pieces such as syringe pumps and baby scales, the Foundation and its donors recognize how vital new equipment is to maintaining the high quality of care for which The Children's is known. Moreover, this year, in addition to helping meet our current needs, the Foundation also raised the \$12 million necessary to install the Intra-Operative MRI Suite. We are truly fortunate to have such a hugely successful and dedicated Foundation and we cannot thank them enough.

Next time you are caring for your patients take a couple of minutes to think about what you have to work with, and the spirit and commitment of the people who put all their efforts together to bring this equipment to your practice.

Watch for a follow-up article in the next issue of Chez nous that will outline how the equipment purchasing process works.

Child Life Services Parent Coffee Hour



Photo: courtesy of Child Life Services, MCH

Child Life specialists provide services to meet the psychosocial needs of children and their families in hospital. Today, Child Life specialists promote effective coping through play, preparation, education, and self-expression activities. They provide emotional support for families, and encourage optimum development of children in healthcare settings.

The Parent Coffee Hour is facilitated by the Child Life specialist and provides another means of promoting family-centered care. This activity is not an obligation; it is an invitation for parents to take a break from the hospital routine while enjoying a nice cup of coffee and freshly baked cookies. Our aim is to create a warm, caring and relaxed environment where parents can share their experiences with each other if they wish or simply benefit from having some time devoted to themselves. Special activities are often part of the coffee hour to provide moments where parents, siblings and patients can take part in self-expression activities. Additional perks to the Child Life Coffee Hour include massages for parents, nail manicurist and "spa days". Some may call the scent of freshly baked cookies 'aromatherapy', others may refer to the experience as a momentary oasis... Our experience shows that with time, attendance increases as it becomes a part of the regular routine on the unit. People come to look forward to this relaxing, warm and rejuvenating experience. This activity has been sponsored by the Starlight Children's foundation since its start.

A big thanks to the MCH community The CSCA applauds hospital-wide effort during H1N1 pandemic

The members of the Council for Services to Children and Adolescents (CSCA), the MCH's advisory Board of Directors, would like to thank the MCH staff for the exemplary job in managing the H1N1 pandemic. From Infection Control to Emergency, Housekeeping and the clinics; from administration to nursing and staff health... everyone pitched in, worked together and got the job done. The MCH is a great hospital thanks in no small part to its amazing staff and physicians. It seems inadequate to simply say "thank you", but these two words bring with them our respect and sincere appreciation for always making our young patients' health and well-being your number-one priority.

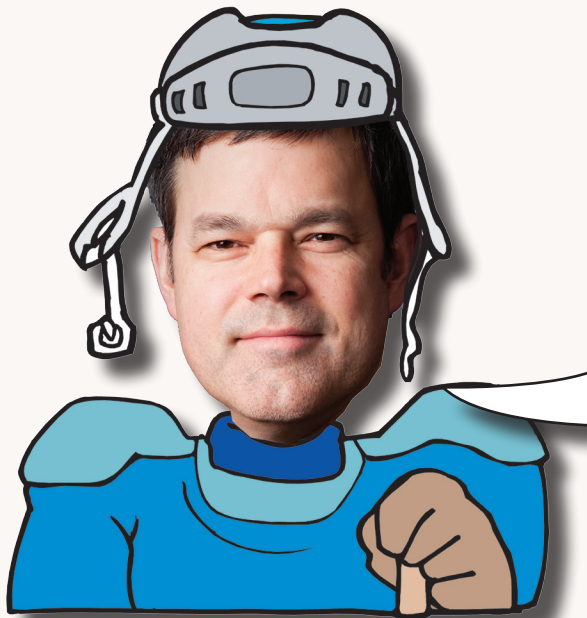
Mr. John Coleman
Chair CSCA



Photo: Daniel Héon

First row (l. to r.): Mr. François Laurin, Dr. Harvey Guyda, Mr. John A. Coleman, Ms. Louise Dery-Goldberg.

Back row: Dr. Gary Pekeles, Mr. Graham Bagnall, Dr. Jacquetta Trasler, Dr. Sam Benaroya, Ms. Randy, Mr. Greg Rokos, Ms. Linda Morneau, Dr. Earl Rubin, Ms. Imma Gidaro, Dr. Nicolas Steinmetz, Ms. Angela Formica, Mr. André Brodeur, Mr. Seymour Smith.



The good ol' hockey game

Hello out there, were on the air
it's hockey night tonight!

The tension grows,
the whistle blows,
and the puck goes down the ice.

The goalie jumps,
and the players bump,
and the fans all go insane.

Someone roars:

"Ken Shaw Scores!"

At the good old hockey game!

Stompin' Tom Connors

Join the MCH Hockey Association!

The first meeting of the unofficial Montreal Children's Hospital Hockey Association (MCHHA) will be held from 11 a.m. to 1:00 p.m. on January 26 in Rm. C-825. Snacks and drinks (appropriate for hospital consumption) will be served.

After some success with a single game per year schedule versus the CJAD Mighty Yuks, it became clear that many skaters and shooters are hiding throughout the MCH. This meeting is being held to explore the possibilities of a small

tournament in early April. Much information is needed from interested parties to proceed. Please come out to the meeting or e-mail kenneth.shaw@muhc.mcgill.ca. If e-mailing only, please indicate your age, preferred two positions, highest level of competition, and how many times you've played since September 1, 2009.

Good player or bad...we need you.

Ken Shaw, General Manager of the MCH Mighty MUHers

Clinical Activities Priority Setting (CAPS) Project well under way

The clinical activities priority setting project, a.k.a. CAPS, is a process to select a number of clinical programs or activities, which through preferential allocation of resources (human, physical and fiscal) will be allowed to develop and grow. When these clinical priorities are selected this will guide resource allocation and organization-wide decision-making that support the MUHC's (and MCH's) Vision, Mission and Values, as well as its academic health centre mandate.

The CAPS process was launched on January 7, 2010.

GOAL OF THE PROCESS

The goal is to identify the programs that the MCH deems a priority. Once these programs have been selected they will guide the strategic direction of the MUHC, helping align organizational decisions such as human resource planning, equipment choices and allocation of space in a more coherent and goal-oriented fashion.

DECISION-MAKING PROCESS

Approximately 30 MCH clinical services will be required to complete a CAPS Workbook (which can be downloaded from the intranet), made up of seven sections, consisting of the following evaluation criteria:

- **Criterion 1:** Strategic Fit
- **Criterion 2:** Clinical Impact (needs and trends)
- **Criterion 3:** Academic Health Centre – Teaching
- **Criterion 4:** Academic Health Centre – Research
- **Criterion 5:** Health Care Context – Positioning (leadership and partnership)
- **Criterion 6:** Integrated Complex Care
- **Criterion 7:** Sustainability

The Strategic Directions Committee (SDC), comprised of a diverse group of representatives from throughout the MUHC, will evaluate the workbooks and determine a finite list of clinical priority programs that reflect the future strategic orientations of the MCH and MUHC. These will then be proposed to the Executive Director and presented to the MUHC Board for endorsement.

PROJECT TIMELINE

Submission of the CAPS Workbooks runs from Jan. 11 to Feb. 19. Submitted workbooks will be evaluated over a 4-week period (February to March) from which a preliminary list of clinical priorities will emerge. A revision period has been set for some time in April, after which the list of priorities will be finalized.

PROCESS SUPPORT

To support the process, an MUHC support team has been created. For the MCH, two individuals have been assigned, namely Monique Périé (MUHC Transition Office, ext. 71415) and Michelle Matte (MUHC Quality Management, ext. 43944). For any issues related to the overall process, the contact person for the pediatric mission is Demetra Kafantaris, MCH Senior Advisor Corporate Affairs (ext. 23148, F-370).

For more information, visit the MUHC Intranet site at intranet.muhc.mcgill.ca/CAPS/index.html.

Mount Lego triptych on display in 2B

From now until February 26, three amazing Lego creations are on display in the 2B waiting area. Two young Montrealers, Toben Neidik and Myles Landry, first got the idea to build the sculptures while lunching at Beaver Lake with their moms in 2004. Since that time, they've recreated Beaver Lake, the monument to Sir Georges-Étienne Cartier on Parc Avenue, and the Grand Chalet and Kondiaronk lookout at the top of Mount Royal. Make sure to stop by to see these amazing creations!



Photo: Daniel Héon

Your little star could be in the spotlight!

Maybe you didn't know this but the photo of little Laurent which appears on the banner of the MCH website shows him in the arms of his grandfather, Daniel Héon from Medical Multimedia. And the little baby girl who's smiling out from the side of the MUHC shuttle is Frédérique, daughter of Denisse Campos from Public Relations and Communications...

If you'd like to share your photographic talents and maybe see your little one's smiling face on our web site ([www.](http://www.thechildren.com)

thechildren.com) or in the album on our official MCH Facebook page (facebook.com/MCH.HME), let us know.

You can send your high-resolution photo with your child's name and age, along with your name, your department and extension number to info@thechildren.com. We'll get in touch with you if we plan to publish your photo. Your little star could be in the spotlight!



Photo: Daniel Héon

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To submit stories or ideas to Chez nous, contact Public Relations and Communications at info@thechildren.com or ext. 24307.



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital
Centre universitaire de santé McGill
McGill University Health Centre

MEDIA PORTAL



Good posture... for a happy new year!

By Denisse Campos

A persistent shoulder pain caused by countless clicks of the mouse that are required in my daily work brought me to the point of taking anti-inflammatories, and eventually, to consult an osteopath. After several sessions, the osteopath suggested I look at my posture at work. We often think that pain comes from a sudden movement, but we sometimes forget that a movement done frequently with poor posture can also be the culprit.

I made a call to a specialist in prevention from Occupational Health and Safety so that she could come to check my posture. That person is Helen Jung. Full of energy, she came to meet me at my office in order to tell me what I was doing wrong ... Funny—knowing that she was coming I sat up a little straighter than I normally do. “I really need to see how a person works, how they sit and what movements they do, from A to Z,” she told me. Helen is a graduate of Exercise Science at Concordia and also has a Masters in Rehabilitation from McGill. “The majority of musculo-skeletal problems are caused by incorrect posture.”

Helen works as much with office employees who spend their day at workstations as she does with nurses, lab personnel, and housekeeping staff. “I have to observe what they do, how they do it, what equipment they use, how they get up, how they hold and manipulate their tools.” Then, she enumerates what they’re doing incorrectly, and what is getting in the



way of normal body movement. Then she tries to find the solutions to correct things.

“The challenge is to find alternative solutions,” she says. “There are always obstacles, whether it’s at the equipment level or about the action that needs to be done. But often, minor changes are all that’s needed to correct the problem.” In fact, after raising my chair so that my arms are at 90° and leaning on the arms of my chair in order to support my wrists, I noticed that the burning sensation had almost disappeared. At first, I had the impression of being too high up on my chair but now I’m used to it... and for the better.

“There’s no single right way of doing things because every body is different,” says Helen. “Some people have shorter legs and might need a footrest. I know how the body needs to be positioned; what we do with people is to see what’s uncomfortable and find an alternative.” She further says, “In my work, I’m forever learning, since I’m always learning what people do. I can be observing an office employee at work and right after that, go meet a staff

member who is transferring patients from stretchers to beds. In the latter case, the right posture depends on the patient’s weight, and the height of the staff member.” Sometimes, Helen is also called upon to do other things, like adjust masks during the H1N1 pandemic, or look at how to organize a work space in the new hospital or as part of renovations.

It’s all pretty fascinating work! And you can be sure that nothing escapes her... when she was heading out of my office for her next meeting at one of our labs, she remarked that I was sitting on the edge of my chair. A big no-no!

To start the year off right, I asked Helen to share with us several basic tips to ensure good habits and help avoid discomfort. After all, we’ll be at our “posts” at least 1800 hours this year!

- **Be aware of any signs of discomfort and check your posture;**
- **Change your position frequently;**
- **Don’t cross your legs for any significant length of time;**
- **Don’t sit on the edge of your seat (noted!);**
- **Don’t have your nose glued to the screen;**
- **Bend your knees whenever lifting something heavy;**
- **Listen to your body.**

Making Headlines

Dr. Sherif Emil, head of Pediatric General Surgery at the MCH, was recently interviewed on The Link, which is broadcast on Radio Canada International. In the interview, Dr. Emil talks about growing up in Egypt, Nigeria, and Saudi Arabia before coming to North America at age 17. He talks about studying at McGill University and his profound commitment to third world medicine. Dr. Emil

made headlines last year working with Dr. Nabil Fanous to remove a tumour from a young boy’s forehead using a procedure that helped prevent scarring of the boy’s skin.

The Link interview is available on the MCH website at: thechildren.com/ etc.

Events

5th Annual Family Literacy Day at the MCH

MCH staff and volunteers, in partnership with the Centre for Literacy of Québec, will be giving books to children and their parents in the 2B waiting area. Staff from the Centre will provide information on literacy related topics, and MCH Child Life Services will provide reading related activities. Please encourage parents and children to drop by on January 27. After 2:00 p.m., hospital staff may pick up books for their units or clinics.

Wednesday, January 27, 2010
9:00 a.m. to 2:00 p.m., 2B Area

Info: Linda Stephens, Project Coordinator Imagine:
Lire/Read, linda.stephens@muhc.mcgill.ca

Lynn Kiraly-Batist, Family Resource Library
ext. 22383 or bibliofam@muhc.mcgill.ca

Quality of Life at Work Committee

Valentine's Day Coffee Break

To mark Valentine's Day, the Quality of Life at Work Committee invites you to stop by the cafeteria for coffee for a little break from work and to meet some of your colleagues at the same time!

Friday, Feb. 12
8:00 to 10:30 a.m.
2:30 to 4:00 p.m.
Cafeteria
See you there!



Awards and Nominations

McGill Lifetime Awards – staff recognition awards

A number of our colleagues were recently honoured in the Service Recognition Program of the Faculty of Medicine, McGill University at the Department of Pediatrics Bi-Annual Meeting held on January 6. Congratulations to everyone!

Years

15 Gilles Julien
Luc Charles Jutras
Maria Ramsay

Michelle Pépin
Michael Shevell
Mitch Shiller

40 Hyman Goldman
Harvey Guyda
Nicolas Steinmetz
Agnes Zeliger

20 Robert Brouillette
Marlene Davis
Deborah Loyer
David McGillivray

30 Paul Goodyer
Michael Kramer

35 David Rabin

45 Melvin Wise (2009)
Howe Bruce Williams (2009)

MCH nurse receives EUREKA Nursing Award

The **EUREKA** nursing research fellowship has been awarded to **Heather Davies**, Clinical Nurse Specialist in Neurology. Heather will be able to devote a full year to her research project entitled "Parental

Perceptions of Transition Care for Adolescents with Complex Chronic Neurological Conditions who have an Intellectual Impairment". This valuable study will serve to guide the care of these children at a crucial

point in their lives and improve the quality of care for this transition process. Since its inception, 4 of the 6 **EUREKA** fellowships granted have gone to MCH nurses.

From guard at work to guard on the court

By Lisa Dutton

Unlike most Montrealers, during the Grey Cup football game which pitted Montreal versus Saskatchewan, MCH security guard Kim-Heang Ath was cheering for the Rough Riders. In fact in the dying seconds when the Alouettes' kicker missed the field goal, Kim was jumping up and down...until the yellow flags hit the turf. Suffice it to say his joy was short lived.

Kim's affinity for the Rough Riders has genuine roots: he was born in the prairie province that's home to the team. But his stay in Saskatchewan was not a long one. He was a resident for a total of five days. Here's why...

On September 4 or 5, 1984, a then very pregnant Ms. Ath boarded a plane in war-torn Cambodia and headed for Canada, alone. Her husband desperately wanted his wife to get out of the country which was being terrorized by Khmer Rouge guerrillas. About 1.5 million Cambodians are estimated to have died in waves of murder, torture, and starvation, aimed particularly at the educated and intellectual elite.

As Ms. Ath entered Canadian airspace, she went in to labour. The plane made an emergency landing at the closest airport, which was in Saskatoon. Ms. Ath gave birth to her first child, a boy, born at 28 weeks. One of the last requests her husband made as Ms. Ath boarded the airplane was if the baby was a boy call him Heang, if the baby was a girl call her Kim. Out of respect for her husband, Ms. Ath named her premature baby Kim-Heang.

Kim is the familiar face you see most days at the MCH security booth on the first floor. His employer is Kolossal Security, but Kim has been



Photo: Daniel Héon

working the security detail at the MCH for seven years.

"I love this place so much. Every day is a challenge. No two days in a row are the same. I love my teammates and I like putting smiles on employees' and kids' faces that come through our doors," says Kim.

Growing up, Kim never would have guessed he would be working security at The Montreal Children's Hospital. Believe it or not, at 5' 6" Kim is a gifted basketball player. In high school and college, he was the shooting guard. He was headed to the NCAA Div.1 at University of Minnesota with a basketball scholarship when he fell ill. He needed intestinal surgery—a lingering consequence of having been born prematurely. In fact, this was Kim's third major surgery. He'd previously endured heart and stomach surgeries. Worried about his health, Kim declined the scholarship, a decision that brought many regrets. "I just saw my career flying in the dust," he says. Despite this failure,

Kim had a request from his former coach at Louis-Joseph-Papineau HS if he could start and coach a female team, which he accepted. "This opportunity helped me by staying in the basketball business and working on developing young athletes."

He went on to pursue a CEGEP degree in Leisure Studies but was disappointed to learn the school didn't have a basketball team. He switched to CEGEP de Maisonneuve where he completed a three-year program in Police Training. He could have joined the men in blue on the MUC police force, but his mom's lingering memories of the war in Cambodia made him promise to never, ever carry a gun.

Kim wasn't done yet for his passion for b-ball. So this year, he founded The Montreal Children's Hospital Basketball team. There are nine employees on this corporate mixed league; the team plays every Tuesday at various colleges and practices Sunday at the McGill gym.

With a record of 1 and 6, the team isn't quite top of the league but as Kim notes, "We're a team in transition. We don't back down after a loss, my teammates are hard workers, we learn from our mistakes and we have good team spirit, which is the key to our upcoming success!" He's confident that they will be climbing the standing in no time in the second half of the season. We're all cheering for you!

To learn more about this corporate league and to see the MCH team's statistics check out www.kinclerbasketball.com.