

Chez nous

MCH EMPLOYEE NEWSLETTER

Spring 2015

Special edition: Awards of Excellence 2015 Winners



Hôpital de Montréal
pour enfants
Centre universitaire
de santé McGill



Montreal Children's
Hospital
McGill University
Health Centre

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PRIX D'EXCELLENCE
AWARDS OF EXCELLENCE

2015

Fondation de l'Hôpital de Montréal pour enfants
Montreal Children's Hospital Foundation

Awards of Excellence ceremony

Sponsored by 

Invitation

*to all staff members
and our sponsors*

TEA, WEDNESDAY, JUNE 17
From 2:30 to 4:30pm

In the Montreal Children's Hospital Atrium
1001, Décarie Blvd., Montreal

La Fondation de l'Hôpital
de Montréal pour enfants



The Montreal Children's
Hospital Foundation



The Montreal Children's Hospital Foundation is proud to present to you the 2015 winners of the MCHF Awards of Excellence.

This special edition of *Chez Nous* celebrates the achievements of five outstanding staff members who have been chosen by their colleagues in their respective field of duty for the excellence of their work and applauds three volunteers who have the Montreal Children's Hospital close to their heart. The Montreal Children's Hospital



Marie-Josée Gariépy



Greg Rokos

The Montreal Children's Hospital Foundation Awards of Excellence are the best proof there is of recognition from their peers.

Every patient you treat, every parent you comfort, every time you go the extra mile, you are making a lasting difference in the lives of sick children and their families. For many, your care is something they will remember for a lifetime.

We thank all our volunteers and our staff members for your whole-hearted devotion. We, at the Foundation, believe each and every one of you is a winner. We also want to highlight our sponsors' support for believing in you and in the important work you do: Global Montreal, Gustav Levinschi Foundation, Jean Coutu Group, National Bank, Shire, TD and TransForce.

Your skill and know-how are the foundation upon which rests the Montreal Children's Hospital's reputation of excellence. Congratulations and above all, thank you!

Marie-Josée Gariépy
President, Montreal Children's Hospital Foundation

Greg Rokos
Chairman of the Board, Montreal Children's Hospital Foundation

Bertrand Dupuis

As far as he can remember, Bertrand Dupuis has always had a connection with sick children. "When I was 6, my best friend was in a wheelchair," he says. But failing chemistry and physics in CEGEP cut short his ambition to become a doctor. That is when he discovered psychoeducation: a field that focuses on empowering children to work through challenges. "I like this approach because it deals with the human aspect of care for sick children."

Since starting at the Montreal Children's Hospital 35 years ago, Bertrand has worked in all floors and in all departments, with one exception: the emergency room. He has also become a very much-appreciated mentor within the Child Life team. The secret to his longevity? His passion for children, his respect for families, and the rich encounters he has made over the years.

Bertrand feels that being a man helped him both in his working relationships and his role in patient care: "While fathers are more

involved now than when I first started, I see how it's good for young people to develop a non-threatening relationship with a man in an environment dominated by women."

Bertrand has developed relationships with hundreds of children, especially in the hematology-oncology department. "You end up getting attached," he says, to the point where he suffered from burnout. "At one point, I even went to work selling coffee at Van Houtte's for a breather! When you live alongside illness so much, you come to think that it's the norm." Since then, Bertrand has learned to develop a balanced life and gained wisdom in the process.

Does he inquire about those he once knew so well? "I don't encourage this type of relationship, because in reality, when these children leave the hospital, others arrive; we must keep our energy for them."

When he learned that he had been awarded the Global Montreal Professional Staff Award of Excellence, Bertrand was both touched and embarrassed. "I have never sought recognition!" But with his colleagues repeating that he deserved it, "I finally realized how much I was moved," he says. "In the end, I have a desire to be recognized!" Without a doubt, it will be impossible to take the psychoeducator out of Bertrand!

It is a pleasure and an honour for us to present the Global Montreal Professional Staff Award of Excellence to Child Life Specialist and psychoeducator Bertrand Dupuis, who has dedicated his life's work to bringing comfort to children and their families. As a news organization we've shared many stories of courage and hope from the Montreal Children's Hospital and are constantly inspired by the resourcefulness and resilience of its young patients. We know that for many of these children, the guidance and support they receive at the hospital makes a world of difference in helping them to overcome their medical challenges.

As a Child Life Specialist, Bertrand dedicates himself to helping his patients help themselves. Using play and a variety of educational and creative techniques, Bertrand teaches young patients to cope with the stress and anxiety of fighting a life-altering illness.

For his caring and wisdom and for his capacity to inspire patients, their families and his colleagues, we congratulate you, Bertrand.

Bertrand Dupuis is the recipient of the *Global Montreal Professional Staff Award of Excellence*.



Josefina Revuelta

*The
Gustav Levinschi
Foundation*

Josefina Revuelta – “Josie” to her colleagues and friends — always carries a notebook to scribble ideas about her work when she gets a chance to relax a bit during her twenty-minute Metro ride to and from the Montreal Children’s Hospital. For some time now, most of her ideas have been about the hospital’s move to the Glen complex. She believes the move is an opportunity for change that can only be positive. It’s another test of her leadership.



Josefina “Josie” Revuelta is the recipient of the Gustav Levinschi Nursing Award of Excellence.

Josie is a nurse manager at the Children’s, where she’s responsible for 36 medical and 10 short-stay beds on a general medical ward. She gets in early every morning to be on hand for the nurses’ shift change from the night to the day. Regular interchange with her colleagues is an essential part of her job as a manager of bedside care. She must also be able and ready to do all of the things that any nurse on her team might be called on to do. As team-leader, Josie must be a guide and a mentor — the one you can always turn to, whether you’re a nurse or the family-member of a patient.

While she goes to work every day as a manager, Josie is above all a nurse. It’s what she wanted to be from age six, and what she has done for the past 27 years at the Children’s. When asked if she would ever want to do anything else, Josie pauses before finally answering that she might like to teach – as long as her subject matter could be nursing.

When she learned that she would receive the Gustav Levinschi Nursing Award of Excellence, Josie immediately thought of her team. “I don’t accomplish any of this alone. I accomplish it with a group — nurses, doctors, support staff and patients.”

At the Gustav Levinschi Foundation, we believe that nurses are often the unsung heroes of healthcare. That is why we are very proud to celebrate the outstanding work of Josefina “Josie” Revuelta by presenting her with the Gustav Levinschi Nursing Award of Excellence.

As a nurse manager at the Montreal Children’s Hospital, Josie is a guide and a mentor who regularly goes beyond the call of duty. Dedicated to pushing the boundaries of her profession and embracing new challenges, Josie is always there for her team, and her patients and their families.

The Gustav Levinschi Foundation shares Josie’s deeply-held commitment to giving back to the community and we are proud to support the important work of such a remarkable and respected health professional.

Dr. Patricia Riley



As a member of the neonatal clinic's follow-up program, Dr. Patricia Riley gets to keep tabs on many of the tiniest patients at the Montreal Children's Hospital. Her principal clientele includes "graduates" of the Neonatal Intensive Care Unit who are born prematurely, those who suffer from lack of oxygen at birth and all other newborns whose continued development presents known risks. "It's a comprehensive program to assess and monitor the developmental outcome of babies who were in the NICU," Dr. Riley explains. Of crucial importance for such babies is coordination of post-NICU care within the hospital and with a baby's pediatrician or family doctor.

The care provided by Dr. Riley's neonatal follow-up team may include referring a patient to a pediatric neurologist or other medical specialist, or working with others in the developmental assessment team, such as occupational therapists or physiotherapists. It may also mean lending a shoulder to a mom or dad facing the frightening unknown.

When she manages the medical follow-up of the infants in her care, Dr. Riley is certain to assure families that such care doesn't stop at the door. Parents of sick babies are never on their own on Dr. Riley's watch: she will keep looking out for her little patients, checking in at regular intervals as baby grows into childhood.

As she looks at the generation of young healthcare professionals coming up, Dr. Riley has a clear vision of the values she hopes to impart to her successors — values she has nurtured over a nearly-forty-year career at the Children's: respect among colleagues and for patients and, as important in her eyes, the value of teamwork.

Of receiving the Jean Coutu Medical Award of Excellence, Dr. Riley says, "I'm getting this award not because of me as an individual, but because I work with a team that works with families. I'm proud of what I do on that team."

The Jean Coutu Group not only believes in the importance of good medical care for families, but also in providing them with reassurance and guidance. Parents of babies who must spend days, weeks or even longer in the Neonatal Intensive Care unit of the Montreal Children's Hospital can rely on Dr. Patricia Riley

and her neonatal follow-up team. They guide families through the maze of multidisciplinary care a newborn may require following a stay in the NICU.

Dr. Riley has transformed the lives and brightened the futures of countless babies and their families by ensuring that outstanding medical care, both physical and emotional, doesn't stop at the Hospital's front door.

For her leadership and her 40 years of commitment and dedication to child health, the Jean Coutu Group is proud to present the Jean Coutu Medical Award of Excellence to Dr. Patricia Riley, Director of the Neonatal Follow-up Program.



Dr. Patricia Riley is the recipient of the Jean Coutu Medical Award of Excellence.



CONTINUED >>>

Peter Morton & Michael Whitworth

One
for youth

NATIONAL
BANK

There's no complicated answer when you ask Peter Morton and Michael Whitworth to explain their motivation. "It's about giving back." The two award-winning volunteers, perennial organizers of the annual MCHF Golf Tournament since its inception in 1997, remember their own families' experiences with the Children's — of how they found comfort or life-saving care for a son or a grand-daughter.

Peter and Michael were recruited to help organize the first golf tournament by the charity event's co-founders, Dr. Bruce Williams and the late Hugh G. Hallward. The foursome shared a purpose: to raise money to help attract and retain the best and brightest medical talent to the Montreal Children's Hospital. They did it by establishing generous endowments, creating three chairs: the Dorothy Williams Chair in Pediatric Surgery, the Tony Dobell Chair in Pediatric Surgery and the Wendy Macdonald Chair for Pediatric Medical Education. Funds from the golf tournament have also gone toward fellowships and to support the work of Dr. Bruce Williams in the H.B. Williams Craniofacial and Cleft Surgery Unit.

This year, the focus is on the Tournament's fourth major endowment: the Hugh G. Hallward Chair in Pediatric Surgical Research, which will provide key resources for research that could be used in a clinical setting quickly and effectively. Michael notes that the Hallward family itself has donated significantly toward the more-than-three-million dollars needed for the new chair.

When he learned that he would be co-recipient of this year's National Bank Community Leadership and Volunteer Award of Excellence, Michael says, modestly, "I was very honoured, but I'm happy to be in the background." For his part, Peter reflects: "Although I was the co-chair I am just one part of a dedicated group of concerned Montrealers who have given many years of their time to raise an incredible amount of money to help the Children's."

Those interested should note that the 19th edition of the Montreal Children's Hospital Foundation Golf Tournament will be held on Wednesday, September 9, 2015 at the Royal Montreal Golf Club.

At National Bank, we are committed to promoting the well-being of the communities we serve; through our One for Youth program, we place young people at the heart of our involvement. We know that it takes a special kind of person to toil, year in and year out, to organize efforts to raise money that helps that most precious of all resources: our children.

Peter Morton and Michael Whitworth have championed the cause of children's health for almost twenty years. Tirelessly, and without any expectation of reward or recognition, these two men have inspired their friends and colleagues, and their many admirers with their devotion to their singularly vital cause. Along the way, they have helped raise millions to establish academic chairs that have been instrumental in attracting some of the world's most brilliant medical minds to the Montreal Children's Hospital.

National Bank proudly presents the National Bank Community Leadership and Volunteer Award of Excellence to two pillars of the Montreal Children's Hospital Golf Tournament organizing committee, Peter Morton and Michael Whitworth.



Michael Whitworth and Peter Morton are the recipients of the National Bank Community Leadership and Volunteer Award of Excellence.

Dr. Bethany Foster



Dr. Bethany Foster is a pediatric nephrologist, a “kidney specialist” who spends the bulk of her time researching ways to help adolescents and young adults face life with renal failure. Kidney transplant is the goal for all young people with kidney failure. However, kidney transplant is not a cure. “Even if they get a kidney transplant, they still have a chronic condition they have to live with for their entire lives,” says Dr. Foster.

Beyond the intense treatment commanded by end-stage renal failure, there is the challenge for physicians like Dr. Foster of helping patients help themselves by sticking closely to their

treatment plan. It’s a particular challenge when dealing with adolescents and young adults – a segment of the kidney patient population she says is at highest risk, in large part because such patients don’t always follow doctors’ orders. “You can always make a better medicine, but if people don’t take it, it’s not going to work.” Dr. Foster believes there can be a tendency to blame kidney patients in that age group for setbacks in their treatment because ‘they could have done what they were supposed to do’. But if she feels frustration, she doesn’t speak of it. “Everyone goes through adolescence and does things that, looking back, you say ‘I should never have done that’.” She adds: “I feel for these young people who don’t get a lot of breaks in life and already are living a much more difficult existence than your average young person.”

As she pursues her work at the Research Institute of the MUHC and her clinical work at the Children’s, and as she helps train the next generation of physicians at McGill, Dr. Foster understands that the problem of end-stage renal failure may never be completely solved. Yet a recent study she authored has noted a dramatic drop of 12 to 20 percent every five years since 1990 in the risk of death of children or adolescents being treated with dialysis.

On learning she would receive the Shire Research Award of Excellence, Dr. Foster says “I was pretty surprised.” She pauses. “It was a very pleasant surprise.”

The purpose of Shire is to enable people with life-altering conditions to lead better lives. We do so by providing medicines for the treatment of ADHD and different rare conditions, among others, and by supporting the local communities where we live.

A long-standing partner of the Montreal Children’s Hospital, Shire is proud to sponsor this year’s Research Award of Excellence.

Dr. Bethany Foster has dedicated much of her professional life to finding ways to help improve the future outcomes and quality of life of young people who live with a life-altering disease. Our team salutes the talent and dedication of Dr. Foster, who has been chosen as the recipient of the Shire Research Award of Excellence. Our sincere congratulations!



Dr. Bethany Foster is the recipient of the Shire Research Award of Excellence.



Gabriel Bellefleur



From practically his first breath, Gabriel Bellefleur became a regular at the Children's. Born prematurely with under-developed lungs, he stayed in the neonatal intensive care unit for more than a month. Thanks to the kindness of Dr. Aurore Côté at the NICU, who made every effort to provide the family with a pulse oximeter to measure the level of oxygen in the blood, Gabriel was able to celebrate his first Christmas in the comfort of his home.

To thank her, Gabriel's father, Éric, had an idea: turning the golf tournament he was organizing for colleagues into a fundraising event to finance the purchase of an additional pulse oximeter. Only one tournament, he thought.

But the Bellefleurs were in for an unpleasant surprise; Gabriel was diagnosed with Blackfan-Diamond anemia. His bone marrow does not produce enough red blood cells and he would need blood transfusions for the rest of his life. The Bellefleurs were in it for the long haul and the Éric Bellefleur Golf Tournament became an important yearly event. "I decided to continue to help the Children's hematology-oncology unit because it would now be part of our lives," Eric says.

Gabriel, now 11, is following in his father's footsteps. He takes fundraising seriously. The day of the tournament, he organizes friendly competitions with the golfers to raise the stakes; he also offers golf cart valet service. His big sister, Juliette, is also involved.

This is more than a story about a single family, insist their parents, Pascale and Éric. "It's a community's. We've always been supported by the Foundation, by the doctors at the hospital, and also by our friends who don't miss an opportunity to support the cause. Gabriel has mobilized his friends. It's spreading."

Thanks to their perseverance, the Bellefleurs have raised \$175,260 in 11 years for the hospital. A plaque with Gabriel's name will be placed at the entrance to a room in the new hematology-oncology unit. Upon learning that he would receive the TD Nicolas W. Matossian Junior Community Award of Excellence, Gabriel summed up his feelings in one word: "pride." Remember his name as you have not heard the last of this brave and inspirational young man!

The spirit of Nicolas W. Matossian lives not only in the hearts of those who loved him but also in the gestures of devotion and generosity of children who, as Nicolas did during his brief lifetime, give of themselves or inspire others to give back to the Montreal Children's Hospital.

TD is proud to be associated with these amazing children through the TD Nicolas W. Matossian Junior Community Award of Excellence. This year, the award goes to courageous 11-year old Gabriel Bellefleur for his tireless enthusiasm and involvement in a well-established annual golf tournament organized by his dad, Eric, to benefit our children. Both your families, at home and at the Children's, are very proud of you, Gabriel!



Gabriel Bellefleur is the recipient of the TD Nicolas W. Matossian Junior Community Award of Excellence.



Connie Richards

Connie Richards, a long time administrative officer on Care Unit 8D — the inpatient oncology ward — can't figure out how anyone managed to nominate her for an award without her ever finding out about it. "I usually know everything that's going on!" Indeed, Connie has a hand in everything on her ward. She is the administrative link between the nurses, the doctors, the patients, housekeeping and, of course, the patients and their families.

Connie is the go-to person on 8D: hunting for the test results a doctor wants, finding the laundry soap a parent needs, getting someone to repair a faulty piece of equipment... a seemingly endless stream of tasks and duties, including enforcement

of various rules and regulations. "Yeah, I'm tough," she says, half-stifling a laugh.

Connie confesses to being a prankster and to encouraging others — patients and their parents, especially — to be pranksters too. She tells children to play at being fake snakes under their bed covers and to squirm suddenly when a nurse comes by to look in on them late at night. If all goes well, "someone might scream and run," Connie laughs.

If there is often laughter on 8D, there are other, trying times, such as when a new patient comes onto the ward, one whose family has just learned of a cancer threatening their child's life. Times, also, when a young patient loses that ultimate battle. But the stream of life doesn't stop: "When one of our little ones has found their wings," says Connie, "we grieve, but we still have other families to care for and have to find some way to smile."

The great rewards of her work keep Connie going. She particularly enjoys hearing from former patients and remembers one in particular: an eight-year old little girl who found health on 8D. The girl now looks back at Connie from a framed picture on her desk. The photo is of a young woman, resplendent in her university graduation robes.

On receiving the TransForce Administrative and Clinical Support Staff Award of Excellence, Connie says "I'm privileged to be part of this special group of people. I feel so honoured!"

The strength of any institution hinges on the strength of its employees. At TransForce, we are convinced that the skill, dedication and creativity of the people we employ are at the core of our success. That is why we feel privileged to partner once again with the Montreal Children's Hospital Foundation to award the TransForce Administrative and Clinical Support Staff Award of Excellence to a dedicated staff member.

This year's winner, Connie Richards, is one of those great individuals who help the Montreal Children's Hospital maintain its reputation of excellence. A true force of nature, Connie always goes the extra mile and uses every possible means to attend to the well-being of young patients and their families. Her endless energy and her sense of humour bring vitality to children as they battle against cancer. For marking the lives of numerous patients and their families, we take our hats off to you, Connie!



Connie Richards is the recipient of the TransForce Administrative and Clinical Support Staff Award of Excellence.