

Chez nous

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MCH EMPLOYEE NEWSLETTER

January 19, 2012

News

Representatives from the Ministry of Health and the Agence visit the MCH

Meeting allowed MCH to showcase its areas of excellence

By Lisa Dutton

A delegation from the Ministère de Santé et services sociaux and the Agence de la Santé et des services sociaux de Montréal met with representatives from the MCH's senior management team, the Council for Services to Children and Adolescents and the MCH Foundation on Friday, January 13. The goal of the meeting was to give the delegation, which included the new Assistant Deputy Minister Dr. Jean Rodrigue, who is responsible for the Direction générale des services de santé et médecine universitaire, an overview of the MCH's areas of clinical and research excellence, to highlight some of our major innovations as well as to underscore the hospital's outreach initiatives within the McGill RUIS and throughout Quebec.

Dr. Rodrigue was accompanied by Dr. Pierre Blanchard, médecin-conseil à la Direction des services généraux, Ms. Jeannine Auger, directrice à la Direction des services généraux and Mr. Frédéric Abergel, adjoint au directeur de la Direction des affaires médicales



1^{re} rangée : (g. à d.) D^r Pierre Blanchard, M^{me} Jeannine Auger, D^r Jean Rodrigue, M. Frédéric Abergel, D^r Harvey Guyda, M. François Laurin
2^e rangée : (g. à d.) D^{re} Micheline Ste-Marie, M^{me} Marie-Josée Gariépy, M^{me} Barbara Izzard, M^{me} Jill Hugessen, M^{me} Randy Robins, D^{re} Aurore Côté, M^{me} Andréane Pharand, D^r Michael Shevell, D^r Harley Eisman
3^e rangée : (g. à d.) D^r Daniel Faucher, D^{re} Thérèse Perreault, D^r Jean-Pierre Farmer

et universitaires. The group met for an hour and then proceeded to tour the MCH ER, Intra-operative MRI and NICU. "The meeting went extremely well," says Dr. Harvey Guyda, Associate Executive Director of the MCH. "It gave us an opportunity to highlight our areas of expertise in clinical care and research and

provide some information about our new hospital. These meetings serve to make it easier for the MCH to pick up the phone to both discuss and iron out issues amicably with the Ministry of Health and the Agence."

(Continued on page 2)

Innovations and achievements at the MCH

Members of the delegation were presented with our important milestones of the past few years.

2007

- ▶ The first hospital in the world to use Botox to help a newborn who was drowning in his own saliva.
- ▶ The Montreal Children's Hospital is the first pediatric hospital in Canada to establish a program that underscores the link between literacy and health.
- ▶ Dr. Nada Jabado discovers that pediatric brain tumours differ from adult brain tumours, a finding that will allow treatments to be designed specifically for children with glioblastomas—brain tumours that are the leading cause of cancer-related mortality and morbidity in children. Published in the *Journal of Clinical Oncology*.

2008

- ▶ Total Body Cooling Program is established. It is the first such program in Quebec.
- ▶ Dr. Sam Daniel, Surgeon, Director, Pediatric Otolaryngology, Head & Neck Surgery receives Canada's Top 40 under 40 Award which celebrates outstanding leaders in their fields.
- ▶ *Québec Science* readers select MCH researcher Dr. Janusz Rak's recent cancer breakthrough as the Discovery of the Year.

2009

- ▶ The first child to undergo brain surgery in The Montreal Children's Hospital of the MUHC's new Pediatric Interventional Brain Suite, home to the first intraoperative magnetic resonance imaging (MRI) in a Canadian pediatric hospital.
- ▶ A five-month old baby, the youngest and smallest baby in Canada to do so, and one of only a few in the world, is able to go home with his own normally functioning heart after temporary support with a heart lung machine and an artificial heart.
- ▶ The first hospital in Quebec to perform a distraction of the mid-facial skeleton for treatment of facial anomalies in syndromic patients.

2010

- ▶ The first pediatric hospital in Quebec to use custom, computer-generated craniofacial implants for reconstruction of congenital and traumatic skull and facial defects. This state-of-the-art technology shortens OR time and hospital stays and decreases patient morbidity.
- ▶ Dr. Alice Chan-Yip of The Montreal Children's Hospital receives the Order of Canada for her contributions to the provision of health care in Montreal as a pediatrician, medical educator and

volunteer, and notably for her innovations in treating immigrants.

- ▶ Dr. Constantin Polychronakos and his research team make a discovery which brings hope in the treatment of diabetes. They discovered that the gene known as RFX6 is needed to form islets of Langerhans, cells which produce insulin in the pancreas. The results were published in *Nature*.
- ▶ A research team led by Dr. Nada Jabado and Dr. Jacek Majewski at McGill University has proven for the first time that it is possible to identify any genetic disease in record time thanks to a powerful and reliable exome sequencing method. The results of the team's research were published in the journal *Human Mutation*.

2011

- ▶ The MCH and the Shriners Hospitals for Children® – Canada establish a joint national clinic to evaluate and treat children with congenital chest wall deformities, the first one of its kind in Canada, and one of only a few such centres in North America.
- ▶ The first hospital in Quebec to perform a thoracoscopic repair of a congenital diaphragmatic hernia on a newborn.
- ▶ The MCH NICU introduces High Frequency Jet Ventilation which sends a jet of gas for a very brief duration (0.02 seconds/420 times per minute). This special ventilator is the only one of its kind in Quebec. It is combined with a conventional ventilator to help children with severe lung disease.
- ▶ Dr. Michael S. Kramer's research on infant feeding and adverse pregnancy outcomes has had important impacts on clinical practice and public health policy. In recognition of these achievements, Dr. Kramer was elected to the Royal Society of Canada, Division of Life Sciences.
- ▶ Accreditation Canada recognizes IACS for Leading Practices, stating "This innovative program has had a significant impact in the lives of sick children of acute and complex care nature by ensuring they have safe and effective care in the ambulatory and home setting that otherwise would require hospital admission. This program serves as a life line for children with very complex medical and psychosocial needs and enables patients to feel tremendous support to have the expertise available 24/7. This program is re-defining how care can be safely delivered for sick children for the future." (Accreditation Canada Report, October 21, 2010).

Visit the children.com/en/about/medical.aspx

Support our Dancing MCH Docs!

With the holidays behind us and everybody's attention turned to being more active, two MCH doctors will be doing just that by participating in the McGill University Health Centre's upcoming Dancing with the Docs fundraiser.

Drs. Nadine Korah and Preetha Krishnamoorthy will be trading in their stethoscopes for dance shoes on Saturday, February 4 as they and eight other MUHC doctors hit the dance floor in a competition based on the TV show *Dancing with the Stars*.

Dr. Nadine Korah is a general pediatrics fellow at the MCH and also the chief resident. She says her energy transcends all that she does, and adds, "My ability to run in heels has prepared me well for my current role as a dancing doctor."

Dr. Preetha Krishnamoorthy is a pediatric endocrinologist and served as chief resident from 1999 to 2000 and is currently director of undergraduate education at the MCH. She is also the proud mother of two "awesome" children, and notes that she has a "very patient husband who puts up with me doing these crazy things."

The doctors are currently practising their choreography with their partners from the Arthur Murray Dance Schools in preparation for their big night.

So You Think You Can Dance's Jean-Marc Généreux joins the judges panel

The pressure will be on, with half of the pair's votes coming from the audience and the other half coming from a panel of celebrity judges, including Jean-Marc Généreux, who



Photo: Daniel Héon

was a choreographer on *So You Think You Can Dance* and a judge on the Canadian version of the hit show. He will be joined by CTV News Anchor Mutsumi Takahashi, CJAD 800 morning man Andrew Carter, and international dance champion Méryem Pearson.

The two docs from the MCH will be competing against other doctors from across the MUHC so they really need our votes for what promises to be a great night. On top of the friendly competition and a fun night of dancing, the 1950s Hollywood-themed evening at Metropolis will also feature a red carpet, a cocktail dinatoire with an open bar for wine, and a silent auction. Guests are also encouraged to put on their own dancing shoes for the open dance floor following the competition.

Tickets to the event are \$125 each, a table reservation for four is \$600, and a VIP table for four including a bottle of champagne and table service is \$1,000. Proceeds will go to the **MCH's Best Care for Children**

Campaign to support the new Children's.

Let's show our support for our MCH dancing docs! To purchase tickets, visit muhcfoundation.com/dance, or call 514 934-1934, 23622.

Those family photos are good for you!

That photo of Fido and your kids having fun on the beach does more than just put a smile on your face. According to a study from the University of Exeter, decorating your desk can make you up to 32% more productive. Plus, people who personalize their surroundings have more job satisfaction and are less likely to get sick.

Source: Family Circle

Highlights from the most recent MCH Town Hall

Couldn't make it to January's Town Hall meeting? You can catch what you missed online: video highlights from the following presentations are available at intranet.muhc.mcgill.ca/headline_news/news_video.html

- ▶ **New Year's message:** Normand Rinfret, MUHC Interim Director General and Chief Executive Officer
- ▶ **The new Shriners' Hospital:** Céline Doray, Administrator, Shriners Hospital for Children - Canada
- ▶ **The future of MCH pediatrics:** Dr. Michael Shevell, Pediatrician in Chief, Montreal Children's Hospital and MUHC
- ▶ **Literacy and health:** Jan Lariviere, Nurse
- ▶ **Climbing Kilimanjaro:** Dr. Sharon Abish, Oncologist

Practicing Patient and Family Centred Care Access to health information

Access to understandable health information is essential to empower patients in their care, and it is our responsibility to provide access to that information.

A message from Imma Gidaro, MCH Coordinator for Patient and Family Centred Care

Tel.: ext. 23992, Cell phone: 514-880-4038 (F-249)
E-mail: imma.gidaro@muhc.mcgill.ca; igidaro@sympatico.ca



The MCH is a patient and family centered care hospital. Why not feature some of your co-workers or departments by nominating them for the **PFCC award** which is handed out during the Townhall meetings. Please contact Imma by phone or e-mail to learn more.

Fall 2011 Mini-Med sessions available on Canal Savoir

From **January 16 to April 15, 2012**, *Canal Savoir* (UHF29, Cable 26-47) is broadcasting presentations from last fall's MCH Mini-Med series. All of the hour-long talks, which cover topics as varied as organ transplants, pathology and family-centred care, feature our MCH specialists. Rebroadcasts will run several times a week through mid-April. Check your local listings or visit canalsavoir.tv/emission.php?id=10169 to find dates and times.

Events

Chuc Mung Nam Moi! Gong Hi Fa Cai!

Come celebrate Chinese, Korean and Vietnamese New Year with food, music and more.

Tuesday, January 24
2B waiting area
11:00 a.m. to 2:00 p.m.

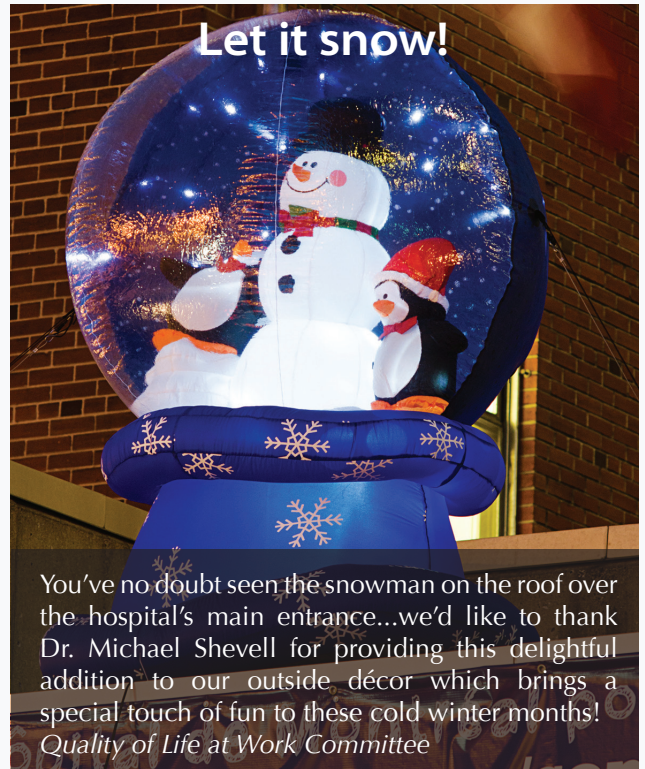


Photo: Robert Derval

Literacy and You

By Jan Lariviere, Coordinator, MCH Lire/Imagine/Read Literacy program

**“The more you read, the more things you will know.
The more that you learn, the more places you’ll go.” Dr. Seuss**

You may know that the MCH has a literacy program. What is it exactly? Why should you care?

- ▶ Four out of 10 adult Canadians –that’s 9 million people - struggle with print literacy.
- ▶ Six out of 10 adult Canadians – that’s 13.5 million people - struggle to understand health information.
- ▶ Literacy is a social determinant of health: the responsibility to address health and literacy challenges is shared between individuals and health care providers.
- ▶ Understanding medication doses and other health information means fewer errors, and less strain on the health system.
- ▶ Quality of life for families (income, employment) is directly related to the literacy levels of parents.
- ▶ The more time parents spend reading aloud increases a baby/child’s attachment, boosts his sense of security, and increases vocabulary.
- ▶ When you talk to parents about the importance of reading, they listen.



Literacy Programs at the MCH

- ▶ **Lire/Imagine/Read** (partnered with The Centre for Literacy) provides information about the importance of reading and books to families of young children

who visit several pediatric clinics, and refers parents with literacy difficulties to adult education programs.

- ▶ **Biblio-Express** offers books and encouragement to read to hospitalized children.
- ▶ **Books for Babies** gives books to parents in the NICU and encourages them to start reading and to help them feel they are doing something to help their baby.

Family Literacy Day is a national awareness initiative held every year by ABC Life Literacy Canada (and the MCH literacy program!) promoting the importance of reading and learning as a family. This year we will celebrate on January 25. A draw will be held for a \$200 gift certificate to Indigo/Chapters: come see us at the information booth on 2B and answer a questionnaire for a chance to win.

What can **you** do?

- ▶ Think about literacy in your interactions with families and patients.
- ▶ Encourage parents to read to their hospitalized child.
- ▶ When giving instructions to parents/patients, ensure they understand by using the “teach-back” method: *“Please show me how you will give this medication, so I can be sure I explained it clearly”*.
- ▶ Refer to adult literacy services if needed.

Find out more:

thechildren.com/en/patients/lire-imagine-read-project

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To submit story ideas or texts to *Chez nous*, contact the Public Relations and Communications office at ext. 24307 or send your email to info@thechildren.com.



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Making Headlines

- ▶ The allergist **Dr. Moshe Ben-Shoshan**, whose research on the demographic predictors of peanut, tree nut, fish, shellfish, and sesame allergy in Canada was just published in the most recent edition of the *Journal of Allergy*, was mentioned in the **National Post** on January 3. Dr. Ben-Shoshan was also interviewed on Radio Noon on CBC Radio One (88.5 FM) on January 4. Dr. Ben-Shoshan and his colleagues showed that people from well-educated families are almost twice as likely to suffer from some dangerous food allergies as others — possibly because their natural defences have been lowered by rigorous hygiene and infection control.
- ▶ Just before the holidays, *La Presse* ran a series of articles by Marie-Claude Malboeuf focusing on parents who refuse medical treatment for their children opting, on occasion, for alternative medicine. **Dr. Micheline Ste-Marie**, Director of Professional Services at the MCH, is quoted in the articles.
- ▶ As part of the series entitled “Les miraculés”, which was published in *Le Journal de Montréal* from December 26 to January 3, Éric Yvan Lemay wrote about four MCH patients, Chiyanu, Zac, Jude and Esmeralda.
- ▶ CBC television aired an interview with **Dr. Harley Eisman**, Director of the MCH Emergency Department, about the influx of children with benign respiratory viruses to the MCH emergency room.
- ▶ On December 17, **Wendy Longlade** and **Robert Bloom**, two parents of patients at The Montreal Children’s Hospital, and members of the hospital’s **Family Advisory Forum** spoke about caring for a child dealing with chronic health problems on CJAD 800 AM Radio’s Kim Fraser Show.
- ▶ Claire Lamarche Productions broadcast a documentary on Télé-Québec this month. The series, which offers a unique glimpse into the lives of twelve healthcare professionals, featured MCH nurse **Linda Morneault**.

@ Words

MCH Staff @ work



Mirna Cavalli
Hematology-Oncology
10 years at the MCH

My colleagues are great, so I never miss an occasion to celebrate their birthday or other important event. I like to organize lunches or outings so that we can enjoy quality time together.



Johanne Roy
Hematology-Oncology
21 years at the MCH

When I welcome families at reception, I really want to provide them with the best service possible. I want them to feel confident. They’ve chosen the MCH for the well-being of their children—we build ties with these families who are with us for many months or years.

Photo: Daniel Héon

Awards and Nominations

- ▶ **Margaret Ruddy** has been named Nurse Manager of the Pediatric Intensive Care Unit at The MCH.
- ▶ **Dr. Patricia Fontela** has been named Assistant Professor in the Division of Pediatric Critical Care Medicine, Department of Pediatrics. Dr. Fontela will join the Division as an independent investigator with a primary responsibility to lead the clinical research program. She will also have clinical attending and teaching duties.
- ▶ **Christina Rosmus**, Nursing Consultant and CNS for Pain at The MCH, has been awarded the *Nursing Excellence In Pain Management Award - 2012* from the Canadian Pain Society.
- ▶ **Patricia Vandecruys** has been named Pharmacy Site Manager at The MCH.
- ▶ **Dr. Annette Majnemer** has been made a member of the The American Occupational Therapy Foundation (AOTF) Academy of Research. This is the highest scholarly honor that AOTF confers, and is given for outstanding contributions through research to the advancement of knowledge in occupational therapy.

MCH Foundation notice of appointments

The MCH Foundation is pleased to announce the three newest members of its management team:



Elizabeth Gomery,
Vice President, Gift Planning

Elizabeth Gomery's past professional titles include Executive Director of the McCord Museum Foundation and Director of Development of McGill's Faculty of Arts. A lawyer by trade, she has also practiced civil and commercial litigation. She now takes on the position previously held by Foundation President Marie-Josée Gariépy.

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Julie Dessureault,
Senior Director, Special Events

Julie Dessureault brings nearly twenty years of experience in project management and marketing, in various sectors including philanthropy, arts and culture, and the financial sector. She takes on the position previously held by Valerie Frost, who was Director of Special Events for eleven years. Valerie Frost continues to work for the Foundation as Director of Stewardship, a newly created department with the aim of communicating to donors the long-term impact of their support.

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Nathalie Nahmiash,
Vice President, Development

Before joining the MCH Foundation, Nathalie Nahmiash was Director of Philanthropic Development at the CHUM Foundation. Prior to that, she was Associate Director, Community Investment at Bell, responsible for corporate donations in Quebec in the health and education sectors. In this capacity she helped manage Bell's philanthropic commitment to The Children's.

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These valuable recruits to the Foundation's team will ensure the organization's continued growth and commitment to supporting and maintaining excellence in care at The Children's.

The rest is history: An MCH porter recalls the twist of fate that changed his career path

By Pamela Toman

It was happenstance in 1989 when the agency that Mario Montambault was working for received a phone call from The Montreal Children's Hospital (MCH) looking to fill one of their positions. The job was assigned to Mario and more than twenty years later, he is still part of MCH team working as one of our dedicated porters.

A patient attendant at the time, Mr. Montambault first began working at The Children's on 7C2, filling in on the night shift for four months, where he delivered care to infant patients who needed to be changed, rocked or comforted during the wee hours of the morning.

"The nurses I worked with on the floor would sometimes have trouble getting the babies to stop crying," recalls Mr. Montambault of his early experiences. "They would nestle the upset infant into my arms and usually the little ones would calm down...I'm not sure it had anything to do with the fact that I was a man, but the nurses were convinced it did. According to them, babies can feel the difference between a man and a woman's muscular structure!"

Two years later, when the OR was recruiting patient attendants, Mr. Montambault says he was fortunate to receive a recommendation from Barbara Izzard--then the active head nurse on 7C2--which landed him the job.

"It was a very enriching experience, and I ended up working in a number



Photo: Daniel Héon

of different departments from then on," he recalls, "Barb therefore had a major influence on my professional life by giving me that first opportunity, and I will always be grateful for that."

In 2003, Mr. Montambault started in a new position working as a porter, which involves transporting medications, specimens, patient files and many other much-needed supplies.

"While the job of a porter may seem redundant to some, many employees rely on the safe and steady flow of many different materials throughout the hospital to get their jobs done, and I'm not so sure that our colleagues realize the range of duties that we carry out," says Mr. Montambault.

Today, Mr. Montambault is responsible for the delivery of medications

between 1:45 and 9:15 p.m., Monday to Friday. "I'm very privileged to be assigned to the pharmacy," he says, "since it's an opportunity to work with a very competent and exceptionally dedicated team."

When he isn't traveling through the halls of the hospital, Mr. Montambault keeps busy by maintaining a website devoted to his passion: brewpubs.

With over sixty brewpubs in Quebec alone, the beer connoisseur keeps himself quite busy on weekends planning small trips and outings around much-anticipated visits to these pubs, often sampling local cheese and chocolate concoctions at nearby boutiques and restaurants as well.

Interested beer lovers can check out Mr. Montambault's website at www.brouepub.50webs.org or by emailing spongiana.jones@gmail.com to learn more.

Our Heroes

A mother's instinct

By Pamela Toman



Photo: courtesy of Perreault family

Mrs. Perreault's instinct has often proven to be very good. A week before her baby was born, she remembers having a very strong feeling that she would give birth to a girl. Little did she know that one week later, at only 24 weeks into her pregnancy, she would indeed give birth to a girl. But being born so prematurely meant that her baby was now facing a fight for her life. In the months that followed, at a very critical moment, her mother's instincts would prove right again.

Baby Esmeralda was in the Neonatal Intensive Care Unit (NICU) at the Royal Victoria Hospital. At four weeks old Esmeralda was diagnosed with a very severe lung condition. Her doctors prepared Mrs. Perreault for the worst.

"They told me this was one of the worst cases they had ever seen," says Mrs. Perreault. Esmeralda was intubated and placed on a very potent steroid medication that could potentially affect her growth later on. "Her blood was constantly lacking oxygen and the nurses would have to intervene to make sure she started breathing again on a regular basis," explains her mother.

"The doctors suggested I meet with the palliative care team...but my maternal instinct would not allow

me to do that," she confesses, adding that she just didn't believe that her child was ready to die.

Clinging to the hope that her daughter would get better, Mrs. Perreault encouraged the medical team to administer two additional doses of dexamethasone, an anti-inflammatory and immunosuppressant steroid drug, to see if it would produce any results – but to no avail. Frustrated, yet still hopeful, Mrs. Perreault, a former nursing student, decided to do a bit of research of her own.

"I started reading online and learned there's a machine called the Jet ventilator," she explains. "It was encouraging, but I didn't actually give it too much thought at the time."

In January 2011, Esmeralda was transferred to the NICU at The Montreal Children's Hospital (MCH). Not long after, Mrs. Perrault was approached by Dr. Louis Beaumier, a neonatologist, who suggested they give the Jet ventilator a try.

"I had never told anyone that I had read about this machine," she says, "but when he brought it up, I remember thinking, 'That's the one!'"

Dr. Beaumier cautioned the young mother that their experiment might not produce the results they were hoping for. After Esmerald's fourth

day on the therapy, Mrs. Perreault got a phone call from the hospital asking her to come in and speak with the medical team.

"I was really worried that I would be getting bad news, so I remember taking my time coming in." Mrs. Perreault was about to get on the elevator when she bumped into Dr. Beaumier. "He told me that he was really pleased with Esmeralda's progress," she says. "I was ecstatic! I will always remember that day. Coincidentally, it was February 10, 2011, Esmeralda's original due date."

Today, Esmeralda is no longer in the hospital; she is a smiling, happy-go-lucky 14-month-old who loves people and loves spending time with her cousin of the same age. She is followed regularly at the MCH to monitor her growth and development.

Mrs. Perreault says her experience has taught her to always trust her gut instinct and to be thankful for her daughter's health. "Every morning I have to look at her and make sure I'm not dreaming," she says. Thankfully, she is always very much awake.