

# Chez nous

MCH EMPLOYEE NEWSLETTER

January 20, 2011

## News



**Dr. Robert Brouillette**  
appointed Interim  
Chair/Chief  
of the Department  
of Pediatrics



**Dr. Celia Rodd**  
named new  
Interim Associate  
Pediatrician-  
in-Chief

Photo: Daniel Héon

### By Pamela Toman

Employees on the 4<sup>th</sup> floor of the C wing will notice a new, yet familiar face roaming the hallway. As of January 1, 2011, Dr. Robert Brouillette has accepted an interim position as Chair/Chief of Pediatrics at McGill University and the MUHC, replacing Dr. Harvey Guyda who will now focus all of his efforts on his role as Associate Executive Director of The Montreal Children's Hospital.

Dr. Brouillette has acquired extensive experience in a number of leadership roles: he was previously Division Head of Newborn Medicine, Division Head of Pediatric Respiratory Medicine, Associate Pediatrician-in-Chief, and Director of Pediatric Clinical Research at the MUHC Research Institute. He intends to continue his activities as Director of Pediatric Clinical Research at the MCH Research Institute, and as Director of the Sleep Lab at the MCH, but will be cutting back on his neonatology duties in order to devote more time to his new responsibilities, which will include leading the Department of Pediatrics and its 140 members, and focusing on its tripartite mission of patient care, teaching and research.

"I really appreciate the confidence that has been shown in me by my colleagues," says Dr. Brouillette of his new appointment, adding that he intends to focus on the recruitment and retention of faculty members and turn over a strong department to the future Chairman, once he or she is appointed.

Dr. Brouillette, his wife Kathleen, three children, two daughters-in-law and three grandchildren all live in Montreal. In his spare time, he is an avid tennis player and hockey fan and has participated in 10 triathlons in the past 10 years. "Whether that will continue this year," he laughs, "we'll have to see!"

Dr. Brouillette isn't the only physician receiving a new appointment this January: he is also joined by Dr. Celia Rodd, who has been named the new Interim Associate Pediatrician-in-Chief at the MCH and MUHC. Dr. Rodd most recently completed her Masters in Epidemiology from the London School of Hygiene and Tropical Medicine. Her long-term research interests have focused on bone health in children with chronic diseases, such as arthritis and kidney disease. She is currently the principal investigator of several CIHR-funded projects assessing vitamin D biology in children. She is currently the Associate Director and Fellowship Program Director of Endocrinology and is cross-appointed in the School of Dietetics and Human Nutrition at McGill.

We congratulate both Dr. Brouillette and Dr. Rodd on their interim appointments and offer our enthusiastic support for the further development of the Department of Pediatrics.

# Healthy Workplaces, Recruitment and Retention of Nursing Staff at the MCH

By Sandy Bradford-Macalanda RN, BsN, MN

Healthy workplaces are a priority for the Montreal Children's Hospital (MCH). As the full-time nursing coordinator for Nursing department, I'm responsible for ensuring healthy workplaces, recruitment and retention. Nurses benefit from reflective practice, study bursaries, flexible schedules, leadership development, numerous conference activities, online learning modules, embracing cultural diversity and good nurse-to-patient ratios. Additionally, nurses have access to expert nurses who provide support and clinical expertise.

The nursing coordinator offers career planning. This can be for a new nurse who is unsure what she wants to specialize in or for a senior nurse who is looking for new and different challenges. A mentorship program was initiated which matches a nurse's career goals with a mentor who has accomplished the desired goals. For example, a new nurse who had returned to school for a Master's degree while continuing to work and raise her children, had a long-term goal of being a nursing manager. She was paired with a manager who had successfully accomplished the exact same goals as she raised three children while going back to school and working as a nursing manager. This mentorship model was evaluated as making a difference in our retention rate.

The MCH and MUHC understand the importance of supporting the integration of new nurses. A structured central theory-based orientation is offered to all new nursing staff. This initial introduction to the organization and pediatric nursing is highly valued by participants. A unit-specific theory-based orientation is offered to prepare new nursing staff to care for specific patient populations.

A preceptor model is used for the initial transition where a new nurse is paired with an experienced nurse. The new nurse then has access to a mentorship or genesis program after the first six months of practice. Genesis is an educational and support seminar for nurses with less than 18 months of clinical experience. The objective is to ease the transition period by promoting team integration and acquisition of advanced critical thinking skills. New nurses are in classroom settings learning new theory, reflecting on their practice, developing with the help of nurse educators and managers.

The Youth Committee is also part of the developmental support for new nurses. Its goals are to:

- serve as a formal voice by promoting awareness of the issues and concerns shared
- identify needs and formulate solutions to commonly encountered problems
- act as a resource and contribute to development and training initiatives
- foster a supportive environment that encourages new and young nurses to pursue leadership opportunities
- plan an active role in contributing to solutions of nursing retention, specifically where it concerns new and young nurses
- inspire engagement in the workforce
- improve retention by promoting healthy work environments

Nursing students from many schools of nursing are offered stages at the MCH. I meet with each group to evaluate their stage, how it could be improved, talk about recruitment and retention initiatives and ask the students who stood out as being helpful to them during their stage. Students are offered the choice to meet me if they are interested in pediatrics.

***Chez nous* is published by the MCH Public Relations and Communications office.**

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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](mailto:info@thechildren.com).

**Logo  
FSC**

## Once upon a time in the Intensive Care Unit...

### *Innovative research investigates the importance of reading to newborns in the NICU*

The first few days after birth is an important time when babies learn to recognize the sound of their parents' voice and the parents in turn bond with their children. However, the separation between parents and newborns admitted to the intensive care unit can be very difficult and can disrupt the early development of this relationship.

**Jan Lariviere**, a nurse who worked in the neonatal clinic and the Neonatal Intensive Care Unit (NICU) at The Montreal Children's Hospital (MCH) of the MUHC led an innovative research project that suggests reading to newborns in the NICU greatly lends normalcy and allows parents to feel closer to their babies during this difficult period. The results are published in the latest edition of the *Journal of Developmental and Behavioral Pediatrics*.

"The objective of the study, which involved 120 families, was to determine whether reading helped strengthen the bond between parents and their babies, and whether this motivated parents to continue reading at home," said Lariviere, principal investigator of the study.

"Alyssia was in an incubator in the middle of the room, with tubes and all sorts of things going on around her. I felt destabilized and powerless, not knowing how to make contact with my daughter," said MéliSSa Asselin,

mother of Alyssia Barrière, now five years old, who was born with pulmonary hypertension. "Reading gave us a way to stay close. I couldn't talk to her or touch her, but she heard the sound of my voice. That simple activity helped me get through the situation, and I have beautiful memories of the experience."

Nearly 70% of parents in the study reported that reading made them feel closer to their babies. Most said they developed a feeling of intimacy and normalcy, as well as feeling more in control of the situation as parents. In addition, the parents who read to their child in the NICU were three times as likely to continue this practice at home. "As health professionals, we must give parents the tools they need to cope with the situation," noted Lariviere. "Reading should become an essential tool in NICUs and follow-up clinics."

"This study, the first of its kind, focused on the effects of reading to newborns in the NICU," said **Dr. Janet Rennick**, co-author of the study, Nurse Scientist at the MCH and Assistant Professor in the School of Nursing and Department of Pediatrics, McGill University. "We plan to continue our research efforts over the coming years to evaluate the long-term effects of nursing interventions on the development of critically ill children."

## Holiday show with Rock Détente

Radio station Rock Détente broadcast their morning show live from The Montreal Children's Hospital on December 23 from 5:30 a.m. to 8:30 a.m. During the show, on-air hosts Joel Legendre and Marie-Élaine Proulx brought along Santa Claus who delighted our patients!



## Infection Control leads hands-on educational activity

By Lyne St-Martin

During the month of December, the MCH Infection Control (IC) Delegates participated in a hospital-wide “Hand hygiene sensitization” activity whereby each Delegate was asked to organize an activity to promote hand hygiene (HH) amongst their team members. This activity addressed hand hygiene technique, use of product and when to perform HH.

Each Delegate was responsible for organizing their activity. Some examples of the activities performed were: use of glo-germ and UV light, paint and gloves, a questionnaire, and a crossword puzzle.

The participants ranged from housekeeping personnel to patient care attendants to nurses, physicians, respiratory technicians and even a few parents. Each participant was given a pocket-size, alcohol-based hand rub and their name was included in a draw. The team managed to reach out to 181 people!

The 3M company was generous in supporting us by providing over 200 pocket-size Steri-Gels as well as a basketful of 3M items for a draw which took place on



*Sharifa Tajdin, IC Delegate for the surgical unit, Paule Jubinville, and Lyne St-Martin.*

December 22. Paule Jubinville, a nurse on 7C1, won the basket. Once again, the commitment and dedication of IC Delegates have contributed to the promotion of patient safety at the MCH.

## Mini-Med

Lisa Dutton and Terry Séguin of Public Relations and Communications recently visited The Study, a private girls school in Westmount, to attend the school’s general assembly and thank the grade 11 students who had volunteered their time during last fall’s Mini-Med School at the MCH.



*(l. to r.) Sabrina Roy, Francesca Masella, Sabrina Mach, Sarah Markarian, Hailey Elder, Julia Facchino, and Eleni Metrakos.*

## Healthy menus start the year off right

After the holidays, we're all looking for foods that are less fussy and with fewer calories – without sacrificing taste. Soups that are meals are the ideal solution since they are less calorie-dense (fewer calories by volume) and are particularly recommended for those trying to lose weight. For example, the average caloric density of SOS Cuisine's recipes that support sensible weight loss are 1.3 calories per gram.

Soups as a meal are also more economical, which is very appealing now that post-holiday credit card statements are arriving!

\* visit [www.soscuisine.com](http://www.soscuisine.com) to find the right measurements for the portions you need.



Here's a traditional barley and meat soup recipe which can be adapted to incorporate any favourite ingredients or whatever is in the fridge. It can be prepared in advance, in large quantities\* and frozen. If freezing, make sure not to fill the containers to the brim, since the liquid will expand during the freezing process and may make the lids pop off.

After a long day's work, there's nothing easier than reheating this delicious soup, and serving it with a fresh loaf of bread and a simple salad for a complete meal that's ready in minutes.

### Beef and Barley Soup

Preparation: 15 min; Cooking: 1 h;

Total: 1 h 15 min

190 Calories/serving; yield 6 servings



SOSCuisine.com is a meal and grocery planning service used by over 240,000 Canadian families every week. SOS Cuisine helps consumers make smarter food choices thanks to the variety of healthy meal plans that take advantage of flyer specials at local supermarkets and take into account personal food preferences. The service is available from coast to coast in all ten Canadian provinces.

1/2 onion (100 g)  
2 stalks celery (140 g)  
2 carrots (200 g)  
1 tbsp (15 ml) olive oil  
10 white mushrooms (140 g), thinly sliced

1 clove garlic, minced  
salt and pepper to taste

1/3 cup (60 g) pearl barley  
2 potatoes (400 g), peeled and diced

180 g stewing beef cubes, diced

4 cups (1 L) beef broth

- ✓ Dice the onion, celery and carrots; thinly slice the mushrooms; mince the garlic.
- ✓ Heat the oil in a large pot over medium heat. Add the vegetables, then sauté until they are tender, about 10 minutes. Season with salt and pepper to taste.
- ✓ Add the barley, potatoes, and beef, then sauté 2 minutes. Pour in the broth. Bring to a boil, then reduce the heat, cover and simmer 50 minutes, or until the barley and potatoes are tender, stirring occasionally.
- ✓ Adjust the seasoning, then serve.

# CONTEST

## It's a dog's life!

Congratulations to Josée Lamarre from the Department of Pediatric Surgery! She's the winner in our "Do you look like your pet" contest.

While we don't really think that Josée looks like her trusty beagle Patch, as she pointed out they do have the same colour of eyes! Josée will receive a \$50 gift certificate good at any Alexis Nihon Plaza retailer.

Stay tuned for details of our next contest in the upcoming issue of *Chez nous*.



## Events

## Come celebrate the 5<sup>th</sup> Annual Family Literacy Day at the MCH

Wednesday, Feb 2, 2011

9:00 a.m. to 2:00 p.m.

2B Area

MCH staff and volunteers, in partnership with the Centre for Literacy will host a series of activities related to Family Literacy Day:

▶ Dr Susan Rvachew Ph.D., S-LP(C), an Associate Professor and Director of Clinical Education in the School of Communication Sciences and Disorders at McGill University, will present at Pediatric Grand Rounds on the topic "**The Preschool Foundations of Early Reading Acquisition**", based on her work with colleague Dr. Robert Savage, which received the Dr. Noni MacDonald award from the Canadian Pediatrics Society in 2006.

▶ 9:00 a.m. to 2:00 p.m: we will give books to children and their parents in the 2B waiting area.

▶ **Information on literacy related topics** will be provided by staff from the Centre for Literacy of Quebec.

▶ Our Child Life Services will provide **reading related activities**.

Please encourage parents and children to drop by from 9:00 a.m. to 2:00 p.m. **After 2:00 p.m.**, hospital staff may pick up books for their units or clinics.

### Information:

#### Jan Lariviere

Project Coordinator MCH *Lire/Imagine/Read Family*  
jan.lariviere@muhc.mcgill.ca

#### Lynn Kiraly-Batist

Family Resource Library  
bibliofam@muhc.mcgill.ca

## The Good Neighbourly Relations Committee: MUHC Reaches Out to the Community

While a lot of us at the MCH are looking forward to watching the new hospital take shape, people living in the construction zone are facing some unavoidable day-to-day inconveniences. To find solutions and lessen disruptions, the MUHC, along with the City of Montreal, the CDN-NDG borough and Groupe immobilier santé McGill (GISM) have been hosting regular Good Neighbourly Relations Committee meetings since last October. The aim of the meetings is to inform local merchants, organizations and residents about immediate construction plans and discuss how these will affect their day-to-day activities.

“These meetings are open to the general public, and specifically created to address construction-related questions and issues,” says Johanne Emmanuel, Head of Public and Governmental Affairs for the McGill University Health Centre’s Glen campus project.

“Our goal is to find out what citizens’ needs are, and what we can do to help,” she says, adding that every effort is being made to minimize the impact of construction on neighbouring boroughs and businesses.

Anyone wanting to be in the know about upcoming road closures and detours in their neighborhood, potential highway re-directions and what’s being done to ensure that citizens’ needs are taken into account can attend these meetings. Questions ranging from public transportation options to local vehicle circulation will be answered.

The next Good Neighbourly Relations Committee Meetings will be held on:

**Tuesday, February 22**

**Tuesday, March 22**

**Wednesday, April 27**

**Tuesday, May 31**

If you have any questions or concerns, or to become a member of the committee, you can send an e-mail to: [construction@muhc.mcgill.ca](mailto:construction@muhc.mcgill.ca) or call the dedicated phone line at: 514-934-8317. You can also follow up-to-the-minute news on the Glen Campus by following @CampusGlen on Twitter.

## News from Kilimanjaro

On January 17, The Montreal Children’s Hospital Foundation waved goodbye to the participants of the most extreme fundraiser the Foundation has ever held. A team of 11 exceptional individuals, including the MCH’s own Dr. Sharon Abish, left Montreal for Tanzania, where they are now in the midst of a grueling climb to the peak of Mount Kilimanjaro, the highest free-standing mountain in the world.

They are quite an inspiring group. Many are first-time climbers, and

have been training for months to prepare themselves as best they can for a ten-day trek that two out of every ten people are not physically able to complete. They have embarked on this adventure as a way of raising funds for our Hospital, and have already raised over \$250,000 – more than quadruple their original goal of raising \$55,000.

Although we can’t all be up there with them on the mountain, we can follow their progress from the ground. They are sending regular updates,

photos and videos of their journey, straight from the mountain. Please visit [www.kilipourlechildren.com](http://www.kilipourlechildren.com) for updates, as well as the Foundation’s Facebook page, [www.facebook.com/lechildren](http://www.facebook.com/lechildren) and Twitter page, [www.twitter.com/mtlchildrens](http://www.twitter.com/mtlchildrens). Please visit often and leave a comment to show your support!

## *Awards and Nominations*

**Olga Vila** joined the MCH Senior Management team January 5 as advisor for financial management. Mrs. Vila is a certified Management Accountant with over 15 years of experience in financial management at a variety of companies in the service sector.

MCH Staff @ work



**Andrée-Anne Matte**  
9C Neonatology  
4 years at the MCH

When not at the MCH, I love to go snowshoeing in the Laurentians on sunny winter days!



**Marthe Pharès**  
Central Labs (Hematology)  
22 years at the MCH

To relax after a long, busy and stressful week, I like to rent a good movie. I enjoy a good action film, comedy or romance.



**Amanda Camacho**  
9C NICU  
1 year at the MCH

I'm a 2006 McGill graduate. My previous nursing experience is in labour and delivery. When not at work, I enjoy cooking, dance and travel.



**Maria Di Stefano**  
Anesthesia  
14 years at the MCH

I enjoy cooking for family and friends – and traveling whenever possible!

Photo: Daniel Héon





# Our Heroes

## Undergoing surgery on her first day of life

By Pamela Toman

All first time parents feel anxious and somewhat unprepared for the experience of delivering a baby. Kim Desjardins-Cyr and her partner, Steve Laberge were no different than any other couple.

But on August 3<sup>rd</sup> when their precious newborn daughter was rushed to The Montreal Children's Hospital within the first hours of her life, the couple remembers feeling incredibly worried and afraid.

After a lengthy delivery at Pierre Boucher Hospital in Longueuil, baby Lily-Rose was born with an extremely rare congenital defect called gastroschisis, in which her intestines developed outside the fetal abdomen through an opening in the abdominal wall. Her bowel was literally hanging out of her body.

Kim remembers being told she had to remain at Pierre Boucher Hospital, while her husband and newborn daughter were escorted via ambulance to The Children's for further evaluation.

When they arrived, doctors immediately performed a blood transfusion to try and encourage blood flow to Lily-Rose's intestines and prepared her for emergency surgery. Dr. Sherif Emil, Head of Pediatric General Surgery at The Montreal Children's Hospital, took the family aside to explain the next steps.

During the operation, a medical team would place Lily-Rose's intestines on top of her abdomen, and place them in a small sac, that would very much resemble the womb. Dr. Emil explained that over the next few weeks, the team would gently push the intestines back inside

their daughter's tiny torso bit by bit and eventually close up her abdominal wall.

"Dr. Emil and his team never spoke about tomorrow," says Lily-Rose's mother, Kim, "they only spoke of today, which helped us get through it one day at a time."

Within a week and a half, their daughter's intestines had changed from a dark, nearly black colour to a vivid pink, indicating that blood was now flowing through her bowel. What's more, Lily-Rose's tiny intestines were now almost completely inside her abdomen, and a follow-up surgery was scheduled to close up the abdominal wall in order to minimize the risk of infection.

After her second surgery, Lily-Rose was taken to the neonatal intensive care unit, and was heavily medicated to ensure that her movement was restricted. Doctors explained that she had to remain still because any sudden motion could be dangerous and cause the baby's abdominal incision to open up, introducing a greater risk of infection.

Over a period of three weeks, a toxicology team was consulted to help make sure Lily-Rose's pain medication was diminished slowly, and a nutritional team helped to make sure that she was receiving sufficient nutrients, since she was unable to be breastfed during the first few weeks of her life.

After two months in the hospital, Kim was delighted when her daughter had a bowel movement and was also gaining weight. The couple could finally bring her home.

Now five months old, Lily-Rose is a healthy and cheerful baby girl who loves getting to know new people. As mom Kim puts it, "we are extremely lucky to have a healthy baby and to have been able to go home so quickly -- we couldn't have asked for more!"