



## CLINICAL CARE AND TEACHING

### Improving that gut feeling: MUHC pioneers innovative treatment for stomach and esophageal cancer

A new non-invasive procedure to treat early stomach and esophageal cancer offers improved quality of life according to physicians at the MUHC. This method, known as Endoscopic Submucosal Dissection (ESD), does not involve incisions or removal of organs and therefore reduces the risk of surgical complications. It also allows patients to return home within 24 hours. The MUHC is the first and only institution in Canada to offer this technique. The procedure and its positive outcomes were recently presented at an annual conference of the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES).

The incidence of esophageal cancer is increasing rapidly in Canada," says lead physician Lorenzo Ferri, MUHC director of the Division of Thoracic Surgery and the Upper Gastrointestinal (GI) Cancer Program. "We are finding ways to detect it earlier and now our new procedure, which is ideal for early cancers, will ensure that the rise in rates doesn't coincide with a rise in mortality."

Traditionally, open surgical procedures have been used to treat patients with esophageal or stomach cancer. These involved making an incision in the abdomen or chest to access the affected organ, followed by removal of the diseased tissues. ESD uses a thin electric knife, inserted through a flexible tube called a gastroscope, to re-

Dr. Lorenzo Ferri performs a procedure in the OR.



move the inner lining of the stomach or esophagus harboring the cancer, while leaving the rest of the stomach or esophagus intact. This procedure is done without any incisions or scars in the patient's body making recovery much easier.

So far the MUHC has treated 15 patients using ESD and all are in remission. Chemotherapy or other surgeries have not been necessary. ESD only works for early stages of cancer, which represent about 10 percent of stomach and esophageal cancer patients seen at the MUHC. ■

## PROFILE



### Honored by *Première en affaires* magazine, Patty O'Connor, Director of nursing, is proud to celebrate Nursing week at the MUHC

In April 2012, Patricia O'Connor was chosen as one of the key female figures in healthcare in Quebec by the magazine *Premières en affaires*, which also honored fellow MUHC employees Brenda Milner and Dr. Nada Jabado. To read the tribute to our nurses and some of their profiles, turn to page 4.

Patricia O'Connor is a nurse and pioneer in implementing programs to improve patient safety and quality of care. As Director of Nursing at the six MUHC hospitals, "I am honored to be working with this outstanding group of people: our nurses, nursing assistants, patient attendants and clerical staff at the MUHC. It is through their attention to the best clinical practices, ongoing professional development, policy and leadership development, as well as the pursuit of nursing research that they demonstrate everyday their passion for the best possible care." ■

## MUHC NEWS

### Clowning around with fertility treatments

For couples undergoing the serious process of fertility treatments, a little levity can be welcome both emotionally and now, it turns out, scientifically. According to a recent study published in "Fertility and Sterility", clowns may have a markedly positive impact on the success of in vitro fertilization (IVF) and embryo transfer.

To learn more, visit the [muhc.ca](http://muhc.ca)



# MESSAGE FROM NORMAND RINFRET

## RESEARCH INSTITUTE GRANT RENEWED BY FRQS

**Y**ou have probably heard by now the excellent news that the Fonds de recherche du Québec-Santé (FRQS) funding for the MUHC's Research Institute has been renewed for the next four years with an award of \$4,438,351 for the current fiscal year, FY 2012-2013.

The Committee that evaluated the grant submissions indicated that they were impressed with the vision and enthusiasm of Dr. Papadopoulos and Research Institute's senior staff, which led to an overall assessment of the Function of Centre as "Exceptional". In addition, the RI's Orientation and Operational structure were viewed as "Excellent".

We are always very proud of the successes of the Research Institute; the recognition of this excellence by a body such as the FRQS is an opportunity to celebrate its strength. Each of the Institute's research themes (Axis) was evaluated by external reviewers with the majority of axes receiving a score of "Excellent". The Research Institute, as a whole, was also judged "Excellent" and two of its Axes – Medical Genetics and Genomics and Neurosciences – were judged.

## THE MONTH OF MAY ALSO MARKED NATIONAL NURSING WEEK.

Our nurses strive for excellence in everything they do. They provide patients and their families with skilled, compassionate care, and help them navigate a complex and often times overwhelming health care system. Our nurses continue to advocate for a system that puts

patients at the center and that emphasizes prevention and wellness. Regardless of their role or title, they educate, counsel, advocate, and lead. The work of nurses at the MUHC makes a difference to countless patients, families, and communities who benefit from their dedication, professionalism and integrity. Through their attention to best clinical practices, ongoing professional development, policy and leadership development, and the pursuit of nursing research, our nurses demonstrate leadership in improving practice environments. National Nursing Week is our time to celebrate and recognize the pivotal role our nurses play in the health and well-being of each Canadian.

We also take the opportunity during this very special week, to highlight the accomplishments of those who have been recognized with awards. We nominated neonatal nurse practitioner, Linda Morneau to the Order of Nurses of Quebec for the Prix Florence awards, recognizing her outstanding contributions in clinical practice. We are also pleased to highlight that Jane Chambers-Evans, Interim Associate Director of Nursing for Clinical and Professional Staff Development, is the 2012 recipient of the Valerie Shannon Award for Outstanding Leadership at the MUHC. Congratulations to Linda, Jane and the recipients of this year's Nursing Awards of Excellence, which you will find listed in the centerfold.

I invite you to join Patty O'Connor, Ann Lynch and myself in extending our whole-hearted thanks to the nurses, nursing assistants, clerical staff and patient attendants, for the work they do every day. We honor their commitment to nursing and to our patients. ■

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## WHERE DOES THE MUHC FIT IN THE GLOBAL HEALTHCARE SYSTEM?

### **MUHC-ISAI Director General's Lecture: June 14, 12 p.m. - 1 p.m., Employees' Lounge, Royal Victoria Hospital (H4)**

**N**ow and then, it is important to step back from the immediacy of our day-to-day operations, transition and redevelopment efforts to remind ourselves that the world is getting flatter. While borders exist, myriad activities are conducted collaboratively across jurisdictions in order to reap the rewards of richer learning experiences and different resources. Indeed, people are moving across systems, physically and virtually, staying temporarily for work or education, or rooting themselves in our community.

On June 14, within the context of the MUHC's Institute for Strategic Analysis and Innovation (MUHC-ISAI) annual Director General's Lecture, I intend for us to explore the MUHC's place in the global healthcare system. I hope my speech will lead each of us to reflect about our core purpose as an academic health centre that manages its mission within our walls, community and McGill RUIS, as well as on a larger stage that spans the entire globe. Do we understand what our core purpose is? What can we do to bring out the very best we have to offer society? How do dialogue, collaboration and partnerships affect the positive impact we'd like to have? These are a few of the questions I aim to address in my speech.

I hope you'll join me and Bernard Lord, special advisor to the MUHC-ISAI, for a rich conversation about where the MUHC fits in the big picture. ■



### Quarter Century Plus Celebration

On April 26<sup>th</sup>, 485 members of the MUHC family celebrated an extraordinary milestone representing 25, 30, 35, 40, 45 and 50 years of service as part of our annual Quarter Century Plus Celebration. Normand Rinfret congratulated all employees on this monumental event and fondly shared memories of his early days at the RVH. "As I stand before you today, I am honored to be in your presence; your contribution to the MUHC community over the years has been and still continues to be invaluable!" ■

To see a list of MUHC employees who celebrated this milestone in their career, visit the Intranet and click on the Archive button in the Message from Normand Rinfret section, then click on the message published on 2012-04-26.



## EVENT

### Reminder: Save the Date... June 9th is the MUHC Summer Festival!



SUMMER IS JUST AROUND THE CORNER AND BOUTS OF SUNSHINE AND WARM TEMPERATURES ARE BECOMING MORE COMMON, MEANING THE MUHC'S INAUGURAL SUMMER FESTIVAL IS JUST A FEW DAYS AWAY.

Make sure to mark your calendar for Saturday, June 9<sup>th</sup>, 2012 so that you and your family and friends can join the MUHC for a picnic-style lunch in Parc Notre-Dame-de-Grace (Corner of Girouard and Sherbrooke West) in NDG. With 2012 slated to be another busy year for the MUHC as it moves ahead with its historic redevelopment project, the Transition Support Office is hosting this fun-filled "family and friends" event as a way to come together and celebrate all of the hard work and many achievements to date.

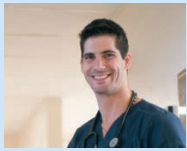
From 11 a.m. to 3 p.m. everyone will enjoy a relaxing day outdoors

with great food, refreshments, games, prizes and fun for all ages. Tickets are \$10 per person, while children two and under enter for free. Local celebrities will also be on hand to mingle with guests, and live music will keep the tunes flowing all afternoon. This event will also serve as a fundraiser for the MUHC's Best Care for Life Campaign, of which \$261 million has already been raised towards its \$300-million goal. ■

For more information, please call 514 934-1934, 23622, and for the ticket order form, please visit [muhc.ca/events](http://muhc.ca/events)

## CELEBRATION OF OUR NURSES

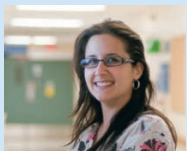
### MGH Neuro & Neurosurgery ward



*Thiago Olivera, GPL  
With the MUHC for  
6 months*

I became a nurse because I spent a lot of time in the hospital when my sister was diagnosed with leukemia. I saw how nurses worked and seemed to enjoy it, in spite of the many hours they put in. Today, both my sister and I are nurses!

For me, the most rewarding element about being a nurse is seeing the patient improve and also being a key person in helping them out.



*Thomi Kossivas, RN  
With the MUHC for  
6 years*

I became a nurse because it's an all around good profession; you get to help people, it's very hands on, and you need a good knowledge-base as well.

I love working with the patients; not only caring for them, but also being their advocate.

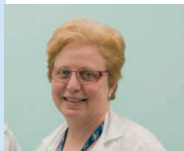


*Natacha Jeudi,  
Clinical Nurse  
With the MUHC for  
12 years*

I became a nurse because I love helping people.

My job allows me to work with patients who are in bad shape when they come here in trauma, but when they leave the hospital and start doing rehabilitation, they realize all the progress they have made. They sometimes even come see us to say hi after they've left the hospital!

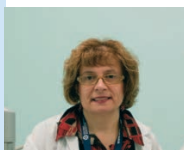
### Royal Victoria Hospital Women's Pavilion



*Lynne Bradley,  
Clinical Nurse  
With the MUHC for  
29 years*

Helping patients with their psychosocial situation and having regular contact with them was a big motivator.

I love obstetric nursing because I have done post-partum and birthing centre nursing for most of my career. I also love being with the patient; all patients in general, but mostly the pregnant patients that we take care of here in the clinic.



*Filomena Monteleone,  
Bacc. Assistant Head  
Nurse, Nursing  
With the MUHC for  
28 years*

I have worked in Gynecology, then in the ICU; the neonatology intensive care unit, always in a different capacity: at the bedside, assistant head nurse and nurse manager. I have been here at the clinic for a month. I simply enjoy it.

Becoming a nurse was my calling. I became a nurse because I like to work with people, to help people, and because the different roles you play as a nurse throughout your career allow a great variety on the job.

### The Neuro



*Natalie Melnyk,  
Nurse Candidate  
With the MUHC for a year*

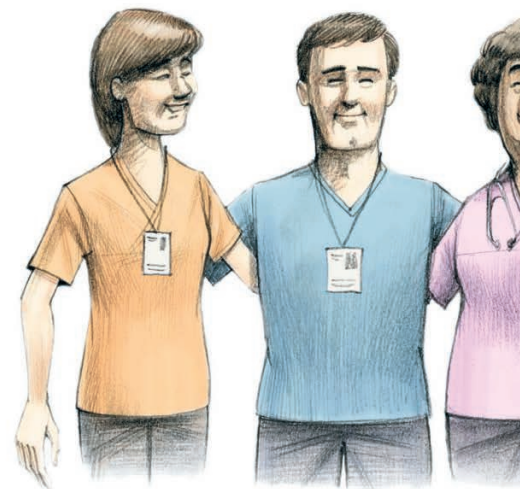
What I love about being a nurse is the smiles we put on peoples' face, and knowing that I have made their day better.



*Serena Slater, RN  
With the MUHC for 4 years*

I was always interested in human behavior and medicine.

I love being a nurse because I learn so much every day; just as much from my patients as I do from medicine.



### Montreal Chest Institute



*Jennifer Guerrier,  
Nurse  
With the MUHC for 2 years*

I like to work with people and to take care of people.

What I love is the contact with the patient; the physical aspect as well as getting to know them; sharing a human contact with the patient. I find that being a nurse is a mix of everything: the contact with the patients and the interaction with other professionals.



*Christine Duterville,  
Nurse Clinician  
With the MUHC for  
6 years*

I became a nurse because I love being in contact with patients. I get to know them, I help them get better and I take care of them.

What I enjoy the most is the contact I have with patients and also the impression of making a difference in their lives. That is a very rewarding aspect of the job for me!



*Cathy Riches, Nurse  
Clinician  
With the MUHC for  
21 years*

I enjoy being surrounded by people. To me, one of the biggest privileges of this profession, and why I am still a nurse after all these years, is that I really see the difference we can make when we get to know our patients, and how we can impact them.

Nursing is really assisting people who have chronic health conditions, yet deal with their daily lives and continue to lead a fulfilling life in spite of their condition. That's why I love being a nurse. It's also fun

to be a nurse because you get to meet new people every day! Here, at the MUHC, in Montreal, we have patients who come from all over the globe; we never can say we are having a boring day!

### **MCH - Pediatric Intensive Care unit (PICU)**



*Bernard Groleau, Nurse  
With the MUHC for  
22 years*

I had two bachelor's degrees; one was Medical Biology, but I ended up following in my much admired aunt's steps and became a nurse.

Simply put: I love being a nurse because I help people out.



*Alexandra Bite, Nurse  
With the MUHC for  
8 months*

I became a nurse because I wanted a career in the medical field. I wanted to work in a profession that was people oriented because I'm a people person. Being a nurse is very interactive and social, and you are a part of a bigger team.

What I love about nursing is seeing all of our patients here in the PICU get progressively better.

### **LACHINE**



*Rose J. Louis, Nurse  
Clinician (Camille-  
Lefebvre Pavillion)  
At Lachine Hospital for  
26 years*

I became a nurse because I knew that I would truly enjoy taking care of patients. Ever since I can remember, I loved doing that; being there for others. I take great

pleasure in being a nurse because I get a sense of accomplishment on a daily basis. What I enjoy the most is the fact that I feel useful, and that I see people trusting me when I take care of them. People come to see me because they need help and they know I will be available for them..



*Cristian Machuca,  
Assistant Head Nurse,  
Emergency  
With the MUHC for  
10 years*

I had done my first degree in Anatomical Science and was doing genetic research. All along, I was working in the lab or doing grant applications; and I eventually decided to combine the scientific aspect with something more social on a day to day basis. I found nursing to be a perfect fit for me.

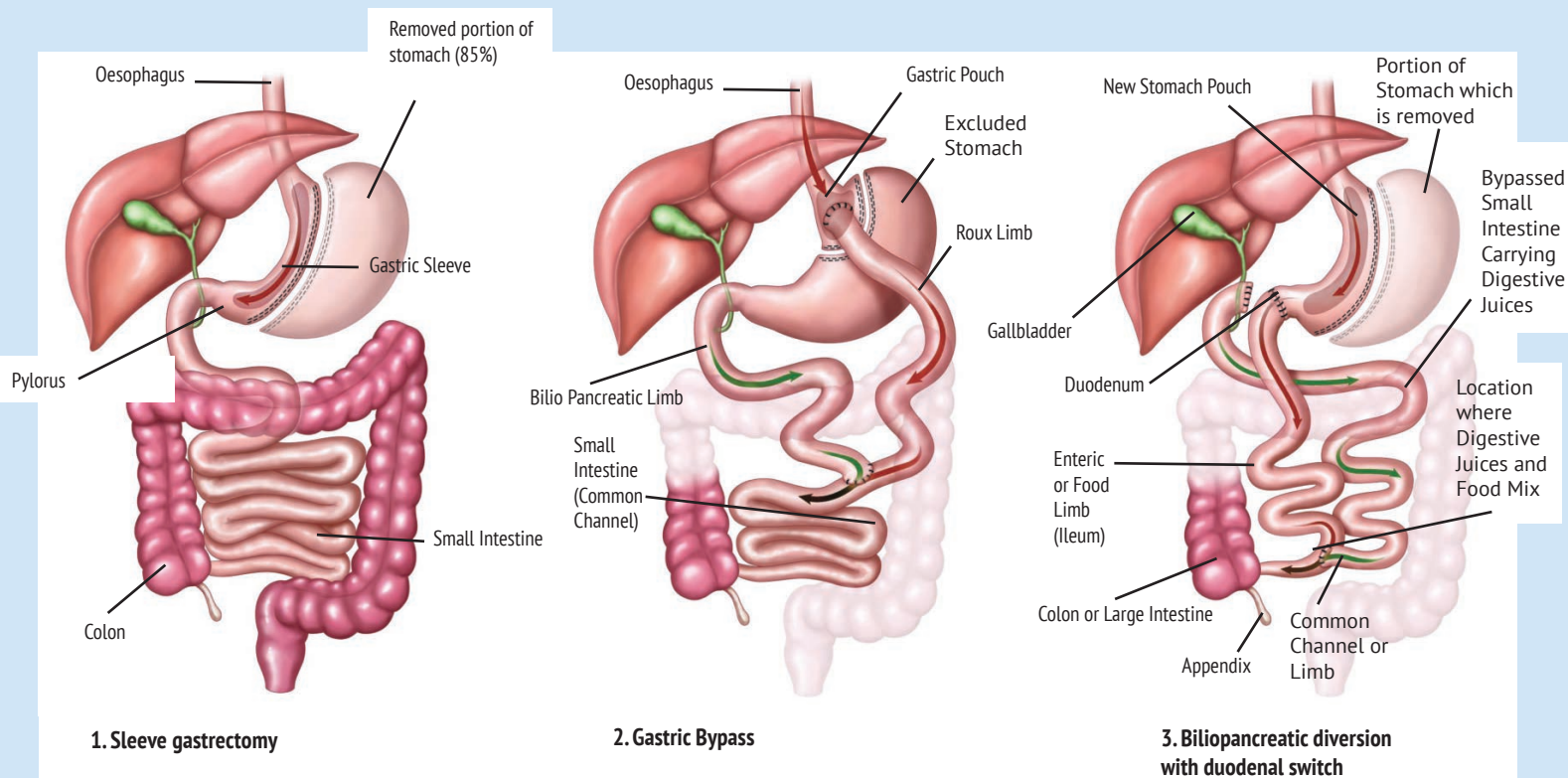
What I love most about being a nurse is that social interaction; being that person who helps others is the best part of the job! All nurses will say that, but personally, I find that as assistant head nurse I can not only help patients, but other staff as well. I'm known to my colleagues as a research person; be it to patients, nurses, orderlies, even doctors at times. It's a lot of fun and very gratifying to be the person who is called upon whenever there is a problem that needs solving. ■

## Lachine Begins Bariatric Surgeries

**B**ariatric surgery has officially begun at the Lachine Hospital, with Dr. Olivier Court, Interim Director, MUHC Bariatric Surgery Program, performing a gastric bypass there on April 25<sup>th</sup>. This is the start of a long series of such surgeries at Lachine; although higher risk operations (on patients with multiple co-morbidities) will continue to be performed at the Royal Victoria Hospital. The MUHC has been a national leader in Bariatric Surgery since 1963 and was the first Canadian center to perform laparoscopic sleeve gastrectomies (2005) and laparoscopic biliopancreatic diversion with duodenal switch (2006), and remains the only Canadian center to offer all laparoscopic bariatric surgical options. ■

### Three types of bariatric surgeries are performed at the MUHC:

1. *Sleeve gastrectomy*. This procedure removes about 80% of the stomach, which helps reduce intake and keeps the patient full.
2. *Gastric bypass* reduces stomach size, while most of the stomach and part of the intestines are bypassed by attaching a part of the intestine to the small stomach pouch.
3. *The Biliopancreatic diversion with duodenal switch* involves removing part of the stomach in addition to bypassing a large part of the small bowel.



## RESEARCH

### Older women who have been diagnosed with an irregular heartbeat are at higher risk of stroke than men

A new study led by the Research Institute of the McGill University Health Centre (RI MUHC) shows that warfarin, the most common anticoagulant therapy used to prevent stroke in patients with Atrial fibrillation (AF) may not be as effective in women, 75 years or older, as in men. The results of the study are published in the Journal of the American Medical Association (JAMA).

“Our results suggest that elderly women with AF may need to be targeted for more effective stroke prevention therapy,” says Dr. Louise Pilote, corresponding author of the



Dr Louise Pilote

study, researcher in epidemiology at the RI MUHC and Professor at McGill University's Department of Medicine.

“We found that women had a 14 % higher risk of stroke than men,” says Dr. Meytal Avgil Tsadok, first author of the study and Post-Doctoral Fellow funded by the Canadian Institutes of Health Research (CIHR) in the Division of Clinical Epidemiology at the MUHC.

Researchers compared the incidence of stroke and warfarin use among 39,398 men and 44,115 women with AF in Quebec between 1998 and 2007. They used administrative data with linkage between hospital discharge, physicians and prescriptions drug claims databases. ■

## AWARDS AND APPOINTMENTS

### Jannick Perrier appointed manager of Respiratory Therapy for MUHC adult sites

We are pleased to announce that Jannick Perrier was appointed on April 10th as the new manager of Respiratory Therapy for the RVH, MGH and MCI, as well as manager of Respiratory Therapy/Anaesthesia at the MNH, replacing Margaret Moon. Previously, Jannick Perrier, was the Respiratory Therapist manager at Santa Cabrini Hospital and previously technical coordinator and Assistant Chief Respiratory Therapist at Sacré-Coeur Hospital.

We invite you to join us in thanking Jannick Perrier for her excellent work to date and wish her continued success with her new portfolio. ■

#### Antoinette Di Re

Director, Therapeutic Allied Health Services (MUHC adult sites)

Joe Derocher has accepted the role of Operations Manager of Housekeeping for the MCH in addition to his current responsibilities at the MGH, RVH, MNH and MCI.

Joe's contact information is as follows:

joe.derocher@muhc.mcgill.ca, extension 44941, MGH Room BS1 112.

André St-Onge remains the Operations Manager of Housekeeping at Campus Lachine. In addition, André, is also involved in various projects which include; information services development, work organization and innovation projects, training and education, development of departmental policies & procedures.

André's contact information is as follows:

andre.st-onge@muhc.mcgill.ca, extension 22293, Lachine Room BB-50.

# THE NEW MUHC

## The MUHC continues its partnership with the Glen's neighbouring communities



To maximize the benefits of the Glen site, nine organizations from the boroughs of Côte-des-Neiges–Notre-Dame-de-Grâce (CDN-NDG), the Sud-Ouest and Westmount created the Inter-Neighbourhood Coalition (INC) and signed a partnership agreement with the MUHC in 2004. On May 3, the MUHC invited these community partners to a cocktail to mark the adoption of a document that sets out the common objectives and shared measures that will continue to make the hospital complex a seamless part of its neighbouring communities.

This cooperative exercise is the first of its kind for a Quebec university hospital centre. Over the years, the MUHC has held many working sessions on the issues of traffic, the environment, economic development,

architecture, employability, and more. This collaboration has led in particular to training programs for patient care attendants and pharmacy technicians for the labour pool in the Sud-Ouest. ■

### The partners celebrating the adoption of the new document, from left to right:

- ◆ Jean Paiement, Director of Partnerships and Communications (CSSS de la Montagne)
- ◆ Prof. Lisa Bornstein, Project Director (ARUC: Making Megaprojects Work for Communities)
- ◆ Halah Al-Ubaidi, Director (NDG Community Council)
- ◆ Bridget Blackadder, Member (Contactivity Centre)
- ◆ Dr. Maureen Keily, Member of the Board of Directors (Westmount Municipal Association)
- ◆ Normand Rinfret, Interim Director General and CEO (MUHC)
- ◆ Francine Dumont, President (CDEC CDN-NDG)
- ◆ Denis Lévesque, Community Organizer (CSSS du Sud-Ouest–Verdun)
- ◆ Pierre Morrissette, Director General (RÉSO)
- ◆ Shannon Franssen, Coordinator (Solidarité St-Henri)
- ◆ Claude Lauzon, Director (CDEC CDN-NDG)

## The art of healing

Keep Flyin' from Sybil Kennedy currently at the MCH entrance on Tupper. ▶

The New MUHC's Glen Site is striving to be a healthcare complex where both body and soul will be healed. To that end, the integration of plants, healing gardens, natural light and art have been made an integral part of the design.

Since 1981, the government of Quebec has mandated that all large construction projects invest a certain percentage of their budget in the integration of visual art. The size and scope of the Glen Site project encourages the integration of several new artworks--artworks that will be created to reflect its missions of healing, teaching and research. In integrating art at the Glen Site, the MUHC will also be encouraging artists from all over the province of Quebec, as all pieces must be created locally. Also, some of the artwork currently across the MUHC will be moved into the Glen Site.

A first call for tender has just been launched by the Quebec government for two original pieces: one will be an outdoor sculpture located on the main plaza of the Glen Site (on the North side of the property); the second is destined for the Research Institute atrium. This work of art should take advantage of the very high ceilings and natural light that will characterize this space. Subsequent requests for submissions will be sent as the project progresses.

While the integration of art will beautify the spaces at the Glen Site, it will also inspire hope and optimism and encourage people to think beyond illness to a future of groundbreaking discoveries that will benefit everyone. ■



### Art across the Glen Site

OTHER PLACES WHERE NEW ART WILL BE ENJOYED:

- ◆ Welcome Plaza
- ◆ Four atriums
- ◆ Cancer Centre
- ◆ Montreal Chest Institute
- ◆ Parking structure