

# Life Support

SUMMER/FALL 2016



The Ottawa  
Hospital  
FOUNDATION

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FONDATION



Sean Smith, Resident, Plastic and Reconstructive Surgery

## Your groundbreaking support

Donors, like you, are instrumental in the groundbreaking developments at The Ottawa Hospital, and I am delighted to say that with your help we are also literally breaking ground.

Thanks to your support, construction is commencing on two major projects: our new Dermatology Centre of Excellence and our Breast Health Centre expansion. These new facilities will offer more room for patients and health-care staff, and have the latest state-of-the-art technology and equipment, which will give patients access to the very best care in the country.

On page three you'll read about the groundbreaking progress being made, transforming the process for lung cancer patients from diagnosis to treatment, which is having a profound effect on how we deliver cancer care. Also in this issue, you'll be introduced to four men who are making a difference in honour of the women in their lives, and a family whose generosity was inspired by the care their daughter received.

Thanks to these donors and to you, we are transforming processes, improving our diagnosis abilities, creating better medications, providing better treatment, and ultimately improving patient care and quality of life. Because after all, isn't that what health care is? – the ability to improve patients' quality of life. That is our goal here at The Ottawa Hospital, and with your generous support that is exactly what we are doing.

Thank you,

Tim Kluge  
President and CEO,  
The Ottawa Hospital Foundation



## Ashley's Dash

Ashley McDougall's personal motto is "Live your dash." That is the dash between the day you were born and the day you die.

"You've got to make the most of that dash," Ashley says.

And she is doing just that. Three years ago, Ashley had meningitis, which weakened her heart. Doctors thought she wouldn't be able to participate in any sports again. Ashley is proving them wrong by cycling in THE RIDE, The Ottawa Hospital Foundation's cycling fundraiser for cancer research, on September 11.

Having lost both grandfathers to cancer, and watching a former teacher and family friend currently battle cancer, has given her the motivation "to do this Ride and raise money and awareness."

## Sons of Carpineto Romano give back

Four guys shaved their heads for breast cancer before a friendly crowd of 350 people at the San Valentino Dinner and Dance.

These four, Giuseppe Castrucci, Frank Cacciotti, Ken Farquhar, and Enzo Cefaloni, have been friends for upwards of 30 years. They are connected not only by friendship but by being first generation Italian-Canadian whose parents (or in-laws) immigrated from the village of Carpineto Romano in Italy. They call themselves the Sons of Carpineto Romano.

A couple of years ago, the successful Ottawa businessmen decided to give back to the community that has supported them for so many years, and held a 'nine and dine' golf tournament to raise money for a program at a youth centre. The success of this fundraiser was encouragement for them to do more for the community.

"Everybody has a mother, a sister, an aunt, grandmother, wife or daughter. Fortunately, none of us has been touched directly by breast cancer, but we know how devastating it can be to so many families," says Ken Farquhar.

In honour of the women in their lives, the four decided to host an event to raise money for the Breast Health Centre at The Ottawa Hospital. They set a goal to raise



*Sons of Carpineto Romano: Frank Cacciotti, Giuseppe Castrucci, Enzo Cefaloni and Ken Farquhar before they shaved their heads at the San Valentino Dinner and Dance.*



*Giuseppe, Ken, Enzo and Frank after their hair cuts.*

\$10,000 to purchase a biopsy chair for the centre. They organized the San Valentino Dinner and Dance, on February 13, 2016, at St. Anthony's Banquet Hall. The evening included a five-course dinner, a live band, dancing, and head shaving for the four men.

"We wanted to take the house party to the next level," Ken says. "Four friends, business people in the community, having fun for the right reasons."

The crowd of laughing, cheering guests, watching the four get their heads shaved at the San Valentino Dinner was proof enough that they were all there for the right reasons. At the end of the evening, the Sons of Carpineto Romano were thrilled to have surpassed their goal, raising \$17,252.00 for the Breast Health Centre, and inspiring them to make it an annual event.

## Grateful quotes

"I donate monthly because I received treatment for cancer a few years back and the staff who treated me were so kind. They always made me feel at ease, as though they were caring for one of their own loved ones."

— Linda Munroe

"I received exceptional care and treatment for stage III cancer. I owe my life to the excellent doctors (Dr. Michael Fung-Kee-Fung, Dr. Tien Le) and the nurses and other staff who treated me."

— Dayle Brands

## Monthly Giving Making your support go even further

### What is it?

Our monthly giving program, Partners in Care, is an easy way to spread your donations over the entire year by making convenient monthly gifts. By joining, you will consistently help The Ottawa Hospital provide quality patient care and innovative research.

### Why give monthly?

**A wise investment:** You will be supporting a valuable and critical community asset so it will be ready when you and your loved ones need it most.

**A win-win situation:** You receive fewer mailings and our fundraising costs are reduced; lower costs on our end means your donation dollars go farther.

**Budget friendly:** The plan is affordable and donations are easy to fit into your budget.

**A timesaver:** You won't have to write a cheque or search for a stamp every time you make a donation.

**Dependable income:** Your regular donation allows the Hospital to plan for improvements more effectively and efficiently.



Andrea Peponoulas

For more information on our Partners in Care plan, please contact Andrea Peponoulas, Development Officer, at 613-798-5555 ext. 14677, or email [apeponoulas@toh.ca](mailto:apeponoulas@toh.ca).



# Transforming lung cancer diagnosis

In Dr. Michael Fung-Kee-Fung's PowerPoint presentation about Cancer Transformation, the "before" diagram showing the process for lung cancer patients looks like a rugby scrum, with arrows criss-crossing every which way between bubbles and boxes.

The "after" diagram is streamlined – more like a synchronized swim team.

In January 2014, the timeline for cases from referral to first treatment for the average patient with a suspicion of lung cancer was 92 days – three months. Too long for patients whose conditions are often complex and challenging during that period. Dr. Michael Fung-Kee-Fung led a multidisciplinary team to map out how it could be transformed from 'rugby' to 'synchronized swimming' and sped up.

The new, dynamic system has patients moving through a continuum of care, not just at The Ottawa Hospital but across the region. As a result, the average wait time for lung cancer patients from referral to treatment has improved 48 percent. The whole process now takes 48 days, as opposed to 92, making our wait time for lung diagnostic assessment the best in the province.

Today, lung cancer patients are streamed, with fewer hops between steps to diagnosis, and they receive information more quickly. Wait times are shorter, patients see the most appropriate physician faster and tests are ordered more efficiently.

Transforming the hospital's cancer system is very much a team sport that has involved not just oncologists, but nurses, clerks, radiologists, family physicians, social workers, pathologists, administrators, information technologists, and especially patients and their families.

"Now after referral, you hear from the hospital within two days rather than waiting weeks. So, right there, you reduce stress," said Jo-Anne Thibault, whose husband was diagnosed with



stage IV lung cancer 18 months before the transformation project began. Jo-Anne was part of the Lung Cancer Transformation Committee, offering feedback and suggestions from a patient's point of view.

The successful transformation team was led by an innovative coach, Dr. Fung-Kee-Fung, a gynecologic oncologist and Chief of Cancer Transformation and Strategy who completed his MBA in 2011, so he could learn how organizations implement change and redesign processes. He says, "Everybody is trying to figure out

how to do this – integrate the different pieces and look for simplicity within the complexity."

Dr. Fung-Kee-Fung shared the success of our transformation experience at the prestigious American Society of Clinical Oncology's Quality Care Symposium in February. And other Ontario cancer centres are now looking to The Ottawa Hospital for transformation advice.

The success of the transformation program in improving the treatment and care of patients diagnosed with lung cancer, has given patients hope and better outcomes.

"The purpose of cancer transformation is to radically re-orientate our cancer care delivery to enhance the patient's experience while integrating research, discovery and innovation; such that our patients will have access to the best treatments and care," said Dr. Fung-Kee-Fung.

The Ottawa Hospital is now moving forward with transformation plans for other cancers, as well as our access to clinical trials in order to streamline and shorten wait times between diagnosis and treatment.



# Care inspires grateful gifts

On her 21st birthday in July 2005, Stephanie Spooner was working out at the gym when she collapsed.

The accomplished athlete and top kinesiology student at the University of Waterloo was rushed to hospital. She had suffered a stroke and massive brain hemorrhage.

Doctors at the Hamilton General Hospital, where Stephanie had been transferred due to the seriousness of her condition, told her parents, Steve and Donna Spooner, that there was a chance their daughter could die. After nine days in a coma, doctors asked the Spooners to give permission to remove her from life support. They refused, and on the thirteenth day, Stephanie awakened, beating the doctors' odds.

Steve and Donna arranged to have their daughter airlifted to The Ottawa Hospital, where she underwent a successful nine-hour surgery to repair the defective blood vessels in her brain.

"One of the benefits of being at The Ottawa Hospital was that it has a rehabilitation facility at the General Campus that is second to none," says Steve, the Chief Financial Officer at Mitel.

Stephanie spent the next five months at The Ottawa Hospital Rehabilitation Centre, working daily with physiotherapists, speech therapists, physiatrists, psychologists, occupational therapists and social workers to regain many of the

abilities she had lost. Despite paralysis on her left side, she learned to walk again. And the following May during Ottawa Race Weekend, Stephanie led her own Run for a Reason team, and walked the 2 km race in the pouring rain with her cane and leg brace. Her story inspired Mitel employees to successfully fundraise to purchase equipment for The Ottawa Hospital.

Stephanie returned to school, graduating just a few short months behind her peers in 2008, then began a master's degree in Health Administration at the University of Ottawa. Today, with the assistance of home care workers, Steph lives largely independently, and works at The Ottawa Hospital.

"Our daughter is alive today because of the remarkable care, compassion, skills, and facilities of The Ottawa Hospital," said Steve.

"We're indebted to the TOH team for giving us our daughter back."

The Spooners have enormous gratitude for the incredible care Stephanie received at The Ottawa Hospital. Steve joined The Ottawa Hospital Foundation Board, and has been instrumental in Foundation fundraising events. Steve and Donna's deep appreciation for their daughter's care also inspired them to create an endowment fund and to also leave a legacy gift in their Will for future generations of patients who will need the critical care of The Ottawa Hospital.



*Stephanie has led the Spooner team for Run for a Reason at the Ottawa Race Weekend since 2006. Left to right: brother Brendan, sister Emily, Stephanie, mom Donna and dad Steve.*

## Estate Giving

Today at The Ottawa Hospital, we're using stem cells to halt devastating diseases, personalizing chemotherapy treatment, conducting major surgery through keyhole incisions, repairing hearts after heart attacks, busting deadly stroke-causing blood clots, and destroying cancer cells with viruses.

This is the health care legacy built with gifts made years ago by forward-thinking individuals who included The Ottawa Hospital in their estate plans.

**Imagine what your  
legacy gift can do  
tomorrow.**

For more information about leaving a gift to the Foundation through your estate, please contact Heather McLean, Vice-President, Development and Corporate Philanthropy, at 613-798-5555 ext. 13034, or [hmclean@toh.ca](mailto:hmclean@toh.ca).



Heather  
McLean

**Please support The Ottawa Hospital**



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