



The ICD Support Group of Manitoba

Volume 18 - May 2017

SUPPORT GROUP MEETINGS

The last group meeting was held in June 2016. Our guest speakers were Dr. Bill McIntyre and Dr. Justin Cloutier who presented on "Patient Engagement in Healthcare and Research". Dr. Seifer also joined us for the reception and meeting.

What is patient engagement? It is patients, families and health providers working together to improve health. The presentation described Patients as individuals with personal experience of a health issue AND informal care givers, including family and friends. Engaging patients allows for better outcomes, more appropriate health care decisions and a greater understanding of strengths and weaknesses of current care processes. Several successful patient engagement initiatives from Hospitals across Canada were referenced during the presentation. While these were not specific to ICD patients they did highlight some significant improvements in various aspects of patient care in their respective Hospitals. So, what can be worked on locally that would directly impact ICD patients? Some suggestions put forward by the presenters were: How do we improve the visit experience in the Pacemaker / Defibrillator Clinic? Is there anything you wish you knew before you decided to have an ICD implanted? What do you wish your healthcare providers understood better?

As a support group we are committed to working with St. Boniface Hospital on these or other patient engagement initiatives. We will keep you informed going forward.

SPRING MEETING - SATURDAY, MAY 27, 2017

RECEPTION: 1:00 p.m.
GUEST SPEAKER: 2:00 p.m.-3:00 p.m.
ST. BONIFACE HOSPITAL ALBRECHTSEN RESEARCH CENTRE
351 TACHE AVENUE
SAMUEL N. COHEN AUDITORIUM, MAIN FLOOR

The closest parking lot is at the south end of the Hospital near Emergency. The Albrechtsen Research Centre is the large building at the southwest end of the Hospital closest to Tache Ave. (Although the name of the building has recently changed it is the same one all of our meetings have been held in.)

Our guest speaker will be Emily Hyde, RN, BSN, BMSc from St. Boniface Hospital, Cardiac Sciences Program. Emily is the Continuing Education Instructor for 5A Cardiac Medicine, Post Recovery and the Pacemaker / Defibrillator Clinic. She is going to talk about patient and family centered care, advocacy and resources available to patients.

Please join us for refreshments, fellowship and information. We encourage you to bring along a family member(s) and/or guest(s) as this provides a great opportunity to chat informally with others who live with a defibrillator.

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- Greg Smith, Director
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DID YOU KNOW.....?!

ARRHYTHMIA DAY

On September 30, 2016 a large number of medical professionals came together from across the province to attend the first Arrhythmia Day which was held at the University of Manitoba, Bannatyne Campus. The attendees were welcomed by Dr. Colette Seifer from the Pacemaker / Defibrillator Clinic. The objectives of this educational activity were to expand the attendees knowledge in several areas such as anticoagulation management in atrial fibrillation, electrocardiogram interpretation, infections related to implants, counselling patients on cardiac implantable electronic devices (pacemakers & defibrillators) and also to have participants more familiar with end of life care in patients with pacemakers and defibrillators. There were several subject matter experts presenting including Drs. Khadem, Khoo, Tischenko and Wolfe from the Pacemaker/Defibrillator Clinic. Larry Sherman from the ICD Support Group was asked to be a patient voice and he shared his experience of living with an ICD for the past 13 years.

ACUTE CARDIAC CARE UNIT (ACCU)

The Winnipeg Regional Health Authority opened a new Acute Cardiac Care Unit at St. Boniface Hospital on July 5, 2016. The ACCU cares for critically ill cardiac patients who come to the Hospital after having a heart attack, arrhythmias, and/or heart failure. Prior to the opening of this new Unit, critically ill cardiac patients were cared for in the Coronary Care Unit or in the Intensive Care Unit, located on two separate floors of the Hospital. The opening of the 10-bed ACCU will enable the Cardiac Sciences Program to provide more specialized care for critically ill cardiac patients in a single unit using a collaborative care approach. The new Unit is staffed with dedicated CCU attending physicians, cardiology senior residents and house staff, specially trained critical care nurses, a dedicated pharmacist and respiratory therapist, as well as dietitians, physiotherapists and occupational therapists. In addition to increased capacity and specially trained staff and physicians, the new Unit features larger rooms, enhanced infection prevention, natural light, increased privacy, an on-call room for the Cardiology senior resident, and a dedicated family room for patients and their families. (from "Believe", a publication from St. Boniface Hospital and St. Boniface Hospital Foundation. Fall/Winter 2016)

ST. JUDE MEDICAL

Recently, Abbott completed the acquisition of St. Jude Medical. Information for ICD patients can still be found on the St. Jude Medical website. www.sjm.com

STEMI PROTOCOL

For several years all paramedics in Winnipeg have been trained in a specialized therapy that could save responders valuable time when assessing heart attack patients. It's called the STEMI protocol, and it was first introduced to the city in 2008. At that time not every paramedic was trained to trigger it, but now all paramedics on staff have the ability to do so, shaving off minutes that could save lives. The protocol allows all primary care paramedics to assess a heart attack patient in their home using an ECG machine with 12 electrodes. Based on the information from the ECG and the symptoms, the paramedic can diagnose the patient who is having the most severe type of heart attack called an ST-segment elevation myocardial infarction or STEMI. Once the diagnosis is made, the ECG is wirelessly transmitted to a doctor in real time, and the paramedic will call the doctor to determine the next step. Since 2008, 200 patients on average have been treated each year using the protocol. The Winnipeg Fire Paramedic Service and the Winnipeg Regional Health Authority said the mortality rate for pre-hospital STEMI patients has dropped from one in 10 in 2007 to one in 30 in 2015.

MEDICAL IDENTIFICATION JEWELLRY

Medical Identification items can save lives. They are an easy way to communicate important information to first responders in an emergency situation, particularly if the individual is unable to speak for themselves. Any one who has an ongoing medical condition, drug or food allergy should consider wearing one. MedicAlert Foundation is one that St. Boniface Hospital recommends to patients. www.medicalert.ca

TRAVEL INSURANCE

According to the Travel Health Insurance Association of Canada (THIA) only 47% of Canadians regularly review their travel insurance coverage before departing on a trip. Remember, even travelling to another Province should be considered when purchasing travel insurance. Check out the THIA website for consumer videos, guides and much more. www.thiaonline.com



DID YOU KNOW.....?? Cont'd from page 2

PERSONAL HEALTH INFORMATION ACT (PHIA)

Most of you have been given the opportunity during a recent in clinic appointment to sign a consent form which allows the ICD Support Group to keep you informed of meeting dates, special events etc.. If for some reason you have not been approached yet feel free to ask for a consent form the next time you are in the clinic. Without this form on file you will not be kept up to date on support group activities and information, including receipt of these newsletters. Consent can be withdrawn at any time by contacting the Defibrillator Clinic. Any information you provide will be held in strict confidence by St. Boniface Hospital and The ICD Support Group of Manitoba.

ANTI-THEFT SYSTEMS

Most of us are aware that anti-theft detectors found at the entrance/exit to most retail stores/libraries generate electromagnetic fields that can “sense” embedded tags on merchandise. Although rare, it may be possible for these fields to temporarily affect the operation of an ICD. Significant effects from interference are unlikely if you pass “normally” through the detectors. You should be aware of the detectors and do not linger close to or lean against the detection system equipment. We now need to be aware that many stores have detector equipment that is not readily identifiable. In some cases retailers have covered traditional pedestal systems with advertising or have placed the systems under floors, in walls and in doors. Again, it is wise not to linger in or lean against doorways. If you think you might be near an anti-theft system and feel symptoms, promptly move away. Your ICD will be fine as soon as you move away from the system.

MANITOBA'S FIRST CARDIAC CT SCANNER

St. Boniface Hospital now has a state-of-the-art cardiac CT scanner. The impact of this unit is significant, particularly in emergency situations. Locating and assessing coronary blockages typically requires a procedure called a catheter angiogram to take pictures of the heart. The test involves inserting a catheter into the arteries, usually through an incision in the groin. While it is still a common test, it can take up to three hours and there is a slight risk of infection. The cardiac CT scanner, by comparison, can generate results in a matter of minutes. The equipment allows physicians to see 3D images of the heart at rest and when contracted, thereby providing important information about heart function and arterial blockages. (from “Believe”, a publication from St. Boniface Hospital and St. Boniface Hospital Foundation. Spring/Summer 2016)

CARDIAC REHABILITATION PROGRAM

The Cardiac Rehabilitation Program operates out of two medical and fitness facilities in Winnipeg, the Reh-Fit Centre and the Wellness Institute at Seven Oaks General Hospital. Both sites endeavor to provide programming that is accessible to all. The Cardiac Rehabilitation Program utilizes an inter-disciplinary team of health professionals to deliver an evidence based program that helps individuals with cardiovascular disease acquire the skills and confidence to lead a healthier life. It is a 16 week program that includes education and exercise classes offered at various times throughout the week. The education sessions address topics ranging from understanding the function of the cardiovascular system, cardiac medications, the central importance of exercise to other topics such as stress management, heart healthy nutrition and action planning to achieve behaviors and lifestyle change. The supervised exercise program aims to safely increase each person's cardiovascular conditioning, flexibility and strength under the careful guidance of the exercise professionals and the rest of the cardiac rehabilitation team. Through this combination of education and exercise, participants learn how to safely manage their risk factors for heart disease and improve their quality of life. Participants in Cardiac Rehabilitation Program programs across Canada typically show improvement in their mortality and morbidity upon completion of cardiac rehabilitation, which means a lower risk for death, another cardiac event or additional surgery. More specifically participants gain improved quality of life and well-being, increased exercise tolerance and functional ability, improvement in their cardiac risk factors (e.g. better lipid profiles, blood sugar levels and blood pressure) as well as improved psychological symptoms such as mood or depression. (from “Cardiac Rehabilitation, Winnipeg Regional Annual Report 2013-14)

For more information, contact:

The Reh-Fit Centre (204) 488-8023 www.reh-fit.com

The Wellness Institute (204) 632-3900 www.wellnessinstitute.ca



**THE ICD SUPPORT GROUP
OF MANITOBA**

www.icdsupportgroupofmanitoba.com

MAILING ADDRESS

**The ICD Support Group of Manitoba
c/o St. Boniface General Hospital
Pacemaker/Defibrillator Clinic Y2045
409 Tache Avenue
Winnipeg, Mb. R2H 2A6**

CLINIC PHONE #:

204-237-2431

BOARD MEMBERS - CONTACT LIST

Larry Sherman

- 204-889-4029 (Winnipeg)
- larrysh@mts.net

Greg Smith

- 204-894-4393 (Winnipeg)
- defib1960@gmail.com

Bob Mawson

- 204-729-8788 (Brandon)
- LBVILLAGE@mts.net

Jerry Samels

- 204-857-6407 (Portage La Prairie)

Dianne Brown

- 204-888-3677 (Winnipeg)
- diannecb@mymts.net

WEB SITES OF INTEREST:

- This interactive website was created by Medtronic a couple years ago. It is very informative for both pre and post ICD patients. It has answers to many common (and some not so common) questions about living with an ICD.
 - www.asktheicd.com
- The Province of Manitoba is divided up into 5 Regional Health Authorities. Each one has their own website which contains valuable information about the health services provided within their RHA.

• Winnipeg Regional Health Authority	www.wrha.mb.ca
• Interlake - Eastern Regional Health Authority	www.ierha.ca
• Northern Health Region	www.northernhealthregion.ca
• Prairie Mountain Health	www.prairiemountainhealth.ca
• Southern Health—Santé Sud	www.southernhealth.ca
- Having an ICD implanted can cause concern not only for the patient but their partners as well. This site leads to a publication that contains tips and suggestions that may assist with some of the challenges in coping with an ICD implant.
 - <http://circ.ahajournals.org/content/120/10/e73>

**STAFF CHANGES IN THE PACEMAKER /
DEFIBRILLATOR CLINIC**

- Maggie Lukianchuk has moved to the clinic from the implant room.
- Charlene White moved to the Clinic from the Cardiac ward.
- Jaime Bataller is new to the implant room.
- Jan Mawhinney recently retired from her part time position in the Clinic.

Staff changes continued

- Christine Smilski has moved on to another department.
- Cliff Cruzat has moved back to the implant room from the clinic.

NEWSLETTER FEEDBACK

What would you like to see in the newsletter? We welcome any questions, suggestions or comments. Please contact Larry Sherman (see contact information above).