



The ICD Support Group of Manitoba

Volume I - September 2007

SUPPORT GROUP FOR ICD PATIENTS AND FAMILIES FORMED

The staff of the Pacemaker Clinic at St. Boniface General Hospital are delighted to announce the formation of “**The ICD Support Group of Manitoba**”. Over the past few months a group of ICD patient volunteers have been working closely with Clinic staff to get a support group for ICD patients and their families up and running. Kerry Liebrecht, Nursing Coordinator at the Clinic says “for some time the staff in the Clinic have seen the need for a patient led support group. We are very pleased with the progress the new Board of Directors are making.” (see side bar for list of current Board members). President, Larry Sherman says “while setting up a support group is a new experience for us, each of the volunteer Board members are deeply committed to the support group. In fact, each of us are ICD recipients so we truly have a vested interest in the success of the support group.” The Board has established a Mission Statement that outlines several goals for the groups success.

MISSION STATEMENT

To provide support, education and the opportunity for ICD patients and their families to interact with others in similar circumstances through:

- Regular interactive meetings and newsletters.
- Creating an opportunity for ICD patients/families to interact with others in similar circumstances in a caring and friendly environment.
- A group of trained volunteers who are ICD patients or family members who will offer individual support to ICD patients/families including those waiting for a device.

Tuesday September 25, 2007

JOIN US FOR AN INFORMATIVE EVENING WITH DR. KEVIN WOLFE and DR. GEORGE KAOUKIS

7:00 P.M.— 9:00 P.M.

ST BONIFACE GENERAL HOSPITAL RESEARCH CENTRE
G. CAMPBELL MACLEAN BUILDING
351 TACHE AVENUE

SAMUEL N. COHEN AUDITORIUM, MAIN FLOOR

PRESENTERS: DR. K. WOLFE, Director of Arrhythmia Services, WRHA
and Dr. G. KAOUKIS, Psychologist.

Refreshments and the opportunity to meet casually with other ICD recipients, family members and Clinic staff will follow the presentations. Parking is available in the South parking lot of the Hospital which is adjacent to the Research Centre at a cost of \$3.00 for the evening.

The Research Centre is the large building at the south end of the Hospital. Look for the large sign at the top of the building. See map on page 4.

NO NEED TO CONFIRM YOUR ATTENDANCE

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VOLUNTEER BOARD OF DIRECTORS

- Larry Sherman, President
- Bob Mondy, Treasurer
- Greg Smith, Volunteer Coordinator & Director
- Lori Trapp, Director
- Jake Suderman, Director



Meet Dianne Brown R.N. - Pacemaker Clinic

I've had the privilege of working in the Pacemaker Clinic for 30 years. I've had some amazing mentors and teachers, but the people I have probably learned the most from are the patients, each one challenging and interesting in their own special way. I've "grown up" with the industry - beginning with non programmable single chamber pacers and evolving to multi programmable bi - ventricular defibrillators.

Life is full of surprises - which I discovered in December 1993 when our son Craig had a VF cardiac arrest at school at the age of 16. He spent December in the hospital and then was the youngest Manitoban, at that time, to receive an ICD in February 1994. The roller coaster of emotions is something I'm sure many of you can identify with, but Craig made two statements that summed it up: "You just want me to have an ICD so I can hang out with you at work" and "Mom, I don't want you to be my nurse, I just want you to be my Mom".

Craig has gone on to do all the things young people his age want to do; swim, snowboard, play baseball, date, graduate from college and recently a Health Care Aid course, have his own apartment and have a job. I try to only be his Mom but the nurse role is hard to quit.

Having a child with an ICD has taught me how to empathize with patients a little more but I do not know what a shock feels like or what having to deal with the device on a daily basis feels like. I do know the fear of nearly losing a loved one and I feel blessed each day that these life saving devices are available.

Did you know.....??

- That ICD stand for Implantable Cardio-verter Defibrillator
- That each ICD manufacturer has a web site that contains valuable information about living with a device. Visit any of the following:
 - www.guidant.com
 - www.medtronic.com
 - www.sjm.com
 - www.sorin.com
- There are many other related web sites that contain good information for heart patients. Here are just a few:
 - Heart and Stroke Foundation of Mb. www.heartandstroke.mb.ca
 - For assistance in reading food labels try: www.healthcheck.ca
 - Canadian Medic-Alert Foundation: www.medicalert.ca
- Both the Reh-fit Centre at 1390 Taylor Avenue and the Wellness Institute at Seven Oaks General Hospital offer a wide variety of services that benefit heart patients, including medically supervised exercise and education programs. For more information visit:
 - www.reh-fit.com
 - www.wellnessinstitute.mb.ca

We are grateful for financial contributions from the following ICD device manufacturers:

- Sorin Group
- Medtronic
- St. Jude Medical
- Boston Scientific



CONTACT INFORMATION FOR THE ICD SUPPORT GROUP OF MANITOBA

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Can you help us?

Our small group of volunteers can use some helping hands from time to time. We still have a couple of vacancies on the Board of Directors. It's not an onerous task plus you can have input into the future direction of the group. We can always use help with preparing the newsletter arranging meetings etc. If you can help out please contact one of the board members listed above.

Future plans for the Support Group

In addition to continuing with the newsletter and more group meetings we intend to establish a group of trained volunteers who are ICD patients or family members who will offer one on one support to ICD patients, family members and those waiting for a device to be implanted. Watch for more information and a request for volunteers in 2008.

We'd like to hear from you!

This is YOUR support group therefore we would like to hear from you at any time. Please feel free to contact any of the board members listed above with your questions, comments, feedback, suggestions etc.

**Our thanks to Bob
Mondy for
supplying the
paper and the
printing of this
newsletter.**

