

Promise

VOICE OF ST. PAUL'S HOSPITAL FOUNDATION

FALL/WINTER 2013



St Paul's Hospital
FOUNDATION

DR. JAMES HOGG
HAS BREATHED
NEW LIFE INTO
MEDICINE AND
TREATMENTS FOR
LUNG PATIENTS

Legendary Lung Research

FELLOWSHIP FOR CHANGE

Training new
addiction specialists

ADVANCING NURSING RESEARCH

Nurse researchers
improve heart care

NOW HEAR THIS

Treating ear and
hearing disorders

Celebrating Success



I'm pleased to announce that, for the second year in a row, our donors contributed to a record fundraising total for St. Paul's Hospital (see Report to the Community).

I have high hopes that the current fiscal year will be another success after seeing individuals, corporations and members of the community step forward for our recent fundraising campaigns. This summer, we enjoyed a second season of our Strike Out Heart Disease partnership with the Vancouver Canadians Professional Baseball Club (page 6) and an impressive showing at the 2013 Scotiabank Half-Marathon & 5K Charity Challenge (page 5). We continued that momentum into September, when the community came out in full for our *brilliant!* fundraiser (page 4).

Of course, I can't discuss community and St. Paul's Hospital without mentioning our Lights of Hope campaign (page 4). For the past 16 years, the Lights of Hope campaign has been the preeminent community event of the holidays, bringing together donors, volunteers, patients, members

of the St. Paul's Hospital family – staff, physicians and researchers – and the public in support of our hospital.

The 2013 Lights of Hope campaign looks to be our best yet. I invite you to join us when we turn on this year's display of holiday lights for the first time during our Lights of Hope Community Celebration on November 20, a special event that also features fireworks, musical entertainment and refreshments.

You can find more information about the Lights of Hope at www.helpstpauls.com. I look forward to seeing you there!



David Poole
Chair, St. Paul's Hospital Foundation
Senior Vice-President, BC & Yukon Region, Scotiabank

Supporting Innovation

St. Paul's Hospital is an indispensable resource for the people of British Columbia for many reasons, but I wanted to focus on one in particular for this issue of *Promise*: St. Paul's role as a driver of health care innovation in this province.

Throughout its history, St. Paul's has changed health care in the province and around the world through discoveries generated by our unique integration of patient care, research and teaching.

This issue of *Promise* examines our tradition of innovation and learning, through our spotlight on Dr. James Hogg's research leadership and mentorship in chronic lung disease (page 18), our introduction to the first trainees in the St. Paul's Hospital Goldcorp Fellowship in Addiction Medicine (page 7) and our look at the understudied but potentially life-saving field of cardiovascular nursing research (page 22).

As you'll see, these programs haven't just had an impact on the health of our patients; they've also impacted the health of our province. The culture of mentorship and opportunity to work

beside and learn from our award-winning physicians, researchers and staff has attracted hundreds of health care professionals from around the world to St. Paul's. In doing so, St. Paul's has helped establish BC as an internationally recognized centre of innovation and excellence, and generated significant economic benefits to our province in the process.

Speaking on behalf of St. Paul's Hospital Foundation, I'd like to say how proud we are to support the world-leading care, research and teaching that means so much to our patients and health care system – and express our gratitude to you for your invaluable support. Thank you.



Dick Vollet
President and CEO
St. Paul's Hospital Foundation



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St Paul's Hospital
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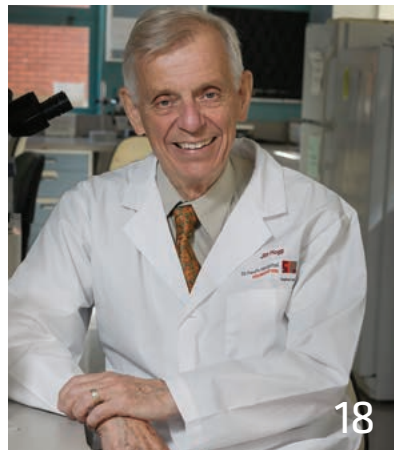
ST. PAUL'S HOSPITAL
PROVIDENCE HEALTH CARE

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Photo page 17: Rick Etkin

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Q&A with Dr. Danny Dvir; Strike Out
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A Lights of Hope Star for Dad

The Lights of Hope campaign is a way for the Kronier family to remain connected to the spirit of giving inspired by their husband and father.

Since 2008, Betty Kronier and her daughters – Lorraine Palmer, Linda Chrystal, Carolyn Convey and Kim Streit – have donated to the Lights of Hope every year so that a star on the display would bear the family name of their late husband and father, Al Kronier.

“The excellent care he received at St. Paul’s gave us some extra years with him.”

“We’re really proud of the fact that dad’s name is on the star and that our kids can see that we’re giving back,” says Chrystal.

During his life, Kronier owned a hardware store in Richmond where he

would routinely help members of the community by supporting local people and charities. He was also incredibly proud of his four daughters who, in his eyes, could do no wrong.

In 1993, Kronier received life-saving quadruple bypass surgery at St. Paul’s Hospital, which gave him several additional years with his children and grandchildren before he passed away in 1999.

“The excellent care he received at St. Paul’s gave us extra years with him,” says Streit. Adds Covey, “And all of us were grateful for that time.”

Betty Kronier and her four daughters decided to give back to St. Paul’s by making an annual donation to the Lights of Hope campaign. Every year, the campaign inspires the community to support the hospital’s greatest needs with a spectacular display of holiday lights recognizing donors to the campaign.

This year, the Lights of Hope campaign has a goal to raise \$2.2 million. The display will be lit for the first time on November 20 during an all ages celebration open to members of the community that will take place outside the hospital and will feature fireworks, entertainment and refreshments.



Al Kronier’s four daughters (above) and their mother, Betty, remember their late father and husband each year with a star on St. Paul’s Lights of Hope display (left).

The four sisters hope to be at that celebration with their mother and families and to use it as a time of giving and remembrance.

“We want our grandchildren to see Dad’s name in lights and explain why that star is there so they can get to know their great-grandfather a little better,” says Palmer. “It’s how they can understand the importance of carrying on his legacy.”

For more information on the Lights of Hope campaign and how you can help support greatest needs at St. Paul’s Hospital, please call 604-662-4673 (HOPE) or visit www.lightsofhope.com.

Scotiabank Half Marathon & 5K Charity Challenge

Run • Walk • Raise Funds for St. Paul's

St. Paul's Hospital Foundation was thrilled to have 38 participants racing to support St. Paul's Hospital during the 2013 Scotiabank Half-Marathon & 5K Charity Challenge on June 23. Those participants raised nearly \$25,000, ranking in the top 10 for funds raised among the 71 local charities that took part. Way to go!



Dr. Danny Dvir Takes Improving People's Health to Heart

Q & A

An interventional cardiologist

from Israel, Dr. Danny Dvir came to St. Paul's Hospital in April 2013 as the inaugural International Fellow in Cardiovascular Innovation, which is funded by donors to St. Paul's Hospital Foundation.

The Fellowship is an opportunity for St. Paul's to have talented individuals from around the world train and care for patients and bring new knowledge to the hospital, and to form partnerships with other leading health care institutions.

Dvir is working with the team responsible for transcatheter aortic valve implantations (TAVI), a life-saving alternative to open-heart surgery that was pioneered by Dr. John Webb and other members of the cardiology team at St. Paul's. The procedure involves replacing heart valves by inserting them through a tiny incision in the leg and guiding them to the heart through the circulatory system.

What was your reaction when you found out you were coming to St. Paul's?

I was thrilled! I told my wife and we were very happy.

What attracted you to a career in the medical field?

I really like to see improvements in people's health. I am also very passionate about research, such as clinical and laboratory trials. Working as an interventional cardiologist gives me the opportunity to do both.

What do you love most about your chosen field?

One of the biggest advantages of working as an interventional cardiologist is being afforded the opportunity

to see immediate improvements in people's health. You can have patients who have limited physical activity and are very sick and you do a procedure that takes 30 to 45 minutes and they are up on their feet.

How do you spend your free time?

I do not have a lot of free time (laughs). My wife is also very busy. So I often spend my free time having fun with my wife and three kids. We like going hiking and doing other outdoor activities as well.

To learn how to support the International Fellowship in Cardiovascular Innovation, please contact St. Paul's Hospital Foundation at 604-682-8206 or visit www.helpstpauls.com.

**International Fellow
in Cardiovascular
Innovation,
Dr. Danny Dvir**



Provincial Funds Fight to Stop Viral Hepatitis

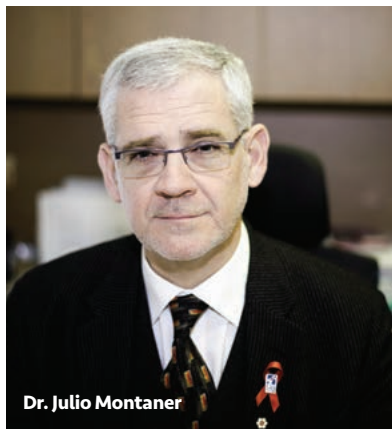
The Government of British Columbia has provided \$1.5 million through St. Paul's Hospital Foundation for the BC Centre for Excellence (BC-CfE) in HIV/AIDS and BC Centre for Disease Control (BCCDC) to develop a business case proposal for viral hepatitis programming at the BC-CfE. The proposal will be based on the successful HIV treatment as prevention model.

Since the introduction of highly active antiretroviral therapy (HAART) by the BC-CfE at St. Paul's in 1996, HIV has gone from being a death sentence to becoming a chronic and manageable disease.

"What we have done for HIV can and should be done for other high burden diseases like hepatitis," says Dr. Julio Montaner, director of the BC-CfE at St. Paul's. "We can take the infrastructure we have developed under STOP HIV/AIDS and apply that so we can deliver a hepatitis-free generation to our province."

STOP HIV/AIDS, which began as a pilot project in 2009 before being rolled out province-wide this year, aims to expand access to HIV/AIDS medications to hard-to-reach and vulnerable populations in British Columbia. Applying this approach to people with viral hepatitis could simultaneously improve their health, while reducing the risk of them transmitting hepatitis B and C to others.

The business case proposal will include



Dr. Julio Montaner

extensive community consultation to identify hepatitis care and treatment challenges. It will also address how improved reach and effectiveness of new hepatitis treatments could impact those living with the virus, and ultimately change the course of the hepatitis epidemics.

Viral hepatitis affects thousands of British Columbians.

Viral hepatitis affects thousands of British Columbians, many of whom are unaware they even have the disease. The BCCDC estimates that approximately 80,000 British Columbians are living with hepatitis C, and 60,000 are living with hepatitis B.

To find out how you can support care, research and teaching at St. Paul's Hospital, please contact the St. Paul's Hospital Foundation at 604-682-8206 or visit helpstpauls.com.

Great Ways to Give

If you would like to help

St. Paul's, please use the enclosed form or consider giving in the following ways:



Monthly donations

Automatic payments from your credit card or bank account are convenient and save the time and money required to mail multiple donations.



Honour a loved one

Make a gift in honour of a family member, friend or doctor to celebrate their accomplishments, their memory or a milestone occasion such as a birthday or wedding.



Securities

Donating publicly-traded securities, especially if they contain capital gains, may allow you to make a charitable gift and take advantage of special tax-saving provisions.



Will and estate gifts

Plan for a future gift in your will or in some other way, such as life insurance, an RRSP, an RRIF or a trust.

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Strike Out HEART DISEASE



The partnership between the Vancouver Canadians Professional Baseball Club and St. Paul's Hospital Foundation raised awareness and \$60,000 for the provincial Heart Centre at St. Paul's Hospital in 2013 with support from the John C. Kerr Family Foundation. This year, the season opened with the first St. Paul's Celebrity Softball Classic, a five-inning softball game featuring staff from presenting sponsors Blake, Cassels & Graydon, and Deloitte, along with local celebrities.



As the mother of two sons who faced drug addiction, Nichola Hall knows first-hand the importance of having more trained addiction specialists in BC.

A Fellowship for Change

A transformative \$3-million gift from Goldcorp Inc. has helped launch a new addiction medicine Fellowship that will meet a critical need for trained addiction medicine specialists.

by Melissa Edwards

When Nichola Hall's two teenaged sons became addicted to heroin, she at first thought her family was alone in its struggle to keep the boys safe. "Our community is not a place where we expected to find addiction," she says. "But we discovered, to our surprise, that other people in our church were experiencing the same struggle. Businessmen, schoolteachers, lawyers and doctors were also going through this with their children."

A year ago, *Promise* described the difficulties that families like Hall's faced in accessing effective drug and alcohol treatment due to the lack of physicians in British Columbia trained in addiction medicine.

Shortly thereafter, Goldcorp Inc. announced a \$3-million donation to address this need through the creation of the St. Paul's Hospital Goldcorp Fellowship in Addiction Medicine, led by Drs. Evan Wood and Launette Rieb of the BC Centre for Excellence (BC-CfE) in HIV/AIDS at St. Paul's Hospital.

Now, the Fellowship – the first in Western Canada to be certified by the American Board of Addiction Medicine (ABAM) – is ready to transform the lives of some of our most vulnerable citizens as it begins training its first four physicians and one nurse practitioner.

COMPREHENSIVE PROGRAM

Drs. Wood and Rieb designed the Fellows' training to balance exposure to diverse clinical settings with academic research.

Goldcorp's donation will fund training for a certain number of physicians per year over the course of the next five years. The six-month nurse practitioner fellowship, the first of its kind, was established through a partnership between St. Paul's Hospital and the University of British Columbia School of Nursing. It is also scheduled to continue for at least the next five years. The 25 Fellows trained over this period will not only provide world-leading treatment to patients, but, with graduates engaging in research, care and teaching themselves, will also advance that

care through the development of an academic addiction medicine program.

"We're not just trying to put a thumb in the dike; we're trying to change the system from the bottom up," says Rieb. "Our purpose is to reduce suffering for those in need – on a personal, multigenerational and societal level."

To Nichola Hall, the new program represents a spark of light in a long history of shadows. Today, 15 years after addiction first touched her family, Hall still volunteers with From Grief to Action, a support organization she helped found.

"Whenever I speak somewhere, people come up to me and whisper: *my brother, my sister, my child, my mother*. There is way more addiction out there than people know, but affected families don't want to speak out because they are ashamed," she says. "Addiction is so complex, and it needs to be tackled from so many angles. We need a huge amount of new research. Anything that St. Paul's can do will be gratefully received." □

Continued on page 8 >>>

To find out how you can support care, research and teaching to benefit patients with addictions, contact St. Paul's Hospital Foundation at 604-682-8206 or visit www.helpstpauls.com.

THE FIRST ST. PAUL'S HOSPITAL GOLDCORP FELLOWS IN ADDICTION MEDICINE OFFER INSIGHT INTO WHY THEY'RE IN THE PROGRAM



Dr. Pouya Azar

Continued from page 7

Dr. Pouya Azar

Psychiatry resident

"It's difficult to address psychiatric disorder without addressing the substance induced disorders that often concurrently exist. The Fellowship will provide me with the tools to address both aspects in my patients."

Monica Gregory

Nurse practitioner with a degree in pharmacology

"In all the years I've been nursing, I have to say that addiction is one of the most devastating diseases for both patients and their families. My goal with this Fellowship is to gain the knowledge and skills to provide excellent evidence-based addictions care."



Monica Gregory



Dr. John Koehn

Dr. John Koehn

Family physician who has practiced medicine at a federal prison in Abbotsford

"The inmate population is over-represented with substance use disorders ... I jumped at the chance to learn new techniques and make improvements to the treatment of inmates struggling with these disorders."

Dr. Seonaid Nolan

Internal medicine fellow

"I wanted to train in addiction medicine to bridge the gap between addiction medicine insights and applying them to clinical care. I also hope to acquire the tools to educate future physicians, increase awareness and improve overall care for people struggling with addictions."



Dr. Seonaid Nolan



Dr. Nitasha Puri

Dr. Nitasha Puri

Family physician

"There is a huge need in this province for systemic change in the way that addiction care is provided, and the appeal of this program is that it starts to meet that need."

For information about the St. Paul's Hospital Goldcorp Addiction Medicine Fellowship, please visit www.addictionmedicinefellowship.org.

Thanks to the treatment he received at St. Paul's Rotary Hearing Clinic, Jack Zaleski (right) has had both his hearing and his quality of life restored.



Now Hear This

St. Paul's Hospital's Rotary Hearing Clinic restores the quality of life of many British Columbians with hearing disorders.

By Michelle Hopkins

Jack Zaleski is no stranger to the challenges of hearing loss. A decade ago, the retired engineer's hearing had deteriorated to the point that he was no longer able to enjoy the laughter of his grandchildren at play or fully experience his favourite music without having to turn up the volume.

"Even sitting around the table with family and friends, I'd miss a lot of the conversation," Zaleski says, "so there was an element of feeling left out."

That changed when Zaleski, president of the Rotary Hearing Foundation, received the proper diagnosis and treatment for his hearing loss at St. Paul's Hospital's Rotary Hearing Clinic, the provincial referral centre for complex ear and hearing-related disorders, which Rotary had already been supporting for years.

"Because of the Rotary Hearing Clinic, my quality of life has increased dramatically," says Zaleski, who, apart from admitting to listening to loud music as a teen, attributes his general hearing loss to aging. "I can talk on my iPhone and I can have the television sound fed right into my hearing aids. It has changed my life."

BREAKING THROUGH THE SILENCE

Dr. Brian Westerberg, division head of Otolaryngology-Head and Neck Surgery at St. Paul's Hospital's Rotary Hearing Clinic, says Zaleski's experience with hearing loss is far from unique.

"Hearing loss can affect every aspect of a person's life," says Westerberg, "and it limits both personal and career relationships."

St. Paul's Hospital's Rotary Hearing Clinic works to restore the quality of life for people like Zaleski by evaluating, diagnosing, treating and managing hearing loss and balance disorders for dozens of patients per day. The clinic is also home to BC's adult cochlear implant program, which was the first in Canada to implant these medical devices in people who cannot be helped by regular hearing aids.

EXPANDING TO MEET A GROWING NEED

With more than one million adults reporting some kind of hearing-related disability, hearing loss is one of the most prevalent chronic conditions in Canada – and one that is challenging to keep pace with.

For example, patients currently have to wait over six months for tests using one of two audiology booths. These booths are pivotal to determining the degree and type of patients' hearing loss or hearing level and identifying the best treatment options for them.

To help meet this demand, St. Paul's Hospital Foundation is raising \$500,000 to renovate the clinic, with the Rotary Hearing Foundation already making a \$250,000 donation towards the goal.


"Our work is fairly intense and it is critical that we have more space in order to ensure we can conduct all of the tests our patients need," says Cindy Gustin, practice leader of Audiology.

The project will involve purchasing and renovating the clinic to install another audiology booth, as well as purchasing equipment important for ear surgery for the operating room. Additional funds raised will support ongoing research, education and innovation in ear care. ■

To learn more about how you can support the Rotary Hearing Clinic, contact St. Paul's Hospital Foundation at 604-682-8206 or visit www.helpstpauls.com.

Breathing New Life into Medicine

For more than 50 years, scientist/clinician Dr. James Hogg has made it his mission to unravel the mysteries of and find effective treatments for COPD.



Celebrating the extraordinary achievements and far-reaching influence of a world leader in the study of chronic obstructive lung diseases, Dr. James Hogg

By Helena Bryan

When Dr. James Hogg was awarded the \$100,000 Canada Gairdner Wightman Award in March, the most prestigious biomedical prize in Canada, no one in the global medical science community was surprised, except perhaps for Hogg himself.

“I was flabbergasted, but honoured,” says Hogg, a St. Paul’s Hospital-based researcher, teacher, lecturer and colleague who has arguably contributed more to modern medicine’s knowledge of chronic obstructive pulmonary disease (COPD) than any other individual in the world. “It’s a lifetime award, so I really accept it as recognition of the work that’s going on in the respiratory field in Canada. And I hope it draws attention to COPD and the enormous world health problem that it is.”

For 78-year-old Hogg, professor emeritus of the department of pathology and laboratory medicine at UBC, the Gairdner Award represents the culmination of a five-decades-long quest to better understand COPD, an umbrella term for emphysema and chronic bronchitis. Both are incurable diseases that inflame the lungs and affect breathing.

Hogg’s quest began when he was working toward his PhD in experimental medicine in the late 1960s. At that time, COPD was barely understood. He and his mentor, Dr. Peter Macklem, at McGill University started to

look at the underlying mechanisms of the disease, which today affects more than 700,000 Canadians and which the World Health Organization projects will be the third-leading cause of death worldwide by 2030.

EXPANDING RESEARCH

Whether through researching or teaching, Hogg’s contributions to our knowledge of COPD accelerated when he moved to UBC as a professor of pathology, and to St. Paul’s Hospital where he and Dr. Peter Paré co-founded the Pulmonary Research Laboratory in 1977.

The Pulmonary Research Laboratory marked St. Paul’s first step into significant laboratory research and quickly established itself as a focal point of research excellence in the area of heart and lung conditions, with Hogg focusing on COPD.

“I think the importance of our work on small airway obstruction in COPD lies in the fact that it shows the disease starts early and goes unnoticed by either patient or physician for many years,” says Hogg. “That means that diagnosis and treatment has to start early to be effective.

“It’s like treating hypertension (high blood pressure): you need to gain control and keep the blood pressure in the normal range to prevent cardiovascular catastrophes.”

Bringing the world to St. Paul's

Over the past three decades, hundreds of young researchers have come to St. Paul's Hospital from around the world to work with Dr. James Hogg. A few of those researchers share their thoughts on the impact Hogg's mentorship has had on their careers.



DR. DON SIN

Head of respiratory medicine at St. Paul's Hospital

"Dr. Hogg has been extremely generous in providing my students with access to the world-class collection of lung tissue specimens that patients have donated for research purposes, which he has built up over the past 30-plus years. Most importantly, he has been a mentor in the way he conducts himself and his canny ability to think outside the box."



DR. PETER PARÉ

Professor of medicine and clinician scientist at St. Paul's Hospital

"I owe any career success to the mentorship and support of Jim Hogg. It was he who turned me on to research. During my training, I spent one month working with Jim and the research he was doing was interesting and he was so excited about it that I resolved to return to his lab for a complete year of research."



DR. MIKE ALLARD

Cardiovascular pathologist and a principal investigator at the Centre for Heart Lung Innovation at St. Paul's Hospital

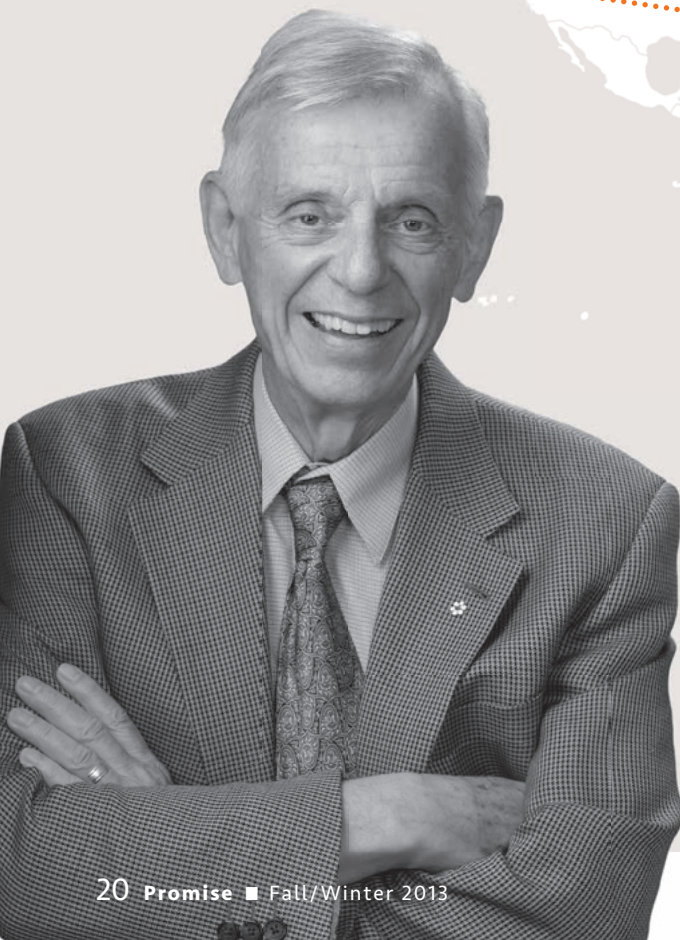
"My experience with Dr. Hogg was definitely what excited and stimulated me to pursue a career as a clinician-scientist. It was Jim who suggested I consider a career in cardiovascular research and pathology. I took his advice."



DR. JULIO MONTANER

Director of the British Columbia Centre for Excellence (BC-CfE) in HIV/AIDS at St. Paul's Hospital

"My early training with Jim gave me a fantastic and very comprehensive understanding of what the fundamentals of research are all about. Exposure to Jim's research and the work that I did with him really gave me a glimpse of what my academic career was going to be all about."





DR. TILLIE-LOUISE HACKETT

Associate director
at the Centre for
Heart Lung Innova-
tion at St. Paul's Hospital

"It is inspiring to see the dedication that Dr. Hogg applies to his work each day, even past his retirement, and this motivation and personable interaction make him an exceptional colleague to work with."

DR. WAN TAN-HOGG

(see "All in the Family," right)



DR. STEPHAN VAN EEDEN

Director of the COPD
Chronic Disease
Management Program
at St. Paul's Hospital

"Working with Dr. Hogg has inspired a passion for research in me and led me to pursue a career as a clinician-scientist."

"The importance of our work on small airway obstruction in COPD lies in the fact that it shows the disease starts early... that means that diagnosis and treatment has to start early to be effective." - Dr. James Hogg

Today, the lab has rebranded itself as the Centre for Heart Lung Innovation (HLI) at St. Paul's and grown from one trainee and two principal investigators to more than 120 trainees and 30 principal investigators.

"The heart, lungs and critical care are our focus," says Dr. Keith Walley, director of the HLI and a University of British Columbia professor. "We're finding innovative solutions to some of today's biggest health challenges and we wanted a name that reflects all of that."

The focus of the HLI now and into the future is to improve patient care by taking scientific discoveries being made at the HLI to the clinical setting.

"All of us want our research to help patients," Walley says. "We can do this by using the understanding from scientific discoveries to improve the care available to patients."

As for Hogg, he's not quitting researching any time soon. In fact, when he got the call

informing him that he'd won the Canada Gairdner Wightman Award, he was in the middle of completing a grant application. His latest research suggests a new direction in treatment, one with the potential for reversing the destruction of lung tissue in COPD, and he plans on continuing to pursue this research to improve outcomes for patients.

He will also continue to inspire the next generation of researchers through his dedication to mentorship.

"I think it's important for young people with some experience to work in an interdisciplinary laboratory where people work together to solve problems," says Hogg, "and I think that's why mentoring is important and I try hard to do a good job of it." ■

To find out how you can support the Centre for Heart Lung Innovation (HLI) at St. Paul's Hospital, please contact St. Paul's Hospital Foundation at 604-682-8206 or visit www.helpstpauls.com.

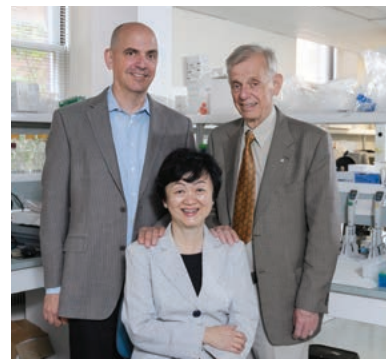
ALL IN THE FAMILY

For award-winning heart/lung researcher Dr. James Hogg, medical research is very much a family affair.

His wife, Singapore-born Dr. Wan Tan-Hogg, went to medical school in Aberdeen, Scotland, and studied chest medicine in Edinburgh before heading back to Singapore, where she met Dr. Hogg over a decade ago. They had a long-distance relationship until 2004, when she moved to Vancouver on the condition that she could continue her research there.

Tan-Hogg is now a principal investigator, like Hogg, at the Centre for Heart Lung Innovation, where she is studying ways to diagnose COPD earlier to help avoid its catastrophic effects later on.

Hogg doesn't work directly with his son, Robert, but their paths do cross. Dr. Robert Hogg, director of the Drug Treatment Program at St. Paul's BC Centre for Excellence (BC-CfE) in HIV/AIDS, works closely with the BC-CfE's director, Dr. Julio Montaner. Dr. Robert Hogg's research is largely focused on population health as it relates to HIV/AIDS among marginalized groups, and includes current research into the demography of AIDS in South Africa.



(Left to right) Dr. Robert Hogg, Dr. Wan Tan-Hogg and Dr. James Hogg

Advancing Nursing Research

A new St. Paul's Hospital/UBC Chair in Cardiovascular Nursing could support groundbreaking research by nurses to enhance patient care at St. Paul's.

By Jessica Werb



Cardiovascular nurse researchers Dr. Sandra Lauck (left) and Dr. Martha Mackay (right) are conducting studies into the practice of nursing to establish new approaches and best-practices that will ultimately enhance patient care.

When Sandra Lauck began her nursing career 30 years ago, it was the prospect of seeing the world that first attracted her to the profession.

“What drew me to nursing was chance,” says Lauck. “I have an undergraduate degree in political science and I was interested in international development. I saw nursing as an opportunity to travel.”

However, as she grew more immersed in her profession, Lauck found herself more interested in exploring health-care horizons than geographic ones. Today, she is one of St. Paul’s Hospital’s leaders in a burgeoning field of study: finding ways to improve nursing practices to enhance patient satisfaction and outcomes.

ADVANCING THE PROFESSION

As frontline providers of care, nurses bring a unique perspective to research, explains Lauck, a clinical nurse specialist at the provincial Heart Centre at St. Paul’s and clinical director at Cardiac Services BC.

“I think the types of questions nurses ask are questions that other health professionals may not ask,” she observes. “Within that vulnerable space between the bed and the curtain around the bed, the work of nursing centres on promoting health. We may like to think of nursing as an art, but nursing is a science, and it’s based on evidence, and evidence only comes from research.”

For example, one of Lauck’s investigations focused on patients’ recovery from cardiac angioplasty, a procedure used to improve blood flow to the heart by widening narrow or blocked arteries. Although many of these patients are discharged on the same day, Lauck’s experience led her to question how they were coping once they returned home.

After Lauck found that a small group of patients don’t recover as well after same-day discharge, nurses at the Heart Centre began a pilot project to identify and follow higher risk patients. Nurses now have the option to refer patients for a follow-up call to ensure that patients are managing life challenges and mobility issues, taking their medication as directed and accessing appropriate resources and services in the community if needed. The changes inspired by her study made Lauck

“We may like to think of nursing as an art, but nursing is a science, and it’s based on evidence, and evidence only comes from research.” – Sandra Lauck

realize just how powerful nursing research can be.

“It gave me a real sense of empowerment,” says Lauck. “I think that capacity to change practice is something that is very unique to what nurses can contribute to the health care system.”

CHAIR IN CARDIOVASCULAR NURSING

The unique research perspective that nurses bring to patient care could soon be coming to the fore at St. Paul’s through a partnership with the University of British Columbia (UBC) School of Nursing, in an effort to establish Western Canada’s first research chair to focus on cardiovascular nursing.

The St. Paul’s Hospital/UBC Chair in Cardiovascular Nursing would play a pivotal role in conducting cardiovascular nursing research and training nurses on how to put the latest research into practice.

“The research we do on the patients that we serve helps to establish better work and better outcomes, which feeds back into the care we provide,” says David Byres, who first trained as a nurse and is now vice president of Acute Clinical Programs and executive sponsor of Clinical and Systems Transformation at Providence Health Care.

“The published research that we would generate would be shared with other nurses and, ultimately, could affect outcomes for patients around the world.”

THE HEART OF NURSING

Martha Mackay, a clinical nurse specialist in cardiology at St. Paul’s, as well as a clinical assistant professor at UBC, has conducted research across a broad spectrum of topics. She is currently conducting a multi-site study that examines why some patients delay seeking care during a heart attack. Mackay is also investigating whether ethnicity plays a role in outcomes from cardiac procedures and evaluating the best ways to screen for depres-

sion in hospitalized heart patients. Together, she believes these studies will contribute to the understanding of some of the social and behavioural factors in heart health and help nurses and others design better care.

The intensely patient-focused role nurses play in health care allows them to bring an important perspective to research, observes Mackay. “Nurses have a huge potential to affect positive change vis-à-vis people’s behaviour in cardiac illness.

“One of the powerful contributions that nursing can make is helping people to manage their cardiovascular illness, and a lot of that has to do with health behaviour. That’s what nursing is.”

Mackay says a new chair in nursing research could have a profound impact on a number of levels: “First of all, I think it would send a signal that cardiovascular nursing research is important. There could be some really exciting studies and findings. I have no doubt it will improve patient care.”

A DIFFERENT PERSPECTIVE ON IMPROVING CARE

Lauck, who followed her master’s degree with a PhD that examined how patients’ quality of life changed after receiving an implantable cardiac defibrillator, says nurses are uniquely positioned to examine quality of life issues.

“I look at nursing as an incredibly privileged profession where, in that vulnerable space we work in with patients, nurses have immense opportunities to make a huge difference in people’s lives by small gestures, big interventions and good communication,” says Lauck. “Nurses are the agents of change in that space.” ■

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