

# H E A R T

## M A T T E R S

THE REGIONAL CARDIAC CARE PROGRAM  
NEWSLETTER NOVEMBER, 2001 VOL.1, ISSUE 1



SOUTHLAKE  
REGIONAL HEALTH CENTRE

## PROFILE FROM THE HEART

Dr. David Fell



**D**avid Fell, M.D., F.R.C.P., F.A.C.C., was officially appointed Physician Leader of the Regional Cardiac Care Program in October 1999 at Southlake Regional Health Centre (SRHC) in Newmarket.

After graduating from Queen's University, Kingston in 1981, David completed his residency at Toronto General Hospital. He then joined Sunnybrook Medical Centre as Chief Resident Cardiologist in 1985-1986. Between 1986-1988, he was awarded a two-year Fellowship in Cardiology at the Toronto General Hospital to conduct research in nuclear cardiology and congenital heart disease. During his 12-year tenure (1988 to 2000) at Scarborough Grace Hospital, David served as a Staff Cardiologist and in 1998-1999, he was appointed Chief of Staff and Chair of the Medical Advisory Committee.

As Physician Leader, David's main goal is to position SRHC as a regional centre of excellence in providing advanced cardiac services, including coronary intervention and cardiac surgery. To achieve this goal, he has already forged ahead to build important partnerships with hospitals in the region to ensure that patients will have close-to-home access to specialized cardiac care.



## SOUTHLAKE REGIONAL TO OFFER COMPLETE CARDIAC CARE

**S**ince its official designation in December 1998 as the centre for the Regional Cardiac Care Program for York Region, Simcoe County, and South Muskoka, Southlake Regional Health Centre (SRHC) has made rapid strides to fulfill its mandate of providing comprehensive cardiac services.

Serving approximately one million people living within its catchment area, cardiac patients who require complex cardiac diagnostics, treatment, and heart surgery are already benefiting from close-to-home access to highly specialized cardiac care. Dr. David Fell, Physician Leader of SRHC's Regional Cardiac Care Program and the cardiac team have developed important linkages with cardiologists from other hospitals in the three regions to ensure access and excellence in patient care. The cardiac team has also worked tirelessly listening to stakeholders—both cardiac care providers and cardiac patients—so that

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SRHC's Program will, when fully implemented in September 2003, clearly respond to these needs and requests.

Over the last two years, considerable progress has been made at SRHC to establish cardiac diagnostic services and treatment of cardiovascular diseases. Cardiologists from Richmond Hill, Markham, and Barrie are already performing heart catheterizations on their patients at SRHC—clearly demonstrating SRHC's commitment to collaborate and involve hospitals within York, Simcoe, and South Muskoka in creating a unique and positive experience for their cardiac patients. Since the Heart Catheterization Lab became operational in 1999, more than 2,000 procedures have been performed. In 2001-2002, it is estimated that the number of heart cath will total 2,800—a remarkable 200% increase since the installation of the lab.

In only nine months of its first year of operation (2000-2001), 133 pacemaker implantations have been performed at SRHC. In fact, SRHC has now become the major provider of pacemaker technology within the regions, and 400 pacemaker implantations are estimated for fiscal 2001-2002.

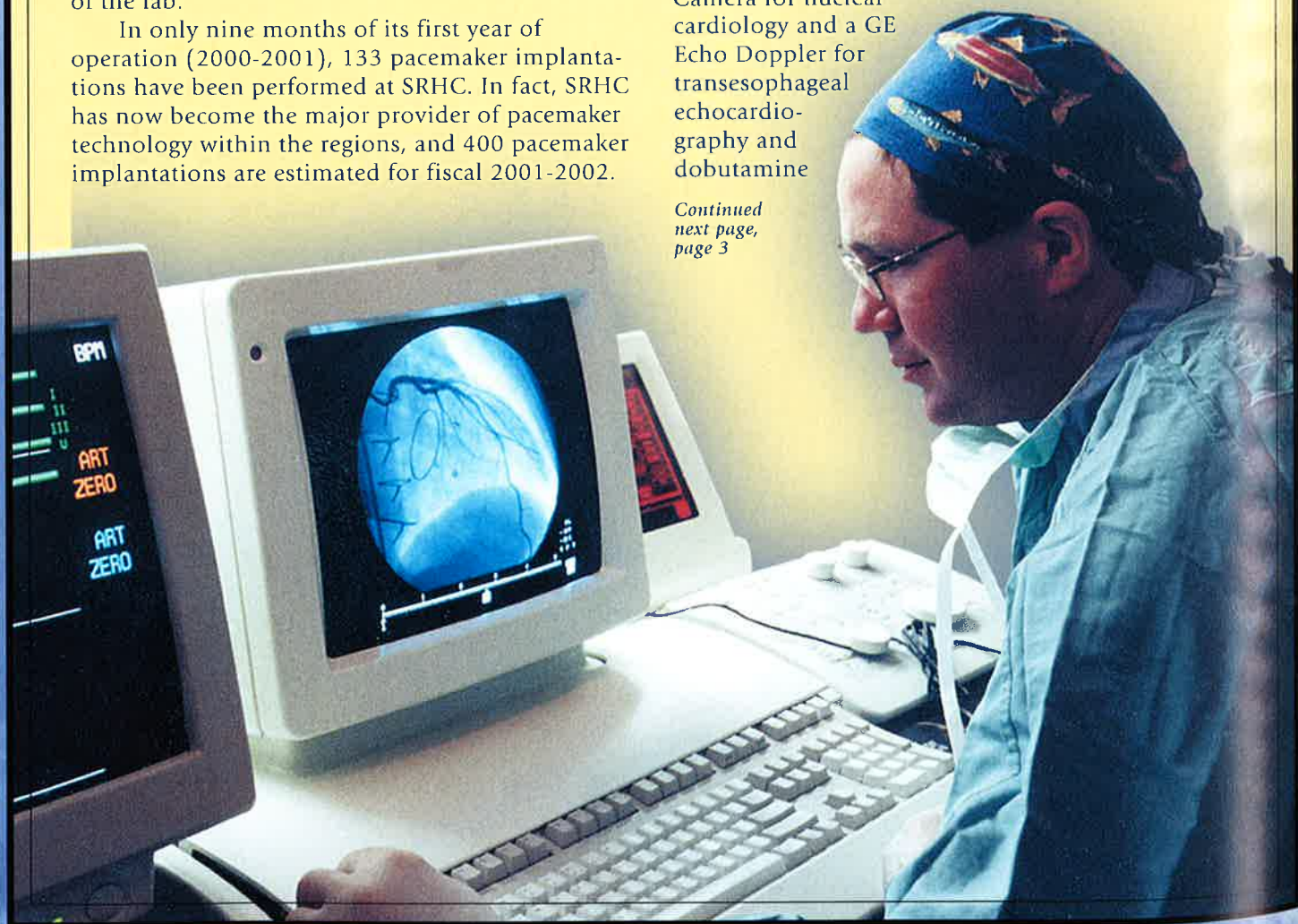
Recently, SRHC submitted a proposal to the Ministry of Health for angioplasty and it awaits their decision expected in the very near future.

On June 19, 2001, Ontario Health Minister, Tony Clement visited SRHC and announced that an Electrophysiology Laboratory (EP) and Arrhythmia Program would be established as part of the hospital's Regional Cardiac Care Program. As part of the ceremony, SRHC dedicated the lab to the memory of its long-time supporter, the Honourable Al Palladini, MPP.

The Al Palladini EP Lab will be fully operational in 2002-2003 and will provide comprehensive arrhythmia services including 288 electrophysiology studies/ablations, 192 tilt tests, 51 implantable cardiac defibrillators, and 455 permanent pacemaker insertions.

SRHC's recent purchases of the GE Gamma Camera for nuclear cardiology and a GE Echo Doppler for transesophageal echocardiography and dobutamine

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**COMPLETE CARDIAC CARE**

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stress testing was made possible by monies raised through the untiring efforts of SRHC's Foundation in organizing fundraising campaigns, and also through the generous contributions of community residents. Most notable among these gifts are the 1996 bequest of the \$1 million James Harold Crang Jr. Family Coronary Care Endowment Fund, and the more recent gift of \$500,000 from Anne Bodnarchuk of Bradford and her two sons, Ronnie and Walter. As the hospital prepares for major expansion, the Foundation is committed to raising \$15 million towards the purchase of state-of-the-art equipment. These monies include supporting the acquisition of equipment for cardiac monitoring and diagnostics, a cardiovascular intensive care unit, two cardiac operating rooms, an additional catheterization lab, and the electrophysiology lab.

In coordinating the highly sophisticated cardiac services offered by the program, one of the major challenges that the team faces is to achieve a balance between SRHC's infrastructure of cardiac experts and health professionals and the recruiting of external expertise to help in the planning stages. To this end, two cardiologists formerly associated with Sunnybrook and Women's Health Sciences Centre have recently joined SRHC's staff—Dr. Robert Chun, specialist in transesophageal echocardiography and Dr. Zaev Wulffhart, specialist in electrophysiology studies. As well, SRHC has benefited greatly from the expertise of many highly renowned external consultants in the planning of the future cardiac care program. They include:

- Dr. Byung Moon, cardiovascular surgeon, London Health Sciences Centre
- Dr. Peter Seidelin, interventional cardiologist, University Health Network
- Dr. David Mazer, cardiac anaesthetist, St. Michael's Hospital



*Southlake's state-of-the-art Gamma Camera*

By September 2003, as SRHC's massive Redevelopment project nears completion, the hospital will accommodate one of the most sophisticated cardiac care facilities in the province supporting angioplasty/stent procedures and cardiac surgery services. As Pat Norman, Vice-President of Regional Programs at SRHC states, "SRHC's program is unique in that it is a tertiary level cardiac program located outside of a teaching hospital." SRHC hopes to be in a position to accept referrals from across the province, when waiting times at other cardiac centres are too long. Sue Sayewell, SRHC's Regional Cardiac Coordinator, currently is responsible for coordinating both catheterization services and cardiac surgery by facilitating the transfer of patients to the cardiac surgical centres, when needed. She works collaboratively with the Cardiac Care Network (CCN) to help referring physicians and cardiac patients awaiting surgery access appropriate and timely services in Ontario's cardiac system. The CCN maintains a computerized patient registry and waiting list, including an urgency rating score, which is based entirely on need.

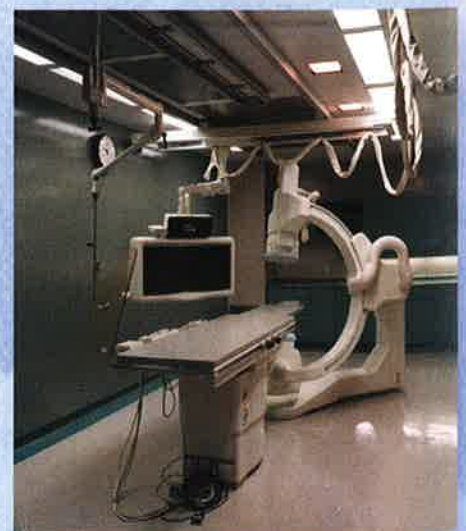
Since the Regional Cardiac Care Program has been in place at SRHC, a wide range of outpatient clinics have also been designed to provide assessment and education to patients diagnosed with or recovering from cardiovascular conditions, and to offer cholesterol and lifestyle evaluations for those identified with cardiac risk factors. SRHC has

recently assumed the role of lead organization in the York Region Heart Health Initiative. By hosting educational sessions with the community, focusing on modifiable cardiac risk factors (such as smoking, dieting, and exercise), SRHC's aim is to help reduce the incidence of heart disease within the region.

However, all the progress and developments made to date to fully implement the Regional Cardiac Care Program would not have been possible without the immense enthusiasm, clearly defined vision, and spirit of collaboration of SRHC's cardiac team, comprising:

- Pat Norman, Vice-President of Regional Programs
- Mary Guerrero, Program Director
- Dr. David Fell, Physician Leader
- Eleanor Joyce, Manager, Cardiac Out-patient Services
- Janice Allen, Manager, Cardiac In-patient Services
- Sue Sayewell, Regional Cardiac Coordinator
- Staff cardiologists:  
 Dr. Allan Hess  
 Dr. Jack Symmes  
 Dr. Remo Zadra  
 Dr. Robert Chun and  
 Dr. Zaev Wulffhart

and the dedicated staff of the cardiac program who deserve a worthy mention.



*Southlake Regional Health Centre's Cardiac Catheterization Lab.*

## PLANNING FOR SUCCESS

One of the keys to the successful implementation of SRHC's Regional Cardiac Care Program was the need for advice and external input from the other hospitals in the three regions, especially in the planning stages. To this end, SRHC assembled a Regional Advisory Committee\*—comprising of medical professionals, hospital management, and the Simcoe York District Health Council—with the purpose of establishing and maintaining a collaborative relationship with all stakeholder hospitals to ensure that services developed be appropriate, efficient, and valued by all the residents.

The successful efforts of the Committee have been invaluable to SRHC's Regional Cardiac Care Program's development, and effective September 2001, its membership will merge forces with a new committee to oversee the coordination of advanced cardiac services throughout the three regions. The mandate of this broader group—including membership from Emergency Medical Services (EMS) and the Cardiac Care Network (CCN)—will be to review issues of equal access, transportation, coordination of services, and development of complementary programs.



In addition to committee involvement, members of SRHC's cardiac team continue to meet with multidisciplinary teams at each hospital in the tri-regional service area. As Mary Guerrero, Regional Cardiac Care Program Director at SRHC, states, "The purpose of these meetings is to obtain feedback as to how the hospitals would like to see the program structured. By listening and liaising with individual hospitals, SRHC is confident that its program will respond to the needs of both cardiac patients and cardiac care providers across the three regions."

\*SRHC wishes to thank the external members of the Regional Advisory Committee for their invaluable advice and contributions:

- Susan Baranick, RN, Algonquin Health Services
- Dr. Devendra Bhatt, Internist, Orillia Soldiers' Memorial Hospital
- Dr. Bruce Burke, Cardiologist, Royal Victoria Hospital in Barrie
- Graham Constantine, Executive Director, Simcoe York District Health Council
- Dr. Eric Gangbar, Cardiologist, York Central Hospital in Richmond Hill
- Dr. Narayanan Krishnan, Internist, South Muskoka Memorial Hospital in Bracebridge
- Dennis LaHaie, ICU Director, North Simcoe Hospital Alliance
- Cathy MacDonald, Staff Educator, Stevenson Memorial Hospital in Alliston
- Dr. Grant MacFarlane, Internist, Collingwood General and Marine Hospital
- Dr. Joseph Minkowitz, Cardiologist, Markham Stouffville Hospital



# COUNTDOWN TO 2003

**I**n August 2001, SRHC completed the tendering process for its \$148 million expansion project. Awaiting final approval from the Ministry of Health, SRHC remains hopeful that the project will begin during the fall of 2001.

This massive undertaking will result in the construction of a new six-storey building and extensive renovations to modernize existing structures. Of the total 540,000 square feet and 417 patient care beds that the new facility will offer upon completion, 50,000 square feet and 76 beds are designated for the Regional Cardiac Care Program.

"Redevelopment", stated Dr. David Fell, Physician Leader of SRHC's Regional Cardiac Care Program, "will give us the facility and the means to position ourselves at the forefront in providing cardiac care in the province."

Scheduled to offer full services by September 2003, the Regional Cardiac Care Program at SRHC will be one of the best equipped and most enviable cardiac care centres in Ontario.

The facility will accommodate:

- 2 dedicated cardiac surgery operating rooms
- 9 cardiovascular ICU beds
- 8 CCU beds
- 26 post-surgery in-patient beds
- 33 medical cardiology beds
- cardiac catheterization laboratories for diagnostic catheterization, angioplasty, and electrophysiology studies
- a special procedure room for permanent pacemaker insertions and other invasive cardiology procedures
- a comprehensive cardiac rehabilitation centre with an indoor track

- expanded cardiac clinics
- a primary prevention program (SRHC currently is the lead agency for the York Region Heart Health Initiative.)

Consideration was also given in the designing of the cardiac centre to provide comfortable waiting rooms, consultation rooms for physicians to meet with families, meeting rooms for educational sessions, and a hostel for family members of cardiac patients to sleep over.



# YOU ASKED US RESPONSES TO QUESTIONS FROM OUR READERS

**Q:** *How do I refer patients for cardiac diagnostic services at Southlake Regional?*

**A:** Physicians can contact the following areas to book appointments and obtain appropriate referral requisition forms:

**1. Cardiac Bookings: 905-895-4521, ext. 2116**

Chest Pain Clinic • Pacemaker Follow-up Clinic • Hypertension Clinic  
• Lipid Clinic • Heart Function (cardiologist/internist referrals only) • Holter Monitor • Echocardiograms • Carotid Doppler

\*You can send in the completed requisition forms by FAX to 905-853-2211.

**2. East Main Clinic: 905-895-4521, ext. 2571**

TEE (cardiologist/internist referrals only) • Dobutamine stress testing (effective November, 2001)

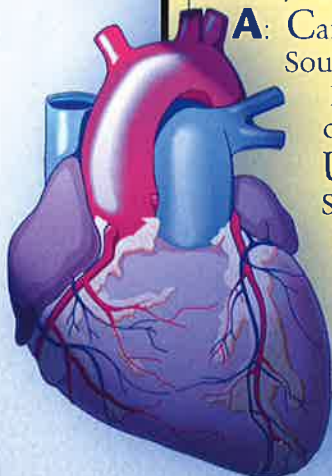
\*You can send in the completed requisition forms by FAX to 905-830-5972 (Attention: Blair Dickinson)

**Q:** *If my patient requires a heart catheterization or other advanced cardiac procedure, how can I access the services at Southlake Regional?*

**A:** Cardiologists and internists, who wish to refer their patients to Southlake Regional for an angiogram, can *either* contact Sue Sayewell, Regional Cardiac Coordinator at 905-895-4521, ext. 2676 *or* fax the completed Cardiac Care Network (CCN) referral form to 905-830-5802.

Until SRHC is in a position to offer angioplasty or cardiac surgery, Sue Sayewell will act as a liaison to facilitate the expedient transfer of patients to centres providing these services. She works collaboratively with the CCN to help referring physicians and cardiac patients awaiting surgery access timely and appropriate services in Ontario's cardiac system.

Sue Sayewell,  
Regional Cardiac  
Co-ordinator



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