

IMPACT NEWSLETTER

Stories of outstanding care you make possible with your support of Sault Area Hospital Foundation.



Dr. Sarah Woolridge prepares for a day in the Cath Lab.

Your donations helped bring a new specialist to our community!

Dr. Sarah Woolridge is an Interventional Cardiologist working in the new Cardiac Catheterization Lab at Sault Area Hospital. Having her specialized skills at SAH was made possible by your support.

On January 29th, Dr. Sarah Woolridge was a small part of Sault Area Hospital history – completing the first procedure in the hospital's brand new Cardiac Catheterization Lab (aka the “cath lab”).

“Doing the first procedure in the new cath lab was really exciting. It was a highly anticipated moment, and a great first day,” she shared.

The new, up-to-date lab is one of two at Sault Area Hospital. With the new lab open, the older lab is closed for updates. Both are scheduled to be fully open in Spring 2024.

It's thanks to this expansion in services that there was a position available for Dr. Woolridge at Sault Area Hospital, in her specialty of Interventional Cardiology. This specialty focuses on measuring and treating arterial blockages and heart disease. Dr. Woolridge relies on the brand-new minimally invasive tools and x-ray technology in the cath lab to provide the best possible care to her patients.

“It's great that we have the equipment we have. We can give stents locally instead of sending patients out to other centres. **Without donors, we wouldn't be able to do what we're doing now.**

- Dr. Sarah Woolridge, Interventional Cardiologist

Dr. Woolridge uses the cath lab for a variety of procedures – from routine diagnostic angiograms (a test that checks the blood flow through the arteries of the heart) to treating acute heart attacks! This life-saving technology wouldn't be here without your support.

“The contributions that donors made to help us build this beautiful, state-of-the-art lab are what will allow us to continue giving excellent cardiac care,” says Dr. Woolridge.

Your support makes it possible!

As a newly-trained physician, Dr. Woolridge is familiar with the latest in best practices, and is already advocating for further growth in the cardiac services available at Sault Area Hospital.

“There are always going to be things in a center like ours that would not be safe for us to do here, but I do think there are more services we can offer. Donors are helping make it possible.”

Your gifts to Sault Area Hospital Foundation are bringing the latest technology and new talent, like Dr. Woolridge, to Sault Ste. Marie. Over time, Dr. Woolridge is hopeful she can provide patients with more care close to home. It's thanks to your support we have such a strong advocate for cardiac care practicing in our community!

"It was a life-changing experience"

March 3, 2023 started out as a perfectly normal day for Ahmad Touseef, who goes by 'Ami'. He had just gotten to work at the Children's Aid Society, when around 9:30am the first symptoms started to hit him. "I was stuffy, restless and a bit out of breath. I don't have a family doctor, so I decided to go to the clinic at IDA to get checked out."

At IDA, Ami met with a physician through a telemedicine service. A nurse at IDA took his blood pressure: it came up 230/170 (very high!). At first they thought it was an error – but after retaking the test several times, he was told to go to Sault Area Hospital immediately.

"My wife, who was a nursing student at Sault College at the time, thought we'd be in and out." Ami was assessed by a triage nurse at SAH quickly, and he was taken into imaging.

Ami had an echocardiogram (ECG), contrast CT and chest x-ray, along with bloodwork – all so his care team could see exactly what was causing his high blood pressure. "The nurse came back and told me I was in hypertensive crisis, and that I'd be in there for some time."

Ami was moved to a room, and was hooked up to a monitor assessing his vitals. Nurses checked in on him regularly to note any changes. After an overnight stay, Ami was taken up to the Cardiac Catheterization Lab.

In the lab, Ami's care team determined that two of the arteries feeding his heart were diseased and the other two showed minor disease. The Interventional Cardiologist on duty, Dr. Bakar, performed a procedure called "balloon angioplasty" – where a small balloon is inflated to open up blocked arteries.

"I was awake for the procedure, and obviously quite anxious, but Dr. Bakar was so calming and talked me through it to keep me relaxed."

Less than 24 hours after arriving at Sault Area Hospital, Ami had a diagnosis and treatment.

"Everything seemed to be like a well-oiled machine. Lots of moving parts in this care process, but everyone was exactly where they needed to be and doing the right thing. The staff was incredible and they worked so well."



Ami (Ahmad) Touseef is pictured with his wife Shiny (Shreyasi) Panda.

After his angioplasty, members of the care team took the time to speak with Ami, "I was eager to ask questions and know what happened to me. Everyone listened to truly understand what I needed, and how to give that to me. That listening, that gift, was amazing. The doctors, the nurses and other staff were my superheroes. I loved the fact that people took time to listen to me."

Knowing that Ami's stressful work conditions and other factors could keep him from sticking to his treatment plan, Ami and his wife requested additional resources. "The staff addressed my concerns. They connected me to a nutritionist, a counselor, and a cardiac rehab therapist." With support, Ami worked with his care team to create a 'return to work' plan that would ensure he didn't end up back in the hospital again.

Today, Ami is feeling much better, and continues his diet plan, medications and rehab. He's now back to work full-time and is conscious of maintaining this lifestyle. "I'm 30 years old, not the traditional demographic for heart problems. I feel so indebted to the hospital, every experience I had A to Z felt so perfect, like it was out of a movie."

Your support was part of Ami's care – from imaging equipment, to vital signs monitors and so much more. Our team had the tools to provide the best possible care for Ami, thanks to you.

"I want to tell donors: Your support makes a difference – I saw that with my own experience. **Without the support of donors, there's no way our dedicated staff would have the tools to be able to do the excellent work they do."**

- Ami Touseef, Patient

THANKS TO YOU: A NEW SUITE OF TOOLS!



Medical Radiation Technologist Kim Parr poses with the new technology in the Interventional Radiography Suite at Sault Area Hospital.

You helped Sault Area Hospital bring in updated imaging technology!

New equipment provides guidance in the Interventional Radiography Suite.

Imaging is often one of the first steps when a health problem happens. Our care providers need to see what is going on inside the body before they can figure out how to fix it. They rely on x-rays to look at bones, and ultrasounds to see muscles and organs. And sometimes, they use both!

Interventional Radiography (IR) is when x-ray and ultrasound machines are used together to help guide care providers through a medical procedure. These tools show a live video of the inside of the body as care providers work, helping them see what their eyes can't.

While our hospital has had an IR Suite for a while, the equipment in it needed to be replaced this year. The new system hangs from the ceiling and can take pictures from every angle, helping staff move easily around the patient during a procedure.

The IR Suite at SAH is used daily for treatment, diagnostic procedures and other specialized exams. This technology can help avoid open surgery, meaning patients recover faster and can go home quicker.

The IR Suite is used to provide care for Cancer, Renal, and Cardiac patients – just to name a few! SAH depends on the IR Suite for many common procedures, like the placement of a peripherally inserted central catheter (PICC) line. A PICC line gives care teams long-term access to patient's veins. They can be used to give chemotherapy, medications, and nutrition. Accurate placement of a PICC line is important – and the tools in the IR suite help guide our care providers with precision and accuracy.

Our new IR Suite is here, thanks to you!

The new technology in our IR Suite helps keep our hospital up-to-date. Minimally invasive procedures, where care providers rely on imaging tools to see what they're doing, are the new standard. If our hospital wants to continue to attract new graduates, we need the tools that they are trained to use - like the ones in this IR Suite!

Advanced medical equipment comes at a cost: the price tag for the new IR equipment was just over \$1.4 million. Your support helped bring these tools to our hospital, bringing this care close to home for thousands of patients in Algoma. Thank you!

UPCOMING NEED: Bladder Scanners

So much of the work that happens at our hospital depends on getting a clear picture of the inside of the body.

A bladder scanner is a type of portable ultrasound. It can help a nurse see the patient's bladder.

This tool can measure how full the bladder is, and whether it can completely empty. This can help care providers decide if a patient needs a catheter or not.

Avoiding a catheter can reduce the risk of infections and falls. It can also help ensure patients can get home faster.

Bladder scans happen at bedsides across the hospital. This is a "non-invasive" procedure: it happens on the outside of the body. Non-invasive procedures are often easier and more comfortable for patients.



"Bladder scanners are an amazing tool for nurses and we do require them for almost all units," said Karen Guzzo, Director of Clinical Programs at Sault Area Hospital. "The goal is to have enough that a patient does not have to wait for the treatment they might need while the nurse goes to another unit to get a bladder scanner."

This year, we have already replaced a bladder scanner for the Renal Clinic. We hope to also bring in 2 more – for 3C and Urology.

Each bladder scanner should last 10 years, and is in use every day – several times a day! With the support of our donors, we hope to replace these tools for our care teams soon.

THANK YOU!

You've helped us
provide over
\$2 MILLION
to SAH for critical
medical equipment

Thanks to your continued generosity, new equipment is arriving regularly at Sault Area Hospital.

This includes new specialized refrigerators for our Laboratory that can help keep key testing supplies at controlled temperatures. If a fridge in our lab fails, supplies may spoil and tests can't be run.

Lab testing is often a critical part of diagnosis and treatment. Thanks to your commitment to SAHF, our lab is ready to run tests when results are needed quickly.

Stop by and visit!

We are happy to be on site at Sault Area Hospital to assist patients, visitors and staff.

Office Hours:

Monday - Friday,
8:00am - 4:30pm

In the main lobby, turn right and you'll see our "Foundation" sign!

When you give, you make outstanding care possible.



Visit our website:
sahfoundation.com

Make a secure gift, or find more information about our programs.



Call our main line:
705-759-3848

We'd be happy to chat, or you can leave a message for a call back.



Send us mail:

**750 Great Northern Road
Sault Ste. Marie, ON P6B 0A8**

We've included a postage-paid envelope with this newsletter for whenever you need it next.

**We look forward to the next
time we see each other!**