

BY OUR SIDE:

Supporting surgical care in challenging times



*Dr. Sara Temple performs surgery
on a cancer patient at Southlake.*

When COVID-19 reached our communities, perhaps nowhere was care more disrupted than within our cornerstone Surgical Program. Many elective procedures were postponed or cancelled at the direction of Ontario's Chief Medical Officer of Health, but critical surgeries continued thanks to the dedication of our teams – and thanks to you.

Your support enabled us to plan ahead, securing new equipment to replace devices nearing the end of their service life or at risk of breaking down. When restrictions were eased, we could reschedule quickly because we had those vital tools on hand.

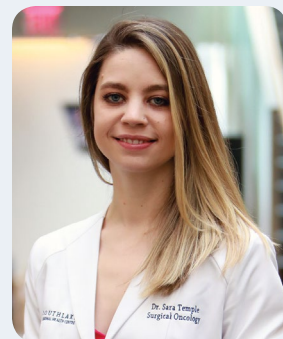
Even during a pandemic, surgical innovation continues. You helped us keep pace with the latest techniques and technology so that we can continue to offer outstanding care to patients close to home. The next-generation devices you secured continue to make Southlake a home for the kind of talented people who want to work on the leading edge.

Here you will find a snapshot of just some of the ways you made a difference to our Surgical Team and the thousands of people whose lives they change thanks to your generosity.

A PERSONAL MESSAGE OF THANKS FROM THE FRONT LINE:

Southlake was able to provide timely surgical care for most newly-diagnosed cancer patients, something that was not true in other areas of the province. It has been an awful time for these patients, as they have had to navigate most appointments, treatments and hospitalizations without their family and loved ones physically with them. It would have been so much worse if they also had suffered significant delays in time to critical surgical treatment. Thank you for ensuring we could continue to offer the vital care that these patients needed.

Dr. Sara Temple Surgical Oncologist



THE PEOPLE YOU HEAL

JANET'S STORY: A new knee and a new lease on life

For Janet, cooking is more than a passion – it's her livelihood. But it's also demanding, and the constant standing and lifting was taking its toll on the 66-year-old. Five years ago, Janet had her left knee totally replaced at Southlake. But in 2019, her right knee began deteriorating, and by September of that year she could no longer give it any weight. When Janet returned to Southlake for a total replacement of her right knee in 2020, **she experienced first-hand just how far treatment had come since that initial visit.**

Immediately Janet became involved in her own care. She was struck by the skill with which her primary nurse kept her calm and informed. "You felt like they were really connecting with you," Janet recalled.

During her first knee replacement, Janet struggled with pain management due to an allergic reaction to morphine. This time, anesthesiologist Dr. Alim Punja thought Janet could be a good candidate for a groundbreaking approach that let her manage pain from home. An adductor canal catheter (ACC) was inserted using ultrasound near the nerve that affects sensation in Janet's knee. The ACC continuously delivers targeted freezing anesthetic through a small pump, which can be removed after a few days.



Orthopaedic Surgeon Dr. Patrick Gamble (left) operates on a patient's knee with his surgical team.



Janet post-recovery with her one-year-old granddaughter.

For the first time in a long time, Janet could perform her physiotherapy. **"This time I was in hardly any pain at all,"** Janet recalled. "It made me feel so encouraged because I hadn't stood up straight in a year."

Now Janet goes to physiotherapy about once a week and has regained a 120-degree range of motion in her knee. Five months after surgery, Janet is having fun back in her own kitchen and keeping up with her one-year-old granddaughter. "The change in my quality of life was amazing. You feel younger. You look better, your whole personality feels better."

The surgeon and anesthesiologist who worked closely to coordinate her care are still just a phone call away. **"It felt like I could ask people anything, and they were always very open and careful and good at explaining things. And cheerful! I just felt so supported."**

Because of the equipment you funded, Janet found leading edge care close to home and could return to living the life she loves. **Thank you.**

Relief at Home

Pain is a major barrier to any recovery, especially for knee surgeries like Janet's. Working hard to provide leading edge care to our communities, Southlake's physicians are seeing what's possible when patients are given safe control over their comfort.



The biggest reason for longer stays after major orthopaedic joint surgery is pain management. Patients may experience suboptimal pain control and multiple side effects with traditional intravenous pain medication pumps. When anesthesiologists use spinal anesthetics with nerve block such as the adductor canal block catheters, patients need less pain medication overall so they can do their physiotherapy early and may even go home the same day! This leaves hospital beds open for more surgical patients so that we can get through our long waitlists faster. Patient satisfaction has skyrocketed with these innovations. It's a win-win for everyone!



Dr. Christopher Coutinho Anesthesiologist

VITAL SIGNS

Your Impact by the Numbers

Our skilled Surgical Teams provide a wide range of procedures across **11 specialty areas**, including cardiac, urology, thoracic, obstetrics and gynaecology, ophthalmology, dental and oral, and ear, nose and throat.

25% of surgeries are performed on **CANCER PATIENTS**

18% of surgeries are performed on **CARDIAC PATIENTS**

11,861 OPERATING ROOM PROCEDURES

34,482 DAY SURGERY PROCEDURES

21,153 PATIENTS SEEN IN FRACTURE CLINIC

7,428 CANCER SURGERIES PERFORMED

996 CARDIAC SURGERIES PERFORMED

In 2020, COVID-19 restrictions reduced our capacity for most surgical procedures by **50%**.

Your support helped us make the most of every opportunity when restrictions were eased – and it will be vital to our ramp up and reducing wait times in the days ahead.

Note: Statistics reflect annual numbers from the most recent hospital data available. Patient volumes were impacted in 2020 due to COVID-19.

THE EQUIPMENT YOU INVESTED IN TO SAVE LIVES

Today, Southlake is part of one of the fastest-growing – and fastest-aging – communities in Canada. As more and more people need surgery, the strain on our equipment and teams only increases. The government does not provide funding for most new or replacement hospital equipment, which is one reason why your support means so much.

When the equipment reaches the end of its service life, we refurbish and repair when we can, extending that life to that we can prioritize replacing the tools that are beyond repair. At the same time, your support lets us identify and secure the latest technological innovations. Here are just a few that have had the greatest impact this past year:

5 HIGH-DEFINITION SURGICAL VIDEO TOWERS

Now surgeons operating on a near-microscopic level can more easily differentiate between healthy and unhealthy tissue thanks to the exceptionally fine detail and clear images these towers provide. They are the industry standard for hospitals on the leading edge, enabling quicker recovery and fewer complications, while enabling Southlake to increase the number of minimally invasive surgeries we offer – especially to patients who are too high risk for traditional procedures.



The HANA Orthopaedic Table positions patients to make procedures like hip replacements and surgery on lower limb fractures possible.

THE HANA ORTHOPAEDIC TABLE

This state-of-the-art table enables our team to perform complex orthopaedic procedures with greater ease, so that surgical teams can spend more time with patients and less time maneuvering equipment. Lightweight and fully automated, it enables patients to be efficiently and accurately re-positioned throughout procedures. This is a key advantage in surgeries for fractures and hip replacements in which continuous re-positioning is often required – procedures increasingly in demand from the aging population we serve. Our older manual tables, some over 20 years old, relied on cumbersome hand cranks, which sometimes meant that operations could not be performed on certain patients.

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The new Surgical HD Video Towers are replacing equipment that was 15 years old. Now consider the changes in technology of your phones and TV screens at home in the last 15 years. This isn't about us having the latest technology, this equipment literally becomes our eyes during surgery. With the first new Surgical HD Video Tower now operational at Southlake, it most certainly improves our ability to provide minimally-invasive surgery to patients in our communities who expect and deserve the best.”

..... ”
Dr. Sara Temple Surgical Oncologist

12 POST-ANESTHETIC CARE UNIT (PACU) MONITORS FOR OPERATING ROOMS

After procedures requiring anesthesia, all patients are moved to the Post-Anesthetic Care Unit, where the clinical teams monitor vital indicators until the move to the Post-Operative Unit. But the aging monitors sometimes failed, leading to downtime forcing the surgical team to close a much-needed room until one of the others becomes available. These 12 enhanced monitors keep us up-to-date with the latest technical standards, providing increased accuracy and early warning indicators as patients regain consciousness.

POWER PRO DRILLS & SAWS

These cordless, battery-powered tools are lightweight, easy to maneuver and can be relied on to do the job in orthopaedic surgeries that demand heavier equipment. At a time when hygiene is more crucial than ever, they can be easily sterilized against infection. Anyone who has undergone a hip replacement, a knee replacement, or has had to have surgery after a traumatic bone break knows the seriousness and complexity Southlake's orthopaedic surgery team deals with every day. While our older air-powered equipment served us well, they were cumbersome and required extensive maintenance. The hoses would become clogged, raising the risk of hose rupture during procedures. Thanks to you, this concern is now a thing of the past.

STERILE PROCESSING WASHERS & SONICS

This high-efficiency equipment ensures that our surgical teams have the tools they need cleaned, sanitized and ready to go on demand. Many of

the tools our physicians use are not disposable and must be thoroughly decontaminated after each use. The equipment was at the end of its life and the frequent downtime for maintenance was threatening to delay surgeries. Southlake's Sterilization Processing Department is ground zero for this infection control at the hospital, so when they sounded the alarm that much of their old equipment was so out-of-date that it couldn't even be repaired, your support was there to deliver the urgently needed equipment to keep our patients and safe.



Surgical tools going through a sterile processing machine before another round of use by Southlake's surgeons.

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Southlake stands apart as a hospital
that is delivering high quality, modern,
state-of-the-art surgical treatment
options. That's thanks in large part
to the generous support of donors
that funds the equipment we need to
perform innovative procedures that can
drastically improve the quality
of life for patients. And when it comes
to bringing new talent to our highly
skilled team, it means we attract
and retain the best of the best.

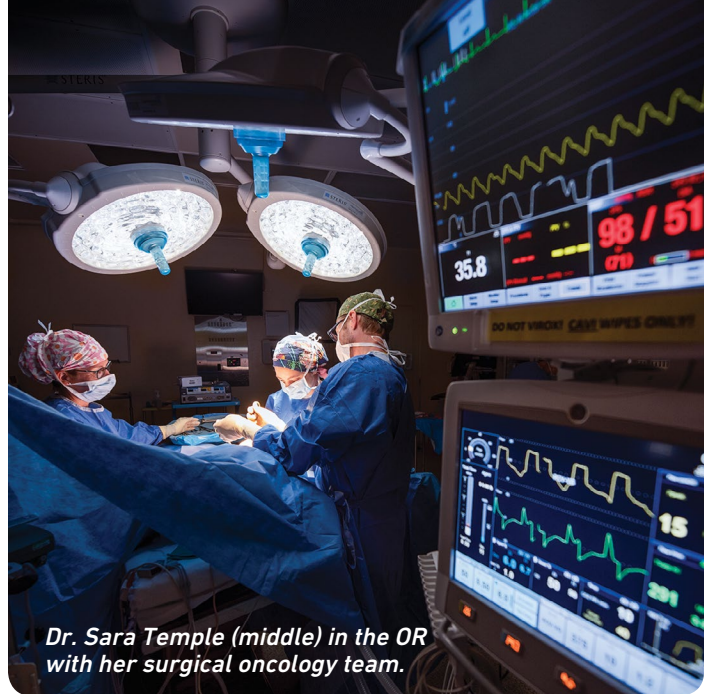
..... ”
Dr. Patrick Gamble Orthopaedic Surgeon

LOOKING TO THE FUTURE

The coming year will be challenging. An already high level of demand has only grown due to the number of surgeries cancelled last year. We remain ready to move quickly as the Ministry of Health allows them to resume.

Reducing wait time is the top priority. Our teams are ready, but much of our equipment is not. We will continue to need high-definition surgical towers and scopes, for example, as many of the tools we rely on every day are nearing the limits of their use. Each piece of equipment falling out of service can be a surgery delayed. Our space itself is also in critical need for renovation, with much of the infrastructure first built in the 1970s. But as new priorities are raised and addressed, your support keeps us moving forward.

This is about more than making up for lost time. It's about jumping ahead. Once COVID-19 restrictions ease, we're planning on introducing capabilities such as Endoscopy, which will let us expand the types of lung and gastrointestinal cancer treatments we offer close to home.



Dr. Sara Temple (middle) in the OR with her surgical oncology team.

Of course, we continue to be one of the fastest growing – and aging – regions in Canada. Add to this the pandemic backlog, and the need for surgeries will be at an all-time high. It's an uphill challenge, but we're committed to providing the leading edge equipment our surgical teams need to deliver the best outcomes. By securing such technology, we're able to attract and retain the remarkable talents of people like Dr. Temple, Dr. Gamble and Dr. Toth. Our communities need and deserve nothing less.



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The last year has put Southlake's Surgical Program under even more strain than before. Our talented surgeons are performing advanced procedures in operating rooms that were state-of-the-art 40 years ago. The equipment that we depend on is reaching the end of life – in some cases, it's already there. As we return to full operations, volumes will be even higher than before, meaning more wear and tear on the tools our clinical teams need to operate. We are incredibly grateful to the patrons like you who continue to support these urgent and vital needs, so patients don't have to turn to downtown hospitals for the leading edge care our teams can provide. Looking ahead, we are committed to remaining on the forefront of innovation, so our communities can continue to depend on Southlake for advanced surgical care right here close to home.

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Dr. Julius Toth Physician Lead, Surgical and Regional Thoracic Programs at Southlake Regional Health Centre



Southlake surgical team performs a cardiothoracic procedure in the OR.

THANK YOU

You helped give patients the leading edge care they deserve close to home.



We are so grateful for your support in any year, but 2020 showed us just how deep that support is and how vital it can be. You enabled our surgical team to deliver remarkable care in the face of adversity, while equipping them with new tools and capabilities. But in many ways, the past year was an indicator of the need still to come. Your support will be fundamental to facing the challenge.

You may already know that the government does not provide funding for most new or replacement equipment. It's one reason why you are such a vital part of the care we deliver: it means we can say "yes" to so many more of our neighbours. ***Yes, we can help. Yes, you can find advanced procedures close to home. And yes, you can get back to the life you love.***

Donors like you help unlock the full talent and potential of our surgical team, giving them the tools and technology to match their skill. The impact on care is tremendous. Not only in addressing the ever-growing backlog of demand, but also ensuring that patients can recover as quickly and fully as possible. Without you, the challenges facing our surgeons, nurses and the rest of our remarkably talented staff would be overwhelming. Through every procedure, every rehabilitation, and every recovery, you've been there by our side. Thank you.



Jennifer Klotz-Ritter President and CEO, Southlake Foundation



Southlake Regional Health Centre Foundation

289.319.3234 | foundation@southlakeregional.org



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Leading edge care takes a community, and your support is more than important: it's vital.

If you have questions or would like more information about the difference your gift has made, we're here to help.

Reach out and connect with us at 289.319.3234 or foundation@southlakeregional.org

southlake.ca/donate

