



Hôpitaux Shriners
pour enfants®
Shriners Hospitals
for Children®

Canada
Pediatric Specialty Care

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THE **ORTHOPEDIK**

Helping Kids Defy the Odds



■ Felix, 11 years old [page 4]

Full Medical Records With the Click of a Mouse!

[**Nancy Gionet**] More than ten years ago, the Shriners Hospitals for Children® system adopted a plan to computerize medical records in its 22 healthcare institutions, with the main objectives being real-time access to medical records and safeguarding of clinical information.

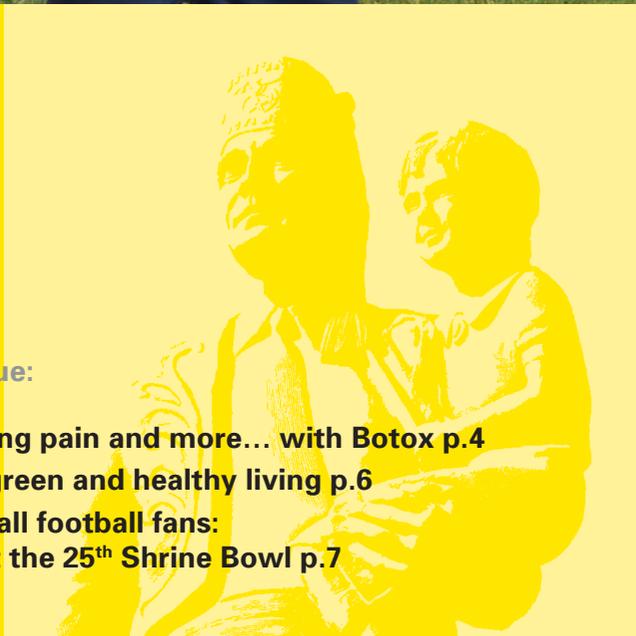
Shriners Hospitals for Children®– Canada followed suit in 2008, completing the first phase which involved, among other things, the integration of the management modules of demographic data, patient appointments, and patients' clinical records. This includes electronic entry of prescriptions and physician documentation. Recently, a second phase consisting of the medical imagery service module (PACS), the department of surgery module and clinical documentation by all other professionals, has also been implemented.

With the goal of improving the care and services we provide to our children & families, which is always our primary objective, computerized medical records offer several benefits. Specifically, they improve communication between various members of the healthcare team, facilitate treatment-related decision making, and serve as a training and educational tool. We are also able to produce specific reports which allow us to verify the accuracy of the patient data, to analyze activity levels and our overall performance.

Our current objective is to keep our electronic patient records up-to-date and to improve them as new needs are identified so that they continue to meet our current and future expectations! |

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You Helped Make it Happen

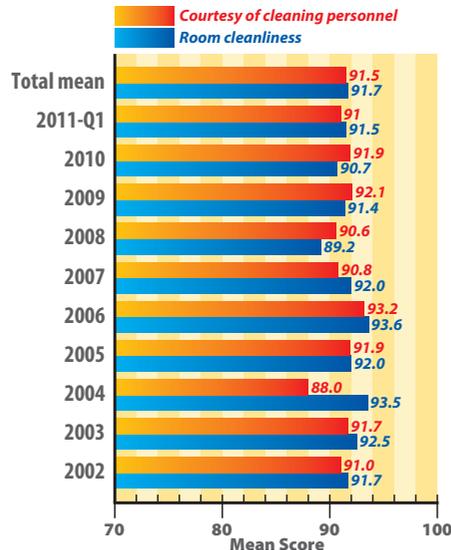
[Kathryn Fournier] Since 2002 we have been asking our patients and their families to rate various aspects of their hospital stay. Below are two key aspects of patient satisfaction:

Room cleanliness

In our hospital culture, cleanliness is an important aspect of a healing environment. Cleanliness conjures feelings of freshness, purity, safety, and respect. It can also put parents at ease.*

Courtesy of the person who cleaned the room

This question measures the quality of communication between the person who cleans the room and the patient or family. It is not so much what is said or done, but how it is



said or done. *

The scores

For a little over nine years we have maintained an average score of 91.7 for “room cleanliness” and 91.5 for “courtesy of the person who cleaned the room”. This is a clear demonstration of the value placed on the needs of our patients and the respect they so deserve.

*Solutions © 2010 Press Ganey Associates, Inc. |

A Word from the Administrator

Shriners Hospitals for Children® – Canada is committed to providing a healthy environment for its patients, volunteers and staff. Such an environment starts with offering healthy choices for meals at the bedside and in our cafeteria. It also includes the use of green and non-toxic cleaning products and the implementation of smoking cessation programs.

In order to provide a healthier environment for our patients, staff members, employees and visitors, all Shriners Hospitals for Children prohibit the use of tobacco products anywhere on hospital grounds. We have therefore chosen to provide tools for patients and parents to stop smoking prior to hospitaliza-

tion or to cope with nicotine withdrawal during hospitalization. A smoking cessation program, based on best practice guidelines, is also available through our Occupational Health and Safety Services to support our employees who wish to stop smoking.

Another element which is critical to having a positive environment is the recognition of superior and outstanding work by our staff. On May 12th, as part of our Nurses’ Week celebrations, we held our first-ever DAISY award presentation. The hospital is partnering with the DAISY Foundation in order to honor the care and compassion that nurses provide to patients and families each day. This

year’s recipients were Pierre Ouellet and Lucy Furtado-Corbeil, who were recognized for their dedication, passion, and the special effort they make to connect with patients and families.

Please enjoy this summer edition of the Orthopedik. I invite you to do as Felix (child on cover) does and make the most of the season!

Have a safe and healthy summer.


Céline Doray

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We want to hear from you! If you would like to ask us a question or suggest a topic for an article in an upcoming edition of the Orthopedik, please contact us at erondeau@shrinenet.org or 514-282-6990.

The Orthopedik can also be downloaded from www.shrinershospitalsforchildren.org

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Success for the Network for Oral and Bone Health Research (RSBO)

[René St-Arnaud, Ph.D.] Over the past 15 years, Québec has gained a competitive edge in biomedical research by developing a series of thematic networks, bringing together Québec researchers interested in the same research topics. The Network for Oral and Bone Health Research (RSBO, or Réseau de recherche en santé buccodentaire et osseuse) was created in 1994 and has benefited from the financial support of the Fonds de la Recherche en Santé du Québec (FRSQ) since its inception. The RSBO is managed by McGill University but has been housed at the Genetics Unit of the Shriners Hospital for Children® – Canada since 2008, when René St-Arnaud, Ph.D. took over the Directorship.

The thematic networks are funded following peer review of grant applications. On April 19, the RSBO received excellent news of the success of its most recent grant application and the renewal of the FRSQ's financial support for a new four-year cycle, ensuring the network's sustainability until March 2015. This is a great success for Dr. St-Arnaud and his Scientific Committee team, which includes Ms. Johanne Saliba, Administrative Coordinator, and Drs. Paul Allison (McGill University), Christophe Bédos (McGill University), Daniel Grenier (Université Laval), Janet Henderson (McGill University), and Arlette Kolta (Université de Montréal).

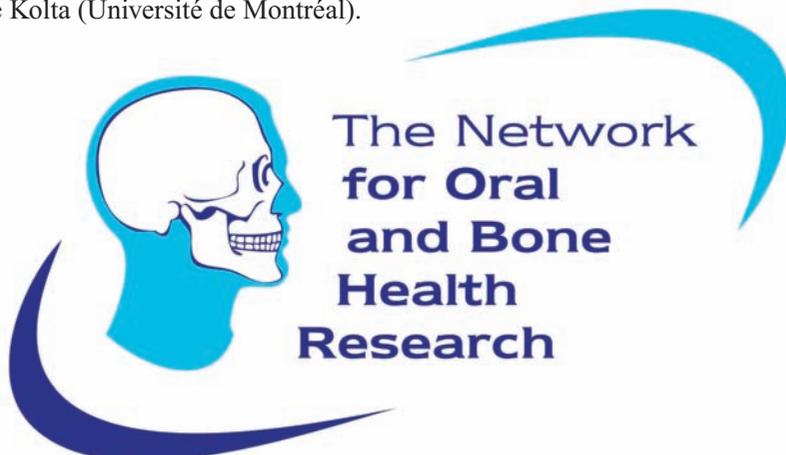
Dr. René St-Arnaud presents the RSBO Micheline Blain Award to Dr. Gilles Lavigne, Dean of the Faculty of Dentistry of the Université de Montréal



The RSBO is composed of 68 researchers, supervising more than 300 students and trainees within Québec universities. Several members are researchers with the Genetics Unit of the Shriners Hospitals for Children– Canada.

The Network for Oral and Bone Health Research plays an important role by

offering members a range of programs to meet their needs and to allow them to be more productive and competitive, and to stand out as leaders in their sphere of activity. Success is quantified in publications, participation in and organization of scientific conferences, research funding, and financial support for students, and in other interesting “deliverables” intended for health professionals or users of the healthcare system. Its strategic partnerships are quantified in financial contributions representing up to 20% of the operating budget. Thanks to the FRSQ's renewed financial support, the RSBO can continue to promote research in oral and bone health through the creation of research teams, research programs, research infrastructure and training programs. |



Innovation Now

[Reggie Hamdy, M.D.] At Shriners Hospitals for Children®-Canada, research is an integral component of care. As scientists and care providers, we always seek to improve the treatments we provide in order to optimize the outcome for our young patients, to control their pain, or to minimize the need for extensive surgery. In doing so, we often take a fresh look at existing methods and treatments to see whether they can be adapted to another condition or treatment. A perfect example of this is the use of botulinum toxin type A (BtX-A), commercially known as Botox. Although mostly associated in popular culture with cosmetic surgery or enhancement, BtX-A also has some very interesting applications in other medical and surgical fields. BtX-A is a therapeutic muscle-relaxing agent that reduces the rigidity of muscles or unwanted spasms in a specific muscle by blocking transmission between the nerves and the affected muscle. Botox is produced from the bacteria that causes food poisoning and provides relief for muscle stiffness at the site of injection when used in very safe, very small doses. At Shriners Hospitals for Children-Canada, Thierry Benaroch, M.D. is working with BtX-A to help children affected with cerebral palsy achieve better walking patterns. As well, the clinical outcomes team has just completed a multi-centre pilot study on the use of this drug to help control pain in children undergoing leg lengthening with the use of the Ilizarov fixator. I invite you to read on to learn more about these innovative techniques.

Helping Children Walk

[Thierry Benaroch, M.D.] Over the past ten years, the use of BtX-A has been expanded from cosmetic to successful treatment of muscle spasticity (stiffness) in children with cerebral palsy. One of the effects of spasticity is that it causes children to walk on their toes or with crouched knees as they are unable to put their heels down or extend their knees when walking. This limits their movement, their ability to walk and run, more importantly alters an already state of equilibrium.

It begins to take effect by blocking transmission between the nerves and the affected muscles. The injection stops the signal between the nerve and the muscle, thereby relaxing the muscle and reducing stiffness. BtX-A affects the muscles that are injected only for a limited period of time. Once the muscles are relaxed, our physiotherapists, with the support of bracing, are able to stretch the muscles to improve walking patterns and stimulate normal growth. There are several benefits asso-



Félix undergoing his regular checkup with Dr. Thierry Benaroch while his father looks on

While traditionally this condition was treated with surgical interventions to lengthen the tendons at the back of the heel, it was found that the surgery had to be repeated multiple times as the child grew. In using BtX-A injections combined with bracing and exercises, we are able to push the surgical intervention back until the outcome of the surgery will not be circumvented by a growth spurt. BtX-A is injected in small amounts into the spastic or stiff muscles.

ciated with the use of BtX-A for children affected with cerebral palsy. BtX-A injections can offer many advantages including ease in stretching, improvement in child's range of motion, tolerance to wearing braces and developmental improvements in crawling, standing or gait changes.

Félix is affected with a mild form of cerebral palsy.

Alleviating Pain Pilot Study Results

When he started standing and walking, his parents noticed that he could barely stand on his right leg. He has been receiving BtX-A injections on a regular basis since he was 18 months old. He has now reached the critical stage and will undergo tendon surgery in the fall of 2011. In the meantime, Félix is truly unstoppable. He does his physiotherapy exercises at home and is monitored by local physiotherapists. This has allowed him to pursue playing team sports such as baseball and soccer as well skating, swimming, skiing and biking, not to mention having obtained his yellow belt in karate. |



Félix tries tree top adventures in the summer of 2009



Félix at karate at 6 years old

[Reggie Hamdy, M.D.] A group of patients from Shriners Hospitals for Children-Canada participated in a recent multi-centre pilot study looking at the effects of a BtX-A injection in alleviating postoperative pain and improving the quality of life of children undergoing lower limb lengthening and deformity correction. Children fitted with an external Ilizarov fixator, which has 10 to 12 pins transfixing through bone, muscle and other soft tissue, experience pain and are limited in their ability to function. We, therefore, seek to find the best method to relieve the pain and muscle spasms that result from the use of the fixator.



Maya is one of the patients who participated in the study. Here she is getting ready for her operation by learning what to expect with the help of a doll and from child life specialists

Currently, in many cases, normal analgesics are not powerful enough to control the pain effectively and we have to prescribe stronger medications such as narcotics which can create complications with extended use. The object of our pilot study was to evaluate the benefits of using BtX-A injections as we hoped that this would allow us to reduce the use of narcotics while at the same time managing the pain more effectively and without side effects.

The pilot study was a randomized double blind study, which means that neither the staff or patients knew who was receiving the botox injections and who was receiving placebo saline injections. Out of the 52 children who participated, we detected a positive trend in favor of those who had received the BtX-A injections. This has led us to undertake a more large-scale study which is currently in progress in six different hospitals including Shriners Hospitals for Children in Portland, Philadelphia and Honolulu as well as Hospital for Sick Kids in Toronto and Alfred I. du Pont in Delaware. Kathleen Montpetit, Head of Rehabilitation Services and her team which is composed of Susan Takahashi, Mario Rinaldi, Corinne Mercier and Noémie Danhan-Oliel coordinate the multi-center study at Shriners Hospitals for Children-Canada. |



Maya is recovering from surgery with the Ilizarov fixator on her leg



(Front to back) Giovanni Nuzzi and John Kriza review the green approach results Juvenal Eleuterio and Claude Meilleur show off their new super tools

[Maurice Crossfield] Most people don't give much thought to the behind-the-scenes operations of Shriners Hospitals for Children®—Canada. But for Giovanni Nuzzi, Chief of Environmental Services, and John Kriza, Chief of Technical Services, re-examining how to maintain a healthy and energy-efficient hospital is a key part of their responsibilities.

Mr. Nuzzi has been avidly studying and testing the latest cleaning practices. He has chosen a line of products and techniques that are both environmentally friendly and leave behind healthier surroundings with fewer fumes.

"These products are much more efficient," said Mr. Nuzzi about the new cleaning practices being introduced. "We're saving time, water and solvent, while at the same time improving the health and safety of our patients and our employees with less physical labor."

Better infection control

"Carpets and upholstery and pretty much any surface can carry viruses and bacteria," he continued. "This is especially

important in a hospital setting, where infection control is vital."

To combat this problem, Mr. Nuzzi has introduced a number of measures: new microfiber cleaning cloths that actually clean without the need for a cleaning product, new microfiber mops, and a line of new cleaners that are environmentally friendly yet capable of removing old solvents from surfaces. An extra advantage: properly used, these microfiber mops and rags last longer than their traditional counterparts.

Careful monitoring

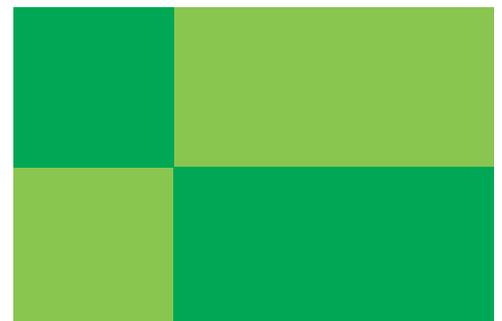
Meanwhile, Mr. Kriza has been keeping his employees on the lookout for ways to improve the hospital's energy efficiency. All of his staff has been keeping an eye on heating and air conditioning consumption.

"In this older building, we don't have any climate control systems. We rely on people being aware and keeping an eye on the thermostats when they're working in a given area. As a result, we have managed to reduce our natural gas

consumption," he said. "It's an ongoing educational effort to reduce consumption, sometimes as simple as turning off a light when you leave an office."

Improving on a good thing

With his testing now complete, Mr. Nuzzi is ready to apply these new cleaning products and practices to the entire hospital. There's also an added future benefit: "We are responding more effectively to the needs of our patients, our staff and the facility," he said. And the evolution in cleaning and environmental control practices won't be stopping here. Both agree that they plan to keep the new hospital at the forefront when it comes to providing a greener and healthier, clean and healing environment. |



Costco Canada

Last April, Louise Crighton and Cathy Wright from the head office of Costco Canada located in Ottawa, Ontario, visited Shriners Hospitals for Children®–Canada along with representatives from

Tunis Shriners (Ottawa, Ontario) to present a very special donation. Cathy challenged her family and friends to make a donation to the hospital in exchange for her shaving her head; she raised an outstanding \$2,000.

The Social Activities Committee of Costco Canada, represented by their President Mrs. Crighton, was so moved by the selfless act that they decided to donate an additional \$10,000 to the hospital. Costco Canada took note of the generosity of their employees and matched the contribution with an additional \$10,000 donation. |



(Left to right) Gus Wright (Tunis), Illustrious Sir Peter Rippstein (Tunis), Cathy Wright (Costco), Robert Drummond, M.D., (Chairman), Louise Crighton (Costco) and Norm Morrison (Tunis)

Help Celebrate the 25th Anniversary of the Montreal Shrine Bowl

This year marks the 25th anniversary of the Montreal Shrine Bowl. This legendary annual event has raised more than \$775,000 for Shriners Hospitals for Children®–Canada to date. Organizers hope to make this edition the most successful so far!

To sponsor the event, to get involved or to purchase tickets please visit the Montreal Shrine Bowl's official website: www.montrealshrinebowl.com.

This year, the Concordia Stingers will play against the McGill Redmen at the Concordia Stadium located at 7200, Sherbrooke Street West in Montreal. The yearly

A New Way to Pay it Forward!

Shriners Hospitals for Children®–Canada is launching its new Tribute Gifts program. Making a tribute gift is a wonderful way to honor a loved one, favorite teacher, doctor or nurse, special Shriner or friend, while also spreading the word about the hospital and benefiting the children in our care.

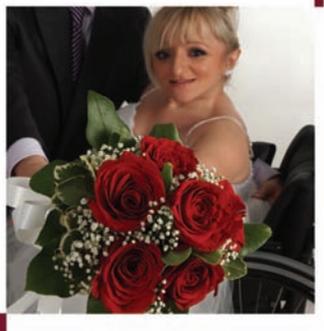
How does this work?

When you make a donation in honor or in memory of someone, a special card which features current and former patients is sent to the honoree or the honoree's family at your request. You, as the donor, will receive a full income tax receipt.

Our program includes cards for specific occasions:

- Wedding
- In Honor
- In Memory
- Anniversary or birthday
- Graduation, nomination, promotion or retirement.

Celebrate a wedding! Instead of a traditional wedding favour, the bride and groom can make a donation to Shriners Hospitals for Children®–Canada. Each guest will receive a personalized card like this one advising them that a donation was made in their honor. To find out more or to make a commemorative gift, please contact Loretta Drudik, Associate Development Officer at ldrudik@shrinenet.org or 800.361.7256 extension 7188.



event will take place on Saturday, October 8th, at 1:00 p.m. The organizing committee, led by Chairman Norton Paish (Karnak Shriners), invites the public to attend and support the family event and exciting football game.

Each year two patients are chosen to represent the hospital as the King and Queen of the Montreal Shrine Bowl. To meet the 2011 King and Queen and to learn more about Shriners Hospitals for Children®–Canada visit the hospital booth on game day!

Visit www.montrealshrinebowl.com to sponsor the event or to purchase tickets!



Hoping to Spare Others From the Pain of Scoliosis – Al Azhar Shriners

[Morgan Parker] My name is Morgan Parker. I live in Calgary and I am 16 years old. I have lived with acute back pain since I was eleven. I have scoliosis which basically means my spine is crooked. Following my first surgery in Calgary, the pain remained so severe that my parents began searching for a centre which treated rare forms of scoliosis such as mine. They discovered Shriners Hospitals for Children®– Canada in Montreal. When we met Dave Dyson, hospital chairman for the Southern Alberta Al Azhar Shrine Temple in Calgary, he said, “My fellow Shriners and I will do everything we can to facilitate treatment for you at the Shriners Hospital.” The Shriners Temple, one of 191 “chapters” in North and Central America, organized flights, paid for hotel accommodation, and even provided shuttle service, at no cost to my family. This financial, moral and logistical support removed a lot of stress. I can’t thank the Al Azhar Shriners enough for all of the hard work and dedication they put into my obtaining the help I needed.

My first appointment at Shriners Hospitals for Children®– Canada was in March 2009. Since then I have had two

more operations which improved my condition and reduced the pain. The staff, nurses, doctors, physiotherapists and so many others took great care of me. I may need a fourth spinal operation, but I rest easy knowing that my surgeon, Dr. Jean A. Ouellet, will be taking care of me.

My dad participates in the annual Oillympic Break-Cup Charity Hockey Tournament where some 400 oil patch

to the Shriners hospital for scoliosis research.

In March of this year, Dr. Ouellet came to Calgary to meet members of Al Azhar Shriners and to make a presentation during the benefit dinner organized by the Oillympics committee to launch the tournament. Meeting one’s surgeon outside of the hospital can be awkward. But at the Oillympics gala dinner, I proudly stood on stage with Dr. Ouellet; teary eyed I spoke of my story in front of hundreds of people who were contributing to the charity.

Dale Hansen speaking on behalf of the Oillympics Committee said, “With the help of our sponsors and participants, our annual hockey tournament raised record funds this year. We are very excited to be able to present this cheque for \$85,000 to Shriners Hospitals for Children®– Canada for scoliosis research and to help find treatments for kids.”

I couldn’t be happier. Just thinking about getting funds for research that will alleviate the pain of scoliosis in children makes me glow with happiness. Some day, I hope to see a cure for scoliosis. |



Shriners Hospitals for Children®– Canada is presented with a donation of \$85,000 from the 2011 Oillympics Hockey Tournament Organizing Committee (L to R): Dale Hansen (ThyssenKrupp), Gerry Mumford (Continental), Dave Dyson (Al Azhar Shrine Temple), Morgan Parker (patient), John Nash (Pro-Drill) and John Ruzicki (Cathedral)

workers in Calgary play hockey to raise money for children’s causes. Since I really wanted to do something monumental to advance scoliosis treatment, I made a presentation to the Oillympics Committee requesting funds. It was wonderful. They agreed to donate \$50,000

