

@ YOUR HUMBER

Responding to the need for Primary Care

Family medicine plays a foundational role in our healthcare system: that's why it is also called primary care. But the community around Humber River Health has the lowest percentage of people with a family doctor in the province; in fact, 44,000 people do not have primary care. Humber is changing that.

Last year, Humber opened the Schulich Family Medicine Teaching Unit (FMTU). This transformational donor-supported project brought four Residents together under the supervision of three family physicians.

In less than a year, the unit provided care to 1900 patients. Some received primary care for the first time in their lives. Prospects for the future are even greater: seven new Residents have been added. By 2026, plans are to include 18 Residents and eight supervising doctors, as well as additional health professionals including nurse practitioners and social workers. At full capacity, the unit will support more than 10,000 patients.

According to Dr. Priya Sood, the Postgraduate Program Director and Family Medicine Residency Program, doctors are more likely to practice where they have received their training. "Every Resident that stays in our community could build a practice of another 1,000 patients. Over time, this could make a difference."



Lead Resident Dr. Bilal Negash has deep connections with Humber and with the community. He was born at the legacy site, grew up in the Falstaff community, and his parents have both worked as nurses at Humber for more than two decades. "I always knew I would go into family medicine,"

"I want to serve the community that gave me so many opportunities and great memories."

- Dr. Bilal Negash, Lead Resident, Schulich FMTU



Dr. Bilal Negash with his parents

Dr. Negash says, "I saw how important family doctors were to the community."

As he was completing medical school, Dr. Negash heard about the new Schulich FMTU and it became his first choice for Residency.

His fellow Residents in the unit's first year were Dr. Shamini Vijaya-Kumar, Dr. Yoonsik Park and Dr. Clara Sawires. They enjoyed the unique programming, including a special focus on social accountability, the

needs of the community, and the social determinants of health. Residents gained experience providing care in non-traditional settings, including working with people who have no healthcare coverage or who are marginally housed.

Two patients who have benefited from care at Schulich FMTU are mother and daughter Berta and Daniela. Daniela has anemia, which can cause chest pains, fainting and even seizures. Without a family physician, Daniela's chronic condition was not being managed well. Her mother often brought her to Humber River Health's Apotex Emergency Department for care.

(continued on next page)

Responding to the need *(continued from front page)*



Daniela and Berta

Through the Schulich FMTU, Daniela was connected with Resident Dr. Clara Sawires, with whom she now meets monthly. She is enthusiastic about the difference it's making to her health. "Since working with the team at the Schulich FMTU, we've received

amazing guidance and support from our family doctor," says Daniela. Berta agrees, "We're grateful, healthier and happier than ever!"

The Schulich FMTU will be benefitting community members like Daniela and Berta for years to come. Certainly Dr. Negash looks forward to remaining in the neighbourhood when he completes his training in 2025.

"One night I got a call from our NICU nurse just to tell me that our baby was holding her head up on her own. It felt so good knowing how much they cared."

- Silvia, Maternal & Child unit

PROVIDING CARE BY THE NUMBERS 2023-24

2300 hip and knee replacements

55% increase in robotic surgeries

4650 babies delivered

20% increase in babies in NICU (Neonatal Intensive Care Unit)

127,500 ED visits (7% increase)

87% of patients would recommend Humber

Ending Chronic Knee Pain with the ROSA Knee System

Georgios recalls the morning he arrived at Humber River Health for his knee surgery, feeling both anxious and hopeful. He had already been through more than many of us can imagine.

A former professional soccer player, Georgios underwent arthroscopic knee surgery in 2001 in another Hospital. Unfortunately, a dangerous infection resulted, leading to Georgios needing eight follow-up surgeries. The resulting chronic pain caused Georgios to rely on morphine, then oxycodone, leading to an addiction that it took him years to recover from.

Meanwhile, his knee condition worsened. Georgios and his wife looked for solutions. Their search turned up robotic-assisted knee surgery. "My family doctor recommended I see Dr. Sebastian Rodriguez-Elizalde at Humber River Health," Georgios recalls.

They learned that most knee surgery at Humber uses the ROSA knee system. Using 3D imaging and real-time data, the system allows Humber's skilled surgeons to customize the procedure to each patient, ensuring optimal alignment. Not only does the minimally-invasive surgery reduce the chances of complications, but the knee replacement lasts longer.

"My recovery has been remarkable," Georgios says. Just three months after the surgery, "Eighty to ninety percent of my pain is gone." Georgios has high praise for the skill and

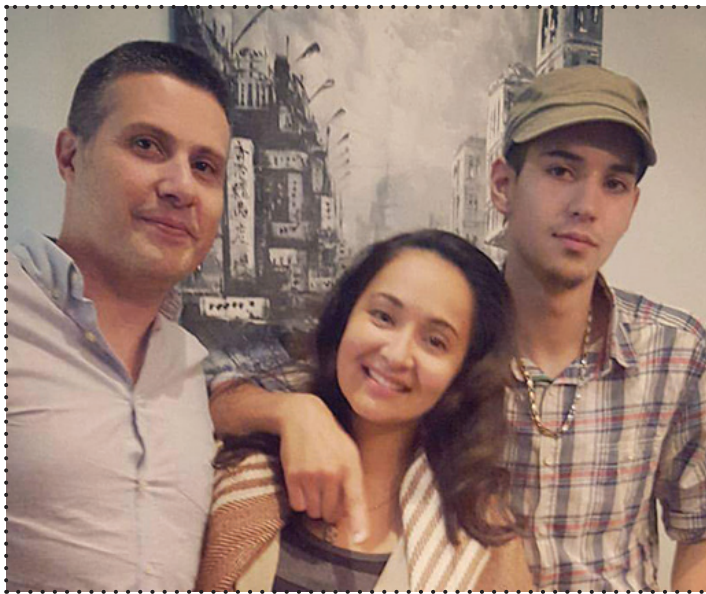
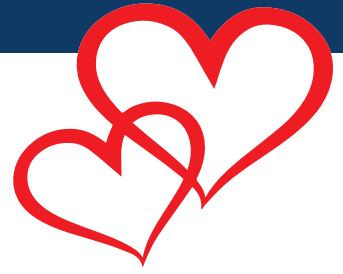


Georgios with his family

personal care of Dr. Rodriguez-Elizalde and Hospital staff. "If anyone needs knee or hip surgery, Humber River Health is the place to be."

Generous donors like you have brought Humber River Health Foundation close to our goal of \$10 million for Robotic Surgery Expansion to purchase outstanding equipment, upgrade technology and expand the Hospital's capacity to treat more patients. Please help us reach the campaign goal!

Gifts of Heart – Monica's story



Monica with her family

At only 41, when Monica found her heart racing and pains in her chest, her husband hurried her to Humber's Apotex Emergency Department. Doctors found that she had a heart rate of 250 beats per minute (roughly three times an average resting heart rate), and used medications to bring her heart rate to a normal range once again.

Monica was admitted to the Cardiology Unit where Dr. Irving Tiong diagnosed her with Atrial Fibrillation and Supraventricular Tachycardia. Left untreated, the

condition can lead to life-threatening stroke. But thanks to the diagnosis, Monica was able to undergo two procedures to correct the problem and recover her health.

Monica was grateful to the physicians and staff at Humber, who ensured she was diagnosed quickly. And her gratitude goes further: "I am confident that without the financial and emotional support from donors to Humber, I would not have had the positive experience I received."

That inspired Monica to become a monthly supporter herself. "My family doesn't have a lot, but we have always felt it was important to give what we could. It means a lot to me."

Your support has been life-changing for patients like Monica. If you haven't already, please consider becoming a monthly donor. As we saw during the COVID-19 pandemic, this reliable method of contribution helps Humber plan for the future and to be prepared for whatever healthcare challenges it may bring. It's a convenient way to support your community Hospital, one gift at a time.

To learn more about monthly giving, please contact Saneh Singh at 416.242.1000 ext. 81517 or see the coupon enclosed with this newsletter.

"Humber River Health Foundation's donors are an important part of my story. You were with me every step of my recovery journey and I felt the impact of your donations first hand."

- Shaniza, cancer care patient



Dr. Calvin Cheng with patient

Whether in Hospital or at home, seniors in our community are getting the help they need to stay healthier from Humber River Health's Seniors Care Program.

Humber's **Acute Care of the Elderly (ACE)** unit is a state-of-the-art, 32-bed facility that provides specialized care for patients over 65 with an acute illness and at least one geriatric syndrome. Care is provided by a geriatrician (a physician trained in the health needs of seniors), nurses and a nurse practitioner, and other health professionals. They ensure that patients retain their strength and abilities so they can return home safely once their treatment is complete.

Caring for Seniors with Specialized Programs

Patients who are identified as being at risk for adverse outcomes are supported through the **Humber Elderly Assess and Restore Team (HEART)**, which supports patients while in Hospital and often through the transition back home. Other patients may receive a consultation with Geriatric Medicine or post-surgery care from the Orthogeriatric Program.

Meanwhile, seniors who visit the Apotex Emergency Department, but are not admitted to Hospital, are seen by the **Geriatric Emergency Management (GEM) program**. A nurse meets with them to ensure they are able to return home safely, connecting them with supports for independent living if needed.

The Hospital's Healthy Living Centre includes a geriatrician, a falls prevention program, and the **Geriatric Outreach Team (GOT)**. This team consists of a social worker, occupational therapist and nurses who visit seniors in their own homes to assess how they are managing and address any safety issues they identify.

Humber River Health's innovative programming is supported by generous Foundation donors like you - thank you!

Aspen Grove Society - Leaving a Legacy

A Legacy Gift is a contribution you make in your Will. Along with taking care of your family, you can also specify an amount to support the values and organization(s) you believe in. When you include a generous gift to Humber River Health Foundation in your Will, you ensure that your community has access to excellent healthcare for the next generation. That is a true gift of hope.

Meanwhile, the tax receipt that your estate receives from a charitable gift can benefit your family: it will partly offset taxes owed by the estate, which could otherwise reduce the amount of money available to pass on to loved ones.

If you are considering a Legacy Gift, please let us know about your planned gift, so we can provide you with the correct information that should be included in the Will. We will also make sure you're enrolled as a valued

new member of the Aspen Grove Society, our group of dedicated donors, all connected by a commitment to the future health of our community. Like other members, you'll receive recognition on our website and donor wall, invitations to special events, and exclusive Hospital updates.

The Society is named for an aspen grove, because although each grouping has trees of different colours and sizes, the trees all share one root system. This interconnection makes the grove strong and resilient. Thank you for considering this generous way to contribute to your community.

To learn more about the Aspen Grove Society, please contact Caterina Magisano at 416-242-1000 ext. 81516 or cmagisano@hrh.ca

