

Meet Mount Sinai Foundation's New President

It's an exciting time for the Mount Sinai Hospital Foundation. We are thrilled to welcome our new Foundation President and the Hospital's Senior Vice-President, Advancement, Kevin Goldthorp.

As one of the top fundraisers in Canada, Kevin brings a wealth of experience and talent to our organization. Kevin joins Mount Sinai from Western University, where he served as Vice-President, External Relations for the past two years. Prior to Western, Kevin was Chief Executive Officer of Sunnybrook Foundation where he helped raise \$300 million of a multi-year \$470 million fundraising campaign and completed the integration of three foundations.



Kevin Goldthorp

PHOTOGRAPHY BY GRAPHICS AND NEW MEDIA

Kevin sat down with Sinai Scene for a quick Q&A:

Q What drew you to Mount Sinai Hospital?

A As a fundraiser, you really need to believe in what you're doing and have faith that the work you do will make a difference for people and families. I can't imagine an easier place to believe in than Mount Sinai. It is a Hospital with a tremendous reputation for excellence and a very rich and compelling history. I was also drawn by Mount Sinai's strong community of volunteers and donors who give in so many ways to the Hospital. I look forward to working with them, and telling the Mount Sinai story with a loud voice for all to hear. There is no lack of stories to tell about this great Hospital!

Q How important is philanthropy and community support to a health-care organization like Mount Sinai?

A Enormous. Mount Sinai could never offer the breadth and depth of care that it does without the incredible support of our community. Mount Sinai has built a legacy of excellence enabled by the strong community that has surrounded it. I believe the expertise offered at Mount Sinai is second to none — our renowned care for moms and babies, our leadership in geriatrics, our trailblazing in biomedical research for so many diseases including diabetes, cancer, and bowel disease. Every dollar makes a difference at Mount Sinai, every dollar helps us provide the best possible care today and for the future.

Q When you are not raising funds for internationally-renowned organizations, how do you like to spend your spare time?

A Easy answer: with my family. My wife and I have a 16-year-old daughter and 10-year-old twins (son and daughter). I work very hard and take great pride in my professional life, but every spare moment is spent with them.

European Transplants Enhance Clinical Practice

The Cardiology Department welcomes a new member, and familiar face, to their team. Cardiologist Dr. Sean Balmain originally from Glasgow, Scotland joined the department in October a few months after completing his fellowship here in heart failure and cardiac devices. "My family and I really enjoyed our year in Toronto and we jumped at the chance to return," said Dr. Balmain. His focus remains general cardiology, heart failure, simple and complex devices.

Also joining the Mount Sinai team is Dr. Christian Pagnoux, Clinician-Investigator in the Division of Rheumatology at MSH/UHN. Dr. Pagnoux completed his specialization in Internal Medicine in Paris, France in 2002 and worked in the French National Referral Center for Vasculitis in Paris. He came to Toronto in June 2010 for a two-year fellowship in vasculitis under the guidance of Dr. Simon Carrette, during which he created the Canadian Vasculitis Network (CanVasc).



Dr. Sean Balmain



Dr. Christian Pagnoux

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New Leadership in Nursing



Joanne MacKenzie

Welcome to Joanne MacKenzie, our new Senior Director, Women's and Infants' Health Program. Joanne joins us from Markham Stouffville Hospital,

where she was Director, Maternal Child and Oncology Services since 2003.

In her role with Markham Stouffville, Joanne was instrumental in driving a high-performing program and culture. She successfully led several key program initiatives focused on strategic outcomes, best practices and front-line/cross-discipline engagement. Joanne continues to sit on the Provincial Council for Maternal and Child Health as the Provincial Nursing Administrative representative.

Joanne takes over the reins from Rheney Castillo, who assumes new responsibilities as Senior Director, Strategic Projects, Patient Services and Nursing. Rheney's commitment to excellent patient care is central to her new role in which she will lead critical initiatives, such as Magnet recognition.

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Sinai Events

Humanities Poetry and Prose Contest, deadline March 18

Healthy Aging 101 with Dr. Samir Sinha, March 19, 12 to 1 p.m., 14th Floor Classroom

Poetry Booth, March 27, 12 to 1 p.m., Level 2 Cafeteria

Sinai Lightning Row-a-thon, April 4, 5, Main Floor Lobby

Diamond Jubilee Scholarship, due April 30, 2013

Valerie Fine Bursary, due April 30, 2013

Rose Torno Bursary, due April 30, 2013

Karen McGibbon Award Ceremony, May 1, Auditorium

Celebrating Cultural Awareness

February was a busy month at Mount Sinai, where we celebrated both Lunar New Year and Black History Month. Educational sessions included a Lunch & Learn with Dr. Alan Fung, Attending Psychiatrist and Director of Research at North York General Hospital, who spoke about cultural nuances in providing care for East and Southeast Asian communities. Wendy Chow, Project Manager, Assertive Community Treatment Team, informed staff about the Hospital's outreach work to different communities. Celebrations continued with a lobby display exhibiting culturally-relevant artwork and booths, as well as lucky money distributions to patients.

Black History Month recognizes past and present contributions African Canadians have made, and continue to make, to our culture, society, and

particularly health care and medicine. An inspirational Lunch & Learn featured Liben Gebremikael, Executive Director of TAIBU, a five-year-old community health centre. He spoke about health issues that affect people of African and Caribbean descent, and informed Hospital staff about the Centre's services. There was

a lobby display with photographs and information about influential African Canadians, and African and Caribbean-inspired meals served in the cafeteria. Finally, there was a high-energy Reggaerobics and African Dance class led by fitness instructor and choreographer, Tamla Matthews.



Staff members pose with Reggaerobics Instructor Tamla Matthews after class.

PHOTOGRAPHY BY COMMUNICATIONS AND MARKETING

This publication is brought to you by **Mount Sinai's Communications & Marketing team**. Do you have news to share? Contact Tania Haas, Editor Sinai Scene, at thaas@mtsinai.on.ca

Hospital News is also looking for submissions for their annual Nursing Week contest, submissions due April 19. Email editor@hospitalnews.com

Full Steam Ahead Toward Magnet Recognition

Mount Sinai Hospital has just taken an important step forward on our journey toward achieving Magnet status. Margarita Baggett, a Magnet consultant from the American Nurses Credentialing Center, recently visited our Hospital to conduct a readiness assessment in preparation for our application for Magnet status. Margarita's visit was a resounding success! After two full days visiting nursing units and meeting with all levels of staff across the Hospital, Margarita pronounced that Mount Sinai is well positioned to become a Magnet hospital. With Margarita's official assessment now in the hands of the Magnet Steering Committee, all systems are 'go' to proceed with official notification of our application.

Talk with Tracy Kitch, Senior Vice-President, Patient Services and Chief Nursing Executive, and you understand her passion for excellence and the connection to Magnet: "Magnet is the highest recognition awarded to a hospital for excellence in nursing. We already



PHOTOGRAPHY BY GRAPHICS AND NEW MEDIA

Magnet Consultant Margarita Baggett visits nursing units and speaks with Hospital staff as part of her readiness assessment. After her two-day tour, she pronounced Mount Sinai Hospital "well positioned" to become a Magnet hospital.

embody much of what is required to be awarded Magnet status — the additional effort to align with the guiding principles demonstrates our unwavering drive for sustained excellence."

Tracy is talking about Mount Sinai's long-standing commitment — over 20 years — to the exemplary professional practice of nurses, working alongside talented physicians and allied health colleagues. She is also talking about the high-level of engagement of today's staff. Tracy cites two accomplishments that have galvanized her team: unit-based nursing councils and creation of the Patient Services Strategy. In the same way that Unit Councils give voice to nurses of all ranks and encourage grassroots decision making, strategizing the Patient Services Declaration was a collaborative effort that gave the Patient Services Team the opportunity to see how their future aligns with the Hospital's strategic plan.

Tracy and the Magnet Champions know that achieving Magnet status is not the end of the journey. With this designation comes the commitment to constantly assess, plan, implement and evaluate our nursing services as part of our Hospital's unwavering pursuit for excellence. Good luck to Tracy and her entire Patient Services Team on this exciting magnet journey!

"Magnet reaffirms what we are doing is right. Mount Sinai aims to be the best and I think Magnet brings that out in us."

Julie Moore

To find out more about Magnet, contact Rheney Castillo, Senior Director, Strategic Projects, Patient Services and Nursing at ext. 2351 or William Mundle, Magnet Project Manager at ext. 6297. You can find more information about Magnet on our intranet.

What is Magnet?



The Magnet Recognition Program was developed to recognize health-care organizations for nursing excellence and to provide a vehicle for disseminating successful nursing practices and strategies. Magnet recognition is the highest and most prestigious international distinction a health-care organization can receive for nursing excellence and quality patient care.

To date, only 390 of the 7,569 hospitals across the United States, plus three hospitals in Australia, one hospital in Singapore and one hospital in Lebanon have achieved Magnet status. Mount Sinai is hoping to become the first Canadian hospital to achieve this prestigious designation.



Julie Moore, Registered Nurse, 17N and Magnet Champion

PHOTOGRAPHY BY COMMUNICATIONS AND MARKETING

Creating a Culture of Excellence

Every day, I see the Best Medicine at work throughout our Hospital and within the communities we serve. Recently I had the privilege of attending a special event where I accepted, along with some of my Hospital colleagues, a top corporate culture award. It's because of the dedication of everyone who is part of our Mount Sinai community that we have created a unique culture of excellence in not only the care we provide to patients and their families,

but also in the environment we work in together.

I have always believed that Mount Sinai is number one — but it is so gratifying to be recognized nationally with this award that celebrates the inclusive and positive environment of our Hospital — an environment that works to help each member of the Mount Sinai team feels valued and respected.

Our culture of inclusion, built on our own rich legacy, is what enhances the patient care experience. Our culture of hard work, dedication and collaboration also enhances the daily

lives of the people who work, learn and volunteer at our Hospital.

Let this recognition inspire us to continue to create the best experience for our patients and colleagues.



Mount Sinai Hospital President and CEO, Joseph Mapa and Debbie Fischer, Senior Vice President, Strategy and Organizational Development, recently accepted the award for Canada's 10 Most Admired Corporate Cultures on behalf of the Hospital.



Synchronized Team Work at State-of-the-Art Lab

How does the human heart respond to exercise? Why do endurance athletes have enlarged hearts? What limits our ability to exercise as we get older?

These are a few of the questions on the minds of Cardiologist and Researcher Dr. Susanna Mak and University of

Toronto Exercise Physiologist Dr. Jack Goodman. They're finding answers through an innovative approach to research, involving middle-aged endurance athletes and cutting-edge clinical research taking place in one of the only labs in the world to make it

possible: the Mecklinger and Posluns Cardiac Catheterization Research Laboratory at Mount Sinai Hospital.

These studies focus on the impact of exercise on the heart in different populations of healthy people.

"Most heart studies are performed on animals or humans with heart disease, so a lot of the information we have about normal heart function is based on predictions," said Dr. Goodman.

"Because of the state-of-the-art equipment, we are able to safely use advanced imaging and catheter technology to measure changes in heart function during continuous exercise. These techniques represent the gold standard for this kind of research."

"We hope to develop exercise training prescriptions for the heart that could delay some of the physical limitations of aging," said Dr. Mak.



- 1 Research Sonographer Joan Persaud acquires echocardiographic images of the heart during exercise.
- 2 PhD candidate Sam Esfandiari adjusts the resistance to increase the workload as the subject exercises.
- 3 The bed, called an ergometer, is specialized to tilt and allow

- 4 Gerard Gervais is the subject in the study. Gerard is a Masters cyclist, and was chosen for the study based on his elite level of endurance training.
- 5 Exercise physiology student Taylor Gray encourages and hydrates the subject.

- 6 The tail end of the catheter has been placed into the heart through a vein from Gerard's arm. The approach from the arm is more difficult, but a very safe way to acquire information.
- 7 Dr. Felipe Fuchs, a cardiologist, supervises safety of the internal catheter and adjusts as necessary.

- 8 Echocardiographic images on screen.
- 9 Charts monitor and measure pressures, recorded from the catheter in the pulmonary artery (the main artery to the lungs).
- 10 Dr. Susanna Mak, Dianne Locke and Dr. Jack Goodman monitoring progress of the research study.

New Study to Change Patient Care for Intensive Care Units

Patients suffering from Acute Respiratory Distress Syndrome (ARDS) could be treated differently in Intensive Care Units (ICUs) following a new study co-authored by a Mount Sinai physician and published in the New England Journal of Medicine.

Lead authors Dr. Niall Ferguson, Director of Critical Care at Mount Sinai Hospital and UHN, and Dr. Maureen Meade, Professor of Medicine at McMaster University, studied patients suffering from ARDS, a life-threatening illness that can be

caused by pneumonia, trauma or serious infections.

A multicentre, randomized controlled trial was conducted in 39 ICUs in five countries, including Mount Sinai Hospital, Toronto General Hospital, Toronto Western Hospital and Hamilton Health Sciences, in which adults suffering from new-onset, moderate-to-severe ARDS were randomized to receive either a novel form of ventilation designed to protect the lung called high-frequency oscillatory ventilation (HFOV) or to receive lung-protective conventional ventilation.

The researchers found that patients treated with HFOV had a higher mortality and they required more sedation and more drugs to support their blood pressure. As a result, the study recommends that clinicians use the conventional lung-protective strategy in most cases.

"Our research demonstrates the importance of conducting clinical research in ICUs so that we can ensure we are providing the best patient care to our sickest patients."

Dr. Niall Ferguson, Director of Critical Care at Mount Sinai Hospital and University Health Network

Breastfeeding May Reduce Child's Risk for Obesity

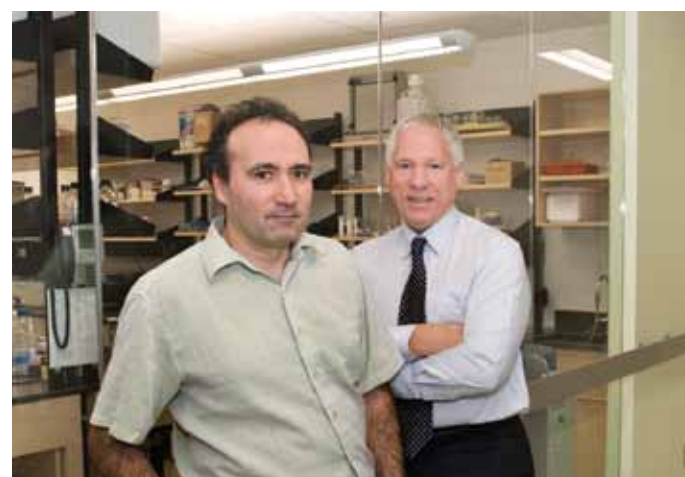
Almost a third of Canadian children aged five to 17 are overweight or obese, according to Statistics Canada. However, researchers at Mount Sinai's Samuel Lunenfeld Research Institute may help reduce the rate of obesity after discovering that breastfeeding can help reduce a child's risk for obesity. Their study was recently published in the International Journal of Epidemiology.

With collaborators in Australia, Dr. Laurent Briollais, principal investigator of the study, his postdoctoral student, Dr. Taraneh Abarin, and Dr. Stephen Lye, Associate Director of the Lunenfeld and the Executive Director of the Fraser Mustard Institute for Health Development at the University of Toronto, reveal that the length of time a baby is breastfed positively impacts the effects of the fat mass and obesity

gene (FTO) in young adults. The study followed children in Western Australia from birth to 14 years of age.

For years, body mass index (BMI) has been used by scientists to track weight problems and obesity in children and adults. Previous studies have connected a common variant of the FTO gene to increased risk of obesity in young adults. This study finds that breastfeeding can help reverse the effects of the FTO gene variant if a child is exclusively breastfed for at least three months.

"The benefits of breastmilk are well known. However, we have found that breastfeeding can have a significant impact on children who have a genetic predisposition to obesity," said Dr. Briollais, Senior Investigator with the Lunenfeld and also Assistant Professor with the Dalla Lana School of Public Health at the University of Toronto.



Dr. Laurent Briollais, principal investigator of the study and Dr. Stephen Lye, Associate Director of the Samuel Lunenfeld Research Institute and the Executive Director of the Fraser Mustard Institute for Health Development at the University of Toronto.

Of the patients who are treated in ICUs each year in Canada

2/3 are on ventilators and of those

10% suffer from ARDS

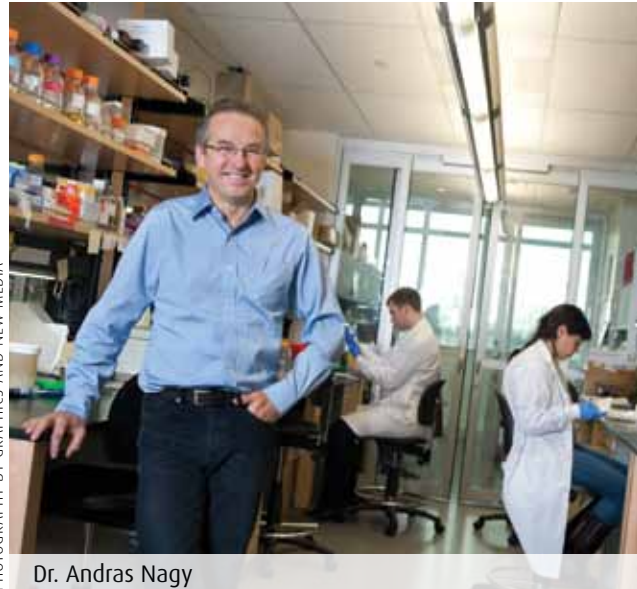
New Discovery Holds Promise for Preventing Early-Stage Diabetes

A just discovered biological mechanism may help reduce the onset of diabetes. That's according to a study published recently in the journal *Cell Metabolism* by researchers at Mount Sinai's Samuel Lunenfeld Research Institute. The key, scientists have reported, is a protein critical to maintaining healthy levels of blood and oxygen in fat tissues.

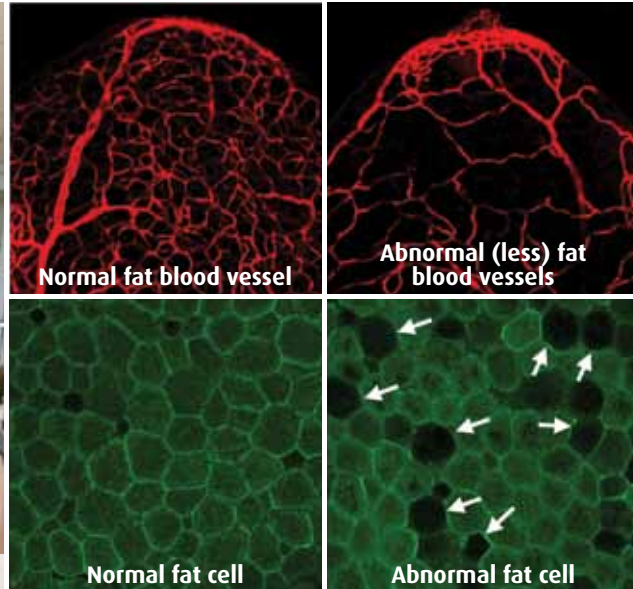
Led by Senior Investigator Dr. Andras Nagy and his research team at the Lunenfeld, including Research Associate Dr. Hoon-Ki Sung, the study sheds light on why fat tissue in obesity may behave abnormally compared to fat tissue under normal weight conditions, and how this understanding can potentially help curb the risk of Type 2 diabetes associated with obesity.

"These findings provide us with new opportunities to slow or prevent progression of diabetes while tackling the increasing problem of obesity," said Dr. Nagy, who is also Professor in the Department of Obstetrics and Gynecology at the University of Toronto.

For this study, Dr. Nagy's team collaborated with other Lunenfeld scientists including Dr. Tony Pawson and Dr. Lee Adamson, as well as with researchers from the University of Toronto, Korea's Yeungnam University and the Korea Advanced Institute of Science and Technology (KAIST). The study was funded by the New Frontiers Program Project Grant from the Terry Fox Foundation.



Dr. Andras Nagy



IMAGES COURTESY OF DR. HOON-KI SUNG

Future Sinai Event Raises Nearly \$12,000

Bay Street, health care and the fast-paced world of TV journalism collided in a recent Future Sinai event, raising \$11,820 for Mount Sinai Hospital. A sold-out crowd of 230 guests, including young professionals, business leaders and Hospital supporters attended Mental Wealth, an evening with the hosts of Business News Network's "Market Sense" and investment trader Michael Wekerle.

The evening included discussions on the stigma surrounding mental health and the importance of creating dialogue between young people, their community and workplace, and professionals in the field of mental health. Staff Psychiatrist Dr. Allan Peterkin led discussions and answered audience questions on mental health resources and how to seek professional help or encourage others to do so. Market Sense hosts Catherine Murray and Randy Cass helped moderate the discussion along with Wekerle.

As the Mount Sinai Hospital Auxiliary begins its 60th anniversary campaign in 2013, Future Sinai plays

an integral role in developing the future of this great organization while supporting Mount Sinai through engaging initiatives that fundraise for the Labour and Delivery unit and women's and infants' health at the Hospital. To learn more about the mandate of Future Sinai and get involved, visit: www.futuresinai.ca.



Staff Psychiatrist Dr. Allan Peterkin with Future Sinai Co-chairs, Lauren Winberg and Ashley Steinhauer.

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Creating an Enabling Environment for Women with Disabilities

Breast cancer doesn't discriminate. Women with disabilities share the same risk for breast cancer as women without disabilities, but the barriers to access and care can be much greater. Imagine making an appointment for a mammogram only to find out the machine is unable to accommodate your wheelchair. Or, needing help to get around the waiting area — these are real instances of the barriers women with mobility disabilities face.

Women with disabilities have one less obstacle at Mount Sinai's Christopher Sharp Centre for Surgical Oncology. Changes to how women with disabilities are now managed is the result of a partnership between disability activists, health researchers and health professionals dedicated to improving the cancer screening process for all patients. Linda Muraca, Nurse Clinician at the Marvelle Koffler Breast Centre and Mary Agnes Beduz, Senior Director of Surgery and Oncology were two key leaders in this productive collaboration.

Muraca forged partnerships in the community and led a study to explore women's screening experiences in the areas of breast, cervical and colorectal cancers. Beduz led a team of researchers to conduct focus groups and developed an innovative educational intervention with staff of the Joint Department of Medical Imaging at Mount Sinai, Princess Margaret, and Women's College Hospitals.



Breast imaging technologists Thu Huynh and Rose Hewlett explain the mammography procedure to patient Nancy Barry.

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Thanks to these and other efforts, evidence-based disability education tools were made available for women with disabilities, as well as health professionals, to promote a positive screening experience.

"The goal of the project is to improve accessibility for women with disabilities, because if they have a positive experience at a hospital, they are more likely to return for regular screening."

Linda Muraca, Nurse Clinician, Marvelle Koffler Breast Centre

Prestigious Appointment for Mount Sinai Physician

Dr. John Kingdom, one of Mount Sinai's renowned doctors as well as a scientist with the Samuel Lunenfeld Research Institute, has been appointed Chair of the University of Toronto Faculty of Medicine's Department of Obstetrics and Gynaecology for a five-year term beginning July 1, 2013. He will take over from Mount Sinai's Dr. Alan Bocking, who has led the Department of Obstetrics and Gynaecology since 2003.

Dr. Kingdom has had a spectacular career in clinical medicine, research and teaching since joining the Department of Obstetrics and Gynecology, culminating in this prestigious appointment.

Dr. Kingdom joined the staff of Mount Sinai Hospital and the University of Toronto in 1988, currently holding university appointments as a Professor in the Department of Obstetrics and Gynaecology, with cross-appointments in the Departments of Laboratory Medicine and Pathobiology, Medical Imaging and Physiology. He is a member of the Maternal-Fetal Medicine Division at Mount Sinai Hospital and directed the Maternal-Fetal Medicine fellowship program at the University of Toronto 1999-2009. He currently holds the inaugural Rose Torno Chair in Obstetrics and Gynaecology.

Dr. Kingdom has published in leading journals and has fostered his research program through the creation of a multidisciplinary placenta clinic at Mount Sinai. He has received



Dr. John Kingdom, newly appointed Chair of the University Of Toronto Faculty Of Medicine's Department of Obstetrics and Gynaecology.

PHOTOGRAPHY BY GRAPHICS AND NEW MEDIA

international recognition, as an elected member of the Society for Gynecologic Investigation in 1997, the Castellucci Prize award for contributions to placental research from the European Placenta Group, and as President of the Perinatal Research Society in 2011.

"I am delighted to be given this exciting opportunity to promote further advances in women's health. I would like to thank everyone in the Mount Sinai community, especially the donors who founded the Rose Torno Chair, for their tremendous support of my career development over the past 15 years."

Dr. John Kingdom