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## Ticking Time Bomb or Opportunity?

A conversation with  
Dr. Ambrose Marsh

*“Our hospital, as well as our community could be facing a doctor shortage sooner rather than later. The average age of doctors at SPH is now 60. Retirement is closer and the situation is worse now than when the issue was first raised in 2009.” This is the situation, according to SPH Chief of Staff, Dr. Ambrose Marsh, who spoke with Partners in July.*

There are several factors behind the looming shortage: fewer medical professionals to treat more clients with complex needs; growing health care expectations; more expensive infrastructure (from diagnostics to updated equipment).

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The Canadian Institute for Health Information says that the number of physicians per 100,000 has been improving (214 per in 2012 compared to 187 in 2003); and in 2011 there were more than twice as many doctors entering the profession than leaving (4,500 to 1,900 approximately). British Columbia had slightly more than 11,000 physicians as of 2012, and this number seems to be growing. In spite of this apparent good news, Dr. Marsh has concerns about looking at the numbers without understanding both the underlying trends and our local situation.

“The health system is changing rapidly and the trends from five years ago are not necessarily current”, he explained. “The old system, with continuity of care from community to hospital is breaking down. Fewer doctors have hospital privileges, which has led to serious problems with SPH’s ‘Doctor of the Day’ program. This very cost-effective way of looking after patients in hospital meant that your family doctor would usually look after you if you were admitted to hospital. Now fewer than 50 per cent of doctors work that way.”

In addition, because retiring doctors can’t sell, or even give away their practices, they have been closing their doors and setting their patients loose. This has created a surge in ‘orphan’ patients, who seek care in walk-in clinics and put more pressure on SPH’s Emergency Department. In a February 2014 stakeholder meeting about health issues at the Mary Winspear Centre, participants expressed their own fears and concerns while hearing dire forecasts such as ‘perfect storm of problems’ and ‘system breakdown’.

Dr. Marsh described today as a ‘buyers’ market’ for graduating doctors. Because of the international doctor shortage they can be very particular about where and how they want to start their practice. According to the 2012 National Physician Survey, Canadian graduate physician debt is growing; from 1 percent owing \$160,000 or more in 2004 to 13 per cent owing \$160,000 or more in 2012.

New grads want to pay off debt quickly and enjoy a quality of life. They want a team-approach to practice, which is similar to their learning experience at university. Because they want work-life balance, many new grads will not take on as many

patients as retiring doctors. “Doctor of the Day” duties can make the work more complex and it takes the doctor out of the office for periods of time that could be spent more productively, seeing patients in office.

Finally, because of increases in the cost of living, Victoria has lost its leverage as a desirable destination. In July 2014, Readers’ Digest reported Victoria was the 3rd most expensive city in Canada, behind Vancouver and Toronto.

Dr. Marsh says that no one solution is the answer. The provincial government has very generous rural incentives, but the province does not consider the Saanich Peninsula to be rural. Many communities across the country are competing for new grads and have created generous incentive packages, including cash, housing and “fun things” (like rounds of golf or seasons’ tickets to sporting events) to introduce the new doctor to the community.

And some provinces have invested in “Primary Health Care Centres”, to bring about the “team-based” practice situations that young doctors seek. Research and anecdotal information says that these incentives are working. Many municipalities are also investing in recruitment, and it’s becoming very aggressive.

Despite his concerns, Dr. Marsh refuses to throw in the towel. “The evidence shows that family practitioners (GPs) caring for us both in the community and in hospital is excellent patient care – it is cost-effective and high quality, and I believe it is the best kind of care”. He encourages everyone, including SPHF donors, to make your voice heard about the kind of health care you want. “Tell your doctor what kind of care you expect”, he says. “And let elected officials know your concerns. It’s not just a case of everyone having a family doctor; it’s also critical to the survival of our hospital.” ■ *by James Ellsworth*



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### *CT Scanner Campaign nearing completion!*

Drs. Mathieson and Silver (Head of Medical Imaging and CT Scanning, respectively) are shopping as you read this. They have narrowed their choices of machines to three and will soon make a decision about which CT Scanner to purchase for SPH. With more than \$2.3 million in hand, everyone here at the hospital is excited to see the new CT Scanner ordered and installed. Once it is in place, the Board of the Foundation will invite all the generous donors to come and see it. Stay tuned!



## *A Recording Studio comes to SPH*

This story is about a delightful recent visit with Kirsten Davis Slamet, Maryann Burrows and Chris Lenz about Project Bandwagon. Kirsten and Maryann are music therapists working at Saanich Peninsula Hospital, and both heard about Project Bandwagon through the British Columbia Music Therapy Association at its recent AGM. They were excited to hear that Bandwagon was scheduled to travel to Vancouver Island, and applied for it to be used in our hospital. Happily for the hospital, they were successful.

What does Bandwagon do? It records music by use of a computer-based keyboard and two high-quality microphones, and a Mac computer with software which edits and mixes to produce professional quality recordings. Why is this so important to the programs in the hospital? Because through the efforts of Kirsten and Maryann, Bandwagon is enhancing the lives of many.

Christopher Lenz is a 45 year-old resident in the Extended Care Unit (ECU). By profession he is a musician, but Multiple Sclerosis limits his mobility and prevents him from playing any instruments. Chris was diagnosed with MS when he was 23 years of age. At that time, he worked with children and families in community centres in Greater Vancouver. He loved his work.

Chris began playing guitar when he was 12, and his parents allowed his band of five to practice in their house. “It was a pretty loud house!” Chris and his band were well-known in Vancouver and he was a prolific song writer and performer. He thought all that was behind him when he was hospitalized over two years ago. Imagine his amazement when he was introduced to Kirsten and realized that his musical dreams could still be realized.

Before Bandwagon, Chris would sing a song he wanted to write and Kirsten would transcribe and play it for him, recording on her laptop, but it does not have the sophistication of Bandwagon. During its time at SPH, Kirsten can build harmonies, rhythms and instrumentation as Chris hears them, creating endless musical possibilities. These are then made into a professional quality recording for Chris to share with his wife Sarah and son Isaac. Many of his songs are about these two most treasured people in his life and he is thrilled to have the opportunity to compose for them.

Chris is not the only person who will benefit from having Bandwagon. During its six-week stay, both Kirsten and Maryann are using it in their work with residents in other areas of the hospital. Kirsten is working to create legacy recordings with patients and their families who are currently on the Palliative and South Units. People can record memories, stories and songs. They can tell their life story through music.

Maryann is using Bandwagon to create an album of different songs that the ECU

Handbell choir has performed in concert. Her goal is to build their sense of accomplishment and pride. When complete, they will have worked and contributed towards something that celebrates them as individuals and as a group. There has been a noticeable improvement in cognition and attention to detail by the choir since Bandwagon’s arrival.

The music therapists work closely with all clinical staff involved in the care of the patient, including physiotherapists and nurses. In many cases, they speak to family members about the kinds of music with which a person would like to be involved. They believe that music therapy is a type of spiritual care in that it can address the mind of a person whereas it may be the body that is the main cause of distress. By necessity, the medical interventions focus on the body, but music therapy cares for the person as a whole.

Maryann believes music affects the brain and has been rewarded by seeing beneficial results with residents. One particular example is a member of the handbell choir. This person has great difficulty focusing in different areas of daily life, but in the handbell choir, “she comes along to our 45-minute practice, her muscle memory kicks in and she’s focused the entire time.”

Music Therapists study to obtain a Bachelor’s degree in Music Therapy. Not only do they require musical ability, there are limited places for training and they have to intern before they are granted their degree. They love what they do, but there is no funding from Island Health for this work. Donors to the Saanich Peninsula

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## Renovations in the Heart of Acute Care

It's rather like the old joke –“how do you eat an elephant?” How do you renovate old operating rooms when the work of the hospital (including operations in the new operating rooms) is going on all around you? One bite--or in this case, one bit--at a time.

Planning took months and involved considerations like: constructing a temporary access road, building a temporary pre- and post-operative area and endoscopy space, ensuring that dust and other infection control issues were addressed and terminating or diverting building and medical gas services from the space under renovation. Once construction began in earnest, vibrations from construction machinery and power needs (and outages) had to be addressed, so that doctors and staff were not inconvenienced (too much!).

Much credit is due to Inside-Out Architecture, and architect Ray Hunt, for this attention to detail. Staff of Canpro Construction (which also built the SPH Chapel) worked hard to be considerate of the needs of doctors and staff,



Dr. Brian Weinerman & Barb Mollberg



Attendees view the new facility.

while getting the job done on-time and under-budget (being under-budget has pleased the Board of the Foundation immensely). In fact, they did it so well that, one day, the nurses brought them muffins for their morning coffee break! Thanks also to the Foundation representatives on the committee, John Tidman and Lorne Jack, both of whom make clear the expectations of donors and kept an eagle eye on the budget.

## A grand opening for *The Trevor Deeley Post-Anaesthesia Care Unit*



Don Matheson, a long-time friend of Trevor Deeley with SPHF Board Member Dale Henley.



Erma Pacheco (OR nurse and our “poster girl”), Marg Tennant (SPH Site Administrator), Barb Mollberg (Clinical Coordinator of Surgical Services), Ryan Painter (on behalf of MLA Gary Holman), Chief Harvey Underwood (of the Tsawout Band), Dr. Brian Weinerman (on behalf of Island Health), Dale Henley & Don Matheson prepare to cut the ribbon.

It’s done. It looked spacious and, actually, quite beautiful. It is everything staff or doctors would want in a pre- and post-operative area to service our amazing operating rooms, which are still the most advanced on Vancouver Island (and the model being used for planning new construction).

The Board of Island Health (the Vancouver Island Health Authority) granted approval to name the new Pre-and post-operative area for one of the project’s largest donors, Trevor Deeley. October 2nd and 4th were red-letter days, as we welcomed donors and the community for a rare “peek” behind the scenes in “The Trevor Deeley Post-Anaesthesia Care Unit.” ■

*...continued from page 5*

Hospital Foundation makes it possible to have these amazing people here. Family members often tell Kirsten and Maryann that their loved one is stimulated, has greater interaction capabilities and is more like the person they once knew. Music therapy takes them beyond what it is that brought them to the hospital.

Kirsten and Maryann wish to publicly acknowledge the support they receive not only from the Saanich Peninsula Hospital Foundation but also the Music Therapy Ride, the Canadian Music Therapy Trust Fund, and the British Columbia Music Therapy Association. ■

*by Barbara Harwood and Renn Bibeau*



### Newsletter e-version

If you wish your newsletter to arrive via email instead of printed matter, please email either Karen or Lesley at [Karen.Morgan@viha.ca](mailto:Karen.Morgan@viha.ca), or [Lesley.Webb@viha.ca](mailto:Lesley.Webb@viha.ca). We would love to decrease your paper, but still give you the opportunity to view a great newsletter online.

# *A Great Day for Golf! Even if Dr. Who didn't appear.*



*This year's annual SPHF Tee Off for Technology Golf Tournament was a tremendous success, raising an all-time high of over \$74,000.00!*

2014 saw the SPHF reunite with longtime sponsors along with some new faces to create a golf day to delight. Donors and golfers alike were exceedingly generous from tee-off into the evening, and following a sumptuous dinner, the live and new silent auction raised almost \$6,000.00!

Emcee Kevin Bell, GM of CTV in Victoria, kept everyone entertained between speeches and SPHF Board President Gordon Benn thanked all attendees, sponsors and donors for helping the Foundation raise money for the new CT Scanner. Glen Meadows owner Percy Criddle met with a rousing round of applause upon winning the 50/50 raffle only to donate his prize to the Foundation. ■

*by James Ellsworth, photos by Sandy McElroy*



**LOW GROSS:** Terry Stewart, Richard Paquette, Bob Shaw and Ted Daly



**LOW NET:** Nicholas Perry, Reiner Kastens, Steve Chubb and Roger Comartin

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Annual

# This event raised \$70,753.75!

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# Donor NEWS

Sidney Days would not be complete without the Emergency Services “Build-a-Boat” challenge. Central, Sidney and North Saanich Fire Departments as well as the marine search and rescue and land search and rescue competed in creating their own boats to float. The Foundation was the lucky recipient of \$351.00 from a 50/50 draw held during the competition.



There was a lot of attention this spring for a visitor on a balcony in Sidney. For too short a time it was home for Doctor Who’s time-travel machine, the TARDIS. Holy Cow Communication Design’s owner Ken Coward created this masterpiece while “Gracepoint” was being filmed in Sidney. Grateful fans flocked to the balcony to take “selfie” photos – for a small donation to SPHF! Thank you Ken, for your creativity and generosity. The total raised from #tardisselfie? \$1,252.00.

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The Sidney Rotary Club made a recent donation to purchase chairs for the Palliative Care Unit. Families, patients and staff are all enjoying the chairs very much - they can be taken outside, are washable and very comfortable.

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To go with the chairs, a donation from RBC Foundation was used to purchase tables. This has refreshed the lounge in Palliative Care.



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The Tree of Life campaign from Shoppers Drug Mart in Sidney has kindly contributed \$2,964.00 to Women’s Health Equipment Funding at SPH. This is annual campaign benefits women on the peninsula and surrounding areas. Words are better than photos for this! A new 30 degree laparoscope was purchased for Dr. Casciola, our gynecologist.

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Once again this year, the First Open Heart Society of BC donated \$4,000.00 the proceeds from their annual June “Heart Walk” in Sidney. Two tireless members, George and Agnes Coldwell, provide guidance and support to this society, which assists patients with heart disease. The donation will be used for diagnostic heart equipment at SPH. In the photo are George Coldwell, Karen Morgan, Patsy Berger-North (the society also made a generous contribution to the Mount Newton Centre Society), and Agnes Coldwell.



Summer 2014 saw SPHF out and about on most weekends, attending and benefitting from a number of wonderful fun-filled events. On August 9th & 10th SPHF staff and volunteers watched in admiration as members of the Victoria Radio-Controlled Air Modelers Society directed built-to-scale models of specialty aircraft in a mid-air ballet. Complete with balloon animals, face-painting, BBQ and a special appearance by Superman, this weekend was not only a success for attendees of all ages, it also sent the SPHF home with over \$12,000.

The Torque Masters of Sidney invited the SPHF to hold a 50/50 Raffle at their Auto Extravaganza held on Beacon Avenue in Sidney on August 24th. SPHF volunteers had a wonderful time in the sun, meeting new friends, selling tickets, ogling cars and eating (just a few) mini donuts. The winners, John & Elizabeth Capitaine, were thrilled to take home \$970.00, a sizeable amount that they explained would help greatly with their recent move. SPHF won as well, taking \$970.00 to the bank (along with a few more donuts)!



On August 17th, we took part in the Vancouver Island Motor Gathering presented by German Auto Import Network. This marvelous event changed venues this year and took place at the Viscount Aero Centre on McDonald Park Road in Sidney, BC. With hundreds of spectacular cars and motorcycles of all makes and models, as well as musical entertainment, food, and a number of thrilling activities for children, this event was not only a highlight of the summer but also brought the Foundation over \$30,000.00 closer to a new CT Scanner!

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