



INVESTING IN

ADVANCED CARDIAC CARE AT MACKENZIE HEALTH



Mackenzie
Health
Foundation

THE ULTIMATE SUITS YOU

EMPOWERING THE ULTIMATE

Exciting new technology is transforming the way we support patients who need acute and chronic cardiac care right across our two-hospital network. And the need has never been greater. As our community grows and ages and people live longer with chronic disease, the number of people needing care is expected to increase significantly. Cortellucci Vaughan Hospital and Mackenzie Richmond Hill Hospital are working in partnership to rise to that growing challenge.

The state-of-the-art Cardiac Unit at Cortellucci Vaughan Hospital includes bright and spacious patient rooms equipped with remote cardiac monitoring. The most seriously ill patients receive specialized care directly within the hospital's Critical Care Unit, while at Mackenzie Richmond Hill Hospital an innovative inpatient unit and Coronary Intensive Care Unit (CICU) provide high-tech, specialized care for more than 36 patients.

Maintaining these vital care centres means continuously updating critical technology. With your support today, we will always be on the leading edge of cardiac care.



THE ULTIMATE IN CARDIAC CARE

WHEN AND WHERE IT'S NEEDED MOST

Hearth disease is one of the leading causes of hospitalization and death in Canada, affecting some 2.4 million Canadian adults and claiming more than 33,600 lives a year. Characterized by a buildup of plaque in the heart's arteries, heart disease could lead to a heart attack, stroke and heart failure — the end stage that occurs when the muscle is too damaged or weakened to pump blood efficiently. More than 600,000 Canadians are currently living with heart failure at a cost to the Canadian economy of more than \$2.8 billion a year.

In 2019, approximately 7,200 new patients turned to Mackenzie Richmond Hill Hospital following a heart attack, chest pain or heart failure, an increase of six per cent from the year before. Although that number dipped slightly in 2020 as fewer people sought care during the pandemic, we expect it will continue to grow in the years ahead as our population ages.

The good news is more Canadians are surviving heart disease thanks to improved diagnostics and chronic disease management. But that also means more are living with chronic cardiac conditions such as heart failure. In 2019 alone, 680 patients were admitted to Mackenzie Health for heart failure. High rates of obesity and inactivity are also putting more of our loved ones at risk at younger ages.

For both newly diagnosed and chronic cardiac patients, Mackenzie Health is the frontline for the ultimate in care.

THE JOURNEY TO HEART HEALTH

At Mackenzie Richmond Hill Hospital, the cardiac care journey often begins in the Emergency Department and includes a full range of laboratory tests, medical imaging and cardiac monitoring using a device to track the electrical activity of the heart. Our sickest patients are cared for in the four-bed Coronary Intensive Care Unit (CICU). About 15 per cent are transferred to a tertiary hospital — often the Regional Cardiac Care Program at Southlake Regional Health Centre — for open-heart surgery or a procedure called catheterization, which involves inserting a catheter into an artery or vein and threading it through the blood vessels to diagnose and treat certain conditions in the heart. Most return for follow-up care in Mackenzie Health's cardiac inpatient unit or at our community-based rehabilitation program.

Did you know provincial funding only covers our capital and operating costs? That means all the leading-edge medical tools we need to serve and support our community are purchased through donations from people like you. Help us stay ahead of the smart-tech curve by making an investment in the ultimate in care — for today and tomorrow.



HELPING CARDIAC PATIENTS RETURN HOME SOONER

CORTELLUCCI VAUGHAN HOSPITAL'S CARDIAC UNIT OFFERS HIGH-TECH CARE

Mackenzie Health's two-hospital system is empowering us to care for the growing number and complexity of cardiac patients in our community. The 107,000-square-foot Cardiac Unit on Cortellucci Vaughan Hospital's sixth floor includes up to 36 inpatient beds for patients experiencing the signs and

symptoms of heart disease or heart failure, recovering from a heart attack, awaiting transfer for heart surgery or newly transferred to Mackenzie Health to recover from a high-risk procedure. Our most-needed cardiac patients receive intensive care within the hospital's second-floor Critical Care Unit.



resources. That's why Cortellucci Vaughan Hospital's second-floor, 21-bed Critical Care Unit cares for high-risk cardiac patients. Each of the critical care rooms are private and feature floor-to-ceiling windows, moveable technologies and suspension arms to keep lifesaving monitors and pumps in easy reach.



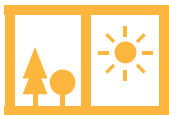
KEEPING THE BEAT

Cardiac telemetry — monitoring the patient's heart rhythm for an extended time — is a cornerstone of every cardiac unit. At Cortellucci Vaughan Hospital, the first community hospital in Canada with integrated smart technology, this critical cardiac diagnostic tool is more accurate and less invasive. Cardiac inpatients have access to remote wireless cardiac monitoring, which can track their heart rate and rhythm anywhere in their room, unit or hospital, providing cardiologists with a realistic picture of heart function no matter where their patient goes.



SUPPORT FOR CHRONIC CONDITIONS

Patients experiencing heart failure are living longer with their damaged hearts, but not without constant hospital care. Experts estimate that one in every five of these patients returns to hospital within 30 days of their last admission. Increasing the number of available cardiac beds in western York Region means more patients can access the care they need close to home, reducing the psychological and physical burden on themselves and their family.



DESIGNED FOR HEALING

Inspired by research that shows a positive link between healing environments and patient outcomes, 80 per cent of the cardiac inpatient rooms at Cortellucci Vaughan Hospital are private with lots of natural light and a sofa bed for visitors. Specially trained critical care nurses offer steady care from nearby documentation stations equipped with computer access to each patient's electronic medical records, including test results.



EQUIPPED FOR A CARDIAC EMERGENCY

Cardiac patients requiring life-saving monitoring or care need health care providers trained to respond quickly in a unit equipped with the latest critical care equipment and



EDUCATION AT THE BEDSIDE

Following a cardiac admission, our goal becomes educating the patient and family on health and wellness. At Cortellucci Vaughan Hospital, smart bedside tablets feature online educational modules customized for each patient's unique needs. The MyCare tablet also links directly to each patient's health record so staff can assign lessons on rehabilitation and prevention and then track participation to ensure they have the best chance for a full and healthy life.

Mackenzie Health's integrated network of hospital sites and community-based services is expanding the continuum of cardiac care for our community. From monitoring, diagnosis and non-invasive treatment at Mackenzie Richmond Hill and Cortellucci Vaughan Hospitals, to life-changing rehab through our Cardiovascular Rehabilitation Service and surgery at our tertiary partner hospital in the Regional Cardiac Care Program, the people of western York Region have the innovative cardiac care they need and deserve.



Discharged patients learn how to reduce their risk and create a healthier lifestyle at Mackenzie Health's Cardiovascular Rehabilitation Service five minutes down the road from Mackenzie Richmond Hill Hospital.



Mackenzie Health's customized smart bedside tablet, MyCare, includes education modules, videoconferencing, entertainment, translation services, meal selection, and room lighting and temperature controls.



Remote cardiac monitoring throughout the cardiac unit allows patients to enhance their recovery with modest physical activity and time spent in the hospital's lounges, courtyard and cafeteria.

CARDIAC UNIT

SPOTLIGHT ON CORTELLUCCI VAUGHAN HOSPITAL'S CARDIAC UNIT



Each pod includes 10 private and two semi-private rooms.



The 36-bed cardiac inpatient unit is organized into three pods of 12 rooms grouped around a central nursing station.



Cortellucci Vaughan Hospital matches the exceptional care offered at Mackenzie Richmond Hill Hospital with a full range of cardiac testing, including electrocardiography (ECG), exercise stress testing and echocardiography services.



The 21-bed Critical Care Unit ensures high-risk cardiac patients have rapid access to lifesaving equipment and highly skilled medical specialists.



The Critical Care Unit includes dedicated elevator access from the Magna Emergency so patients can be transferred easily before and after open-heart surgery or catheterization at nearby Southlake Regional Health Centre.



The Critical Care Unit offers the added benefit of isolation-ready rooms for patients who present with both critical cardiac concerns and a potentially contagious infection.



Designed to encourage healing, every patient room is bright and spacious with private washrooms and ample room for visitors.

CRITICAL CARE UNIT

GETTING BACK ON COURSE WITH CARDIAC REHAB

A routine game of golf turned into a fight for his life when David Randall suddenly collapsed on the course last summer. A nearby off-duty nurse and a friend with CPR training were unable to find a pulse.

David was rushed to the hospital where doctors discovered that he had suffered both a heart attack and severe head trauma from his fall to the ground. They placed him in a medically induced coma and warned his wife, Michelle, that there was only a 50 per cent chance he would make it through the night. If he did survive, they worried he would have brain damage.

But David was always one to defy the odds. Upon waking, he immediately recognized his family. A day later, he was transferred to Mackenzie Richmond Hill Hospital for follow-up care from cardiologist Dr. Grace Chua.

"I was a lucky guy. There was significant damage to both sides of my heart. I started medication and a month later I was home walking around the block."

That was also the last day he smoked a cigarette.

The real turning point, however, came during the 13 months David spent in Mackenzie Health's Cardiovascular Rehabilitation program. "You hear about heart attacks all the time," he says, "but until you've had one, you have no idea how much cardiac rehab can help. To have a facility and team of that quality in our community was life-changing."

"Cardiac rehab allowed me to take my life back."

— DAVID RANDALL



HELP US STAY ON THE LEADING EDGE

Mackenzie Health has ushered in a new era of leading-edge health care for western York Region, driven by the power of smart technology and the promise of better patient outcomes.

Join us as we work to ensure our powerful new two-hospital health care network — and the growing number of medical experts who call it home — have the advanced technology they need to save lives, now and in the future.

If you would like to learn more about how you can help bring Mackenzie Health's vision for advanced cardiac care to life, please contact:

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