

Transforming care of Sinai's most critically ill patients
Summer 2024

Thank you.



Dr. Christie Lee, centre,
with her team in the Kimel
Schatzky Intensive Care Unit

No one chooses to be admitted to the Intensive Care Unit, but when the unthinkable happens, two things matter: accessing research-informed, evidence-based care and having family by your side.

Your gifts in support of the ICU at Mount Sinai Hospital are helping to deliver on both.

We recently celebrated one year since the opening of the new Kimel Schatzky Intensive Care Unit. Supported by donors like you and informed by our patients and inter-professional critical care staff, this state-of-the-art space has proven transformative to both our ability to deliver efficient, quality care and to the experiences of our patients and their families, including a grateful husband whose story you will read about in the pages that follow.

The ICU team also relies on philanthropy to accelerate practice-changing research. Your generosity was instrumental in growing our research infrastructure, jumpstarting new studies

and fast-tracking our findings into practice at Sinai and beyond. We lead and contribute to ground-breaking, transformational research that is published in the highest impact journals.

Last but certainly not least, we leveraged your gifts in support of the next generation of critical care specialists — senior trainees who make it possible for us to care for even more patients, and accelerate cutting-edge research, which benefits our ICU colleagues and patients around the world.

All of the lifesaving research, education and care highlighted in this report was made possible by your generous investments. On behalf of our team and the 1,445 ICU patients who were the direct beneficiaries of your gifts over the last year, we thank you.

Warmly,

*Dr. Christie Lee,
Medical Director, Critical Care Medicine*



Supporting Ontario's increasing critical care needs: Introducing the Kimel Schatzky Intensive Care Unit

A total of 1,445 critically ill patients received transformative care in the first year of the Kimel Schatzky Intensive Care Unit from May 10, 2023 to May 31, 2024.

Room for family

Opened on May 10, 2023, the 35,500 square-foot unit features a patient- and family-centred design that recognizes the important role families play in recovery. The unit includes 36 beds – more than double that of the previous unit – in spacious, light-filled rooms with extra seating and fully reclinable chairs in every room, plus a caregiver lounge with a kitchenette and showers.

“When your loved one is sick, you are obviously very distressed and fully invested in their care. So many family members put their lives on hold. This new space allows them to remain close to their loved one in a more comfortable environment,” says Dr. Christie Lee.

“ Providing exceptional, research-informed and compassionate patient care has always been the goal of our team. Thanks to donors like you, we now have the space to match our clinical expertise. ”

Amanda Lachhman, RN
Clinical Coordinator, Kimel Schatzky
Intensive Care Unit

“ It’s scary to see your loved one sick and surrounded by tubes and machines, but when you put all that in a space that is also warm, inviting and family-centred, it makes a world of difference. ”

Kate Van Den Broek, RN
Senior Director, Urgent & Critical Care

Seamless care experiences

The larger patient rooms are also a gamechanger for Mount Sinai’s clinical team. During a recent heart and lung bypass, for example, more than 20 nurses, thoracic surgeons and anaesthesiologists worked side-by-side in an ICU room with their equipment and specialized tools in easy reach and plenty of space for manoeuvring. One team member called it “the most seamless care experience ever.”

The rooms even have the capacity to accommodate our Neonatal Intensive Care Unit team and a bassinette so tiny newborns can bond with mom in the ICU.

Onsite skills training

Sinai Health’s physicians, nurses, respiratory therapists and trainees, meanwhile, have access to a new, onsite skills and simulation lab, where they can upgrade their clinical skills and practice complex procedures, like bypasses and resuscitations, using high-fidelity mannequins.

The skills lab takes on added importance now that we are able to care for even more critically ill patients in the expanded ICU, including those recovering from life-threatening c-sections and deliveries, cancer-related surgeries, heart attacks and stroke or in need of ventilation or life support, explains Dr. Lee.

Lifesaving equipment

Donor gifts also helped to purchase vital equipment to improve and save the lives of Sinai Health’s most critically ill patients. Among many care innovations, the Kimel Schatzky Intensive Care Unit features a state-of-the-art hypo/hyperthermia machine used to cool patients and reduce brain damage after a cardiac arrest and warm those experiencing hypothermia. Two new infusion pumps are also available for the delivery of lifesaving fluids, blood products and medication, and three powered patient recliners have been shown to improve mobility and strength and get patients out of the ICU and home sooner.

“We’re delivering the full range of exceptional, patient- and family-centred care with efficiency and compassion,” adds Dr. Lee. “Thank you to every one of our donors for making this possible.”

“When it comes to care, space matters”

It was the day before “Operation Move Day,” the name given to the intricate plan to move Mount Sinai Hospital’s critical care patients to the new Kimel Schatzky Intensive Care Unit on May 10, 2023.

“All of our family members were anxious,” remembers Dr. Lee. But one family in particular stands out in her memory. “We had a patient who had complications during her pregnancy and had to deliver her baby early.” With baby in the Neonatal Intensive Care Unit and mom in the Intensive Care Unit, dad was completely overwhelmed.

Fortunately, Mount Sinai’s clinical team and volunteers were there to support patients and their family members through every stage of the move and help them settle into their new space.

During rounds the next day, Dr. Lee met up with the grateful father. “He told me that he couldn’t believe the difference, that the new ICU was amazing. In that moment, it all came together for me. The years of careful planning and construction gave way to the realization that when it comes to care, space matters.”





Research to inform practice and change lives: Your investment in quality critical care

Donations in support of critical care at Mount Sinai Hospital are also helping to grow our research infrastructure, seed new studies and expand existing quality care projects that are changing practice and having a direct impact on patients and their families. These are just a handful of the research projects underway thanks to your support.

Supporting our team

A Sinai-led study has revealed that 25 per cent of Canadian ICU workers had probable post-traumatic stress disorder as a result of the COVID-19 pandemic and more than a third considered leaving their job. Intensive care physician and researcher, Dr. Sangeeta Mehta published the results of her national survey in three peer-reviewed journal articles. By highlighting the needs of hospital and ICU workers during and following the pandemic, Dr. Mehta's studies are helping to inform new strategies for supporting hospital staff.



“ Our research is helping to ensure the decisions we make as physicians embrace the full patient and not just the clinical factors that led to their hospitalization. ”

Dr. Michael Detsky, Staff Physician and Researcher

Easing transitions in care

Transitioning from the ICU to a hospital ward can be a stressful experience for patients and their families members – and Dr. Mehta wants to help. She developed a “transfer tool” that can be personalized for each patient to help them make sense of their ICU experience and what will happen next. Soon to be published, the tool will become the standard of practice, incorporated into the care of every Mount Sinai ICU patient who is transferred to a ward. The ICU research team next plans to develop a tool for patients who are discharged directly home from the ICU.

Value-based care

After a pilot study showed the care goals of ICU patients and their family members don't always align, critical care physician Dr. Michael Detsky set out to develop a tool to help ICU physicians

match care to their patients' values and preferences. “By asking just a handful of open-ended questions, we can quickly get at what's most important to our patients,” Dr. Detsky says. When complete, his questionnaire is expected to become the new standard of practice at Mount Sinai and critical care units across Canada.

Reducing bloodstream infections

When ICU patients develop central-line associated bloodstream infections, they are hospitalized longer with increased risk of negative outcomes. ICU nurses Jennifer Kim and Neila Cacsante launched a research study to understand the factors leading to higher infection rates and develop recommendations to reduce incidence. They created a new central line insertion checklist and led an ICU-wide “Scrub the Hub Campaign that reduced infection rates by 93 per cent.



Training the next generation of critical care specialists

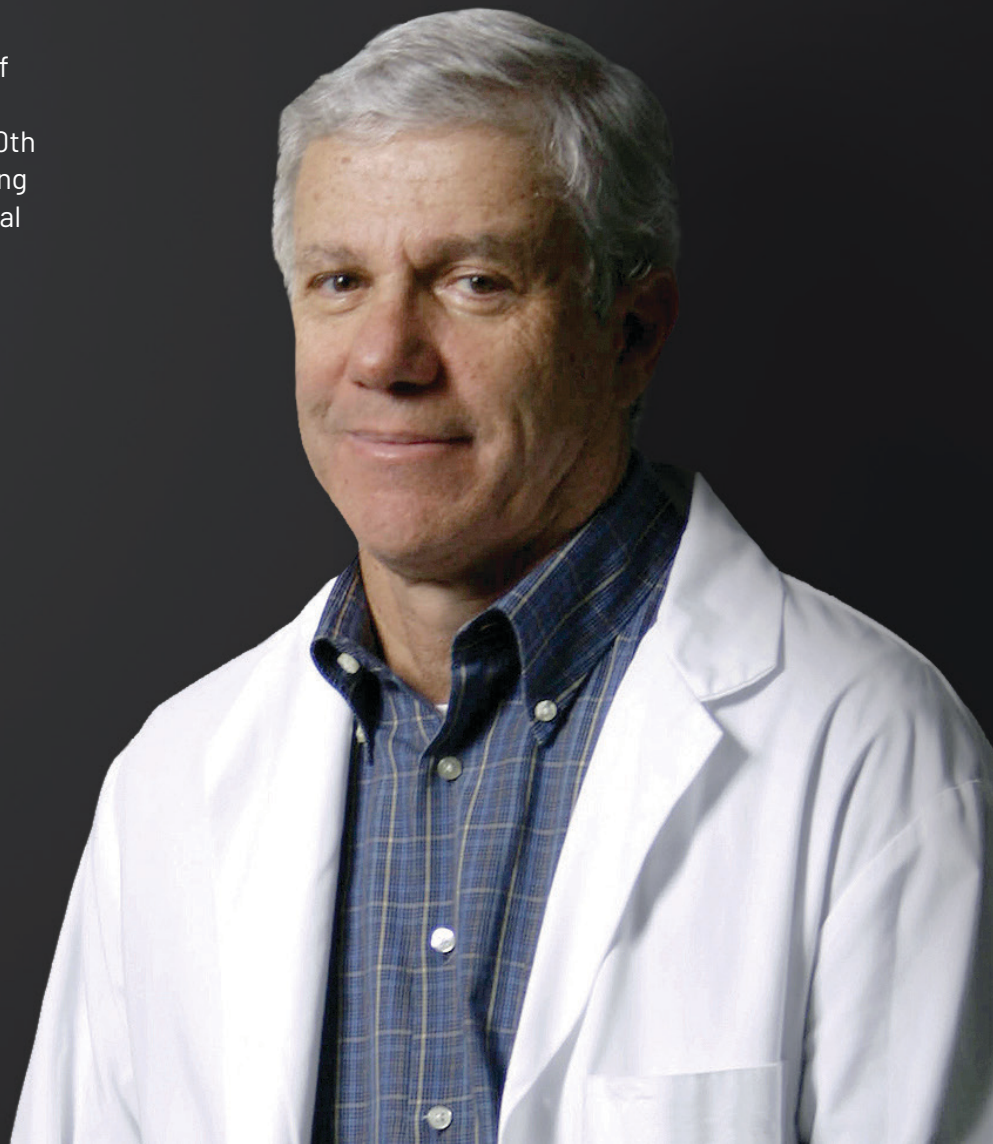
Philanthropy is making it possible for Sinai Health to attract and support outstanding trainees to learn alongside our ICU experts. Over the past year, two critical care oncology fellows enhanced their skills and knowledge in drug delivery, integrated care and patient-centred communication, while also making it possible for us to treat more patients and accelerate cutting-edge research. When each two-year fellowship concludes, these talented physicians will take the lessons learned back to their home countries, making it possible for Sinai Health and donors like you to impact patient care globally.”



MOUNT SINAI
100 | Chairs

Dr. Allan Detsky **Mount Sinai 100 Chair in** **General Internal Medicine**

As physician-in-chief at Mount Sinai Hospital from 1997 to 2009, Dr. Allan Detsky set a high bar for care in every hospital department, including the ICU, while continuing to provide care for some of the hospital's most complex internal medicine patients. His many accomplishments as a physician specialist, educator, researcher and health-care leader are being honoured with the Dr. Allan Detsky Mount Sinai 100 Chair in General Internal Medicine. The chair, which is continuing to earn the support of donors like you, is one of a select number of prestigious chairs established to honour Mount Sinai's 100th anniversary in 2023 and support ongoing advancements in frontline care, medical education and research.



Thank you

Transformative.
It's a word we use often to describe the impact of your support on critical care at Mount Sinai Hospital.

That's because you've chosen to invest in a space and a care team that are quite literally transforming lives. When every second counts and every detail matters, we rely on the support of donors like you to help make our leading care even more extraordinary. This is what your gifts do. We thank you.



For more information:

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