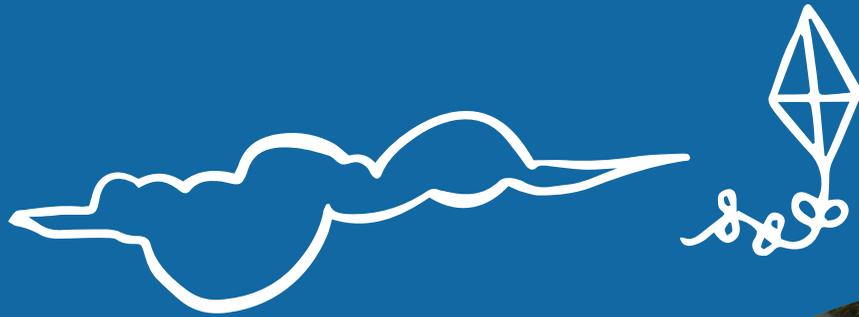


**Together, we've made
Breakthroughs in Care at the IWK**

2021



IWK Foundation



Together, we've made *Breakthroughs in Care* at the IWK

Breakthroughs don't happen overnight. They take patience, planning, dedication, conviction, passion and most of all, support.

When the IWK Foundation embarked on *Breakthroughs in Care* nearly ten years ago and then more recently the *Critical Care Redevelopment Project*, it was ambitious. In fact, it was the largest 100 per cent donor-driven fundraising campaign for a health care organization in the Maritimes' history. We knew, like all breakthroughs, these initiatives would take time and commitment. We also knew that with the incredible dedication and support of our Maritime community and beyond, together, we would succeed. Today, I'm so very proud to share the incredible news that we have officially completed this journey after raising more than \$58 million for transformation at the IWK.

I'd like to take this opportunity to recognize the unwavering commitment of our *Breakthroughs in Care* Campaign Chair, David Fountain, and the lead volunteers who both gave personally and helped us achieve this outstanding result.

In this report, we highlight the redevelopment and research areas that you have made possible. Many other additional programs and initiatives that were important to individual donors were also funded through the campaign. You will also hear directly from patients and families who share the remarkable



difference you have made to women, children and families from across the Maritimes who rely on the specialized care only the IWK can provide in our region.

As this past year has taught us, the only thing that is certain in life is change. We have all had to learn to adapt quickly to circumstances out of our control – especially those working in health care. The IWK was in a better position to respond to the COVID-19 crisis thanks to all of you who made these redevelopment projects a reality.

Our world has changed. Our history has changed. Our community looks and feels different than it once did. But what hasn't changed—what won't ever change—is that our Maritime women, children and youth need the IWK and they need it to remain exceptional. I know donors, like you, understand this and there are no words to express how grateful we are to each and every one of you for making the choice to support the IWK.

Sincerely,



Jennifer Gillivan
President & CEO
IWK Foundation



2012



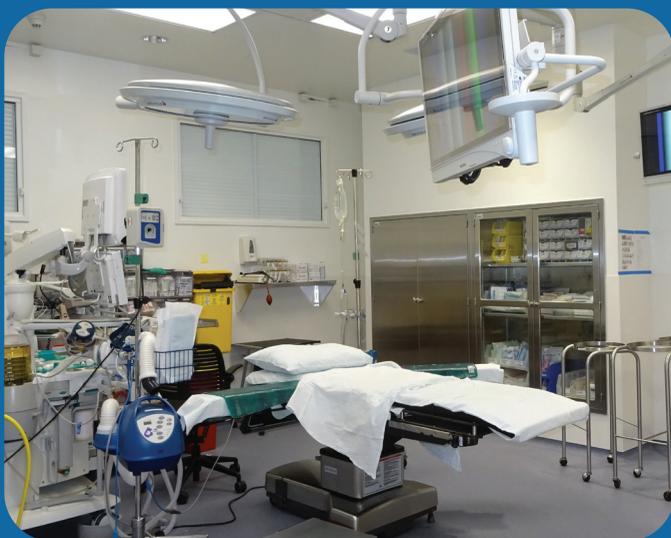
On September 28, 2012, Myron and Berna Garron helped launch the Breakthroughs in Care campaign by announcing a \$10 million donation to the IWK—the single largest donation ever made to the organization in its 103 year history.

2014



On May 2, 2014, an event was held to officially open the Garron Centre for Child & Adolescent Mental Health and one week later the first patients were admitted to the unit.

2017



The Women's Health Integrated Operating Rooms opened to patients on September 18, 2017.

2018



On April 5, 2018, an event was held with donors and supporters to officially open NICU North, named in honour of the Garron family, and six days later the first patients were moved to the new unit.

2015



On November 10, 2015, an event was held to open the Joyce Family Kids' Rehabilitation Centre.

2015



On December 14, 2015, Leslie Anne Campbell was announced as the Sobe Family Child & Adolescent Mental Health Outcomes Chair.

2017



The Garron Early Labour Assessment Unit in honour of Adelia (Dot) Garron, R.N. opened to patients on August 15, 2017.

2019



On June 13, 2019, an event was held with donors and supporters to officially open NICU South, named in honour of former IWK NICU patient Emily Chisholm, and two weeks later the first patients were transferred to the unit.

2020



On August 26, 2020 the first patients were transferred to the new PICU. Due to COVID-19 restrictions, we were unable to have an event with donors to celebrate its official opening, but donors were invited to an exclusive online reveal of the unit this past fall.



The Garron Centre for Child & Adolescent Mental Health



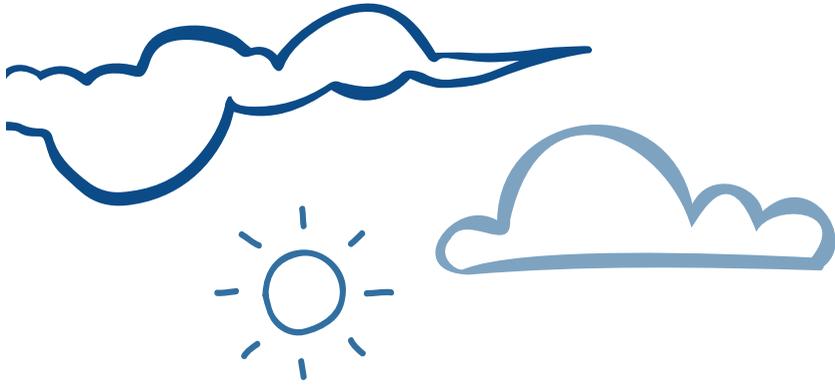
Emily MacEachern

My name is Emily MacEachern. When I was 13, I developed an eating disorder called anorexia nervosa. At first, I was able to hide this from my family and disguised it as healthy eating, but, by age 15, I was completely consumed by my illness. I was in denial and got defensive when my mom suggested I go see someone. Since I was unwilling to accept my mom's insistence that there was something wrong with me, she had my grandfather take me for blood work before school one morning. Later that day, I was called out of school and rushed to my local hospital as my electrolytes were fatally low. On this day, the doctors injected me with the electrolytes I needed and told my mom that I had anorexia. This is when my mom started looking into treatment.

The following day at school I was picked up by my mom in the middle of the day. My mom drove me to a therapist in Halifax who works closely with the IWK. After speaking with me, the therapist called the IWK to say I was on my way and needed care. I didn't know it at the time, but this is where I would spend the next six months.

The time I spent in the Garron Centre undoubtedly saved my life. I spent my time there battling my illness while journaling and having conversations about my dreams and who I wanted to be when I left. On my first day, my therapist showed me a picture and said, "This is your mountain. You're at the very bottom and you need to start climbing to the top." I still think of that analogy today. To me, the IWK represents perseverance and overcoming mental obstacles. I do not know where I would be if my illness went untreated, but because of the Garron Centre and its incredible staff, I was able to go to university and begin completing the goals that I talked about with my nurses and doctors. Last year, I finished my undergraduate degree in sociology at StFX University.





My favorite part about being at the Garron Centre was the big room that I had. I would always stare out the window and think about what life could be like if I wasn't consumed by my eating disorder. Thanks to the IWK, that is a life that I now get to live. Thank you to the donors of the Garron Centre. You gave me a safe space to heal when I needed it the most.

Emily MacEachern
Former IWK patient



“Since the Garron Centre opened we have had the opportunity to work with more than 2,000 youth and families in an environment that promotes healing. It has given us the opportunity to provide youth with spacious, comfortable bedrooms while staying with us. We’ve also seen the difference in the additional recreation spaces such as our multipurpose room where we often run art, music and life skills groups. Our wonderful classroom provides our youth with the opportunity to continue to learn while in hospital. The new space has really helped our team in its ability to serve our patients and families.”

– Mitchell LeBlanc, Clinical Manager, Garron Centre for Child & Adolescent Mental Health



**The Garron Centre for
Child & Adolescent Mental Health has
approximately 250-300 patient
stays each year.**

The Sobey Family Child & Adolescent Mental Health Outcomes Chair at the IWK

I would like to take this opportunity to thank the Sobey Family and the Sobey Foundation for their very generous support and enthusiasm for child and adolescent mental health outcomes research at IWK Health. The Sobey Family Child & Adolescent Mental Health Outcomes Chair has supported the development of an exciting program of research. Successful partnerships with IWK clinicians, researchers and leadership have resulted in the acquisition of substantial grant funding to conduct research that will improve the mental health of children and youth in Nova Scotia.



Our research in routine outcomes measurement (“the iPad project”) is one example of the impact of this Chair. It identified key considerations for successful implementation of a program-wide outcomes measurement platform, which is currently under way. It will host tools useful to clients and clinicians for tracking progress and support electronic data capture, tracking, and communication. We heard from participants that electronic platforms were more engaging, accessible, and easy to navigate than the previous pencil and paper tools. Engagement with clients was improved when they were able to contribute to the session with clinicians. Having access to information about symptoms, functioning, and progress in personal goals in real time helped to check in on goals, facilitate treatment decisions, and determine when to finish treatment – all key to ensuring the right treatment, in the right place, and at the right time.

Recently, COVID-19 has had considerable consequences for child and adolescent mental health and access to services. While virtual care has enabled access for some clients and families, we are concerned that particularly



vulnerable children and young people are not accessing services. Leveraging this Chair has helped us be successful in acquiring Canadian Institute of Health Research (CIHR) funding to help us better capture the mental health needs of children and youth in Nova Scotia during the pandemic and to evaluate the evolving virtual delivery of mental health and addictions services, ensuring that we match access to services with those who need them most.

The impact of the Chair has been expressed by patients, clinicians, and leaders at the IWK. As a young person noted, "I'm glad you are asking these questions and actually listening to us." It is a privilege to have that opportunity.

Sincerely,

Leslie Anne Campbell, PhD, RN

"I am thankful and appreciative of the contributions Dr. Leslie Anne Campbell has made in our program. Through Dr. Campbell's expertise, true partnership and teamwork, our IWK Mental Health and Addictions program is realizing innovative ways to increase capacity and improve our mental health services and outcomes that matter to patients and families."

– Maureen Brennan, Director, IWK Mental Health and Addictions

**One in five
children and youth
have a current mental health
problem warranting
intervention with mental
health and addictions
services.**

The Joyce Family Kids' Rehabilitation Centre

My name is Vanessa Farmer and my five-year-old daughter Brooklynn Gray has been a patient at the IWK for several years. Shortly after Brooklynn's second birthday, we noticed some dramatic changes—she had trouble hearing, developed paralysis of her arms, stopped being able to talk and could no longer walk or sit unsupported. All the milestones we had watched her achieve had somehow

come undone.

Brooklynn was diagnosed with an extremely rare condition called riboflavin transporter deficiency (RTD), a progressive neurodegenerative disease that can affect speech and hearing and cause weakness in the arms and legs. Since that diagnosis, the care she has received in the Joyce Family Kids' Rehabilitation Centre has played a huge role in the progress she has made.

A year and a half ago, she was unable to sit unsupported so her therapy involved a lot of mat play and soft foam blocks. Within months she progressed to climbing the blocks and the slide. Then she moved on to the trampoline and now is able to take independent steps.

Brooklynn is so incredible. She doesn't see the limitations and has been so adaptive and accommodating to the tools and supports available to her. She loves the IWK's rehab gym. It's so much fun to her. She doesn't even realize the hard work she's doing because of the amazing space that's been created.





To our family, rehab means freedom, independence and mobility for our daughter. And we are so proud of what she's been able to accomplish thanks to the team at the IWK. There are so many individuals who are part of her therapy and the family-centred care is reassuring and heart-warming. We are also extremely grateful to all of the donors who made this new space a reality—to know our community came together to help families like ours makes all the difference in the world.

Vanessa Farmer
IWK Mom

“The Joyce Family Kids’ Rehabilitation Centre is a wonderful bright area with the necessary equipment and space to support our patients in achieving their goals. We are able to teach and demonstrate so many more techniques and options for families that were not possible before. The space has also made it so much easier for staff to collaborate with each other in order to support our patients and families. We still hear comments about how the space doesn’t feel like the hospital when they come through the doors. We remain very grateful to the donors who made our rehab space possible.”

– Krista Sweet
Manager, Rehabilitation Services, IWK Health



**The Joyce Family Kids’
Rehabilitation Centre
has approximately
7,000-8,000 patient
visits each year.**



Women's Health Integrated Operating Rooms



"I was diagnosed with breast cancer in May 2019. There is nothing more overwhelming than hearing those words. For someone like me who is always in control, having an illness and not being in control is very unsettling. But from the moment my journey began, I knew without a doubt that the IWK was the best place I could possibly be. Having a team of health care providers who speak to you in a way that is easy to understand and who take the time to simply touch your hand to offer reassurance is worth volumes. And knowing that there are caring individuals in our community who supported the upgrades of the operating rooms at the IWK is amazing. They ensured I had access to a state-of-the-art space when I received my lumpectomy surgery and for that I can't thank them enough."

Elizabeth Newman
Breast Health Patient

"Integration of the Adult Surgery OR's at the IWK has enhanced our ability to provide minimally invasive surgeries, using laparoscopic surgical equipment. We are able to perform these surgeries by visualizing the internal organs on LCD screens. This means surgeries that were once performed through large incisions can now be performed through very small incisions improving patient recovery time with much less post-operative pain and allowing women to return to their families and lives sooner. Integration has also improved efficiency and safety for all OR staff as the equipment does not need to be moved between cases. OR integration has greatly helped our endeavor to provide the best care possible to the women we serve."

– Dr. Nancy Van Eyk, Department of Obstetrics and Gynaecology, IWK Health



The women's health team performs approximately 2,500 surgeries each year in the new Integrated Operating Rooms. This includes both the breast health and gynaecology services.



The Garron Early Labour Assessment Unit

“As a mom of two kids now, more than ever, I understand the importance of having the IWK so close to home. During both of my pregnancies I made several trips to The Garron Early Labour Assessment Unit (ELAU) for different reasons before I gave birth, including not feeling my baby move for a whole day and severe pelvic pain. It is incredible how I went from feeling so scared that something was wrong during the car ride to feeling completely at ease the moment I walked through the doors at the ELAU thanks to the incredible care team. The space itself in the ELAU is full of specialized equipment and you just know that you are in the right place. Being connected to the monitor and hearing my baby’s heart rate in a matter of seconds made all the difference in the world. I’m so thankful for the IWK and this amazing space that was made possible by donors.”

Nicole & Luke Slys,
Parents to Lotty and Myles Slys



“My physical environment greatly impacts my personal well-being and therefore influences my work performance and productivity. Coming to work in the newly renovated ELAU is a pleasure; the bright, spacious and comfortable surroundings are not only inviting for patients and staff, it also offers a calm and relaxed atmosphere for the highest level of consideration and care for the specialized needs of our patients and their families. The spacious and private rooms with tubs allow patients in early labour to feel as secure in the hospital as they would at home. The additional non-tub rooms have adequate space for the care provider to work with the patient, but not be cumbersome or interrupt the natural labour progression. We care for a vast array of patients in the ELAU, from 20 weeks in pregnancy until six weeks postpartum. This space facilitates the care for the spectrum of needs for our patient population.”

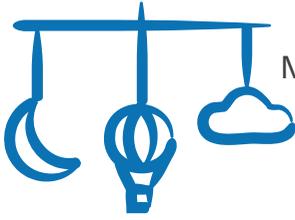
– Patti VanRitchie, Staff Nurse, Early Labour Assessment Unit, IWK Health



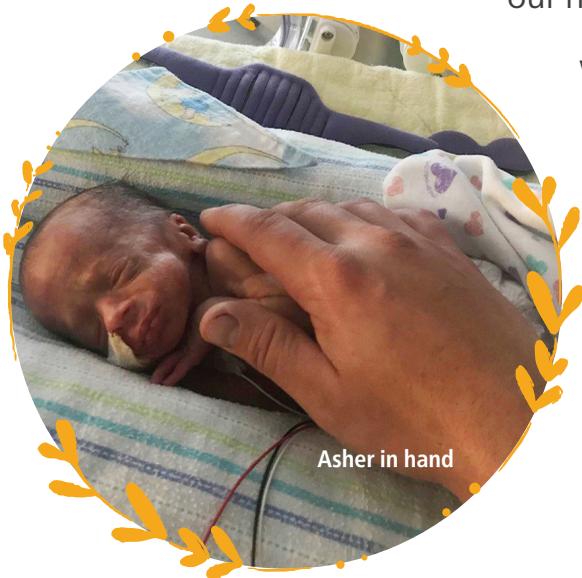
The Early Labour Assessment Unit has more than 9,000 patient visits each year.



Neonatal Intensive Care - NICU North and South



My name is Adam Conter and together with my wife, Ariela, we have five children under the age of six. I have a busy career in real estate and my wife is a dedicated member of the IWK's Neonatal Intensive Care Unit (NICU) team, working in the very place where we found ourselves with our new twin boys.

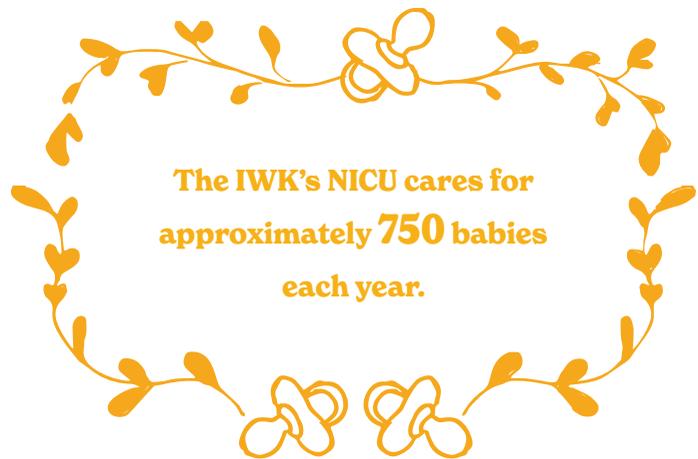


Asher in hand

We discovered we were pregnant with twins in late May 2020 and by mid-October recognized one baby was not growing at the same speed as the other. We had many ultrasounds at the IWK and discovered that one placenta was weaker than the other. After many weeks of monitoring, coordinated care and consultations, Micah and then Asher were born by caesarean section nine weeks early on November 4, 2020, weighing 3 pounds and 2 pounds respectively.

Describing what the IWK means to our family causes an immediate emotional reaction of pride as the NICU was our home-away-from-home for 58 days. It's also where Ariela works. Knowing this new unit is respected around the country for providing an environment that allows for true family-centred care, and to have the support of the local donor community in making it a reality, is something to be proud of.

The nurses, support staff and doctors have a collaborative method that leads to better outcomes. We now know that personally. With single-room care, the IWK has created an environment where the new family and baby(s) can feel safe, comforted and be surrounded by capable staff, all while spending time in the hospital together building bonds. It is amazing that you don't have to leave your baby as this is a vital aspect of early development for both the parents and child.



To those who give to the IWK without having a direct connection, you are to be applauded. You know that having a top-level women’s and children’s hospital in our region is a vital asset to our collective community. To those who donate to the IWK because you’ve had to rely on the care and the dedicated care teams, you know all too well the value of the IWK and the impact it has on families. We’ll not forget our experience at the IWK and we’ll continue to be supporters to help ensure others who need care continue to receive the best.

Adam and Ariela Conter
IWK parents



Micah



Asher



“Our NICU’s design is one found in only a few places in the world and has allowed us to provide a model of single-room care that supports families being together with their babies. This offers families privacy, a place to sleep and a private bathroom with a shower. When I reflect on the impact of this transformation, our new space is really about the high-tech meeting the high-touch—the advanced technology in the single family rooms becoming fully integrated with hands-on care and support from parents. This combination is what our babies need to thrive and now they have it. The new NICU means our region’s tiniest and most vulnerable patients will never have to be separated from their families. We cannot thank donors enough for making our dream a reality and believing in the IWK’s philosophy that babies and families need to be together.”

– Tanya Bishop, Manager
Neonatal Intensive Care Unit, IWK Health

The Pediatric Intensive Care Unit

My daughter, Ava Blenus, was born on July 16, 2017 with a rare congenital heart defect. Since that day, the IWK has been there for every step of Ava's journey, including through two open-heart surgeries.

Ava underwent her first open-heart surgery on her six-month birthday. She recovered from that surgery in the IWK's Pediatric Intensive Care Unit (PICU), which at that time was an older open-bay style unit. When Ava went for her second open-heart surgery this past November, we were cared for in the IWK's new PICU. During Ava's 10 and a half hour

surgery, the family lounge (shared between PICU and NICU) was such a comfortable and safe environment for us to rest and refuel during our long wait. My partner Evan and I also had the opportunity to tour the PICU and see Ava's room before she was brought to the unit. I'll never forget thinking, "Wow, this is all for her."



Last year, the PICU had 382 patient admissions and there have been more than 150 admissions to the new unit since it opened this past summer.

Ava spent four days in the PICU post-surgery and having her in a private room that felt like ours was so comforting. The artwork on the walls, the way all of her equipment and medications were on swiveling boom arms that came down from the ceiling and the privacy from other families who may have been experiencing difficult times made tremendous difference. Evan and I took turns sleeping in Ava's room and the parent room that is provided on the unit, so one of us was always able to be right there for her.



Ava Blenus at the WIK

As you can imagine, there is nothing easy about having to watch your child recover from open-heart surgery for the second time, but this new space brought comfort and peace to our family. It's incredible to know that it was made possible thanks to the generosity of donors. To everyone who contributed to this amazing transformation, thank you from the bottom of my heart for being there for my heart warrior.

Rebecca Pineo
Ava's Mom



"It has been wonderful to see the team settle into the beautiful new PICU. It is better than anything our team could have dreamed of, hoped for or imagined. We are all very grateful for the generosity of the donors who made it possible to build a space that our patients and families need and deserve. It is state of the art and more than one physician has said it is the best critical care unit that they have seen! It is an open yet private design that allows for great visualization and monitoring of the patient while maintaining privacy. It is a wonderful blend of technology while maintaining a beautiful appearance. The new unit has great family spaces both for spending time with their sick child and for taking a break away from the bedside for much-needed rest, sleep and nourishment."

– Barb Ellsmere, PICU Redevelopment
Project Clinical Lead, IWK Health





IWK Health Thank You

The IWK has always been a special place. There is a sense of care, community and shared hope that fills our health centre and wraps its arms around those we serve. With the transformation of six of our care areas in the last ten years, that feeling has been multiplied through the incredible support of donors, like you.

Thanks to the *Breakthroughs in Care* campaign, our patients and families are receiving care in some of the world's most specialized, purpose-built units. Your donations have shown the IWK team that they are being supported too, providing them with the spaces, equipment and tools to do their best work. Our community is put at ease knowing the IWK is the best it can be, for them, thanks to you.

Prior to joining the IWK's executive leadership team, I spent many years caring for our smallest patients and their families as a neonatologist on the Neonatal Intensive Care Unit (NICU). Day-in and day-out we provided great care to our patients. But we had a dream that one day our surroundings would match that care philosophy. Transforming our spaces so dramatically started as just that, a wonderful dream. IWK Health's community and donors made this dream a reality.

Our spaces and our philosophy are now aligned, giving the patients and families that need the IWK the best possible care. Our patients and families have the support not just of their caregivers, but the entire IWK Health community behind them and that is so powerful.

I am indescribably proud of this organization and the care we provide. Thanks to the community, donors and the IWK Foundation, IWK Health is moving further forward every day. Our future is bright and it is thanks to every one of you. Together, we will continue to make a difference for our women and our children.

Sincerely,

A handwritten signature in black ink that reads "K. Jangaard".

Dr. Krista Jangaard
President & CEO
IWK Health



Thank You to Our Donors

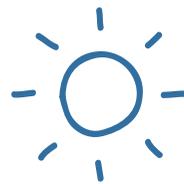


As you've read the updates and stories in this report, we hope you feel great pride in what has been accomplished at the IWK thanks to your incredible support.

To view a full listing of all of the donors who have contributed to this historic project, please visit iwkfoundation.org/breakthroughs.

You have truly helped the IWK become the best in the world for the women and children in the Maritimes who rely on specialized care. Because they deserve it. Thank you for believing in our vision.

But our work is not done. In fact, we're just getting started. You, our donors, have inspired us to continue to dream bigger, do better and be greater. As we embark on the next chapter of making the IWK the best it can be for our women and our children, we hope you will continue to be part of our story.



A special thank you to our lead *Breakthroughs in Care* volunteers for their dedication and commitment to this transformative project:

Campaign Executive Committee

David Fountain, Chair

Sarah Dennis

Karl Larsen

Colin MacDonald

Anne McGuire

Jim Mills

Carol Snider

Honorary Captain

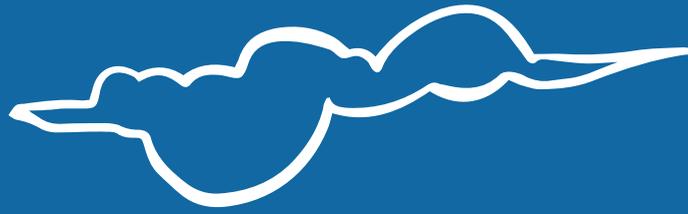
Sidney Crosby

Honorary Chairs

Gay Dennis

The late Ron Joyce





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