

# @Humber

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## Dear Donors,

When I sat down to write to you tonight I paused and began to think about this strangely tough, but wondrous year. My life, along with each of yours has been fundamentally altered during this pandemic. And this left me considering just how connected we all are.

I joined the Humber team in April 2021, and during the past six months, I have been brought into the fold of a hospital that is learning, reflecting, inspiring, and doing. Doing a whole lot. Incredible when you think about the drive and determination of this team, our team, that even during the third wave of the pandemic, was working together tirelessly to ensure that the life-changing and life-saving care we offer continued. When staff, volunteers, donors, and all the support team work together, even the burden of COVID is incapable of preventing our progress.

It's not to say that things are without flaws. No, we know that isn't the case. But remember that wonder I mentioned earlier? Part of that wonder comes from the willingness to see the cracks in the system and then start discovering creative and innovative ways to bring brightness back into such a dark time.

Examples? We've got quite a few:

**"You, our donors,  
help to illuminate  
the steps that  
Humber is taking."**

- We're leveraging the impact of our Command Centre to connect care providers into a digital network that allows patients to be monitored from the safety of their own homes.
- We're establishing the country's first-ever digital healthcare delivery research centre, creating chairs, fellowships, and internships to attract the best and brightest to our Hospital.
- We're expanding our vision of community care, beginning with the creation of a new long-term care facility at our Finch site, that will give our community's seniors a comfortable and dignified way of life.

In this issue of @Humber, we are giving you a closer look at what we are designing and building based on all that we know (and continue to learn) as digital health leaders. COVID has



forced a paradigm shift in the delivery of healthcare and we've embraced that. You, our donors, the members of our community are supplying us with support, motivation, and insight to kick these dark times to the curb and position ourselves proudly as digital health leaders.

You, our donors, help to illuminate the steps that Humber is taking. It is thanks to your efforts that together we are indeed "Lighting New Ways in Healthcare". Thank you for all that you have done for Humber, all that you continue to do, and for lighting our newly forged path forward.



Best,  
**Sandra Sualim, CFRE**  
President and CEO, HRH Foundation



# Canada's Healthcare: A System Under Pressure

Humber River Hospital has always been proud of the innovative spirit that fuels everything we do. But nowhere has this been more evident than during the COVID-19 pandemic. While the coronavirus has thrust healthcare capacity into the limelight, we have always worked to solve these problems. For decades, Humber has been at the forefront of innovations that have allowed us to treat more patients, in less time and with better outcomes. But even our best solutions are being put to the test today. The 18 months spent battling COVID-19 has revealed a healthcare system that is challenged when it comes to meeting demand. A lack of beds leads to hallway medicine and an uncomfortable patient and family

experience. Building new hospitals is too expensive and not sustainable.

Humber is creating the light at the end of the tunnel. Fueled by our donors, Humber will be able to work faster than ever before to innovate, validate, educate and translate a solution that works – one that uses technology and new thinking at its core, and is inspired by compassion, equity and supportive partnership at its heart. This is the only way forward for our community. And when we get it right, imagine how we can impact the entire province's network of over 400 hospitals that see 3 million in-patient admissions in a single year. Our light will never, ever go out.

## Humber Numbers: Innovation

Powered by our donors, the Hospital will use innovation to create new ways of doing things in healthcare. Our goal in the short term is to reduce acute care visits by 20% at Humber. Our goal in the long-term is to change healthcare everywhere.

Support from our donors will allow us to accelerate our work to enhance collaboration between hospitals, long-term care and primary care; extend acute care outside of our walls and into people's homes; and ultimately increase capacity and create more beds without building more hospitals.

Below is how your support can help.

# 20%

reduction in acute care visits creates greater capacity.

For example, in the last **3 years** at HRH, **88,500 patients** were admitted; reducing this by **20% saves 17,700 admissions, or 106,200 days** (based on average 6-day stay).



# \$1400

 per day, per patient

the amount of savings for the entire healthcare system when we reduce length of stay of a surgery patient by just one day. When we reduce one readmission to hospital, the system savings are approximately **\$5,000 to \$12,000** or more depending on the complication.



# 24-48 hours



most patients who receive robotic surgery can go home the same day, or the next, thanks to the minimally invasive technique. This preserves in-patient beds in the hospital for other acute care patients and allows the Hospital to pivot as needed in a crisis.



# \$10 million



investment needed from donors to acquire a new da Vinci XI Surgical System and a second ROSA Robot to double the amount of robotic surgeries we perform each year to **575** annually.

# Living Lab

Every day, Humber researchers, care providers, analysts, computer engineers and more come together to work on innovations that will solve some of the biggest health and social challenges in our city. While many projects are still in their start-up phase, many of these tools and solutions will come to light very quickly thanks to our brilliant minds who are in charge of making them a reality.

Here are some of our projects that are lighting the way:



## Care at a Distance

HEALIX™ - a Humber-designed and created app – along with at-home robots will allow patients to be at the centre of their care while being at home, not in hospital. These tools will allow nurses and doctors in Humber's Command Centre to monitor patients at home and respond to escalations, most times without having to step foot in the Hospital.



## Virtual Home and Community Care

Creating a Hospital without walls requires a large-scale monitoring system (1 staff monitoring 20,000 people). Enter Humber's first-in-Canada Command Centre. Patients can have their acute care needs monitored at home, with only the most serious cases coming to Hospital. No other health organization in Ontario has a Command Centre – Humber's advantage with this technology is unparalleled.



## Virtual Seniors Care

For our seniors at Humber Meadows Long-Term Care Home, any tech we introduce needs to be easy to use, not easy to take off and easily paired with devices used by nurses and doctors who are in charge of their care. We feel we have found the right solution through a wearable watch that each senior would wear every day. This would help decrease deterioration in our most vulnerable population as alerts would act as a back-up for the care provided by our teams.



## Living with COVID-19

Patients who test positive for COVID-19 now have a way of monitoring symptoms at home. A nurse practitioner (NP) takes over the care of that patient and helps them along their journey, only coming to Hospital if necessary. Positive patients are sent home with a digital oxygen probe and are taught how to use it. They test their oxygen levels at intervals set by their NP and patients track their levels to a certain threshold. If that is exceeded, the patient then comes to the Emergency Department for care. This allows for earlier intervention in the Emergency Department, when the body will respond best to treatment.

*These are just some of the innovations our teams are hard at work designing and perfecting each and every day. If you would like more information on how you can support innovation at Humber River Hospital, please contact Caterina Magisano at 416.242.1000 ext. 81516, [cmagisano@hrh.ca](mailto:cmagisano@hrh.ca)*

# Expanding Robotic Surgery at Humber

For decades, our Department of Surgery has been at the forefront of innovations that have allowed Humber River Hospital to treat more patients, in less time and with better outcomes using robotic surgical innovations.

Our expertise in robotic surgery ranges from urology, general surgery, gynaecology to orthopaedics. The centrepiece of our robotic surgery program is the da Vinci Surgical Robot – a sophisticated piece of equipment that was made possible by a transformational gift by Helen Hull and her late husband Murphy in 2012. For the past 10 years, hundreds of patients with the most complex medical needs have received treatment at the hands of our talented surgeons guiding the robot during surgery. In many of these cases, only the precision of da Vinci could reach the areas that needed intervention.

Last year, Humber expanded our suite of robots to include ROSA– a robot used for same-day knee replacements.



Today, hundreds of patients a year undergo surgery and are back living their lives faster than ever before. This benefits the patient first and foremost, but also the entire healthcare system since complications, overnight admissions and readmissions are greatly reduced (if not eliminated). If we can expand our robotic surgery program at Humber by acquiring new and more robots, we can offer more ground-breaking procedures to patients who need them most

without using up much-needed capacity in our Hospital.

Today, we need to upgrade our da Vinci Surgical Robot to the newest Xi model, and bring a second ROSA to Humber. But most importantly, we will make sure every patient who comes to Humber for robotic surgery (during the pandemic and beyond) gets back to their lives sooner with a quicker recovery, minimal pain and almost no time spent in the Hospital.

## Meet the Robots

### Da Vinci Surgical System

The most versatile surgery robot on the market, the new da Vinci Xi will be an upgrade from our current da Vinci Si model and will help us operate on more patients and expand our surgery offering to patients to include treatment for Prostate Cancer (Radical Prostatectomy), Colorectal Cancer and Renal Cancer.

Current cases per year: **76** Future cases per year: **175**

### ROSA

Humber will be the first hospital in Canada to acquire two of these robots. Surgeons are robotically-guided while during total knee replacements. This allows more accuracy in positioning the ROSA artificial knee implant that comes in standard and narrow sizes to match the shape and size of various patient ethnicities, genders and statures. After surgery, patients have greater range of motion and less complications.

Current cases per year: **200** Future cases per year: **400**



# Faces of Patient Care

Our talented physicians at Humber use robots like the da Vinci and ROSA to perform minimally invasive surgeries. This involves fewer incisions which allow patients to recover much more quickly than they would with a traditional surgery. Here is what some of our Grateful Patients had to say about their experience at Humber:



**Gordon**

"After two surgeries to treat my colorectal cancer at another Toronto hospital, I developed a hernia at my incision site. My doctors referred me for robotic surgery with Dr. Steven MacLellan. I was very impressed with his professionalism. When I was with him, I felt like I had his full attention. He left no questions unanswered. Post-surgery, I stayed overnight at Humber in a single patient room. With the exception of some discomfort when trying to sit up, I was surprised to find that I experienced much less pain than I had anticipated. The next morning, my wife Eve and I were in our car on the way back to our home in Orillia by 11am. We stopped for lunch, and were delighted that I felt well enough to spend some of the afternoon at a neighbour's birthday party."

"I didn't have an opportunity to know my grandma – she passed away from ovarian cancer at 46 years old. My mom passed away from ovarian cancer when she was only 41. I'm 36 years old and once my husband and I decided we weren't having more kids, I knew preventatively that a hysterectomy was the best path forward. My surgery went well and I was able to start walking up and down the hospital hallway that same evening. I'm so fortunate to have gone through this with a great care team at Humber. I always felt like I was the most important person and that my needs were the most important thing to my doctors."



**Antonina**



**Anita**

"I was nervous because I'm 74 and a knee replacement is a major operation. But everyone was fantastic and that put me at ease. In the operating room, they even showed me the ROSA robot that would help them perform the surgery with more precision. Just hours after my operation, I could move and bend my knee. I was able to go home later that same day."

# Thank You for Lighting New Ways in Healthcare

The following individuals and corporations have answered the call for better healthcare by recently committing more than \$100,000 in support of Humber River Hospital.

**\$1,500,000**

Estate of Harold Stankaitis

**\$1,000,000**

The Schulich Foundation

**\$500,000**

The Mr. & Mrs. S. Kamo Fund

**\$200,000**

Krawczyk Family Foundation

**\$100,000**

John Di Poce & Family

## The Aspen Grove Society: One Community Connected by Generosity



### Jack and Pat share why they chose to join the Aspen Grove Society:

"Pat is a registered nurse and I'm a registered psychiatric nurse, so health care has always been important to us. And Humber is our family hospital—here for our family and our neighbours. The people here are what makes Humber so special. We are in a position to give back to our community and we are proud to do so. We made a decision to give half now and leave half in our Will. This 'blended gift' was perfect for us. We know the need is urgent right now, today. And we also feel great knowing that we'll still be helping in the future. Whatever the future of health care is, Humber will be able to respond and remain on the leading edge." – **Jack**

"Both our children were born at Humber and have been treated here since. In fact, one of our sons needed a kidney transplant and I donated one of mine to him. Without our health what do we have? Jack and I have seen our boys in dire need of help, and Humber has been there for us. There is so much to look forward to in the future, and we are very proud to be part of that." – **Pat**

The aspen grove—though it has different colours, different shapes, and different sizes—trees actually come from one root system. The trees don't have individual roots; they're connected. That's our community. When you join your fellow neighbours by choosing to make a gift in your Will to Humber, you become a member of the Aspen Grove Society, a dedicated and special group of donors who are connected by their generosity, their kindness and their compassion for the future health of their neighbours.

*To learn more about leaving a gift in your Will, or other ways of maximizing your tax benefit before the end of the year, please contact Caterina Magisano, Director of Leadership & Legacy Philanthropy, 416.242.1000 ext. 81516, [cmagisano@hrh.ca](mailto:cmagisano@hrh.ca).*

# Corporate Corner: 407 ETR

The 407 ETR has been a dedicated supporter of Humber River Hospital for over half a decade. The company has offered unwavering support through times of both celebration and darkness. From keeping us on the leading edge of technology at North America's first fully digital Hospital in 2016, to contributing to the COVID-19 Emergency Response Fund, and lifting morale on the frontlines with gift cards as our healthcare workers battled the pandemic.

This year the 407 ETR is supporting the tiniest babies in our Hospital in our Neonatal Intensive Care Unit. With their help, babies can get the support they need to ensure they have a strong start to life.

"Having access to quality healthcare is vital to the wellbeing of any community," said Javier Tamargo, President and CEO, 407 ETR. "We've proudly partnered with the Humber River Hospital Foundation over the past six years and are honoured to support the Neonatal Intensive Care Unit which provides critical healthcare to the youngest patients at Humber River Hospital."

Thank you 407 ETR for your continuous support over the years and helping us light new ways in healthcare!



## Signature Events



### Ten Cheers for Ten Years of Team Revolution

This year, our Team Revolution riders celebrated 10 years of riding together in support Humber River Hospital and other hospitals across the Greater Toronto Area. Through their combined efforts and many kilometres biked, the team has raised over \$2 million!

Over the years, the team has dealt with many riding conditions. Whether it's scorching summer temperatures or torrential rain, they have been through it all. While the onset of the COVID-19 pandemic has forced Team Revolution to pivot from their usual training regiment, they quickly adapted with virtual townhalls, decreased the sizes of their weekly Sunday rides, and launched a mobile app called Team Snap to help members communicate virtually and easily schedule training rides together. Next September, the team will return to Italy to compete in the Granfondo del Gallo Nero in Chianti.

Thank you for your commitment to Humber, Team Revolution! Happy 10th Anniversary and cheers to many more years of riding together!



## Breaking Records at the AWESOME Invitational Golf Tournament

In August, Humber River Hospital Foundation held our 38th Annual AWESOME Invitational Golf Tournament where we broke an AWESOME record! Thanks to all of our golfers, sponsors and silent auction winners, we raised over \$324,000 in support of programs at Humber River Hospital, like our COVID-19 Emergency Response Fund.

**Special thanks to our Presenting Sponsor:**



## Humber Heroes Honoured at Our Virtual Concert

Our Virtual Concert honouring our Humber Heroes for their courage and compassion during the pandemic was a phenomenal success! On October 7th, the virtual stage was set to welcome a talented line up of artists: Jim Cuddy, Chantal Kreviazuk, Domanique Grant, Across the Board, and The Ault Sisters! Tyrone Edwards from Etalk kept both the show and guests moving as host.

Over 800 people joined online to show their support for frontline healthcare workers – our Humber Heroes. The event raised over \$360,000 for our Hospital's COVID-19 Emergency Response Fund.



**A standing ovation goes out to our Platinum Sponsors:**



meeting place

HRH Foundation respects your privacy. If you wish to be unsubscribed from our newsletter mailing list, please contact us at 416-242-1000 ext. 81500 or [foundation@hrh.ca](mailto:foundation@hrh.ca)

