



**MONTREAL  
SACRÉ-CŒUR  
HOSPITAL  
FOUNDATION**

The heart of advanced care

# LIAISON

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## **DE GARDE 24/7** Our Hospital in the spotlight

From left to right: Doctors Kevin Jao, Marie-Michelle Robert, Patrick Bellemare, Julie Anne Buckland and Mathieu Rousseau.



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Photographer: Éric Myre

## De garde 24/7: A series highlighting the daily lives of our caring experts



The documentary series *De garde 24/7*, set to broadcast on Télé-Québec in the fall of 2023, did not only introduce us to exceptional people who practice medicine with passion, but also turned the spotlight on our great teaching hospital, the Montreal Sacré-Cœur Hospital. While it may be less well known to the Quebec population, it is an essential part of our healthcare network.

The episodes produced within the walls of Sacré-Cœur produced quality content and won over fans of this type of series to such an extent that a 10th season was announced even though the current season had not yet ended. We were excited to learn that all the doctors we've come to know and appreciate in their day-to-day lives were returning, along with two new additions: neurosurgeon Dr. Mathieu Laroche and plastic surgeon Dr. Andrée-Anne Roy.

**Here's the list of participants who brought us touching moments throughout the eight episodes that took place within the walls of the Sacré-Cœur Hospital:**

- > Dr. Patrick Bellemare, pulmonary intensivist
- > Dr. Étienne Bourassa-Moreau, orthopaedic spinal surgeon
- > Dr. Julie Anne Buckland, family physician who delivers babies
- > Dr. Véronique Castonguay, emergency physician
- > Dr. Alexis Cournoyer, emergency physician
- > Dr. Adam Di Palma, general surgeon and trauma specialist
- > Dr. Danielle Grandmont, palliative care physician
- > Dr. Kevin Jao, hemato-oncologist
- > Dr. Éric Lalonde, emergency physician
- > Dr. Soazig Le Guillan, surgical intensivist
- > Dr. Marie-Michelle Robert, emergency physician
- > Dr. Mathieu Rousseau, thoracic surgeon and trauma specialist
- > Ms. Valérie Turcotte, specialized nurse practitioner (SNP)

These doctors and this nurse showed us their tremendous ability to listen and empathize. They made us understand that you go to the hospital for treatment, but it's also a place where newborn babies cry for the first time and where the elderly take their last breath. Some of them were kind enough to comment on their experience.

“For my part, I loved this incredibly enriching experience. I also really enjoyed taking the time to reflect and look back on my practice, my patients and medicine in general during the post-shoot interviews. It's amazing how many hours of filming go into making a documentary series. I've learned that it's a ratio of one hour of episode for 25 to 50 hours of shooting. Everyone asks me if all my patients really just pushed for a minute... which of course they didn't. It's more like the magic of filming!”

– Dr. Julie Anne Buckland



“Over the years, I've developed a sense of belonging and pride associated with Sacré-Cœur. It was important for me to participate in *De garde 24/7* to share this feeling and help spread the word about the incredible work the people do at our Hospital. First, in the fascinating world of trauma, where we offer the most advanced care in Quebec to the most severely polytraumatized patients. Then, in the treatment of lung cancer, where we've been lucky enough to play an active part in the monumental advances of recent years. *De garde 24/7* is a unique opportunity to show our patients the quality of care we offer here.”

– Dr. Mathieu Rousseau



“It was my friend Marie-Hélène Marchand, who took part in the series when it was filmed in Maisonneuve-Rosemont, who suggested I come on board. I was very ambivalent. I didn't think there was anything glamorous about my work! I'm lucky to work with directors Sasha Campeau and Myriam Berthelet. I love the way they see our work. It's like looking through a porthole. For me, nothing has changed in my work, but it's the way others look at our specialty that has changed since the series aired.”

– Dr. Danielle Grandmont



For my part, filming *De garde 24/7* allowed me, as a bariatric surgeon, to introduce the show's audience to what bariatric surgery is really all about. It's part of a multi-faceted strategy to help overweight people lose weight and improve their health. In addition, the show is an opportunity to show people what challenges, often very significant, patients have to overcome throughout the entire pre-operative and post-operative process."

– Dr. Adam Di Palma



Working with a film crew is nothing like what we're used to doing as healthcare professionals. What a pleasure to have been able to represent the profession of specialized nurse practitioner (SNP), which is still sometimes unknown to the general public, and to give a glimpse of the relationships that are forged on a daily basis with the people we care for. A fun fact: A few years ago, I was very proud to see my mother, also a nurse, in action in the series *De garde 24/7* in a secondary role during the show's filming at Maisonneuve-Rosemont Hospital. It's with great pleasure that, a few years later, I now have the opportunity to take over on my own, here at Sacré-Cœur, the hospital where I've been practicing since the beginning of my career."

– Valérie Turcotte



The experience filming the *De garde 24/7* series was very enriching! The filmmakers' questions and the themes addressed shed light on facets of our work that we know about, but that we've forgotten over the years. Through the madness of our work, the fatigue, the pressure of waiting, the suffering: this insight did me a world of good. I liked opening the doors of the hospital and showing that we're not machines, that we're sensitive human beings who are really there for the patients, for real. That we're touched by stories, that we're all dedicated to the well-being of our patients.

Our patient with transient global amnesia was a very touching and funny story. Funny because this charming lady was very colourful, smiling, kind and so lively. Each time, she forgot our previous visit, forgot everything and always asked the same questions, but with the same intensity, the same laughter afterwards. It was touching and funny at the same time for everyone. Also our young prisoner whose ear I repaired. You can't see him, but he held the surgical lamp at arm's length for the whole procedure! A bit of a crazy situation, but useful for me who had to see what I was doing."

– Dr. Marie-Michelle Robert



When the media broach the subject of emergency rooms, they mention occupancy rates, wait times, and so on. The 24/7 experience allows the public to see what the ER is really like in my eyes: relationships with patients of all kinds, often brief, sometimes very intense, but above all, always true and very human. 24/7 succeeds in putting the spotlight on our work, the work of the entire ER team, which seeks to help patients."

– Dr. Véronique Castonguay



## Filming has resumed

As for the two new additions who will be part of the 10th season on air this fall, plastic surgeon Dr. Andrée-Anne Roy had not yet experienced the filming at the time of writing. For Dr. Mathieu Laroche, who had his very first taste of the experience, here's what he had to say: "We did a day of filming in December, and during that day, the crew followed me around the operating room and on my patient rounds. For my part, I would be delighted if the public could see all the efforts that are made by our neurosurgery team (nurse, SNP, clerks, etc.) to be able to offer the best possible care in our difficult context and that, despite everything, the patient remains at the heart of our priorities."



Throughout the year, the Foundation will be back with more stories and facts about the series.

Follow us on Facebook to make sure you don't miss a thing!

or on the Télé-Québec app.



## Sacré-Cœur Hospital: A centre of excellence for scientific innovation

The Montreal Sacré-Cœur Hospital is a Canadian leader in terms of the scope and quality of its data bank, carefully collected over time from patients in the intensive care unit. This is hardly surprising, given that this major university hospital receives 60,000 emergency room visits and 22,000 hospital admissions each year, including approximately 2,500 in intensive care. What's more, as a tertiary trauma centre, it has the widest range of critical care patients in Quebec.

### An invaluable data bank

A team of researchers at the Sacré-Cœur Hospital recently obtained \$2 million in funding from a consortium of public and private partners to create a unique critical care data repository, a veritable data warehouse. Interest in this unique project is growing, as other companies are interested in supporting this work, which will serve to better meet the needs of patients and their families. Other databases of this kind exist, but this one stands out for the sheer number of brain images it contains.

**This platform has put our institution in a very unique position in terms of scientific innovation and trauma care in Canada.**

– Louis De Beaumont



The data sources collected during an episode of care, be it from a few hours to months on end, converge in this medical data bank, which is integrated on a platform where the main medical decision-support indicators, i.e., diagnosis, prognosis and treatment, are analyzed in real time. This platform, based on artificial intelligence, enables us to quickly diagnose and suggest appropriate care for

patients in record time and with great acuity, making a valuable contribution to clinical teams.

Louis De Beaumont, Director of the Trauma and Acute care Research Axis, is actively involved in the project and is very enthusiastic: "This platform has put our institution in a very unique position in terms of scientific innovation and trauma care in Canada. In fact, the Quebec government, through the Ministère de l'Économie, de l'Innovation et de l'Énergie, has recognized its unique character and excellence, and has propelled its development by financially supporting this initiative. This major grant will help make the Montreal Sacré-Cœur Hospital's trauma care technologies a model to follow in Quebec."

To maximize the benefits of this unique convergence of unrivalled clinical expertise, high-quality data and advanced artificial intelligence algorithms for the benefit of clinicians and patients alike, Louis De Beaumont believes it is essential to invest \$5 million to create a brand-new Chair in Artificial Intelligence Applied to Traumatology. As one of the projects of our major fundraising campaign, *Transforming Lives Together*, this Chair will attract the world's leading researchers and practitioners in order to develop the full potential of this unparalleled breakthrough, which is only possible at the Montreal Sacré-Cœur Hospital, the largest tertiary trauma centre in Quebec.

## Sacré-Cœur surgeons pioneer a promising new surgery



**Dr. Marina Ibrahim**



**Dr. William Fortin**

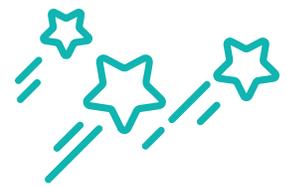
In December 2023, two Sacré-Cœur surgeons, Dr. William Fortin and Dr. Marina Ibrahim, brought a ray of hope for some patients whose hearts were considered too weak to risk open-heart surgery. Using a new, relatively complex technique that they were the first to pioneer in Quebec, aortic aneurysms

and dissections can be treated without the need for open-heart surgery. The benefits for patients are twofold: reduced operative risks and shorter recovery times.

### Another option

Until now, some patients have had no other option available to them. "It allows us to treat patients in all kinds of scenarios, with all kinds of anatomy, but also in emergencies with prostheses we already have access to," explained Dr. William Fortin, a vascular and endovascular surgeon, in an article

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## Our rising research stars

At the Sacré-Cœur Research Centre, you'll find passionate and talented teams of researchers who are truly dedicated to improving care. What's more, we're able to count on the next generation of researchers, who are already making a significant contribution, enabling us to look to the future with optimism. Every day, unknowingly, patients in hospitals across Quebec, Canada and even other countries benefit from the discoveries and expertise of the Sacré-Cœur Hospital's research teams. Here are three fine examples:



**Catherine Duclos**



**Dr. Yiorgos Alexandros Cavayas**



**Dr. Andrée-Ann Baril**

Catherine Duclos is a researcher at the ITC and CARSM. After completing an Honours B.A. in Anthropology at McGill University (2009), Catherine went on to complete a Master's degree with direct entry to a PhD in Biomedical Sciences at the Université de Montréal, under the supervision of Nadia Gosselin and Marie Dumont, two highly reputed sleep researchers. Since January 2022, Catherine Duclos has been leading a research program at Sacré-Cœur on altered states of consciousness in the context of critical care and surgery, with a particular focus on coma, disorders of consciousness, sleep and anesthesia.

Dr. Yiorgos Alexandros Cavayas is an intensivist at the Montreal Sacré-Cœur Hospital. Dr. Cavayas' work focuses on how pulmonary and extracorporeal gas exchange can affect the brain. Most of this work currently uses data from the United States. With this in mind, Dr. Cavayas and his colleagues set about organizing and adding value to local health data. The trauma and critical care data warehouse project he is leading in collaboration with Louis de Beaumont has received the support of a consortium of public and private partners, including Quebec's Ministère de l'Économie, de l'Innovation et de l'Énergie, making it a major undertaking. At present, the implementation of such a technological platform is virtually impossible in the vast majority of the country's healthcare establishments.

As a new independent researcher, Dr. Andrée-Ann Baril has a background in neurology, epidemiology, psychiatry and genetics. Throughout her career, Dr. Baril has studied sleep medicine in the elderly. She is a member of the Center for Advanced Research in Sleep Medicine, where she conducts research into the role of sleep disorders such as insomnia in the development of Alzheimer's disease. Dr. Baril is a member of several major Canadian and international research groups focusing on the study of sleep and dementia.

published in L'Actualité shortly after the procedure. "We're looking for minimally invasive options for these patients who wouldn't have been able to handle open-heart surgery. We want to offer these patients an option other than simply waiting for their pathology to eventually prevail," he added.

The technique is called **modified aortic arch stenting**. It involves drilling holes in a metal stent that doctors typically use to treat life-threatening aortic problems. It was developed in France around ten years ago.

The first patient to benefit from this procedure in Quebec went home 48 hours after the operation, whereas conventional surgery would have required hospitalization for 7 to 10 days. "It represents a tremendous technical and professional achievement. It worked, and we can start rolling out the technique for several patients," said cardiac surgeon Dr. Marina Ibrahim.

# 31<sup>th</sup> EDITION GALA DES ÉMILIE



Bernard Pitre, president of the Foundation's board of directors; Adélaïde De Melo, CEO of CIUSSS NÎM; the 3 laureates; Pénélope McQuade, Foundation's spokesperson; Paul Bergeron, CEO of the Foundation.

## Foundation's Gala des Émilie: Celebrating 50 years of the Sacré-Cœur Hospital's university mission

The Foundation's Gala des Émilie took place on Thursday, October 26. This year's annual fundraising event celebrated an historic moment: 50 years of affiliation of the Montreal Sacré-Cœur Hospital and the Albert-Prévost Mental Health Hospital with the Université de Montréal for research and teaching.

Traditionally hosted by Foundation spokesperson Pénélope McQuade, the evening showcased the glorious past of research and teaching at the Sacré-Cœur Hospital, and projected guests into a promising future.

Primarily a fundraising evening, the event raised \$360,000, much of which will be donated to innovative research and teaching projects, including the creation of the Chair in Artificial Intelligence.

The Gala also provided an opportunity to highlight the brilliant careers of individuals who have greatly contributed to the university mission of the Sacré-Cœur Hospital.

## Here are the three 2023 "Coups de Cœur" laureates:



TEACHING  
"COUP DE CŒUR"

**Dr. Suzanne Laurin**

Dr. Suzanne Laurin is a Clinical Associate Professor who has been practicing family medicine for over 38 years at the Montreal Sacré-Cœur Hospital. She has trained many of the physicians who still practice at Sacré-Cœur's Clinique universitaire de médecine de famille (CUMF).

Teaching has always been an important part of the postdoctoral researcher's daily life, and in recent years she has been focusing more on teacher training. Dr. Laurin brings her expertise to physicians who supervise externs and medical residents, a role she has played so often.

To watch Mrs. Laurin's  
tribute video (French only):



RESEARCH  
"COUP DE CŒUR"

**Mr. Roger Godbout**

Mr. Roger Godbout is a psychologist and researcher in sleep and mental health. It was psychology that first attracted Roger Godbout while he was still in high school. Then it was sleep, during an introductory psychology course at the start of his undergraduate degree at the University of Ottawa.

Professor emeritus in the Department of Psychiatry and Addictology at the Université de Montréal, the psychologist and researcher first became interested in mental health and sleep in adults. One thing led to another, and his research turned to the sleep of autistic children, and then of all children and adolescents, a surprisingly understudied population at the time.

To watch Mr. Godbout's  
tribute video (French only):



THE FOUNDATION'S  
"COUP DE CŒUR"

**Mr. Yvon Martin**

Mr. Yvon Martin founded his own communications agency, Publicité Martin, in 1971. By the time he sold it in 1997, his firm employed nearly 900 people. In addition to a busy professional life, he has served on various boards of directors throughout his career.

Faithful to the causes he supports and always eager to help, in 2023 we celebrated Mr. Martin's 30th anniversary as a member of our Foundation's Board of Directors. That's exceptional!

To watch Mr. Martin's  
tribute video (French only):

## Fundraising to thank the staff of the Breast Clinic

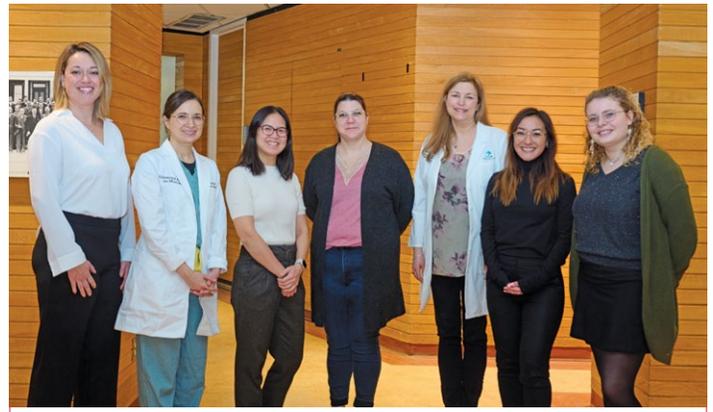
A sales consultant for a company in the medical field, Yên-My Nguyễn, is very grateful she was quickly referred to the Breast Clinic at the Montreal Sacré-Cœur Hospital, in July 2023, to have a lump she detected in one of her breasts analyzed.

Not only did the Clinic's team respond promptly, but they were also very supportive, answering her questions at every visit. As a result, she was diagnosed in August, had surgery and did not have to undergo chemotherapy or radiation therapy. "I've had follow-up appointments at Sacré-Cœur once or twice a week since my surgery. There is amazing follow-up by great doctors who take patients to heart," said Ms. Nguyễn in an interview conducted in early December 2023. The thirty-something is grateful for the care and attention she has received, particularly from administrative assistant Josianne Jauron, family doctor Rita Tan, surgeon Sophie Lacharité and plastic surgeon Svetlana Matei.

### Choosing a cause

Ms. Nguyễn is an avid runner and used to support various causes by taking part in marathons. She quickly decided that she wanted to make a significant gesture and give back by organizing her own fundraising campaign as part of a half-marathon she takes part in every year—the P'tit train du Nord half-marathon. In fact, she was encouraged by the entire team at the Breast Clinic, who allowed her to postpone her surgery a little so that she could take part in this race, which took place on September 30, 2023.

She wanted to raise funds and touch the hearts of her loved ones. She also wanted to use this fundraising event to share her story and, above all, raise awareness of early detection of breast cancer. In her opinion, it's important to be alert and



Representatives of the Foundation and several staff members of the Sacré-Cœur Hospital Breast Clinic can be seen in this picture. A photoshoot was organized to highlight the efforts of Mrs Yên-My Nguyễn in her goal to raise funds. From left to right: Tania Trotter-Pérusse, director of events of the Foundation, Dr. Svetlana Matei, Dr. Rita Tan, Josianne Jauron, Chantal Boisclair, Yên-My Nguyễn and Camille Fontvieille, events coordinator of the Foundation.

get checked as soon as possible if you have any doubts. If she hadn't have been seen as quickly as she was, her Stage 1 cancer would have progressed. She thanks the team at the Breast Clinic for agreeing to screen her two sisters, even though she didn't meet the criteria for the government-run screening program.

Not only did Yên-My complete the 21.1-km distance and beat her best time of 1 hour 46 and five seconds. She also exceeded her goal of raising \$1,000. Was it motivation? Thanks to the generosity of her family and friends, and also to Olympus, who had pledged as her employer to double the amount raised, she was able to donate \$5520 to the Breast Clinic (and there are still more donations to come).

For her, this experience was a way of closing one chapter and starting another. She doesn't know if she'll hold another fundraiser of this magnitude in 2024, but one thing is certain: she'll be eternally grateful for the care and very compassionate support she received, which softened this most difficult stage of her life's journey.

## All donations are welcome!

You can follow Ms. Yên-My Nguyễn's example and take part in an existing event such as the Montreal Marathon or Triathlon Esprit Montréal, for example, by choosing to support our Foundation to raise funds.

You can also create your own fundraising activity or project such as: a spaghetti dinner, a hockey tournament, an art auction, a "Jeans Day", a friendly competition or anything else that you'd like that could become a good reason to collect donations.

Another possibility to raise funds is through our website, just like Richard Bourdages, one of our donors, has been doing. You can also use online gaming platforms (Twitch), or social media such as Facebook and others, depending on your field of interest (asking donations by doing challenges or for your birthday...). There are many ways that can ease the process of raising funds while supporting the care teams!

Thinking of organizing your own fundraising event?

Also, you can call us at 514-338-2303.



# Our 2024 calendar of events



**JANUARY 18**

## The Car Show Charity Preview Gala, at the Palais des Congrès

The 20th edition of this event, organized by the Montreal Automobile Dealers Corporation, welcomed over 3,500 guests who gathered to support five hospital foundations in the Greater Montreal area, including our own. Since 2005, more than \$10.5 million has been donated to support various healthcare projects.



**JUNE 8**

## The 12th Vélo Onco and 5th Yoga Onco, in the MRC Deux-Montagnes

The event, an initiative of the Hemato-Oncology Department, is back again this year with a choice of three cycling routes and a yoga session. New this year: The event will take place at the Lalande sugar shack!



**JUNE 17**

## The 40th Golf Open, at the Saint-Raphaël Golf Club

Come with your best swing and network on the magnificent Saint-Raphaël golf course in Île-Bizard!



**JULY 20**

## The 3rd Sentier de l'Espoir, in Rigaud

Organized by hospital patient Cédric Bolduc, this event to benefit the Orthopedic Department offers five running distances on the Sentiers de l'escapade. Get your running shoes ready!



**SEPTEMBER**

## Wine Tasting Evening in the RBC Private Salon, at Place Ville Marie

With a breathtaking view, enjoy an exclusive evening of perfect pairings between extraordinary wines and a gourmet dinner.



**SEPTEMBER 7**

## Cardio Tremco, in Oka

Those behind this new activity, Guillaume Careau and François Veilleux of Tremco, have organized the first bike ride to benefit the Cardiology Department.



**OCTOBER 24**

## The 32nd Annual Gala, at the Sheraton Laval

Stay tuned for news on our signature event. We look forward to seeing you there!



For more information or to sign up for the activities:

## YOU CAN MAKE A DONATION:

♥ **Online** at [fondationhscm.org](http://fondationhscm.org)   ♥ **By Cheque**   ♥ **By Phone**

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*Founded in 1976 by the Sisters of Providence, the Montréal Sacré-Cœur Hospital Foundation has as its raison d'être to help the extended Sacré-Cœur and Albert-Prévost team constantly improve the care, treatment and environment of patients, while supporting the research and teaching activity of this major university hospital.*

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**Pénélope McQuade**  
Volunteer  
spokesperson