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# LIAISON

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# 50 YEARS

OF AFFILIATION WITH THE  
UNIVERSITÉ DE MONTRÉAL



**Research and  
teaching for  
the advancement  
of care**

**Dr. Réginald Nadeau**

Founding member of the Research Centre



## Interview with Professor Aimé-Robert LeBlanc: An academic mission that still needs to be supported

Professor Aimé-Robert LeBlanc left his role as knowledge transfer adviser at the Montreal Sacré-Cœur Hospital Research Centre in 2019 and stepped down as a professor at the Université de Montréal 10 years earlier. He devoted 45 years of his career there to advancing research. As a young professor, he witnessed the beginnings of the academic mission of the Montreal Sacré-Cœur Hospital and the Albert-Prévost Mental Health Hospital, alongside the founders of the Research Centre, Dr. Réginald Nadeau and Dr. André Proulx. He saw them, as true apostles, convert their colleagues one by one to obtain this affiliation with the Université de Montréal. Two conditions were essential for this affiliation to become a reality—that a research centre be created and that the physicians train for a year outside the university to come back with a specialty so that they could be named clinical professors and hold a university title.

### Q: What place did research have 50 years ago at Sacré-Cœur (Albert-Prévost was a pavilion at the time)?

Research had to be defended and created in order for the Hospital to become a university hospital. We had a few supporters within the walls of Sacré-Cœur, but many people were not entirely enthusiastic about the idea of having a research centre. It was a battle against all the other physicians. The teaching component was attractive. For the physicians, the residents were an hand to help them. They made the compromise to have a research centre so that we could have the affiliation.

Many outsiders were not convinced of the merits of setting up a research centre at Sacré-Cœur, the old hospital in the north end of the city. We had to defend this to the University, especially the Faculty of Medicine, and to the Fonds québécois de recherche en santé (FRQS), which provided the funds to do so. These are battles that we owe to Dr. Réginald Nadeau and Dr. André Proulx.

### Q: Tell us about the early days of the Research Centre.

We had the space, near the garage and the boiler room, behind the Hospital. We had laboratories to do animal experiments, that's how it started. The surgeons would occasionally carry out testing on animals before doing the procedures on patients. At that time, cardiology was the dominant field. All the research was focused on cardiology at the beginning.

### Q: What role did you play?

I was a young professor in the Faculty of Medicine in 1974. The dean didn't mind at all that I was at Sacré-Cœur full time and teaching on campus. I had an office at the University and a small office at Sacré-Cœur. The existing locations (affiliated hospitals like Notre-Dame, Hôtel-Dieu) were not sufficient for resident training. It took Maisonneuve-Rosemont and Sacré-Cœur as well to provide training environments for medical students, residents and interns.

### Q: What type of research were you doing at the beginning?

There were three of us doing research, Dr. Réginald Nadeau, Dr. Fernand Roberge and myself. We had the support of Dr. André Proulx to buy computers, because my specialty was the long-term analysis of cardiograms (recording of heart movements). Dr. Proulx had created an environment where I would connect from my lab to the Coronary Unit and record patients every night and then analyze the recordings.

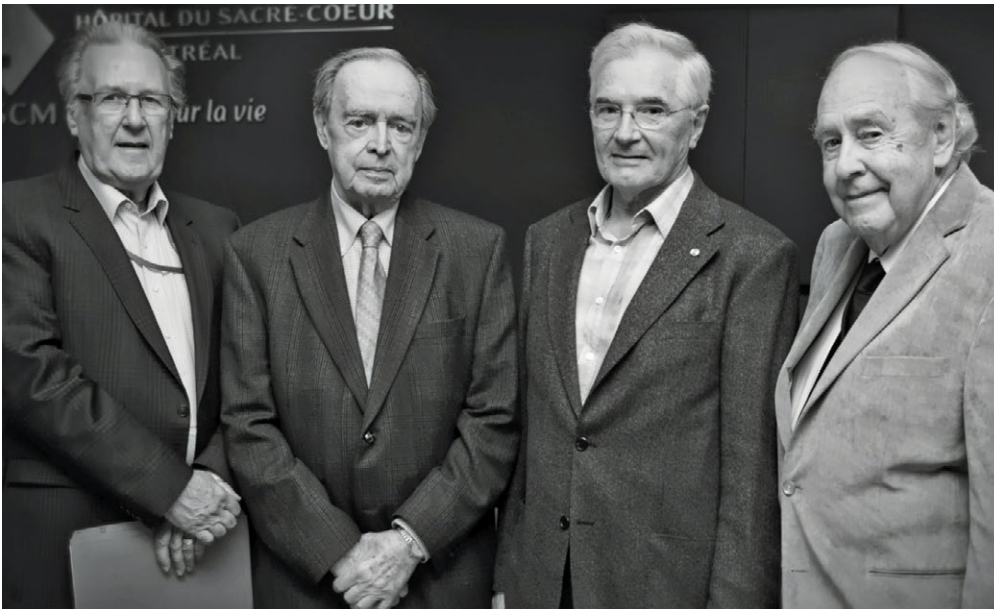
A few years later, in 1977, Dr. Jacques-Yves Montplaisir, Prof. LeBlanc's colleague in neuroscience at the Université de Montréal, joined the team of researchers to found the Centre for Advanced Research in Sleep Medicine. Over time, the research axes were created around the physicians who came to do research at Sacré-Cœur.

### Q: What do you see as the biggest challenges when it comes to the academic mission?

Combining the academic mission and the hospital (or clinical) mission, that's pretty challenging. It's the Ministère de l'Éducation and the Ministère de la Santé et des Services sociaux that oversee those two missions respectively. Just to give you an example, students use quite a few more tests of all kinds than in a non-teaching hospital, so someone has to pay for that, and it's the Ministère de l'Éducation that reimburses those additional costs. There have been many epic battles.

### Q: One of those challenges was funding. Was the creation of our Foundation in part due to this academic mission?

We had to convince the general managers to invest in research (before the creation of CIUSSS and the appointment of the CEO), but the Sacré-Cœur Hospital



This photo was taken in 2013 on the occasion of the Réginald Nadeau Award presentation to late Dr. André Proulx. From left to right: Aimé-Robert LeBlanc, researcher at the MSCHRC, professor of biomedical engineering at the Institute of Biomedical Engineering of the Faculty of Medicine of the UdeM, late Dr. André Proulx, cardiologist and head of the Cardiology Department of the MSCH and professor of medicine at the Department of Medicine of the Faculty of Medicine of the UdeM, Fernand Roberge, researcher at the MSCH, professor of biomedical engineering at the Institute of Biomedical Engineering of the Faculty of Medicine of the UdeM and Dr. Réginald Nadeau, director of the MSCH and professor in the Department of Medicine and Physiology of the Faculty of Medicine of the UdeM.

Foundation was a very, very important spearhead. It was essential to set up the Foundation in 1976 because we were hitting a wall within the hospital in terms of financial issues. The administration had allocated us the entire J wing on the 3<sup>rd</sup> floor (the old nursing school), but it was an ongoing battle. There were all kinds of clinical needs in that dilapidated hospital. Even before the Foundation existed, Dr. André Proulx had wealthy patients who donated to cardiology and he used that money to invest in research. One of the first computers we had, before the creation of the Foundation in 1976, was bought by Mr. Pierre Péladeau of the Journal de Montréal.

**Q: Give an example of an investment by the Foundation.**

The Foundation contributed nearly \$1 million to finance the construction of the Centre for Advanced Research in Sleep Medicine, which was inaugurated in 2012, in order to accommodate sleep research groups. Researchers are free birds. They don't like to be caged. If the conditions are not right, they simply go on to another hospital. The Faculty of Medicine won't admit this, but it's the researcher's research that is important, not where it's done. The Foundation has invested a lot of money to set up the premises and for technological equipment for research.

**Q: What do you think an academic mission means in a hospital like ours?**

For me, what I always thought was that the influence of research and teaching increased the level of quality of care, because people are much more scholarly. They read a lot, conduct research protocols that can't be done at other institutions. I think it makes us a hospital that's a step above a general hospital that doesn't have academic status. I may be preaching to the choir, but that's still my perception.

**Q: What would be one of the main challenges for Sacré-Cœur and Albert-Prévost in the years to come?**

As has been done at other institutions, such as the Heart Institute, almost every patient is involved in a research protocol. Research is interwoven into the operation. Research is omnipresent, that's how they recruited their physicians. With us, the clinical load is much heavier. Initially, our researchers are well supported by the Research Centre. Then the clinical load increases so much that there is no time for them to do research. If you recruit a clinician as a researcher, 50% of their time has to be set aside for research. □

The professor LeBlanc believes that it is important for current researchers to prepare their successors because there is a risk that certain sectors, such as pneumology, will not recruit other clinicians to continue research in this field after researchers like Dr. Catherine Lemièrre leave. He believes that the creation of chairs, such as the Academic Chair in Advanced Critical Care Monitoring, will help ensure the sustainability of certain specialty areas. Also, the commercialization of the fruits of research, for example those that have led to the development of a new catheter in cardiology, the intellectual property of which has been transferred to Sacré-Cœur, could make it possible to obtain royalties on the sale of certain products and constitute another source of financing.



## Obtaining university affiliation, 50 years ago

Thanks to two cardiologists, Dr. Réginald Nadeau and the late Dr. André Proulx, the Montreal Sacré-Cœur Hospital officially obtained its university status on March 16, 1973. They were convincing and persistent in making people understand the need to participate in this major academic mission.

This university affiliation necessarily required the creation of the Research Centre, of which Dr. Réginald Nadeau is the founder. He was its director from 1977 to 1997. Under his leadership, the Centre developed a rich expertise in a variety of fields. "I moved quietly to Sacré-Cœur, but I was already at the Hôtel-Dieu and at the Université de Montréal, in the physiology department. Many of my colleagues came to help me create the Research Centre. I wasn't alone," Dr. Nadeau humbly said. Dr. Nadeau also gave much credit to Dr. André Proulx, who arrived at an opportune time

**“Dr. Réginald Nadeau and Dr. André Proulx took part in all the battles.”**

— Aimé-Robert LeBlanc



Dr. Nadeau in front of an electrocardiograph.

when Sacré-Cœur was no longer a sanatorium. "He created a department of medicine and recruited in cardiology in particular, his specialty, and in other departments as well, in partnership with the Chief of Surgery, Dr. Arthur Pagé. He created the nucleus for an academic unit affiliated with the Université de Montréal. University status required high-quality care, research and teaching," he said.

Dr. Nadeau was also responsible for the creation of a clinical research unit and an electrophysiology laboratory where a large number of specialists from Quebec, France and Switzerland were trained. Dr. Nadeau is considered the father of



This photo was taken during the first applications of cardiac electro-mapping in humans in cardiac surgery at Sacré-Cœur. Pictured from left to right (with titles at the time) are: René Cardinal, researcher at the Montreal Sacré-Cœur Hospital Research Centre (MSCHRC) and professor of pharmacology at the Faculty of Medicine of the UdeM, Dr. Réginald Nadeau, director and researcher at the MSCHRC and professor in the Department of Medicine and Physiology at the Faculty of Medicine of the UdeM, Pierre Savard, researcher at the MSCHRC, professor of biomedical engineering at the Institute of Biomedical Engineering of the École Polytechnique, Dr. Pierre Pagé, researcher at the MSCHRC, cardiac surgeon at the MSCH and professor at the Department of Surgery of the Faculty of Medicine of the UdeM, Gaétan Tremblay, research associate at the MSCHRC, Fernand Roberge, researcher at the MSCHRC, professor of biomedical engineering of the Institute of Biomedical Engineering of the Faculty of Medicine of the UdeM.

cardiac arrhythmia research at the Université de Montréal. With Professor Fernand Roberge from the Institute of Biomedical Engineering and Dr. Jacques De Champlain, he co-founded the Autonomic Nervous System Research Group. He has acquired a great international reputation in the field of cardiology.

Our Foundation was established in 1976 in large part due to Dr. Nadeau and Dr. Proulx and the need to support university level activities. Judge Gilles Fillion, Dr. Arthur Pagé, Sister Marie-Paule Levaque (now all three deceased) and Mr. Guy Crevier were also part of the prestigious group of founding members.

The Foundation has increased its research support by \$500,000 per year in 2021, bringing its annual donation to \$1.3 million. Since its inception in 1976, the Foundation has contributed more than \$25 million to research and teaching out of the nearly \$100 million it has invested in support of this major teaching hospital. The role of the Foundation, which provides financial support, remains important today to ensure that research enables the major specialties of Sacré-Cœur and Albert-Prévost to continue their development.

# 50 years of innovation in research and teaching!

March 16, 2023 marked an important day for our CIUSSS and especially for the Montreal Sacré-Cœur Hospital and the Albert-Prévost Mental Health Hospital, which became officially affiliated with the Université de Montréal for research and medical teaching 50 years ago.

This gave the hospital its renowned status as one of Quebec's most specialized and ultra-specialized hospital centres. This mission has attracted incredible candidates in all areas of activity.

**The entire CIUSSS du NÎM benefits from this affiliation and now includes:**

- > About **50 clinical disciplines**
- > **7,000 interns** each year
- > In **120** medical and professional **disciplines**

To pay tribute to all those who have contributed to this academic mission and to highlight it, several activities will take place throughout the year. Congratulations!



The Foundation's team and his spokesperson Pénélope McQuade are proud to support the university mission and to have participated in the festivities. Here is Penelope during the filming of the video aired on March 16.

*In french only*



What does the designation as a **university centre** mean for the Montreal Sacré-Cœur Hospital and the Albert-Prévost Mental Health Hospital, the two institutions that our Foundation supports on the territory of the CIUSSS du Nord-de-l'Île-de-Montréal?

It refers to **four components**: the provision of specialized and ultra-specialized care and services, teaching for the next generation of university students, clinical and social research, and the evaluation of technologies and intervention methods.

“ Together, we have trained several generations of competent and passionate health professionals, provided high-quality care to the population and significantly advanced knowledge. The work of the talented and dedicated teams at CIUSSS du Nord-de-l'Île-de-Montréal has helped make the Université de Montréal one of the best universities in Canada in the healthcare field. A big thank you to all of you!”

— Mr. Daniel Jutras, Rector of the Université de Montréal





## Teaching: At the heart of Albert-Prévost's mission

Although this year marks the 50th anniversary of the affiliation of Sacré-Cœur Hospital with the UdeM, research and teaching have played an important role in the history of the Albert-Prévost Mental Health Hospital since it was founded in 1919.

Dr. Albert Prévost, a neurologist, offered an innovative approach to the treatment of mental disorders that combined medical, psychotherapeutic (treatments to which he had been exposed during his studies in France and which were becoming increasingly popular in the United States) and milieu therapy. He was assisted in his mission by a physician, Edgar Langlois, and a nurse, Charlotte Tassé. The latter, following Dr. Prévost's untimely death in 1926, helped, along with her partner Bernadette Lépine, to make the sanatorium one of the main driving forces behind the development of psychiatric nursing in Quebec (she founded the first school for auxiliary nurses in the province and established a permanent training course in psychiatry). She ensured the survival of the sanatorium through the economic crisis and its designation as a non-profit institution in 1945. Charlotte Tassé was a pioneer in the teaching and delivery of mental health care in Quebec.

### A UdeM teaching centre since 1955

Renowned as a place of high learning, the Institute obtained its accreditation as a teaching centre of the Université de Montréal in 1955. In 1961, it welcomed its first psychiatric residents and medical students (psychiatric internships became a mandatory part of the university curriculum) and obtained its accreditation from the American Psychiatric Association, an honour held by only three Canadian hospitals at the time.

Dr. Camille Laurin, psychiatrist, psychoanalyst and politician, establishes the first "Graduate Certificate in Psychiatry" program at UdeM and initiated the annual scientific fortnight at the Albert-Prévost Pavilion, which invited renowned European psychoanalysts for 30 years. Considered the mecca of psychoanalysis in Quebec, Albert-Prévost has been home to the Psychoanalytic Psychotherapy Unit since 1985, a sought-after place for training in psychotherapy.

In 1997, at the request of Dr. Christiane Bertelli, Head of Department, the Unit became the Psychotherapy Centre where the four major types of evidence-based psychotherapy are taught to psychiatric residents, fellows and other health professionals. Annual symposia with international guests are also held at the Centre. Three award-winning websites were created by Albert-Prévost specialists and contributed to the modernization of psychotherapy education: [tccmontral.com](http://tccmontral.com), [psychopap.com](http://psychopap.com) and [tcdmontréal.com](http://tcdmontréal.com).



**Dr. Thanh-Lan Ngô,**  
Associate Clinical Professor  
at the UdeM

According to Dr. Thanh-Lan Ngô, Associate Clinical Professor at the Université de Montréal, Director of Academic Affairs and member of the recruitment committee of the Department of Psychiatry at the CIUSSS du NÎM, half of the psychiatry residents at the UdeM and 21% of all medical students do their internships at Albert-Prévost each year. In addition, 11 psychiatrists, professors at various Quebec universities, have done their fellowship training here.

For Dr. Ngô, this strong emphasis on teaching and its glorious history in the development of psychiatric care make Albert-Prévost an environment that attracts quality young people. "In the last two years, I have met with more than 30 candidates for a few positions. They tell us that they are attracted, among other things, by our reputation, the quality of teaching and the climate of mutual support among colleagues. All of the psychiatrists in our department who did their residency in psychiatry at UdeM did internships, sometimes the vast majority, at Albert-Prévost. Other colleagues who did their residency at other universities were **attracted by our reputation for clinical excellence and the opportunity to pursue a career in psychiatric education with colleagues who value the transmission of knowledge to future generations of physicians.**"

According to Dr. Ngô, all of the psychiatrists are involved in teaching. Several have specific responsibilities in the Department of Psychiatry at the university. Dr. Yvan Pelletier is director of the residency program, Dr. Andrée-Anne Marcoux is responsible for teaching as well as for fellowships. All of these people who have a privileged connection with UdeM work daily on this academic mission that began well over 50 years ago within the walls of Albert-Prévost.

## Modernization of nuclear medicine: Work has finally begun!

It took 13 years after the fundraising campaign led by the nuclear medicine physicians and our Foundation, before the construction to implement a PET-CT camera began last March.

Many obstacles and steps were taken so that by the end of 2025, Sacré-Cœur patients would no longer have to travel to a CHUM facility for all the examinations that require this technology.

The three successive heads of the Nuclear Medicine Department have been very active in this project: Dr. Martin Veilleux, Dr. Valérie Levert and Dr. Mathieu Charest have held numerous meetings and called on their entourage to understand the importance of making it happen. **The Foundation raised nearly \$3.4 million to purchase this equipment, thanks to a mobilization of the Nuclear Medicine Department team and the generosity of donors.**

### Modernization announcement

On December 14, 2017, the Ministère de la Santé et des Services sociaux (MSSS) announced its agreement to obtain a PET-CT camera and the expansion of the Nuclear Medicine Department for an investment totaling approximately \$20 million. However, it was necessary to wait for the completion of the new Integrated Trauma Centre (ITC), the Mother-Child Unit and the relocation of the cardiology outpatient clinics, before some areas became available to begin the new construction. The installation of a PET-CT scanner requires space, a structure capable of

accommodating such equipment and compliance with radiation standards.

A few years later and after a pandemic that delayed many announcements, the project is back on track. The final budget was accepted in July 2022 by the MSSS. The budget for the modernization of the entire Nuclear Medicine Department is over \$41 million. The new building will be five times larger than the current one. Thanks to the ultramodern technological equipment, it will be possible to perform twice as many examinations as those done at the CHUM (which amount to between 800 and 900 per year).

In addition to bringing major changes to the entire department, the new PET area will consist of a shielded room equipped with a PET camera, a laboratory for the preparation of radioactive products, 5 injection rooms, a radioactive therapy room and two waiting rooms.

**The five-ring new camera from the latest generation will, in particular:**



- > allow for easier and faster access to PET scans
- > enable us to perform more examinations at Sacré-Cœur and avoid trips to the CHUM
- > offer new treatments
- > even develop new research projects



Dr. Mathieu Charest, Head of Nuclear Medicine, with the plans of the new Department.

**The new PET-CT camera will not only be used to diagnose multiple oncological, cardiological and neurological pathologies, but will also make it possible to offer cutting-edge molecular treatments such as theranostics.** This new approach uses imaging to map cancer cells in the body and treat them in a targeted manner.

Dr. Charest and his team are also on the lookout for new cancer tracers that will now be available through the use of the PET camera, such as for diagnosing neuroendocrine tumors and targeting therapies for prostate cancers. He is also pleased to welcome to his team clinical researcher Dr. Guillaume Chaussé who has every intention of doing research and the PET camera will be an important tool to help him do so. Dr. Charest also believes that with the modernization of his department, Sacré-Cœur Hospital will become an interesting training ground for nuclear medicine.

The work has begun. The future of the Nuclear Medicine Department at the Montreal Sacré-Cœur Hospital looks bright.



## UPCOMING EVENTS

**DÉFI**  
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JUNE 13 TO  
SEPTEMBER 23

TAKE UP THE CHALLENGE OF YOUR CHOICE!



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WHERE: RIGAUD

**véloonco**

SATURDAY  
JUNE 17

WHERE: MRC DEUX-MONTAGNES



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SEPTEMBER 7

WHERE: RBC'S PRIVATE ROOMS,  
PLACE VILLE-MARIE

**OMNIUM**  
GOLF • 2023

TUESDAY  
JUNE 20

WHERE: CLUB DE GOLF SAINT-RAPHAËL

DES **GALA**  
**ÉMILIE**

THURSDAY  
OCTOBER 26

WHERE: HÔTEL SHERATON LAVAL

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If you have any questions about legacy gifts and would like to discuss them, please do not hesitate to contact me.



**Marie-Claude Tellier, lawyer**

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5400, Gouin Blvd West, Montréal, Québec H4J 1C5

Phone: 514-338-2303 • Toll free: 1-866 453-3666  
[fondation.hsc.cnmtl@ssss.gouv.qc.ca](mailto:fondation.hsc.cnmtl@ssss.gouv.qc.ca)

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

