

Donors granting wishes to patients nearing end-of-life

3 Wishes Project creating positive memories, bringing peace to QEII ICU patients

Since May 2018, QEII Foundation donors have played a role in granting more than 300 wishes to over 100 patients at the QEII Health Sciences Centre through the 3 Wishes Project.

The goal of the 3 Wishes Project is to improve the end-of-life experience for patients and their families in the QEII's Intensive Care Unit (ICU). Most wish requests are small and simple, but many have inspired healthcare teams to rise above and beyond the medical support of a patient.

Whether it's a physician who drove to the grocery store at 2 a.m. so that a patient could have their favourite doughnut one last time, or a staff member who digitally recorded a patient's heartbeat and had it placed in a teddy bear so that their children would grow up with a memento of their parent, the 3 Wishes Project is an example of the compassion that's shown by QEII healthcare teams every day.

"For staff, it's a difficult and big change when you've spent the last few days trying to make someone better and then to change that conversation to focusing on how to make the dying process an important and meaningful experience for the family," says Dr. Jennifer Hancock, an ICU physician at the QEII.



One of the QEII's Intensive Care Unit Teams

The 3 Wishes Project is entirely funded by the QEII Foundation and community donations, including the ICU team's own fundraising efforts. To date, granted wishes have included things like visits from family pets, religious ceremonies, a wedding, tea parties and family gatherings.

QEII Foundation donors make treatments less painful for patients

Technology that helps healthcare teams locate difficult veins is transforming treatments at the QEII



A demonstration of the vein finder at the QEII

QEII Foundation donors are providing relief to patients who experience extreme discomfort during treatments that require access to their veins. The QEII Health Sciences Centre's Diagnostic Imaging Department is now home to one of the most simple but effective pieces of technology – vein finders.

Using a combination of infrared light sources that react to hemoglobin, vein finders allow healthcare providers to get an accurate image of veins when they cannot easily be felt or seen by the naked eye.

This means healthcare providers require fewer

attempts to access veins, resulting in a less painful and stressful experience for patients.

"This donor-funded technology helps our teams deliver even better patient care," says Pearl Duffy, Health Services Manager, MRI and District CT, Diagnostic Imaging Services. "Not only does the vein finder assist teams in finding the most comfortable access point and identifying vein direction, it can also allow them to determine the most comfortable size needle gauge based on the patient's vein size."

A vision for 2020 and beyond

By: Lori Scott and Geoff Graham

If you watched Her Majesty Queen Elizabeth II's 2019 Christmas address, she referred to the year as being quite 'bumpy'. She said that small steps, rather than giant leaps, can make a world of difference. While the Queen was referring to global and personal issues of concern, Nova Scotians may say that her statement is relatable to health care in our province.

Our province has had its share of bumps in health care, but healthcare teams continue to provide world-class, compassionate care. It's a new year, a new decade, and the QEII Foundation is ready to 'hit the ground running' and embrace the positive changes on the horizon. Both the small steps – and the giant leaps - forward to help advance health care now and for future generations.

Health care in Nova Scotia is indeed changing. Our province has made a commitment to build a new QEII Health Sciences Centre. And this project is the QEII Foundation's catalyst and opportunity to be part of something big. Our focus will be on next generation technology, life-saving research projects, attracting and retaining the best physicians and staff, and enhancing care for each and every patient.

We want you to be part of this journey with us. We will be reaching out to many of you to better understand your wishes, what motivates and inspires your charitable giving, and your vision for the future. For those with an email address, you will be receiving a short online survey. It will take only a few minutes to complete. Those without email may hear from us in other ways. We value your input and look forward to communicating with you.



We will also be conducting focus groups in March. Through these open discussions, we hope to gain a better sense of the feelings, ideas and perceptions in our community regarding the work of the QEII Foundation. These discussions will help guide us as we prepare for this new generation of health care.

With the magnitude of this endeavor, we want to ensure every small step we take is the right step. To this end, we look forward to keeping you informed of every development as it unfolds.

If you have any questions or would like more information on the work of the QEII Foundation and how you can join us, please

contact Lori Scott, Charitable Giving Advisor, Gift Planning at 902 442 7199 or LoriJ.Scott@qe2foundation.ca, or Geoff Graham, Senior Director of Gift Planning, at 902 442 7196 or Geoff.Graham@qe2foundation.ca.

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- including the QEII Foundation in my Will
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- planning my estate (estate planner booklet)
- using my RRSP/RRIF to arrange a donation
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