



Advancing surgery  
to improve lives

# Investing in your hospital

Access to innovative equipment and timely care, will help us meet the growing needs of local families. Community dollars fund 100% of the equipment and technology in our hospital. Your support is critical to ensuring the best in class care is delivered close to home, when you need it most.

**Together, we make it possible.**



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**Our surgical team is dedicated to offering timely, technically advanced surgery for our patients and community. Our expanding scope of practice means more patients are treated close to home, faster and with improved outcomes.**

Dr. Ingrid Whitehead  
Chief of Surgery



## What Makes CMH's Surgical Program Distinct?

CMH's Surgical Program delivers high quality care and a broad range of sophisticated surgical services with the goal of providing timely access and an enhanced patient experience, close to home. Along with General Surgery, we offer specialized surgery in areas such as Urology, Ear, Nose & Throat (ENT), Breast Reconstruction, and Orthopedics. Surgeons at CMH have the expertise to respond to technological advances in the way surgery is performed including Minimally Invasive Surgeries (MIS) that use smaller incisions for faster, less painful recovery.

### Locations

WING A, LEVEL 1





DAVID'S HEALTHY LIFESTYLE CONTINUES INTO HIS WELL-DESERVED RETIREMENT THANKS TO HIS DOUBLE HIP REPLACEMENT SURGERIES AT CMH.

## Dave's Retirement Wish: Rejuvenate My Active Life

After David moved to Cambridge with his wife Jennifer in 1988, there were a couple of occasions to visit Cambridge Memorial Hospital (CMH) over the years, including for the births of their two children. While thankfully there was nothing major in terms of medical emergencies, David and Jennifer were always pleased with the service they received during routine family use.

Dave and his family always enjoyed an active lifestyle and for Dave, that included hockey, golfing and biking. He was looking forward to having more time to enjoy these favourite activities in his upcoming retirement, but constant joint pain and discomfort in his hips had slowly been eroding his quality of life.

Thirty years after first arriving in Cambridge, just months shy of his 65th birthday, David learned that both of his hips would need to be replaced. He would need the expertise and technology available at CMH as he underwent

bi-lateral hip replacement surgery. This required access to a multitude of programs and services at the hospital and two major surgeries within a period of eight months.

"Being diagnosed and told I needed two hip surgeries, I was apprehensive and uncertain," explains Dave, adding "it's not an easy message to receive."

Dave worried about how he would recover from back to back surgeries and whether he would be able to realize his wish for a healthy, active retirement. He knew the experience and rehab would be challenging but felt confident in the plan and was impressed with the caliber of the team at CMH. He reflects with a smile that "I definitely had a fair amount of interaction with the hospital that year. I was in and out of diagnostic imaging with regularity, and my experiences were so positive. Whenever I had an appointment, I was served well by very capable staff."

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Dave stayed overnight at CMH after both surgeries and was mobile very quickly afterward, which helped propel him toward rehabilitation and his complete recovery. “I am indebted to my CMH surgeon, Dr. Glynn Martin, and the CMH team for what they did for me — it’s truly amazing. I doubt that I could have received better treatment anywhere, and CMH is my local hospital.”

Dave stepped into his well-earned retirement in April 2021, relishing the chance to spend more time with his family, doing the things he loves. His recent surgical experiences altered Dave’s view of the hospital. “We don’t realize that we might need the hospital in a big way,” he explained, “but when we do, we’d like services to be of very high quality.”

Asked if he has final thoughts, Dave pondered carefully. “I had the phenomenal chance to kind of spring into retirement because of the skilled surgeons and care I received at CMH. I am so grateful for the rejuvenation of my active lifestyle.”

## Program Highlights



### Surgical

Every year we perform over 8,500 general and specialty surgeries — that's 23 surgeries each and every day.

We are one of only 50 provincial hospitals that participate in the National Surgery Quality Improvement Program that links quality to the surgical program by monitoring and aligning processes with best patient outcomes.

Nine expansive state-of-the-art Operating Rooms provide our surgical teams with high-tech equipment, monitors, and space. Each operating room provides articulating ceiling-mounted booms that hold tools and equipment up and out of the way, "smart" surgical lights that automatically eliminate shadows on the surgical area, and a special air handling system forms a sterile air curtain around the patient.

Highly-skilled specialized surgeons enable expanded surgical specialties in orthopaedics including spine, hand, shoulder, foot, and ankle surgery that complements CMH's hip and knee joint program. Our hip and knee replacement program has consistently lower than average provincial wait times.

The Surgical Program meets metrics for Cancer Care Ontario wait times. Our breast cancer surgeries use the most up-to-date equipment and techniques to offer a full range of services typically available only at teaching centres, including complete bilateral breast reconstruction.

Our Minimally Invasive Surgery (MIS), a best practice, is expanding. MIS improves patient recovery through smaller incisions that reduce pain, reduce infection rates, and allow patients to return home sooner. CMH offers MIS of the middle ear, spleen, gall bladder, bowel and bladder resection, and total and partial nephrectomies (kidney removal). We are one of only 20 hospitals province-wide to offer MIS ear surgeries.





### **Patient Care Partners**

Diagnostic Imaging  
Laboratory  
Pharmacy  
Oncology  
Fracture Clinic  
Emergency Department  
Surgical Inpatient Unit  
Intensive Care Unit  
Paediatrics

### **Staff Leaders**

Chief of Surgery  
Dr. Ingrid Whitehead  
  
Chief of Anesthesia  
Dr. Laura Puopolo  
  
Director, Surgical Services  
Nicole Craven  
  
Manager, Inpatient Surgery & Rehab  
Sandra Bradshaw  
  
Manager, Perioperative Services/OR  
Alean Jackman



## Investing in Your Surgical Department

Today's surgeries are faster, more precise, effective and efficient. They are also less painful and heal faster thanks to developments in technology, such as Minimally Invasive Surgery. Our surgeons require the most up-to-date tools to provide patients with the best care possible. Investing in surgical tools and technology helps increase our capacity, reduce wait times, improve patient recovery, and attract the brightest surgeons to our community.

DEPARTMENT	EQUIPMENT NEEDS	COST
<b>Surgical</b>	Washer/Disinfector	\$154,000
	Spinal Surgery Table	\$175,000
	Colonoscope & Gastroscope	\$60,000
	Flexible Cystoscopes	\$60,000
	Shock Pulse Monitors	\$60,000
	Spinal Instruments	\$40,000
	Surgical Monitors	\$32,000
	Patient Vital Signs Monitors	\$26,000
	Hemoglobin Monitoring/ Cerebral Oximeter	\$10,000
	Sterile Camera Heads	\$10,000
	Endoscopy Cabinet Drying System	\$7,000
	Surgical Computer Workstations	\$3,200
	Instrument Tables	\$2,500