



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse”

### April 2016

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**Wednesday, April 6, 2016:** the Ottawa Heart Support Group (OHSG) Executive Committee meeting will be held at the Hollands’ house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

**Monday April 18, 2016:** The monthly meeting of OHSG will be held in the University of Ottawa Heart Institution (UOHI) Foustanelas Auditorium 7:15 to 9:00 p.m. with guest speaker **Dean Belway, MPH, CCP, CPC** and the topic is **”Mechanical Circulatory Support in Advanced Heart Failure.”** Dean is a Cardiovascular Perfusionist at the University of Ottawa Heart Institute. The Cardiac Perfusionist operates the heart-lung machine to provide cardio-pulmonary bypass during surgery. His background includes degrees in Kinesiology and Public Health Practice and he has an ongoing interest in clinical science.

#### **General Information**

**Do you remember the April 2015** monthly meeting when guest speaker Dr. Peter Liu gave a presentation on “New Way of Doing Research: Patients as Partners?” Since our April 2015 meeting Dr. Liu has established a Patient Engagement in Research Advisory Council (PERAC) co-chaired by Bob Reid PhD, researcher and Deputy Chief of UOHI Division of Prevention and Rehabilitation, and Mr. Jean Bilodeau, President of the Patient Alumni. This Council is tasked to organize and effectively engage and include patients as partners when conducting research.

The first meeting of the PERAC was held this month and was very informative. Cardiac patients will play a critical and important role in future research at the Heart Institute. The Patient Alumni and Ottawa Heart Support Group will play a key role in this project.

All former UOHI patients are members of the Alumni (and from now on all discharged patients will become automatically members of the Alumni). The OHSG performs an important education function at its monthly meetings.

This important Advisory Committee will become operational in a step-by-step process with the interactive input and coordination among all involved partners. As more information becomes available we will share it within our OHSG community for information and feedback as appropriate.

**Signing in at the meetings is very important** for our OHSG; this information is used when negotiating with the Heart Institute for meeting space and requirements, selecting the topics for the presentations, keeping our administration files current. We need your cooperation when arriving at the Foustanelas auditorium for our meetings to sign in. Over the last few months 30% of those that attend our meetings have not sign in. **Those that attend whether a member or not are required to sign in.**

**The UOHI Foundation** deserves three cheers for carrying out a very successful fundraiser for Heart Month in Canada. The following was received from Sarah MacLaren, Special Events, Community and Corporate Engagement University of Ottawa Heart Institute Foundation: On behalf of the Ottawa Heart Institute Foundation, thank you for your support with our February Is Heart Month - Wrap up Appreciation and Celebration. The event gave our stakeholders a rare opportunity to see the inner-workings of the Heart Institute: research developments, expansion, programs and medical equipment which their efforts have kindly supported. We truly appreciate all of your time and thank you so much for joining us and supporting the Foundation. Thank you!

**Remember, it's our responsibility to keep ourselves adequately informed — and to proactively manage the state of our health!**



***“One” organ donor can save up to “Eight” lives  
Check out [beadonor.ca](http://beadonor.ca), or <http://giftoflife>***

**REMEMBER**

**Do not put money in the machines for parking on Ruskin Street after 7:00 p.m.**

**[www.ottawaheartsupportgroup.com](http://www.ottawaheartsupportgroup.com)**

***William A Holland***

President,

**Ottawa Heart Support Group**

