

I HAVE THE BEST JOB IN THE WORLD!

My name is Chenoa Cooney and I am a labour and delivery nurse at the Lakeshore General Hospital's Birthing Centre.

I say it all the time and I genuinely mean it, I have the best job in the world! I get to see the best day of people's lives every day! Seeing the miracle of a child coming into the world and all the love and happiness in the room is absolutely amazing and beautiful.

Every day when I come to work, I feel like I am coming into my second home. The fact that we are a community hospital with a team of about 30 nurses and doctors in our unit creates a great dynamic. We are very close-knit and there is a high level of trust and respect between us. Most importantly, we know that we are all working toward the same goal: to support families and help them have the best birthing experience possible.

The Birthing Center, with its pastel colours and spacious layout, is a warm, welcoming place where patients feel confident to go through the process of having a baby. The new equipment that we received through the Lakeshore General Hospital's Foundation also contributes to creating that atmosphere and comforts patients by letting them know that they are receiving premium care.

The wireless monitors, for example, are amazing. They allow patients to be more mobile, and not be forced into staying in bed, which is extremely uncomfortable for them. Women in labour should be moving and changing positions, and these monitors give

them the freedom to go around freely, even if they need to be continuously monitored. It is also very reassuring for us, as we can keep a close eye on both the baby and the mother.

Dealing with people's unborn babies is a huge responsibility and that fact never gets lost on us. A major aspect of being a labour and delivery nurse is being able to handle high-stress situations and work under pressure very well. We had a patient who had a planned caesarian because her baby was breeched, but she called to say her water had broken, so we had her come in right away. Breech deliveries are high risk, which is why we do them by caesarian, but the patient was already at 8 cm when she arrived at the hospital. Timing was crucial and there was no time to prepare for a C-section, we had no choice but to deliver the baby right away. It was a very stressful moment for all of us, but it was one of our amazing doctors, Dr. Yvonne Vasilie, who was in charge, and the baby came out beautifully and everything was fine.

I always tell my patients: "You're the boss, this is your time and you get to decide how it goes as long as everything is safe."

One of my greatest motivations is seeing that I have made a woman realize the power she already had inside of her, to look into her eyes



and to see that she believes me when I tell her that she can do this. Women and their families have been dreaming about this day for so long, and I am there to make it the best experience possible, be supportive, respect their wishes and give them everything that they hoped for.

Being a part of these magical moments every day makes me so happy. I will never say it enough: I really do have the best job in the world! •

YOUR DONATIONS MAKE A DIFFERENCE!

Thanks to you, the 1,800 babies born at the Lakeshore General Hospital each year, as well as their parents, will benefit from the new equipment in our Birthing Center:

- A centralized monitoring system to allow our medical team to follow mother and baby progress even when they are out of the room.

- 24 reclining chairs for the comfort of the second parent.
- 20 latest generation bassinets, which allow mothers to pick up their new born while remaining in bed.
- 2 "biliblankets" for skin on skin contact with the parent during phototherapy (to treat newborn jaundice) and jaundice meters.
- 3 breast milk pumps on wheels to help stimulate milk production for breastfeeding.

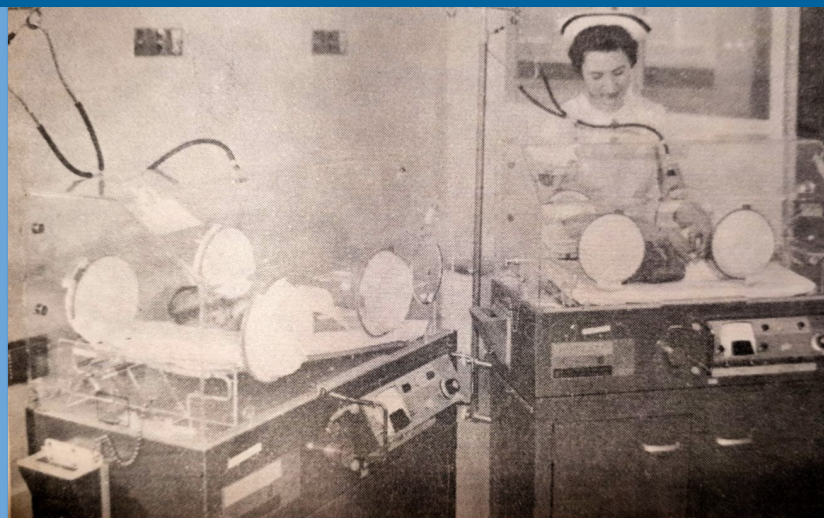
THE LAKESHORE GENERAL HOSPITAL HAS REDUCED ITS INFECTION RATE BY 35%!

We have a lot to be proud of! Thanks to your donations, the Lakeshore General Hospital is the only community hospital in the province to participate in the NSQIP program that has helped to reduce the infection rate related to surgeries by 35%! For the past three years, the Foundation has been funding this leading-edge program of assessment and improvement of surgical care that reduces risks related to complications, as well as the duration of hospital stays.

"I had surgery done for the first time at the Lakeshore General Hospital. From the moment I arrived, your great doctors and their amazing team put me at ease. I was very nervous, but they reassured me and answered ALL my questions. I am at home now, recovering really well. Thank you so much to everyone that was involved in my care, I felt very well taken care of throughout the whole process."

Corey, Dollard-des-Ormeaux

This means that patients, like Corey, can recover from their surgery safely with family, in the comfort of their home! •



A GLIMPSE AT OUR HERITAGE

54 Years of "Lakeshore Babies"!

Do you remember how it was to give birth 50 years ago? The year the Lakeshore General Hospital opened in 1965, 1,311 babies were born. Back then, men were not allowed in the room during delivery, newborn babies went straight to the nursery and were on display only a few hours a day, and mothers were asked not to smoke while they were in the room with their baby. How times have changed! •

A VERY WARM THANK YOU TO OUR ANNUAL PARTNERS COMMITTED TO HEALTH!

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