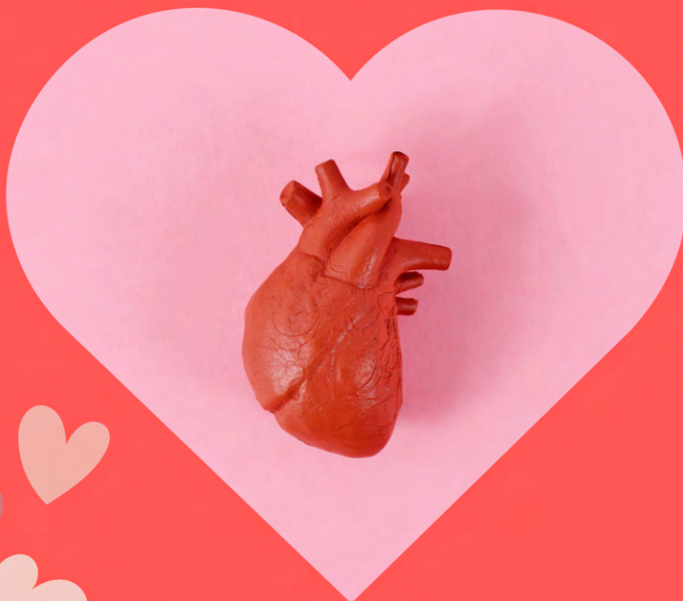


# FMC Cardiac Sciences



## February is Heart Month!

February is a time to bring attention to the importance of cardiovascular health. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. At the Foothills Medical Centre, UNA Local 115 would like to highlight some of the amazing teams that care for cardiac patients in Alberta.



## Thank You!

To everyone who helped make this project possible!

The amazing care provided and work being accomplished would not be possible without a committed team of Nurse Clinicians, Clinical Nurse Educators, Clinical Nurse Specialists, Nurse Practitioners, Registered Nurses, Licensed Practical Nurses, Health Care Aides, Unit Aides, Respiratory Therapists, Social Workers, Physical Therapists, Occupational Therapists, Spiritual Care providers, Nursing Managers, Perfusionists, Physicians and many more.







## UNIT 81



Unit 81 is comprised of 38 beds dedicated to Medical Cardiology inpatient care, catering to a diverse patient demographic spanning various life stages.

Admissions on Unit 81 include a wide range of cardiac conditions such as abnormal heart rhythms, Congestive Heart Failure, Pre and Post Heart Transplant, Heart Attack, Pre and Post Cardiac Catheterization, as well as the implantation of Pacemakers and other cardiac devices, among other medical cases.



### INTERESTING STATS:

Unit 81 has an average admission rate of 192 patients per month. The average age of our patients on Unit 81 is 68 years old, and the average length of stay is 6.3 days.

What is your favorite thing about Unit 81?

*"My colleagues - the team. Also, working with the cardiologists. I am fascinated by cardiology, and I have been working in cardiology for 17 years."*  
-Katie, NC

### DID YOU KNOW?

Unit 81 made history by being the first in Canada to use milrinone infusion as a bridge to end-of-life care for adult palliative heart failure patients outside of acute care.





# FMC Cardiac Sciences



## UNIT 82



Unit 82 is also a 38-bed unit, and within the unit is a Cardiac High Observation Area. Unit 82 has an average admission rate of 195 patients per month. The average age of patients is 68 years old, and the average length of stay is 5.9 days.

Unit 82 sees a wide range of cardiac conditions such as abnormal heart rhythms, Congestive Heart Failure, Heart Attack, Pre and Post Cardiac Catheterization, as well as the implantation of Pacemakers and other cardiac devices such as ICDs.



### What is your favorite thing about Unit 82?

*"My colleagues, the team. I like being able to help people with their cardiac issues and go home chest pain free. It is a professional satisfaction for me."*  
-Jay, RN

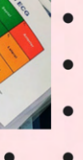
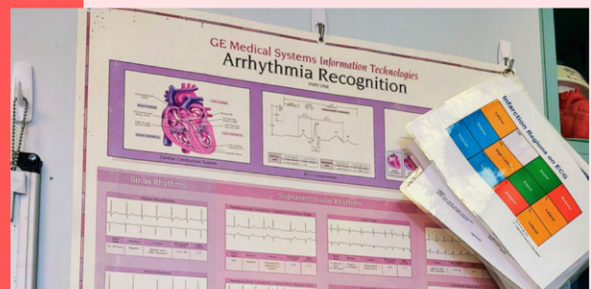
*"We have good team work. My favorite thing about cardiology is the patients we treat."*  
-Karen, RN

*"My colleagues. With cardiology, you are always learning. I like completing patient teaching."*  
-Melody, RN

### DID YOU KNOW?

Unit 82 has the only known Cardiac High Observation Care Area in Southern Alberta.

With a capacity for 12 beds, this care area provides specialized care tailored to meet the unique needs of some of the sickest cardiac patients.







Unit 91 is comprised of 38 beds primarily dedicated to post-operative cardiac surgery patients.

Unit 91 started with only 5 open heart surgeries per week, with one 4 bed room as our open heart step down room.

Now only focusing on cardiac surgery we do up to 36 open heart surgeries per week with a 12 bed step-down room.

We do approximately 1500 open heart surgeries per year. Open Heart Surgeries include CABG, Valve Surgeries, Thoracic Aneurysm Surgeries, VAD implants.

Unit 91 now does Minimally invasive surgeries, including both Valve and bypass.

## DID YOU KNOW?

30 years ago, Unit 91 used to be a urology, vascular, thoracic and cardiac surgery unit. Unit 91 then transitioned to primarily thoracic and cardiac surgery post-op care.

Historically, cardiac surgery was done at the Holy Cross and Foothills Medical Centre. It was in the 1990's when all cardiac surgery was moved to FMC.

In the early 2000's, Unit 91 became the post-op cardiac surgical unit.



What do you like most about cardiology and Unit 91?  
"I love the team of nurses, NPs and doctors. I have worked in cardiac for 16 years, still love it!"

-Brittany, NC







Short Stay Cardiology admits both Inpatients and Outpatients for Pre and Post procedure care for cardiac Cath Lab procedures, Pacemaker procedures, Echo procedures and Structural heart procedures.

Patients come from Central, Calgary, and South zones in Alberta, as well as interior BC.

Cath Lab procedures performed include Coronary Angiograms, Coronary Angioplasties, Electrophysiology procedures such as ablations and cardioversions, pacemaker implants, intra-aortic balloon pump insertions, Impella insertions, and structural heart procedures such as Trans Aortic Valve Implantations (TAVI) and ASD/PFO closures.



Unit 92 is a 20 bed Unit. The Unit 92 team is comprised of hardworking and highly skilled RN's, Nurse Clinicians, LPNs, HCAs and Administrative Support.

The dedicated team works collaboratively with all Cardiac Science Inpatient Units, Ambulatory Clinics, and Cardiac Diagnostics areas to facilitate the care of the patients on Short Stay Cardiology.



Staff on Unit 92 are continually enhancing skill sets to meet the ongoing needs of our Cardiology Patients. Most recently staff have expanded their knowledge and scope around the post procedure care of TAVI patients.

What do you like most about cardiology and Unit 92?  
"It is always interesting and full of surprises, you don't know what you might see. Unit 92 is a busy, fast-paced unit. Lots of churn, patients out and in. You get to understand a multitude of procedures."  
-Liliana, NC

**DID YOU KNOW?**  
Unit 92 recently expanded to a 4-bed satellite location and is supporting the expanding TAVI program at the Foothills Medical Centre







## CICU



The Cardiac Intensive Care Unit (CICU) stands as a unique tertiary cardiac care unit within the Calgary Zone, distinguished by its unwavering commitment to delivering an advanced level of cardiac care unparalleled in any other Cardiac Care Unit (CCU) in the Calgary Zone.

The CICU extends its reach to Albertans, encompassing a catchment area that spans from Red Deer to the US border and into parts of Southern BC. Dedicated to addressing a spectrum of critical cardiac conditions, the CICU plays a pivotal role in managing admissions involving Acute Coronary Syndrome, STEMI, NSTEMI, advanced heart failure, cardiac arrhythmia, and post-cardiac arrest. Furthermore, we specialize in caring for patients experiencing Cardiogenic Shock necessitating advanced therapeutic interventions like Intra-Aortic Balloon Pump or Impella.



### What makes CICU and cardiology so special?

*"I like the teamwork, it is outstanding. I also like the patient population, I find it very rewarding. A patient will have a heart attack, go to the cath lab, and we get to help them go home. Also, the heart is the coolest organ"*  
-Delaney, RN

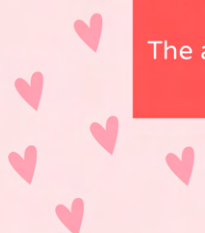
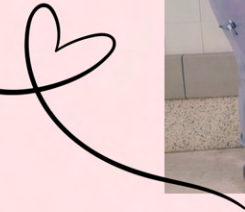
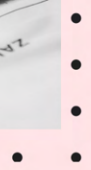
*"There is always lots of things to learn. Skills, technique, knowledge. I find reading ECGs fascinating. The people I work with are nice and professional, very kind and smart."*  
-Ada, RN

### DID YOU KNOW?

The CICU has an average admission rate of 177 patients per month

The average age of CICU patients is 66.8 years old

The average length of stay in the CICU is 2.9 days







## CVICU



The CVICU has 16 beds on Unit 94 and 4 beds on Unit 104. In 2023, there were approximately 1500 cardiac open heart surgeries performed.



What do you like the most about cardiology and CVICU?

*“There are so many reasons to love CVICU. The populations is really interesting and dynamic. We are such a small and close team. What makes CVICU stand out to me, it is the highest acuity of cardiac care you are going to get. We see evolving aortic dissections, cardiogenic shock, heart-lung bypass, VAD patients. There is so much to learn. You are able to connect with so many people, and hopefully have a positive impact.”*

-Cora, RN



### DID YOU KNOW?

After completing a quasi-experimental study in 2018-2019, FMC adopted a new movement strategy for patients post-sternotomy, KYMITT (Keep Your Move In The Tube); their study was published in the European Journal of Cardiovascular Nursing (EJCN) in 2020.

The team is now looking at making this movement strategy a national guideline for all post-sternotomy patients; the team published a scoping review for this evidence-informed practice in EJCN in 2024. The team has presented their findings at the Canadian Cardiovascular Congress in 2019 and have gained some international interest – a team from the Netherlands visited FMC in 2023 to learn more and collaborate with our multidisciplinary team.







## Device Clinic



Nurse Clinicians in the CIED clinic (Pacemaker/ICD) provide specialized services within Calgary zone supporting satellite clinics and is based out of FMC. NCs receive additional training, some have become Heart Rhythm Society Certified Cardiac Device Specialists (CCDS designation) and one receiving the designation of Fellow of the Heart Rhythm Society (FHRS).



The Device Clinic at FMC provides state of the art patient care, including supporting 1370 implant and surgical revision procedures for pacemaker/ICD implantation and removal, occurring in multiple operating rooms and the EP labs at FMC.

The FMC has four clinic exam rooms that operate Monday to Friday. Other sites have one or two exams rooms.

In 2023 the team has had 12,773 patient visits and close to 2,000 remote monitoring visits. The clinics follow approximately 14,000 patients who have pacemakers, ICDs, and cardiac resynchronization devices.



### What do you like most about cardiology and the Device Clinic?

*"I find Cardiology exciting, it is something that affects almost everyone. I have been a RN for 10 years, worked on lots of cardiac units.*

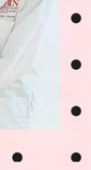
*At the Device Clinic, I like seeing people have their event and do well afterwards. I see patients over time, deal with their arrhythmias. We have a really good team, everyone wants to do their best"*

*-Jesse, RN*

### DID YOU KNOW?

The clinic provides 24/7 on-call coverage within Calgary zone for both pacemaker and ICD emergencies.

The FMC Device Clinic has led the country in a lot of ways. It was the first location in the WORODL to implant the new Abbott Leadless pacemaker called AVEIR VR and has been the first in Canada and Western Canada with many technological innovations in heart rhythm care.







The FMC Cardiac Cath Lab is the only Cath Lab south of Edmonton in Alberta. The Cath Lab treats patients across central and southern Alberta, as well as parts of British Columbia.

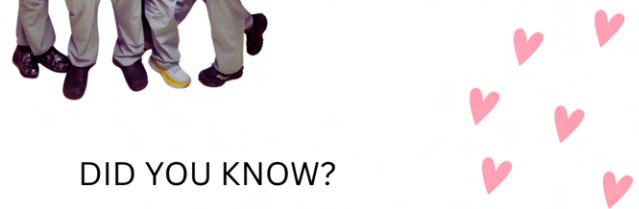
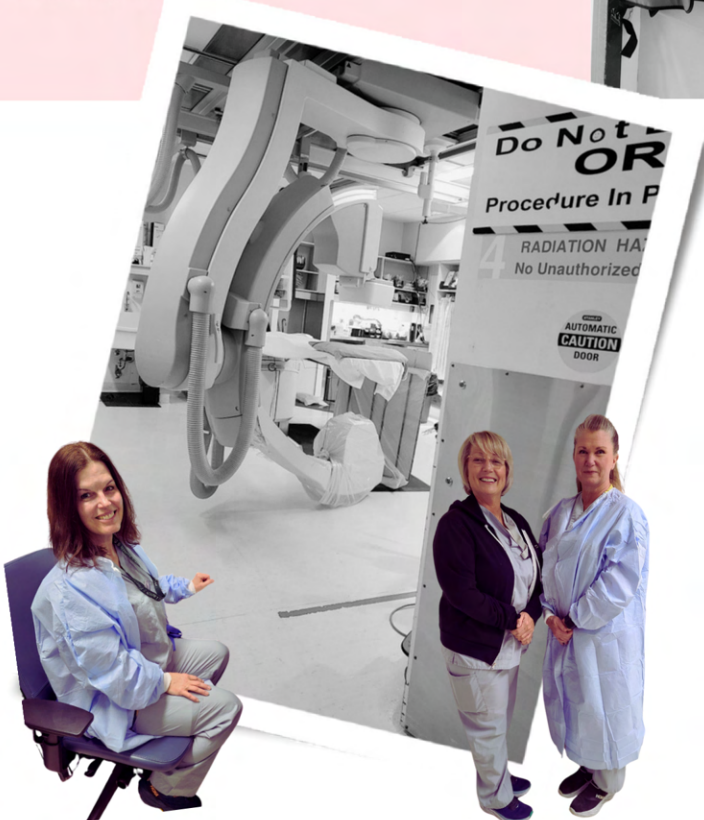
The Cath Lab performs over 4000 angiograms per year, and over 2000 angioplasties and various other percutaneous procedures. The Cath Lab has a strong TAVI program to repair aortic valves without the invasiveness of open heart surgery.

This year, the Cath Lab became the first centre in Alberta to offer the Mitral Clip procedure to repair mitral valves.

What do you like most about cardiology and the Cath Lab?

*“Cardiology is very multi-faceted and very interesting. There is never a dull moment. I enjoy the people I work with and the work we do.”*

-Marina, NC



## DID YOU KNOW?

The Cath Lab is on call 24/7 and performs over 1000 emergency procedures for STEMI patients each year.

All of this to keep our hearts pumping 4-6 litres per minute!





The FMC Electrophysiology Department diagnoses and treats various cardiac arrhythmias.

The EP Lab performs around 800 ablations and 250 pacemaker implants each year.

The EP Lab is the only centre in Alberta that implants Left Atrial Appendage Occlusion devices for stroke prevention.


56% of ablation procedures performed in the EP lab are for atrial fibrillation.

Most of our ablation procedures require a 3D mapping system that the EP nurses navigate.



## DID YOU KNOW?

When performing ablations in the EP Lab, the team can use cold or heat for to burn pathways causing cardiac arrhythmias so they stop occurring.

And the beat goes on! 



## J.L. "Sam" & Beverley Mozell Heart Rhythm Treatment Research and Education Laboratory



What do you like most about cardiology and the EP Lab?

*"I've spent my entire career so far in cardiology, starting on Unit 91 to Unit 92 and then EP Lab. I love the staff and the ever-changing research and ideas. The heart is so interesting!"*

*I love the variety of electrophysiology, from procedural work to advanced ECG interpretation to team work with the Cath Lab staff. The EP Physicians are terrific - so intelligent and accessible. As a highly specialized area of cardiology there is a huge emphasis on technology and staying up to date with new equipment and modalities to enhance care. I love my job working as an EP NC."*



-Tara, NC



# FMC CARDIAC SCIENCES

Within Cardiac Sciences, many patients are treated/diagnosed with heart failure.

It is estimated that about 750,000 Canadians are living with this condition.

The teams are directly involved in caring for these patients and are committed to providing excellent care. Education is key to engaging patients and families as active participants in their care and improving quality of life. For that reason, a group of 7 amazing nurses came together and invested their time in creating high quality multidisciplinary educational videos that enhance both patient's and family's knowledge.

The Calgary Zone is benefitting from an easily accessible patient education video series. This team was accepted to present their work at the CCCN in May 2023.



SCAN HERE



CARDIAC  
EDUCATORS!



In cardiac surgery, there have been several innovations and advancements. In 2021, a multidisciplinary team within Cardiac Surgery at the FMC believed there was an opportunity to improve post-operative care and hospital length of stay for patients undergoing minimally invasive cardiac surgery (MICS). Through a meticulous process that involved a comprehensive literature review, the accumulation of current data, and direct patient consultation - the MICS Fast Track Protocol was conceived - a pioneering and tailored care pathway for patients undergoing MICS. Mitral Clips are a new procedure to FMC in November 2022, a non-invasive option to repair leaking mitral valves - no incisions and shorter recovery times.

TAVIs are a non-surgical approach to valve implant and have been an option in FMC for a few years now. The demand for this procedure has increased and the multidisciplinary team is focussed on standardizing and optimizing this practice.



# LOCAL 115 UNIT HIGHLIGHTS



*Which unit/team should we highlight next?*

