

"Your Gifts at Work"

2006 Donor Newsletter

CANADIAN ORTHOPAEDIC FOUNDATION

OUR MISSION:

To achieve excellence in bone and joint health, mobility and function through the advancement of research, education and care

Canadian
Orthopaedic
Foundation



> Message from the President and CEO

On behalf of the Canadian Orthopaedic Foundation's Board of Directors, staff, and volunteers, thank you for your generous support of our mission. We view your donation as your expectation that we'll put your gift to work, to find solutions to the challenges people requiring orthopaedic treatment face: access to surgery and access to information about their surgery and recovery.

As you've no doubt read in the news, access to orthopaedic surgery, specifically access to hip and knee replacements, has come to the forefront of the government agenda and in the media. Many Canadians are living with pain and restricted mobility as they wait inordinate amounts of time for the surgery that will help them resume their every day lives. Through the voices and efforts of affected citizens, orthopaedic professionals, governments, and health care organizations like ours, positive change is emerging in some parts of Canada.

www.canorth.org

Add Your Voice!

Click on "Patient Advocacy" to tell your story.

However, with well over 100,000 Canadians estimated on wait lists and with our population aging, concerted and sustained effort is needed to meet the rising demands. The Canadian Orthopaedic Foundation will continue to lend its voice to keep reducing the wait lists a priority until we can all count on timely orthopaedic treatment.

While patients report there is good information available on common bone and joint conditions and diseases, our research reveals that patients want to know about their surgical intervention, what to expect, and how to prepare for the best possible outcome. And we've uncovered a deeper need: many people waiting for surgery don't want to burden people with complaints or have no one to support them. Lacking helpful information and support, they feel alone in their pain and limited mobility and as a result, tend to decline in general physical and emotional health.

Through your generosity, the Canadian Orthopaedic Foundation this year will launch Ortho Connect, a telephone-based peer support program, designed to give people a real-world, patient perspective of what to expect and how to prepare themselves, their home and life for their upcoming surgery. Trained volunteers - former patients - share their experience and understanding ear to help clients work through questions and concerns to increase



their understanding and confidence with their upcoming treatment. It complements and extends the support and care provided in hospitals and offices to the comfort of the patient's own home. And it's easy to access and available to patients and their loved ones. All a client needs to do is contact the Foundation and complete a short profile to ensure we can make a good volunteer match. Within two days, a volunteer contacts the client and the support begins. This valuable program will be available anywhere in Canada anywhere there is a phone.

Late in 2004, the Canadian Orthopaedic Foundation launched a new website with basic information about the most commonly performed surgeries. With your gifts, we continue to add information about other types of surgery, complemented with articles featuring actual patients. People

across Canada are able to access this information at the click of a mouse, and they let us know how helpful it is. Visitors to the website say that the information has helped them understand what to expect and that they feel more at ease with the treatment they will receive. More great news: website traffic has increased by over 450% since the 2004 launch. That means your dollars are helping more Canadians learn and prepare for their best possible outcomes.

www.canorth.org

Looking for information and support? Click "Patient Resources" then "Ortho Connect".

The healthcare system is beginning to see patients as equal, active participants who do everything to prepare themselves and their environment for their upcoming surgery or treatment. Knowledgeable patients are more likely to use a doctor's time wisely and to their benefit - coming away with the information that will be of most help to them. And, those patients typically need to visit the doctor less often. The Foundation's Ortho Connect program and website information programming play positive roles in this preparation, and those are just two of the ways we put your gifts to work.

We hope you'll read on in this newsletter and visit our website to see donor gifts at work in the areas of research support, educational grants, and community care. Your gift makes these charitable works possible, and we're grateful for the trust you place in us by way of your gift. The Board of Directors, staff and volunteers share with us the commitment to uphold your trust in the passionate pursuit of our mission. Thank you for sharing our passion!

Doug Thomson
President and CEO
Canadian Orthopaedic Foundation

Thank You for 15 Great Years!

Hip Hip Hooray!, our flagship fundraising program, has raised over \$18 million for bone and joint health in its fifteen-year history. This short walk is symbolic of orthopaedic patients' return to mobility achieved through orthopaedic surgery. In May 2006, thousands of patients, surgeons and other health care professionals in over thirty cities raised over \$1 million and we're still counting! Visit www.hiphiphooray.org to find the event nearest you, and plan to join us in 2007!



Save the Date
Sunday,
May 27, 2007
to celebrate your mobility at a Hip Hip Hooray! walk near you!
(dates in some communities may differ).



We salute our dedicated volunteers! These talented and passionate people are the face of the Foundation in the community, where the surgeon treats the patient and where the donor makes the gift. Fundraisers, peer support volunteers and guardians of community funding, we are proud to work along side them to achieve excellence in bone and joint health, mobility and function for all Canadians.



Dr. Rumble, *Hip Hip Hooray!* national chair, and volunteers.

Caring for Communities

A portion of proceeds from the *Hip Hip Hooray!* program are made available to the communities in which they are raised. Each community's Disbursement Committee determines the use of these funds for the highest benefit according to local need. Examples include:

- Calgary, AB: Funded the Dr. Gary Hughes Public Education Forum, "An Afternoon in Arthroplasty", which offered information concerning hip and knee replacements, arthroscopy and arthritis to patients and their families.
- Halifax, NS: Funded a research project with Perioperative Blood Conservation for \$5,000 and donated \$4,100 to the Queen Elizabeth II Hospital for orthopaedic research.
- Hamilton, ON: Provided support to a one-day information session, 'Day in Arthroplasty', focused on educating and empowering patients, and the general public, about total joint replacement surgery.
- Sault Ste. Marie, ON: Purchase of hip cushions which are given to every total hip replacement patient at Sault Area Hospital. Patients have info on post-op hip precautions at their fingertips and the purchase decreases the cost of post-op equipment for patients.

Community Committees have the latitude to invest in community initiatives or supplement national programs administered by the Foundation's national office. For example, Edmonton, AB directed a portion of their funds to the launch of the peer support program, Ortho Connect, across the province of Alberta. "Ortho Connect is a patient focused program that ties perfectly with the Provincial arthroplasty project in Alberta," says Daralyn Williams, an orthopaedic nurse and member of the Edmonton *Hip Hip Hooray!* disbursement committee. "The project has an expectation that the patient is an equal, active participant who does everything possible to prepare for their upcoming surgery. Ortho Connect can play a positive role in this preparation.

Working Together

The Canadian Orthopaedic Foundation is a supporter of the Bone and Joint Decade Canada's goal to promote the preservation of bone and joint health across the lifespan and to improve the health-related quality of life for people with musculoskeletal disorders. Learn more about the activities in the World Health Organization sanctioned decade of the bone and joint at www.bjcdcanada.org.

Our work as part of the Alliance for the Canadian Arthritis Program (ACAP), an alliance of over 30 organizations working together to help people with arthritis, culminated in the national Summit on the Standards of Arthritis Prevention and Care in Ottawa on November 1-3, 2005. The outcome from the Summit is established standards for arthritis care, one of which is "Access to Surgery" - a major concern for persons with advanced arthritis. View these groundbreaking standards at www.arthritisalliance.ca.



