



Dehydration to Diabetes Diagnosis

It was probably just the flu. That's what everyone was thinking when three-year-old Caleb from Cambridge was feeling under the weather in August 2013. Then came the vomiting during a ride in the car.

"I took him to the hospital in Guelph, where they discovered he was dangerously dehydrated," recalls Caleb's mother, Kayleigh. "He was diagnosed with type 1 diabetes, and he was so sick that they rushed him to McMaster Children's Hospital."

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Dehydration to Diabetes Diagnosis

(Continued from page 1) Caleb was suffering from diabetic ketoacidosis, a potentially life-threatening condition in which the body produces too many acidic ketones due to a lack of insulin. If untreated, it can cause fatal organ failure.

“The team in the Pediatric Intensive Care Unit hydrated Caleb and stabilized him by bringing his blood sugar levels down to a more normal level,” says Kayleigh. “Then they began to educate us about how to do insulin injections and manage the diabetes through diet.”

With a new plan to keep his blood sugars at a healthy level, Caleb was discharged home – but that was just the beginning of his journey with Hamilton Health Sciences.

Kayleigh became concerned when she began to receive phone calls from school – Caleb was misbehaving frequently and he couldn’t seem to control his impulses.

“Our pediatrician referred us to Ron Joyce Children’s Health Centre in 2018, which resulted in a diagnosis of mild autism,” says Kayleigh. “We’re forever grateful to Hamilton Health Sciences for the diagnosis, and for connecting us to various resources in our area so we can receive care closer to home.”

Although Caleb doesn’t require any regular appointments at Ron Joyce Children’s Health Centre, both he and Kayleigh are comforted to know that the expert



clinicians are always available to answer questions and provide support.

Today, Caleb is an active 10-year-old who races go-karts competitively. He enjoys speaking publicly about his diabetes and autism, and he takes pride in knowing that he can make a positive difference by mentoring and encouraging others with these conditions.

“Nothing can hold back this amazing kid. He never gives up and he’s determined to make the world a better place. I’m so proud of him.”

To watch a video about Caleb’s story or to make a donation, visit hamiltonhealth.ca/caleb



Legacy Gift Enables Special Book

A donor-funded book is helping to educate ankle-foot orthoses (AFO) users at Ron Joyce Children’s Health Centre.

Beau and His New AFO: A Children’s Guide to Ankle Foot Orthoses was written by Stephanie Blunt and illustrated by Amelia Levick and Katrina Whitmell. The three collaborators are graduates of the Orthotic and Prosthetic technical program at George Brown College. They created this research-based book to teach young orthotic users and their caregivers about taking pride in their AFO and learning how to care for it.

“Kids will learn things like the correct way to wear their AFO and how to clean it,” says Stephanie. “We also hope patients will welcome seeing children like themselves in the book.”

An AFO is a device that supports and controls the position of the ankle and foot. AFOs are used to address functional issues that result from a physical or developmental issue. The device can help support the limb during activities of daily living.

Thanks to a generous estate gift to The Foundation from patient and hospital volunteer Joyce Mattick, pediatric patients receiving an AFO will receive a copy of the book. Joyce passed away from cancer in 2014. However, this book enables her legacy to live on into the future.

Standardizing Appendicitis Care

Appendicitis is a dangerous inflammation of the appendix, and surgery to remove the appendix is one of the most common pediatric surgical emergencies. A quality-improvement project called QUAPPE (Quality Assurance & Performance Improvement Project for Suspected Appendicitis), led by Dr. Helene Flageole and supported by 2017 Foundation gala proceeds, was aimed at standardizing the care provided to patients who were suspected of suffering from appendicitis.

“We see approximately 250 to 280 cases a year,” says Dr. Flageole. “Our goal was to standardize the process of caring for these patients in the Emergency Department.”

The study involved using an appendicitis score – a series of questions to determine if a patient required a standard ultrasound. Care teams then used a risk-assessment tool, in combination with the findings from the ultrasound, to determine if a patient was at a low or high risk of having appendicitis.

“Patients who are determined to be low risk are safe to go home,” explains Dr. Flageole. “Prior to QUAPPE, many of these children would have been admitted unnecessarily, which impacts our scarce resources.”

The study has resulted in a decreased number of CT scans being conducted, as ultrasounds have been found to be more effective at diagnosing appendicitis.

“We hope our process will be standardized in community hospitals throughout the region so patients aren’t transferred to McMaster Children’s Hospital for unnecessary diagnostic tests when they could safely go home,” says Dr. Flageole.



Dr. Helene Flageole (standing) and Denise Allen, Clinical Secretary

Now more than ever, we need your support!



Due to the COVID-19 pandemic, *MackKids Walk & Wheel* will be a little different this year.

For more information, please go to: mackids.ca/walkandwheel

Hamilton Teen is a Champion

Fifteen-year-old Raynham McArthur of Hamilton is our Children's Miracle Network (CMN) Champion.

When she was 11 years old, Raynham was rushed by ambulance to McMaster Children's Hospital. Her brain was swelling and her body systems were shutting down due to complications from type 1 diabetes. She was at high risk of suffering a stroke and having permanent brain damage. After three days of intense round-the-clock care, the swelling in her brain began to subside and no signs of brain damage were found.

A glucose-monitoring device was later implanted beneath her skin to measure her blood sugar levels every five minutes. An insulin pump tube was also inserted under her skin and it delivers insulin as needed. Today, Raynham is thriving and enjoying the life of an active teenager.

"The team at McMaster Children's Hospital saved my life," she says. "They'll always be like family to me."

Champions is an awareness program designed to educate communities about CMN, the important work of its member hospital foundations, including McMaster Children's Hospital Foundation, and the financial needs of children's hospitals.



Bruce Squires, President, McMaster Children's Hospital; Raynham McArthur and her parents, Joanna and Andrew; and Pearl Veenema, Chief Executive Officer, Hamilton Health Sciences Foundation



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