

An update from India

In June 2010, Children's HeartLink traveled with a team of medical volunteers from Packard Children's Hospital at Stanford to Innova Children's Heart Hospital in Hyderabad, India. On that visit, we met Shrija, a four-year-old girl who had been waiting over a year for the Packard team to assist the local team in performing her heart operation — a complicated single ventricle repair.

We have received a few emails from Shrija's father over the past year (excerpted below), and we are glad to report that Shrija is doing very well!

"I feel so happy to say my daughter was discharged on 12 July, 2010, after a long time hospitalization. How can I ever say thanks to you and all your team members?"

— M. Venkateswara Rao, July 16, 2010

"How are you? My baby, Shrija, is well. I am sending a photo of her on her birthday on 25th March, 2011. I hope your team will come to India in June. I want show my baby to your team."

— M. Venkateswara Rao, April 1, 2011



Shrija is shown in June 2010 with her dad (top), in July 2010 after her operation (middle), and in March 2011 with her twin brother on their birthday (bottom).

Children's HeartLink Global Partner Sites



CHILDREN'S HEARTLINK STAFF

Elizabeth Perlich Sweeney
President
elizabeth@childrensheartlink.org

Estelle Brouwer
Vice President and
Director of International Programs
estelle@childrensheartlink.org

John Cushing Jr., MHA
International Programs Advisor

Bistra Zheleva
Assistant Director of
International Programs
bistra@childrensheartlink.org

Andreas Tsakistos
International Programs Coordinator
andreas@childrensheartlink.org

Carissa Johnson
Office Manager and
International Programs Assistant
carissa@childrensheartlink.org

Brian Herstig
Development Director
brian@childrensheartlink.org

Katie Najjar
Events Manager
katie@childrensheartlink.org

Karin Haas
Development Assistant
karin@childrensheartlink.org

Carrie Ellis
Marketing & Communications Director
carrie@childrensheartlink.org

Jessica Smith-Schuh
Events and Marketing Coordinator
jessica@childrensheartlink.org



facebook.com/childrensheartlink

@CHearLink

5075 Arcadia Avenue
Minneapolis, MN 55436-2306
952.928.4860
fax 952.928.4859
childrensheartlink.org

Children's HeartLink™ is a registered 501(c)(3) nonprofit organization. Children's HeartLink, the Children's HeartLink logo and Healing Hearts Worldwide are trademarks of Children's HeartLink.

heartbeat

The Children's HeartLink Newsletter

Building sustainable programs to prevent, treat and cure heart disease among needy children.

Spring 2011

Infection Control in the ICU: A critical piece of the cardiac care puzzle

When considering the work involved in repairing children's hearts, it's natural to first think of the surgery or operation itself. Images of operating rooms, surgeons in scrubs and masks, ventilators, anesthesia, etc., come to mind. There's no doubt about it – the heart operation is a central part of the repair and healing process.

However, as critical as it is, a successful heart operation is only one of the many steps on a child's road to recovery. In the Intensive Care Unit (ICU), attending physicians, nurses, respiratory therapists and other medical professionals must work together to help children recover from the trauma of an operation and the stress of being on the heart-lung bypass machine. During the operation, the surgeon and operating room team hold the life of the child in their hands. After the operation, the ICU team must also work closely together to ensure a child's successful recovery.

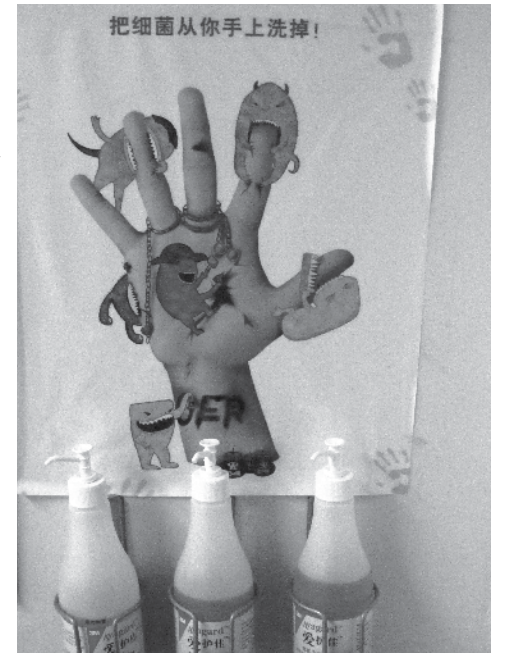
Over the years, Children's HeartLink has seen the overall level of pediatric cardiac surgical skills improve in the countries in which we work. However, ICU, or critical care, skills often need extra attention. One particular issue that Children's HeartLink sees repeatedly, is the need to reduce post-operative infections, many of which can start soon after an operation while the child is still in the ICU. Increasingly, infection control is a key area of focus during Children's HeartLink training visits.

Medical volunteers from The Hospital for Sick Children in Toronto have been partnering with West China Hospital in Chengdu, China, since 2006, and just returned from a training visit in April. Cardiologist and intensivist Steve Schwartz, M.D., a member of the SickKids team, emphasized the importance of reducing post-op infections. "Infection control is a crucial aspect of improving outcomes in developing countries. There are often customs and practices that are based on outdated notions of the cause of major infections and how to prevent them. By working with partner institutions on simple things they can do to reduce infections, we can have a major impact with very little cost.

"Effective hand washing, initiatives to prevent ventilator associated pneumonia and central line infections, and teaching rational use of antibiotics are all part of what we do. At our partner site in Chengdu, China, they report as much as a 90 percent decrease in infections since adopting some of these strategies," said Schwartz.

While hospital infections are still a concern for developed countries, recent research indicates developing countries face a greater struggle. In a study published in *The Lancet* in January 2011¹, researchers found much higher

¹ Benedetta Allegranzi M.D., Sepideh Bagheri Nejad M.D., et al. Burden of endemic health-care-associated infection in developing countries: systematic review and meta-analysis. *The Lancet*, Volume 377, Issue 9761, Pages 228 - 241, 15 January 2011.



At West China Hospital in Chengdu, China, a poster reinforces the importance of hand washing for ICU staff.

infection rates in developing countries (15.5 per 100 patients) than in the U.S. (4.5) or Europe (7.1). The difference in intensive care infections was even greater, with developing countries reporting infection rates of 47.9 per 1,000 patient-days, compared to 13.6 in the U.S.

As research and experience indicate, higher infection rates lead to deaths, longer hospital stays and additional costs, yet simple, low cost measures can make a big difference. Children's HeartLink is helping all our partner hospitals learn how to better prevent and control in-hospital infections – and saving lives in the process.

To support our work with any of our partner hospitals, e-mail brian@childrensheartlink.org.

Update on Children's HeartLink international activities



Four-year-old Le Thi Chuc Anh waits with her mother before her operation at Nhi Dong 1, Children's HeartLink partner site in Ho Chi Minh City, Vietnam. Her heart defect was successfully repaired.

February 2011

India – Medical volunteers from Children's HeartLink partner site Amrita Institute of Medical Sciences in Kochi conducted a two-day hands-on interventional cardiology training seminar for cardiologists from pediatric cardiac centers in South India. Children's HeartLink has worked with Amrita Institute of Medical Science since 1999.

March 2011

India – An intensive care physician and two pediatric cardiac critical care nurses from Lucile Packard Children's Hospital at Stanford University spent two weeks training doctors and nurses in pediatric cardiac post-operative care at Innova Children's Heart Hospital in Hyderabad. Children's HeartLink has worked with Innova since 2008.

April 2011

China – Medical volunteers from The Hospital for Sick Children in Toronto spent two weeks with Children's HeartLink and the pediatric cardiac team at West China Hospital of Sichuan University in Chengdu. The first half of the visit focused on surgical care training and mentoring, the second half on post-operative care. Children's HeartLink has worked with West China Hospital since 2006.

India – Medical volunteers from Children's Hospital Boston traveled with Children's HeartLink to Chandigarh to conduct a medical assessment with the pediatric cardiac team at the Post Graduate Institute of Medical Education and Research (PGIMER). PGIMER, a potential

Children's HeartLink partner site, is in northern India.

Brazil – Medical volunteers from Mayo Clinic spent two weeks providing specialized training in post-operative care and infection control practices to physicians and nurses in the intensive care unit at Hospital de Base in São José do Rio Preto.

May 2011

Ukraine – Two critical care nurses from the Ukrainian Children's Cardiac Center (UCCC), a Children's HeartLink partner site in Kyiv, spent two weeks training at Seattle Children's Hospital, continuing a nursing education project launched in 2010. Children's HeartLink has worked with UCCC since 2007.

June 2011

Vietnam – An intensive care nurse and an operating theater nurse from Singapore will spend three days at Children's HeartLink partner site Nhi Dong 1 in Ho Chi Minh City, providing training to local critical care nurses in pediatric cardiac post-operative care and to operating room staff in effective OR procedures.

Brazil – A team of medical volunteers from Children's Hospitals and Clinics of Minnesota and Mayo Clinic will spend a week training doctors and nurses, diagnosing and treating children with heart disease at Hospital de Base in São José do Rio Preto.

India – A team of medical volunteers from Lucile Packard Children's Hospital at Stanford University will spend a week training doctors and nurses, diagnosing and treating children at Innova Children's Heart Hospital in Hyderabad. This visit will include a team of volunteer nurse educators training local nurses in the use of parent education discharge instruction (PEDI) materials for low-literacy families, and piloting an interactive PEDI training tool for nurses.

Europe – Children's HeartLink, along with several partners, will present at the 7th Global Forum for Humanitarian Medicine in Cardiac Surgery and Cardiology in Geneva, Switzerland. The Global Forum will also provide an opportunity for our partner sites from across the world to share challenges and successes at a meeting for participants in the International Quality Improvement Collaborative for Congenital Heart Surgery in Developing Countries.

Future trips are subject to schedule changes. To support our work with any of our partner hospitals, e-mail brian@childrensheartlink.org.

Letter from the President

Dear Friends,



As I write this letter, the possibility of snow still exists, but the daffodils are beginning to bloom. It seems a little like recent times: a quiet period of looking in and reflecting followed by signs of new growth and energy. For Children's HeartLink, this spring has been full of life with visits to China, India, and Brazil, the *heartLINKS* Golf Invitational, and the creation of an extraordinary new group of international advisors.

The newly assembled International Advisory Board (IAB), co-chaired by Secretary Tommy Thompson and Senator Tom Daschle, will help shape regional strategies, resource development, medical diplomacy and awareness-raising initiatives related to promoting pediatric cardiac care for children in the developing world. The IAB will meet twice a year, with the first meeting being held in Washington, D.C. on May 26, 2011.

On behalf of the staff and directors of Children's HeartLink, I extend our sincere thanks to the following individuals for their commitment to serve on the inaugural IAB.

International Advisory Co-Chairs

Secretary Tommy G. Thompson, partner at Akin Gump Strauss Hauer & Feld LLP; former Secretary of Health & Human Services; former Governor of Wisconsin; chairman emeritus of the Global Fund to Fight AIDS, Tuberculosis and Malaria

Senator Tom Daschle, senior policy advisor DLA Piper; former U.S. Senator and Representative from South Dakota; member of the Health Policy and Management Executive Council at the Harvard School of Public Health; member of the Global Policy Advisory Council for the Health Worker Migration Initiative

International Advisory Members

J. Brian Atwood, Development Assistance Committee (DAC) chair, Organization for Economic Cooperation and Development; former head of USAID

Joseph A. Dearani, M.D., chair, Division of Cardiovascular Surgery, Mayo Clinic; medical director, Children's HeartLink

Kathy Jenkins, M.D., M.P.H., Department of Cardiology, Children's Hospital Boston

Richard Smith, M.D., director of UnitedHealth Group's Chronic Disease Initiative (CDI)

Daniel B. Wright, Ph.D., president and CEO, GreenPoint Group, a U.S. - China strategic advisory firm; former managing director for China and the Strategic Economic Dialogue (SED) at the U.S. Treasury Department

We are extremely proud to have the support of such an exceptional group of international leaders. With our collective efforts, more children will have access to the quality care they deserve.

Thank you for your continued support,

Elizabeth

Elizabeth Perlich Sweeney

CHILDREN'S HEARTLINK BOARD OF DIRECTORS

FOUNDER: Joseph Kiser, M.D.

CHAIR: Keith Halleland
Halleland Habicht PA

VICE CHAIRS:
Molly Joseph, *UnitedHealth Group*
Keith Sherman, *Go East*

MEDICAL DIRECTOR:
Joseph A. Dearani, M.D., *Mayo Clinic*

SECRETARY:
Jim Jacobson, *Medica*

TREASURER:
Ajay Gupta, *Ernst & Young LLP*

Thomas L. Armitage, M.D., *Medtronic, Inc.*

Thomas Bach, *Community Leader*

John F. Eisberg, *Robins, Kaplan, Miller & Ciresi*

Gary C. Fink, *Museum "Louvre It or Leave it"*

Susan H. Gebelein, *Savannah Consulting*

Franck Gougeon, *AGA Medical Corporation*

Tom Jollie, *Padilla Speer Beardsley*

Thomas A. Keller, III, *Moss & Barnett PA*

Thomas J. Kigin, *Minnesota Public Radio*

Besse D. Maragos, *Schilling Travel*

Emmett J. McMahon, *Robins, Kaplan, Miller & Ciresi*

Mahendra Nath, *Nath Companies*

Andrew Nelson, *HealthPartners Research Foundation*

Eric J. Olsen, *Great River Energy*

James Rice, Ph.D., *Integrated Healthcare Strategies*

Mark Rosen, *WCCO-TV*

Stephanie Nicoloff Schoening, *Community Leader*

David P. Wicker, *Savigent Software*

2011 Heart to Heart Campaign

In its fifth year, the 2011 Heart to Heart campaign with Lunds and Byerly's was a great success. Lunds and Byerly's generously sold "Tiramisu for Two" from February 1 - 16 and proceeds up to \$10,000 benefitted Children's HeartLink. On February 12, volunteers and local celebrities distributed samples of "Tiramisu for Two" at metro area Lunds and Byerly's stores while chatting with customers about Children's HeartLink. Thank you to Pat Evans and Sven Sundgaard from KARE 11, Mark Rosen from WCCO-TV, Brian (B.T.) Turner from Cities97 and Marjorie Johnson for participating.

As a new component of the campaign, Lunds and Byerly's offered \$1, \$5 and \$10 donation tags at registers, making it easy for customers to include donations to Children's HeartLink in

their grocery purchase. These donation tags raised an additional \$7,200. Children's HeartLink would like to thank Lunds and Byerly's and all the generous sponsors of this campaign, including Pepsi Bottling Group, Frito Lay, Caribou Coffee, U.S. Foods, KARE 11, Tiger Oak Publications, Solveig Tofte and Star Tribune.

The LEAD Project, a local young professionals group, chose Children's HeartLink to be the beneficiary of their annual Valentine's Day party, also held on February 12. The event, From LEAD With Love: A Benefit for Children's HeartLink, attracted over 300 young professionals to Theatre de la Jeune Lune in Minneapolis and featured a silent auction, music from DJ Strange Love and a cupcake bar. The event raised \$7,500 for Children's HeartLink and has been a great source



Volunteers Bess Heyer (left) and Emily Dale (right) hand out tiramisu samples at the Highland Park, Minnesota, Lunds store. Dale is a former Children's HeartLink intern, now working in birth defects prevention, monitoring and analysis. Heyer was born with Ebstein's Anomaly and has had two open heart surgeries (by none other than Children's HeartLink Medical Director and Mayo Clinic Chair, Division of Cardiovascular Surgery, Dr. Joseph A. Dearani!). Dale said, "We truly hope we helped make a difference this weekend for kids and families who need our support!"

for volunteer recruitment.

For more information about our Heart to Heart campaign, contact Katie Najjar at katie@childrensheartlink.org.

HeartLink gala

Save the Date!

The 2011 HeartLink Gala will be on Friday, September 16, at the Hilton Minneapolis. The event, hosted by WCCO-TV sports director Mark Rosen, will include a fun and exciting evening of silent and live auctions, cocktail reception, dinner and entertainment.

Contact Katie Najjar at katie@childrensheartlink.org for more information.

Donor Spotlight: PERISCOPE®

Children's HeartLink is always grateful for the local businesses that donate their professional services to further our cause. For the past year, we have been fortunate to count on Periscope for graphic design and creative services. Always the ultimate professionals, the Periscope team is a joy to work with and seems to have a never-ending supply of innovative, compelling designs and ideas. Watch for their latest work as we begin to promote our 2011 HeartLink Gala theme, Brazil Carnivale!

The Periscope team and their friends celebrate with Children's HeartLink at the 2010 HeartLink Gala.



Medical Volunteer Spotlight: Mark Lewin, M.D.

Children's HeartLink is fortunate to have collaborated with Mark B. Lewin, M.D., at our partner site in Kyiv, Ukraine, since 2007. In that time, Dr. Lewin has been on three cardiac training visits to the Ukrainian Children's Cardiac Center. Dr. Lewin is chief of the division of cardiology, director of the Prenatal Center, co-director of the Cardiac Ultrasound

Program at Seattle Children's Hospital and co-director of Seattle Children's Heart Center. He is also a professor in the Department of Pediatrics and an adjunct associate professor in the Department of Obstetrics and Gynecology at the University of Washington School of Medicine. When asked why his work with Children's HeartLink is important,

Dr. Lewin said, "It provides the personal satisfaction of having the chance to use skills in a completely unique way, providing a resource to a community in need, the chance to do program development, to model this form of philanthropy for my team, and the opportunity to work with a set of new, incredibly dedicated peers."

ABOUT DR. LEWIN

Institutions: University of Washington School of Medicine and Seattle Children's Hospital

Education Background: Dr. Lewin completed his undergraduate and graduate school at the University of California, Berkeley, medical school at the University of Southern California, residency at a the Children's Hospital in Los Angeles and did a pediatric cardiology fellowship at Texas Children's Hospitals / Baylor College of Medicine.

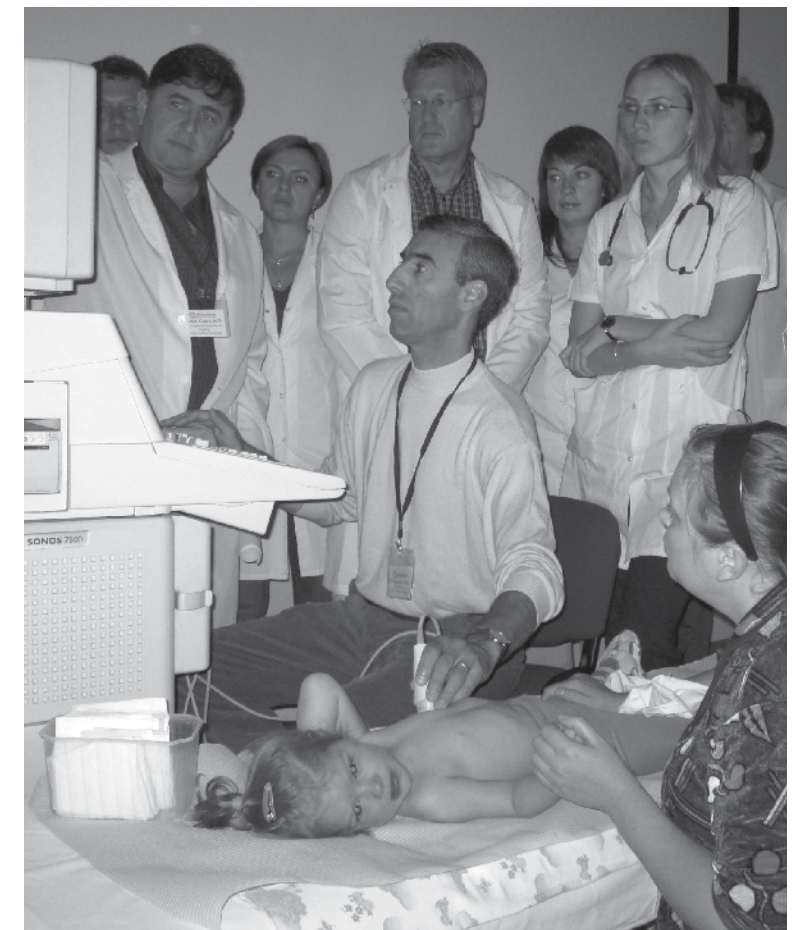
Interest and Hobbies: Skiing, camping, hiking and biking

Favorite Music: Jazz, opera, rock from the 1960's and '70s

Currently Reading: *Change of Heart* by Jodi Picoult

Favorite Quotes: "I look to a day when people will not be judged by the color of their skin, but by the content of their character." Martin Luther King. "Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves." Albert Einstein

Why is your volunteer work with Children's HeartLink important to you: This is multifactorial: personal satisfaction in having the chance to use the tools of my trade in a completely unique way, providing a resource to a community in need, the chance to do program development, to model this form of philanthropy for my team, and the opportunity to work with a set of new, incredibly dedicated peers.



Dr. Lewin examines a patient while training a group of physicians during a visit to Ukrainian Children's Cardiac Center in Kyiv, Ukraine.

In Honor Of

ALL MY PATIENTS BORN WITH HEART DISEASE
Ritu Sachdeva, M.D.

LAURA BARBOZA
Paul Swenson

ALLISON CABALKA, M.D.
Julia Price

ETA! DRAGON'S 3RD BIRTHDAY
Meredith and Zeev Dragon
Susan Firestone
Bonnie Gomberg

AUTUMN GINN
Tanya and Jon Turner

BRIAN HERSTIG
Barbara and Al Herstig

THE MARRIAGE OF JENNIFER JACOBSON AND CHRIS PETERSON
Joan Peterson

BALAJI MATHUR
Sripriya Mathur

REGAN JOY MILEY
Mary O'Brien

AMELIA SCHELLENBERG
Pat and Bernard Schellenberg

ELIZABETH PERLICH SWEENEY
Elizabeth and Erik Jensen

DR. JULIE VINCENT
Laura and Jack Greenberg & Family

In Memory Of

DR. DEMETRE NICOLOFF FUND
Alexander Nicoloff and Leslie Otto
Ardelle Nicoloff
Beth and Jim Otto
Julia Price
Paul Swenson
Nancy and Wayne Vander Vort

HANNAH BENEDUM
Heidi Bergstrom

Students take the lead on fundraising efforts and heart disease awareness events

National Honor Society fundraiser benefits Children's HeartLink

This winter, Giuliano Kornberg and Andrew Hart Malin sold gift certificates for Punch Pizza to benefit Children's HeartLink. The fundraiser, organized as a project for the National Honor Society at Wayzata High School in Minnesota, raised over \$750! Kornberg and Hart Malin report they learned a lot about the challenges of fundraising. "We learned how hard it is to raise money, even if it is for a very worthy cause," said Kornberg. "The best part of raising money for Children's HeartLink was that I felt like we were doing something worthwhile, that our efforts would help a child with a congenital heart defect somewhere in the world get the help he or she needs to have a better life."

Thank you to Giuliano and Andrew for choosing Children's HeartLink as the beneficiary of their National Honor Society fundraiser!

Hearts for Sammy

In February, SUNY-Geneseo held a Valentine's Day fundraiser to benefit Children's HeartLink. Organized by the Women's Leadership Institute at SUNY-Geneseo, the fundraiser, called Hearts for Sammy, was held in memory of Samuel Louis Peguero, who died of a congenital heart defect. Hearts for Sammy raised \$500 for Children's HeartLink! Members of the Women's Leadership Institute and other volunteers sold snow globes, socks, dolls, glass roses, candy and other items to raise funds. They also set up tables to educate students about congenital heart disease.

After hearing about Hearts for Sammy and its success at SUNY-Geneseo, students at SUNY-Oneonta held their



Giuliano Kornberg (left) and Andrew Hart Malin (right) with the manager at Punch Pizza in Plymouth, Minnesota.

own Hearts for Sammy fundraiser for Children's HeartLink! Thanks to the many students at both SUNY-Geneseo and SUNY-Oneonta who made Hearts for Sammy a success!

U of M fraternity focuses on heart disease awareness

The Beta Chi Theta Fraternity at the University of Minnesota, Twin Cities, held two events this spring to raise awareness for heart disease. During Heart Disease Awareness week on March 24, the group sponsored an ice cream social, and on April 6, it organized a "Singing from the Heart" concert at Coffman Union. The concert featured local a capella groups, bands and artists, including 7 Days a Capella, Background Noise, Becky Thao and Kou Kong, UMN Breakers, and Noah Huynh. Dr. Marc Pritzer, director of cardiovascular education and fellowship training at the University of Minnesota, also spoke about heart disease during the event.

19th Annual heartLINKS Golf Invitational

The 19th Annual heartLINKS Golf Invitational was the perfect excuse to enjoy the afternoon outside! The tournament, hosted by Mark Rosen, WCCO-TV sports anchor and Children's HeartLink board member, included a round of golf, contests and a post-golf reception at the Golden Valley Golf and Country Club on Monday, May 23. Participants enjoyed two new contests at the tournament: a chipping contest with a prize of 20,000 FlexPoints and a pre-tournament "Putt to the Summit" putting contest, with a six-pack of Summit beer for those who sunk a challenging putt. Players also enjoyed other heartLINKS traditions, such as the Chipotle Beat-the-Pro contest, beer at the Miller Lite Oasis and gift bags. After golf, Children's HeartLink hosted a dinner reception, with auctions, raffle prizes and award ceremony.



To participate in the 20th Annual heartLINKS Invitational in 2012, contact Karin Haas, karin@childrensheartlink.org

19th Annual heartLINKS Invitational Sponsors:

Eagle Sponsor:



Birdie Sponsors:

Alerus Financial, Tom Armitage / Tom Bach, BMW of Minnetonka, Horizon Milling, A Cargill JV, Fulcrum Consulting, Hays Companies, International Parts Supply, Minnesota Twins, Moss & Barnett, Navarre, Olson, RAZR Marketing, Jim Rice, Ritz Family Foundation, Sandvold and

Associates, Savigent Software, Mike Sweeney, Synergy Graphics, US Bank Flexperks VISA, Wells Fargo

Hole Sponsors:

ATPCO, Faegre and Benson, Fidelity Investments, Integra Telecom, Molly Joseph and Andrew Olson, Sapientia Law Group

In-Kind Sponsors:

Chipotle, Golden Valley Golf and Country Club, Rocca Family Vineyard, Toshiba

BMW of Minnetonka charity car wash

Children's HeartLink is honored that BMW of Minnetonka sponsored a golf foursome at the 19th Annual heartLINKS Golf Invitational. In addition to their generous sponsorship, BMW of Minnetonka has invited Children's HeartLink to participate in their charity car wash program. Bring your vehicle to BMW of Minnetonka and join Children's HeartLink volunteers and supporters on Saturday, June 4, anytime between 10:30 a.m. to 4 p.m. for a car wash! For \$10 you will receive an exterior wash, vacuum of your vehicle's floor and a dashboard dusting. All makes and models welcome, and all proceeds will benefit Children's HeartLink!

We'll help you get the word out!

Let us know if you are planning to host a fundraiser to benefit Children's HeartLink, and we'll help raise awareness for you! Contact Karin Haas at karin@childrensheartlink.org.

TIM BRITT
Maria and Jay Mellen

IAN P. CAMPBELL
Mary Ann Campbell

BENJAMIN MICHAEL DERCKS
Judith Taylor

DR. BRUCE JOHNSON
John Overton, Jr., M.D. and Ann Lowry, M.D.

SAMUEL LOUIS PEGUERO
SUNY Geneseo Women's Leadership Institute

DR. WES PETERS
Nancy Borgstrom

DINAH MARJORIE PHILP (NEE CHATFIELD)
RedPrairie

EVELYN RISCH
Ardelle Nicoloff

ATTIE SPEKTOR
Richard Rosenberg and Mickey O'Kane

EMILY ANN STENE
Amy and David Stene

JAMES STEWART
Andrew Stewart

GRANDMA DOROTHY TELL
Irene and Ed Kaplan, M.D.

Honors and Memorials include contributions from January 1 through April 15, 2011. For more information, email karin@childrensheartlink.org.

The Gift of Giving

If you have included Children's HeartLink, or are considering including Children's HeartLink, in your estate planning, please contact development director Brian Herstig at brian@childrensheartlink.org.