



Meet Kishore Geethakumari

Kishore was nominated by Dan Hogan, Manager Clinical Resources, TCU and KHSC@Home who had this to say, *“Kishore is exactly the type of person that finds success in the Resource Pool. He has all the traits of a good nurse; kind, compassionate and caring. Most importantly, Kishore is flexible, organized, and always willing to work wherever he is assigned. Having worked in both the Surgical and Medical Pools, he has built strong relationships throughout the hospital. Because of this, Kishore is well respected by his colleagues all over the facility.”* After chatting with Kishore for this month’s Meddit profile, we couldn’t agree more! And we also think those are the same reasons he’s going to make a great dad! Yes when we interviewed him, he and his wife Veena (RN on C10) had just had their first baby, Kashi, just a few days prior.



A very special Meddit profile! Right after the interview Kishore and his wife Veena introduced me to their first born, Kashi, just days old!

What is your current job?

I’m a Registered Nurse in the Surgical Float Pool in a Weekend Worker position. I’m transferring back to Med Resource Pool in the new year. I’ve been on medical leave for several weeks as I had a flexor tendon repair surgery 6 weeks ago. I’ve been doing my Physio and healing. Right now the heaviest I’m allowed to lift is a pen. I miss my job! My wife Veena and I just had a baby a few days ago and the hardest part is that I will not be allowed to hold him for some time.

Where did you work before coming to Kingston?

I started my nursing career in 2012 in India. I did ED and Pediatric Cardiac Surgery ICU. Then I moved to Yorkton, Saskatchewan and I worked in Medicine and Psychiatry. Then I moved to Kingston in 2018 where I took a job on Connell 10. Several months after that I took a position in the Medicine Float Pool.

Why did you decide to join the Float Pool?

I was able to get a full time job and also I was very interested in getting experience in many different areas of the hospital.

Where were you born?

I was born in Trivandrum, a city in South India.



Fig 1: Trivandrum is the former name of the capital of the state of Kerala, South India, now called Thiruvananthapuram. It is known for its British colonial architecture and many art galleries. Population 1M. (source: Wikipedia)



What is your horoscope sign?

In North America I would be Gemini. But in the Hindu tradition we have a different kind of astrology. Each person gets their own personal birth chart that is based on the position of the stars and planets at the time of birth. This chart is very important especially in terms of compatibility with the person you are going to marry. The charts have to align in at least four places or else you cannot marry.

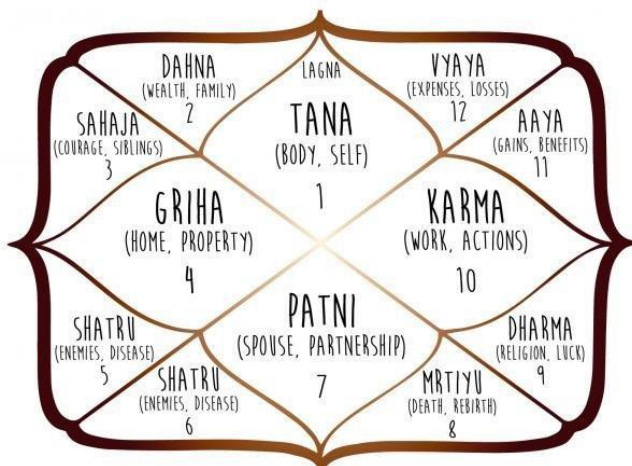


Fig 2: Hindu or Vedic astrology chart showing the twelve houses. Astrology remains an important facet in the contemporary lives of many Hindus for making major decisions such as those about marriage, business or purchasing a home. Many Hindus believe that heavenly bodies, including the planets, have an influence throughout the life of a human being. Source: wikipedia

What is your favourite season?

I love the fall because of the colours. It's the perfect season for taking pictures. And there are no bugs. (laughs)

What is your favourite food?

I like seafood – shrimp, fish.

Who does most of the cooking in your household you or Veena?

Veena definitely does most of the cooking and I am her helper.

Do you have a favourite movie?

I like the Christopher Nolan movies like Inception and Memento. I like the way they flow smoothly but towards the end there is always a twist. These are

very intense movies though and you have to pay attention. It's not something that you can have on in the background. I also like "Just Like Heaven" because it's a romantic, feel-good movie. You can just sit on the couch and relax and enjoy.

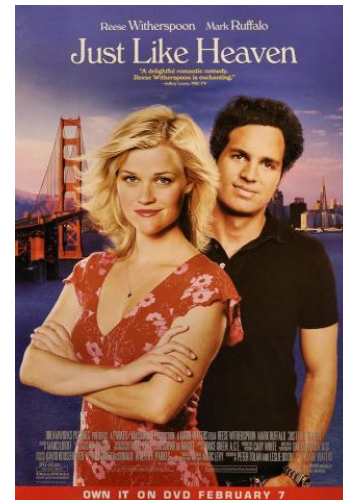


Fig 3: Two of Kishore's favourite movies from very different genres.

Do you have a favourite kind of music or artist?

I can listen to anything as long as the music is good - the words can be in any language. For artists I would say my favourite is A.R. Rahman.



Fig 4: Another Meddit favourite artist vote for music producer, arranger, singer and multi-instrumentalist, AR Rahman. He is also a favourite of Dr. Siddhartha Srivastava. Photo source: npr.org



Do you have a favourite place to vacation?

Veena and I like to go home to India about every two years. Her family lives close to mine, about an hour away, similar to Kingston and Brockville.

How did you and Veena meet?

We met in college doing our nursing training.

Why did you decide to move to Canada?

Canada has a good reputation of being a peaceful place, a country that is not in conflict with anyone. I was also drawn to a place with good higher education and plenty of opportunities for learning.

Did you and Veena move to Canada together?

No I moved to Yorkton ten days after we were married in 2015. It took us about 16 months get Veena's immigration approval in 2017. It was a very tough time to be separated for so long especially because at the same time my mother got very sick and passed away. We stayed connected with calls and texts. We then moved to Kingston together in 2018.

"I am very grateful. When you see other people struggling you realize how blessed you are."

Who are the most important people to you?

My mother, my wife and my teachers. My mother taught me everything. She taught me how to be a good person and how to treat others. She was always proud of me. My wife Veena is a great woman. When I unexpectedly hurt my hand and had to have the operation and could not work she really rose to the occasion. Even though she was pregnant she worked right up until the day before she went into labour. She was so strong and did what had to be done to take care of us. My teachers from grade school to college are important because they gave me knowledge and showed me the path. They showed me on more than one occasion that I had potential and I needed to use it. If it wasn't for them I wouldn't be here.

You seem like a very grateful person.

Yes I am very grateful. When you see other people struggling you realize how blessed you are.

Do you have a favourite hobby?

I play cricket. My main position is bowler. I also like photography, mainly abstracts, black and white.

What is the best thing about your job?

Meeting people and helping people.



Kishore with Connell 10 Nurses Glennis Newton (above), Paul Almeida (below) and Paige Clow (next page)





Describe one of your best days at work.

I was working in Yorkton in a Mental Health unit. A woman was admitted with mania. The doctor was understandably focused on stabilizing her mental health so he was dealing with that. Because I love cardiology and have an interest in ECGs I started to analyze her ECG. I noticed that she had a prolonged QT interval. I asked her if she was taking any other medications. She told me she was taking quinine for leg cramps. She was also on Haldol and Seroquel. I told the doctor about the prolonged QT and he stopped the quinine and Haldol immediately and thanked me for catching this on the ECG. I also received a letter of thanks from the Manager.

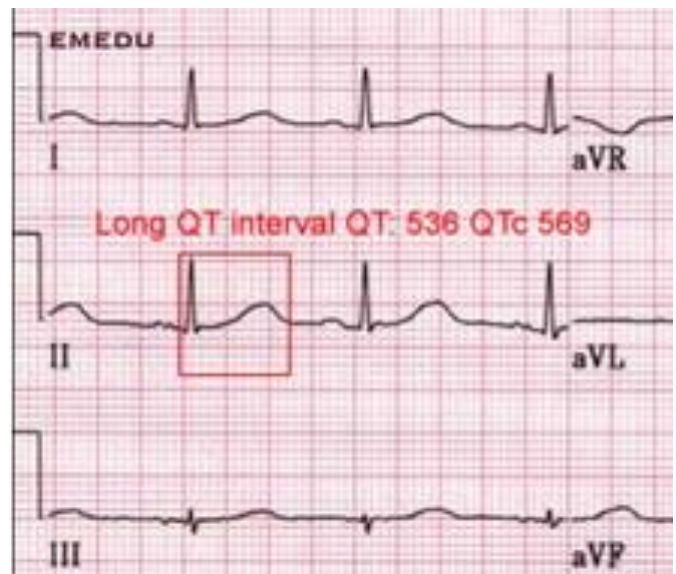


Fig. 5: Prolonged QT Interval. QT interval is the distance between Q wave of the QRS complex and the end of the following T wave. The length of the QT depends on current heart rate and therefore we evaluate QTc which is a conversion of a current QT to the corresponding actual heart rate. This should be 350-450ms, or in ECG paper 9-11 small squares. Prolongation of the QT interval can be found as a congenital abnormality or it may be caused by some drugs (anti-arrhythmic drugs amiodarone and sotalol, numerous psychiatric drugs, etc.), by mineral imbalances (hypokalemia and hypocalcaemia) and by endocrine disorders (hypothyroidism). Source: <https://www.health-tutor.com/prolongation-of-qt-interval-ecg.html>

What do you want more of at work?

More recognition for everyone for their good work. Not necessarily awards or ceremonies but rather kind words from a Manager or Charge Nurse. That goes a long way.

If you had to pick a simple short phrase that you say silently or subconsciously that influences how you do your work what would that be?

“This moment is not permanent.”

What does that mean for you?

For example some days are tough. One day you can get all your IVs in no problem and another day it might take you three tries. But you just take a deep breath and keep going. I don't take those emotions home, though. I may reflect on the day and think about what I can do differently next time to improve, but I don't take negative emotions home. For this reason I believe I am conditioned to work in difficult situations and environments like ED and ICU.

If you could be remembered by one sentence, what would it be?

I should ask my friends to answer this! (laughs)



What super power would you like to have?

Time travel. So I could solve all the mysteries and murders and catch all the criminals before the crimes were committed.



Fig. 6: Time travel machine from Back to the Future.
Source: scyfilove.com

Who stands out as someone you admire or enjoy working with?

I enjoy working with everyone on Connell 10. Everyone is really good. And on Kidd 7 I enjoy working with Drew and Ashley and many others as well. They are excellent nurses. Everyone in Medicine is really good – I enjoy all the units. All the Attendings and Residents are great too – approachable and good at what they do.

What is the biggest thing we can do to improve the patient experience?

Decreasing wait times for care whether that is to get into the Emergency Department or clinics or waiting for a surgery or a bed on the inpatient units. Patients would be more satisfied if they didn't have to wait so long to get care.

What is the biggest thing we can do to improve staff satisfaction and well-being?

Make sure we can give staff the time off when they need it. For example, it's especially hard for people who have to coordinate their vacation around their families and they don't always have a lot of flexibility. If we deny their vacation when it's the only time they have to spend with families and friends it can be very

upsetting and demoralizing. In this way having your vacation approved helps to avoid burnout.

How can we improve staff retention in the Medicine Program?

I think there will always be people who will leave the Medicine Program to gain experience in other areas like ICU and ED. It's not necessarily a bad thing. It's just the desire to try something different. I love Medicine and I learned a lot and I am still learning which is why I'm coming back but I love getting experience everywhere in the hospital too.

What do staff want in terms of professional development opportunities?

Nurses really want to learn about new developments in the profession, new Best Practice Guidelines or other practical learning that they can use on the job every day. For example, how to run IVlg.

“Patients like to be called by their name every time you walk into their room.”

What things do you do personally to improve the patient's hospital experience?

Patients like to be called by their name every time you walk into their room. I take the time to establish rapport and trust first by asking some general questions and having an informal conversation – things like where are you from, talking about the weather and such. I also make sure to provide patients with a pen and paper so that they can write down their questions. It can be an overwhelming environment and when they are being bombarded with information they can forget the questions they want to ask. I had this experience too after Kashi was born. I had so many things I wanted to ask and then after the doctor left I realized I had forgotten to ask some things.

How can we make our units safer for patients and staff?

The BCA does a really good job at identifying patients at risk for physically acting out. That helps a lot. Also the new Security policy is a very good thing. Visitors



in the evenings and overnight have to wear a photo ID badge that says where they are visiting. So if you see they are in another location you are advised to notify Security. Also when the visitor pass expires the person's photo turns into a stop sign. It's been a good change that brings more safety to everyone.

How can we prevent more falls on the inpatient units?

Having a room close to the care station is helpful for confused patients who are at risk for falling or getting up without calling for assistance. It's also important to figure out why a confused patient is trying to get up all the time. Do they have to go to the bathroom? Are they scared in an unfamiliar environment and they are trying to go home? We also need to educate the patient and family on fall risk and calling for assistance and the importance of mobility and staying strong.

How can we prevent more pressure injuries on the inpatient units?

Incontinence plays a big role so patients need frequent changing and the use of barrier cream. Frequent turning and repositioning for dependent patients and mobilization of ambulatory patients plays a role too. We also need to use equipment like air mattresses when needed.

“Everyone has something to teach you.”

Do you have any words of wisdom you'd like to share with Meddit readers?

Always look for an opportunity to learn something new. You can learn something from everyone – patients, families, other coworkers, junior or senior residents. Everyone has something to teach you.

Introducing Kashi Kishore – Born 12/12/2019 @ 1605

We were so excited to be introduced to Kashi on the day of the interview that we wanted to do a photo album just of him. We wonder if Kashi will follow in the footsteps of his parents Veena and Kishore and become a Nurse in the Medicine Program...??? Thanks to Kishore for the photos.





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People of the Medicine Program #POMP #KHSC

December 2019





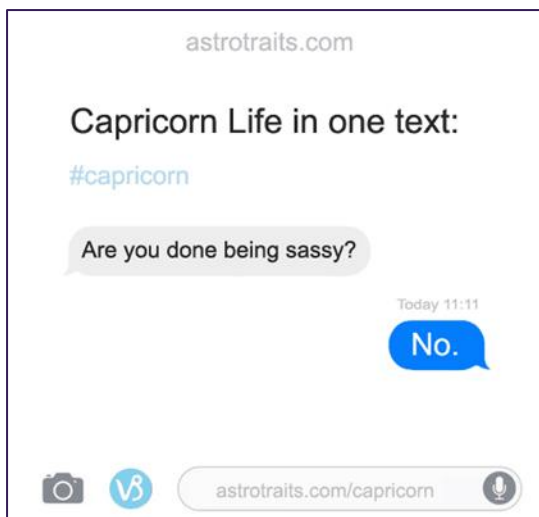
Medicine Horoscope: Capricorn (Dec 22 – Jan 19)

By Joanna Elliott

Capricorns are great listeners. They always let people express themselves and do their best to make sure that everyone is living their best life. They are also extremely hard workers. They are the first to volunteer to pick up extra shifts. However, they also know the value of good self-care and enjoying some quality down time like catching up on sleep on their days off or listening to their favourite podcasts like [Second Opinion](#)

Some Famous Capricorns:

- Martin Luther King Jr.
- Dolly Parton
- Kate Middleton
- Betty White
- AR Rahman
- Michelle Obama
- Ellen Degeneres
- Elvis Presley
- Benjamin Franklin
- Stephen Hawking





Department of Medicine Awards Night

The Department of Medicine hosted their annual Awards Ceremony on December 5, 2019 at the Isabel Bader Centre. A great time was had by all! Photos by Queen's Department of Medicine

<https://deptmed.queensu.ca/deptmed/admin/enews>



Congratulations to all the award winners pictured with Dr. Stephen Archer, Head of the DOM and Program Medical Director of the Medicine Program.



Ms. Anita Ng, Manager of the DOM received the Special Recognition Staff Award from Principal Deane for her effective leadership, compassion and kindness!

For the first time the Department of Medicine honoured some very skilled and compassionate members of the KHSC Medicine Program. Five of our program's very best were nominated by their Managers. Congratulations to:

- **Jasprina (Jacy) Oskrdal** – RN Kidd 7
- **Lia Fugaru** – RN Kidd 7
- **Katherine Stringer** – Care Navigator CTU B
- **Alyson Lazier** – Charge Nurse Connell 10
- **Suzanne Bashall** – Charge Nurse Connell 9

2019 Award Winners

Department of Medicine Research Achievement Award – **Dr. Anne Ellis**

Department of Medicine David Ginsburg Mentorship Award – **Dr. Yuka Asai**

Department of Medicine Young Clinician Award - **Dr. Moogeh Baharnoori**

Department of Medicine Mid-Career Physician Award – **Dr. Al Jin**

Bill Depew & Ron Wigle Master Clinician Award - **Dr. Sue Moffatt**

Department of Medicine Master Educator Award - **Dr. Chris Smith**

Department of Medicine Distinguished Service Award – **Dr. Cathy McLellan & Dr. David Holland**





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December 2019



Once the official photos were taken it was time for some fun shots in the photo booth.



And then the real party began when everyone's favourite band of Doctors – ODNT - prescribed us 90 minutes of high impact, high intensity aerobic exercise as we danced to a rockin' set of tunes!



ODNT L-R: Dr. Gerald Evans, Dr. Danielle Kain, Dr. David Maslove, Dr. Jim Biagi, Dr. Gord Boyd Dr. Chris Frank, Dr. Rachel Holden.



Kingston Health
Sciences Centre



Centre des sciences de la santé de Kingston



Delivering Holiday Baskets

Each December Dr. Archer puts on his magic antlers, loads up his trusty cart with baskets of delicious goodies and makes the long trek from Etherington Hall to the KHSC Medicine units to say thank you to everyone who works so hard all year long to give great care to our patients. Photos from Queen's DOM.



Dr. Archer and Joanna Elliott out on delivery!



Kidd 9 holiday time!

Photos from Out and About



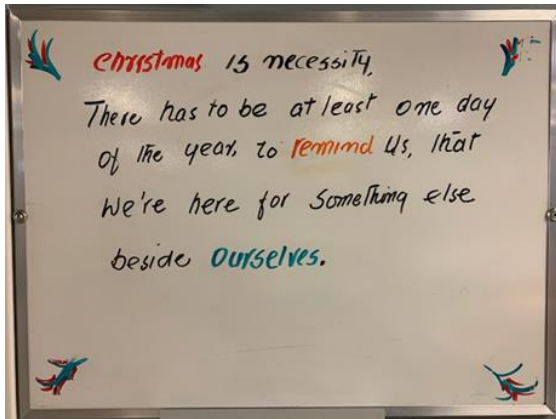
The staff of the TSU (Connell 3) participated in the Holiday Care Box Challenge by collecting items for a local shelter.



Kidd 7 team feelin' the Holiday Basket love!



Who can make budget work fun? Sara Servage (NP Supervisor Diabetes Program) and Jessica Hosick Financial Analyst can!



Kidd 9 Medicine white board reflection



Coo roo coo coo coo coo coo Coo roo coo coo coo coo coo! Maeve Larkin and Olivia Piribauer from People Services were found takin' off to the Great White North eh?!



The Queen's Internal Medicine Residents paradoxically had everyone in stitches (get it?) with their hilarious Holiday Grand Rounds on Dec 12th.

Medicine is the Best Laughter

Thank you to everyone who sent in memes for this issue of Meddit. Please keep them coming!



The week of Christmas when you're wearing your holiday scrubs and eating like an unsupervised 5 year old every time you enter a break room.





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People of the Medicine Program #POMP #KHSC

December 2019

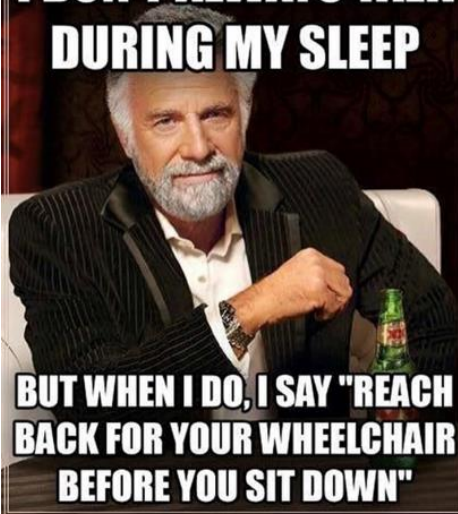
THAT ONE PATIENT WHO REFUSES TO KEEP HIS GOWN ON
@snarkynurses



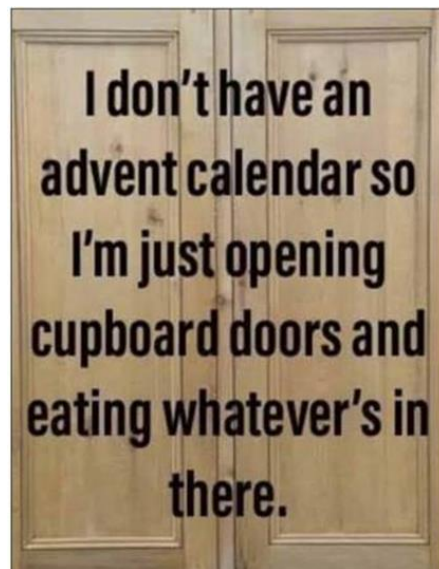
best advice from my dad: "you believed in Santa for 8 years, you can believe in yourself for 10 seconds"



I DON'T ALWAYS TALK DURING MY SLEEP



BUT WHEN I DO, I SAY "REACH BACK FOR YOUR WHEELCHAIR BEFORE YOU SIT DOWN"



I don't have an advent calendar so I'm just opening cupboard doors and eating whatever's in there.

When you're just trying to grab a quick history, but the patient is like:



It all started when I was born



"Christmas is coming"

Michael Bublé Emerges from his cave



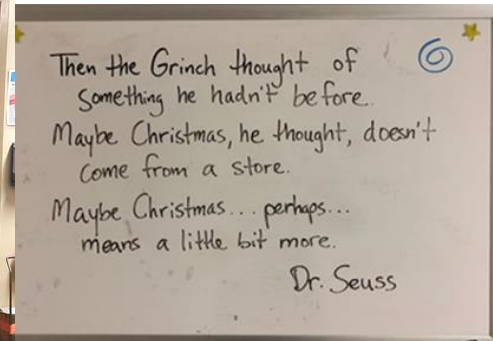
From the Medditors

We hope you enjoyed this final issue of Meddit for 2019. Huge thanks as always to this issue's contributors! :

To all of our dear readers and your loved ones too ...

Happy Hanukkah!
Merry Christmas!
Happy Kwanzaa!
Joyous Omisoka!
Happy Holidays!
And all the best in
2020!

This month we leave you with a famous poem and words of wisdom found in the Victory 2 Hallway and throughout Connell 10 – winners of the Holiday Decorating Contest.



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