

## PRINCE GEORGE REGIONAL HOSPITAL now UNIVERSITY HOSPITAL OF NORTHERN BC 1956-2008

Written by Hilary Crowley, Worked at PGRH 1973-2001

**1956 Margaret Chell** worked at PGRH. Hospital moved from 10<sup>th</sup> Ave to present site on 15<sup>th</sup> Ave at this time.

**Monica Williams** started at the hospital in 1966 before starting at CDC in 1968.

**Rita Borkowsky (Holdner)** joined Monica at the hospital in 1966 then she worked there alone 1968 when Monica went to CDC. **Gudrun Knapp** joined her briefly at PGRH then **Bev Harrison** in 1967.

**1960s Rita and Bev** started pre-natal classes.

**1970** the physio dept. moved from the main floor to the basement. Uniform was a smart white dress. Later became blue pastel nylon pant suit. Later blue pants and white shirt, Short lab coat over top for wards. Small dept. just had an office, a small OT room, a wax bathroom with 1 whirlpool. An open room with 4 or 5 plinths including a traction table a Guthrie Smith and wall pulleys and hot pack machine, SWD, infrared and a Kromayer U.V. Lamp.

**Hilary Crowley** (Forrester) worked as CARS PT out of hospital 1971-1972 then joined hospital staff 1973. Staff of 5: **Eira Jones - head, Val Donovan, Chris Perry, Johanna Jenkins, Eileen McErlaine, Rita Holdner. Marlene Belcourt** was physio aid.

**Betty Huggins** hired as receptionist.

**October 1973 Terry Rossiter (Fedorkiw) arrived.** Apart from Val & Hilary, others had all left. **Jenny Hartridge** joined staff from Australia

**December 1973 Nancy Brandt and Lynn Radley arrived.**

**1973 Eira Jones left and moved to Home Care. Val Donovan took over as Dept. Head.**

**1972 ICU opened on 4 South.** Prior to this Bird Respirator was used. Rita remembers that most multiple trauma patients died in 3 days prior to ICU. Around this time week-end physio coverage started.

**Mid 70s Physio Dept. expanded into old Medical records.** This enlarged space had a Hubbard Tank room, whirlpools, traction table, overhead UVL, SWD machines, US, IDC and Faradic battery. Wall pulleys, weight machine,

**1974 Sally Toft, Barb Ramsay, Tricia Kemp** joined staff

**June 1975 Sheila Fleming joined.** Terry, Sally, Trish and Barb had all left the previous week. Sheila remembers that she had a 15 min orientation then had 2 caseloads to cover and worked 11 hour days her first 2 days. She was a relatively new grad from Scotland and had never seen a hot pack machine. When it was her turn for week-end coverage, she was just given a map of the hospital, never having been out of the basement yet.

**1975 Sam Lim, Freda Norquay, Gayle Robinson joined**

**Gayle Robinson:** 1975-1978. During this time Gayle hiked up Mt Rundle by herself and fell 300 ft. from the Summit breaking her back and both ankles. She spent the night up there and was air-lifted to Banff and then to Foothills in Calgary where her fractures were stabilised and she was nursed on a Stryker frame bed. After a couple of months she returned to work, using a cane, and set a fine example of hard work to overcome her injuries.

**Elaine McInnis joined.**

**1976 Terry and Lynda Menard opened the first private physio clinic at Phoenix Medical Building.**

**1977 Karen Peterson joined staff.**

It is remembered that in the 70s PNF played a huge part of the physios role. Other treatments included wound debridement for burns, Kromayer lamp for wound healing, iontophoresis for introduction of medication and breaking of scar tissue, IDC for nerve re-education as well as for cortisone treatments for ligaments. SWD was widely used and x-fire was found very effective for sinusitis. The Guthrie Smith was used for sling suspension and for resisted exercises. Hydrotherapy started in the 80s. Dr. Kellman introduced the use of TENS in 1976. Traction tables were also widely used.

Different specialists guided the work of the physio dept. e.g.: Dr. Fergus Ducharme – orthopedic surgeon- took us under his wing and demanded hip and knee classes for his patients as well as ice and stretching in the recovery room after shoulder manips. Rheumatologists Dr. Lowe and Dr. Dunne also advocated for and strongly supported the profession.

**Early 80s. Dept. moved to present site.** This is a much larger facility with large gym, OP treatment area, swimming pool, adjoining large OT dept. and small SLP office. This is adjacent to the Rehab Ward and under the Extended Care Unit – Jubilee Lodge. It has ground floor access.

**1987 Val Donovan left and Sheila Fleming became Dept. Head.**

3 month rotations continued for most staff except where 2 PTs were needed in 1 area and 1 had gained seniority and chose to stay. The only Senior Position now is in PSCU as a specialised physio.

There was never any smoking allowed in the physio dept. although it was allowed throughout the rest of the hospital. The physio Dept. was involved in the **Smoking Cessation Program.**

Physio Assistants have been an important part of the physio staff since the 70s

**1980s 2 batches of Dutch physios arrived.**

**1992 UBC Grads, Fabiola Toyata, Anne Jenkins and Lisa Froese arrived.**

**1992 Sheila stopped need for referrals being mandatory for seeing patients in Hospital.**

Many protocols have changed over time e.g.: THR: now discharged in 5 days where previously it was several weeks. Menisectomies are now day surgery where previously were treated with Jones Pressure Bandage followed by cast and in hospital at least 1 week.

**2008 Sheila left and Angela Rocca became Dept. Head.**

**UBC Grads:**

**Elaine McInnis**

**Vivienne LaPlante**

**Joh Jenkins**

**Elizabeth MacRitchie**

**Linda Martindale**

**Carol Knott**

**Karen Peterson**