

DONATION BOOK



State of the art equipment

Development of palliative care and non conventional practices

Clinical research development

Design of living space & well-being for patients

Quality of Life at Work

E
D
I
T
O

The Princess Grace Hospital is the only public health establishment in the Principality of Monaco.

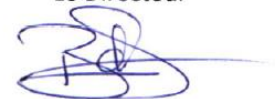
By making a donation to our hospital, you are directly supporting projects of excellence in terms of innovation, or projects aimed at increasing the well-being of our patients and staff.

This booklet has been created to enable you to support specific projects that meet your expectations or sensitivities: acquisition of state-of-the-art equipment, development of clinical research protocols, projects aimed at improving the comfort of our patients and the quality of life of our professionals.

To contact us, you can write to us at direction.chpg@chpg.mc

Tel : (+377) 97 98 84 94

Le Directeur



Benoîte ROUSSEAU de SEVELINGES

This donation book is available to you so that you can view and choose to allocate your donation to one of the many innovative projects selected by our medical teams.

We would like to thank you for your generosity, which will enable us to :

- Support the quality of care and comfort of patients and professionals;
- Provide specific support for services (renovations, equipment, etc.);
- Support research;
- Support medical training and education.

HOW TO CHOOSE FROM THIS BOOKLET ?

To help you make the right choice, our projects are grouped under different headings, which may catch your attention or correspond to one of your preferences:

- State-of-the-art equipment
- Development of palliative care and unconventional techniques
- Development of clinical research
- Spaces and well-being for patients
- Quality of working life for CHPG professionals

Whatever the amount, your donation will contribute to all or part of many projects that enable the CHPG to achieve a high level of quality and be at the forefront of care.

Your donation can fund a project in its entirety, or just part of it.

There is no such thing as a small donation. Every donation is a generous and altruistic act that helps us in our mission.

P
A
N
O
R
A
M
A

FINANCING REQUIREMENTS : 5000€ - 50 000€

Financing therapeutic innovation (cryoablation procedures, robotic surgery...)

Preserving body image

Encourage adapted physical activity to improve the quality of life of oncology patients

Promoting art therapy

Offering aromatherapy sessions for oncology patients

Virtual Reality Headset

Animal Therapy

FINANCING REQUIREMENTS : 50 000€ - 300 000€

Puncture echo-endoscope

Bronchial puncture echo-endoscope

High-definition video-surgery systems

Neuronavigation system for oral surgery

Spyglass cholangioscopes

Cryoablation system

Housing simulator

Senior health activity course

Terrace design

FINANCING REQUIREMENTS : 300 000 € - 500 000€

Complete anaesthesia stations

Global patient monitor system with centralization

FINANCING REQUIREMENTS > 500 000€

Digital operating microscope 4K 3D video

Exactrac dynamic systems

Surface image-guided radiotherapy

Virtual bronchoscopic navigation system

Automated molecular pathology system - idylla

SUMMARY

STATE OF THE ART EQUIPMENT	7
COMPLETE ANAESTHESIA STATIONS	8
GLOBAL PATIENT MONITOR SYSTEM WITH CENTRALIZATION	9
DIGITAL OPERATING MICROSCOPE 4K 3D VIDEO	10
PUNCTURE ECHO-ENDOSCOPE	11
BRONCHIAL PUNCTURE ECHO-ENDOSCOPE	12
EXACTRAC DYNAMIC SYSTEMS	13
SURFACE IMAGE-GUIDED RADIOTHERAPY	14
HIGH-DEFINITION VIDEO-SURGERY SYSTEMS.....	15
VIRTUAL BRONCHOSCOPIC NAVIGATION SYSTEM	16
NEURONAVIGATION SYSTEM FOR ORAL SURGERY	17
SPYGLASS CHOLANGIOSCOPES	18
CRYOABLATION SYSTEM	19
SYSTÈME D'ENROBAGE DES TISSUS AUTOTEC	20
NON-INVASIVE MAPPING SYSTEM - VIVO	21
AUTOMATED MOLECULAR PATHOLOGY SYSTEM - IDYLLA	22
DÉVELOPMENT OF PALLIATIVE CARE & NON CONVENTIONAL PRACTICES	23
PRESERVING BODY IMAGE.....	25
ENCOURAGE ADAPTED PHYSICAL ACTIVITY TO IMPROVE THE QUALITY OF LIFE OF ONCOLOGY PATIENTS	26
PROMOTING ART THERAPY	27
OFFERING AROMATHERAPY SESSIONS FOR ONCOLOGY PATIENTS	28
VIRTUAL REALITY HEADSET	29
ANIMAL THERAPY	30
CLINICAL RESEARCH DEVELOPMENT	31
DESIGN OF LIVING SPACE & WELL BEING FOR PATIENTS	34
HOUSING SIMULATOR	35
SENIOR HEALTH ACTIVITY COURSE.....	37
TERRACE DESIGN	39
QUALITY OF LIFE AT WORK	41
ANIMATION OF A FITNESS AREA	42



STATE OF THE ART
EQUIPMENT

PRIORITY LEVEL : 1

PATIENT MONITORING

Renewal of anaesthesia stations from 2010 - 2015

An anaesthesia workstation is a device that combines an anaesthesia ventilator, providing a mixture of oxygen and anaesthetic gas, with an integrated gas and ventilation monitoring system.

It is a device used exclusively by anaesthesia departments to deliver the correct proportion of anaesthetic gas to the patient while monitoring respiratory and even cardiovascular functions.



OVERALL COST OF THE OPERATION OVER 5 YEARS :

420 000 € FOR 5 COMPLETE ANAESTHESIA STATIONS

Purchase	<i>70 000 € for each</i>
Maintenance	<i>4 500 €/year for each</i>

GLOBAL PATIENT MONITOR SYSTEM WITH CENTRALIZATION

Head of Department : Docteur Hervé HAAS

PRIORITY LEVEL : 1

PATIENT MONITORING

Renewal of the CHPG monitoring systems from 2004 - 2014

Monitoring solutions bring together the essential elements needed to facilitate effective clinical decision making at the bedside. These tools feature intuitive displays, intelligent alarms and predictive algorithms to highlight even the most subtle variations. This makes it easier for clinicians to recognise these variations and take action quickly. Patients can now be monitored flexibly and reliably at the bedside or on the move with a single, portable, stand-alone monitor. Compact and lightweight, it offers a scalable range of basic and advanced clinical parameters to keep the patient informed at every stage. **The networking of all the monitors with a computer server architecture, will allow the interconnection and the feedback of vital parameters to the computerised patient file.**

The patient is thus better monitored and communication with the teams taking care of him is more fluid.



PEDIATRICS-NEONATALOLOGY

25 MONITORS ECG / PNI / SPO2 / T° AVEC CENTRALE : 478 000€

Purchase	364 000 €
Maintenance	28 500 €/year

NIVEAU DE PRIORITE : 1**SURGERY****Innovative equipment**

ZEISS ARTEVO 800 is a fully integrated digital microscope for head-up surgery. ZEISS has embraced digital technology by combining ZEISS optics with the immense possibilities of digital imaging. With its hybrid mode, it is possible to follow the operation via 3D images on the screen or through the eyepieces. The surgical team continues to see the images and data on the 55" screen.

The ZEISS ARTEVO 800 allows the visualization of details to facilitate surgical decisions, including increased resolution, optimized depth of field and reduced light intensity.

The system provides the surgeon with additional imaging data. This added visualisation of patient information does not clutter the surgical field. Take advantage of intraoperative OCT imaging, cataract support functions, vitrectomy values and patient identification to give yourself the best chance of visualising a great deal of detail.

The system is designed to adapt to the surgeon's actions and automatically adjusts parameters without additional interaction, for example when switching from anterior to posterior segments.

The surgical procedure is made easier and more precise.

**OVERALL COST OF THE OPERATION OVER 5 YEARS: 550 000 €**

Purchase	500 000 €
Maintenance	10 000€/year

NIVEAU DE PRIORITE : 1

CANCEROLOGY

Innovative Equipment

This is a piece of equipment that combines endoscopy (visualising the inside of the digestive tract) with ultrasound (ultrasound analysis of the lining and organs beyond the lining).

An ultrasound probe is brought close to the organ to be studied using an endoscope. It is used to search for or explore lesions in the digestive tract or neighbouring organs.

Echo-endoscopy is the most effective examination for studying the lining of the oesophagus, stomach or duodenum (to search for and analyse benign or malignant tumours) and the surrounding organs.



The system can also be used to look for the presence of stones, cysts or tumours in the bile ducts and/or pancreas. It provides information that would not have been obtained by other methods of exploration. This equipment allows tissue fragments to be taken by puncture that can then be studied under the microscope.

OVERALL COST OF THE OPERATION OVER 5 YEARS : 290 000 €

Purchase	160000 €
Maintenance	26 000 €/year

NIVEAU DE PRIORITE : 1

CANCEROLOGY

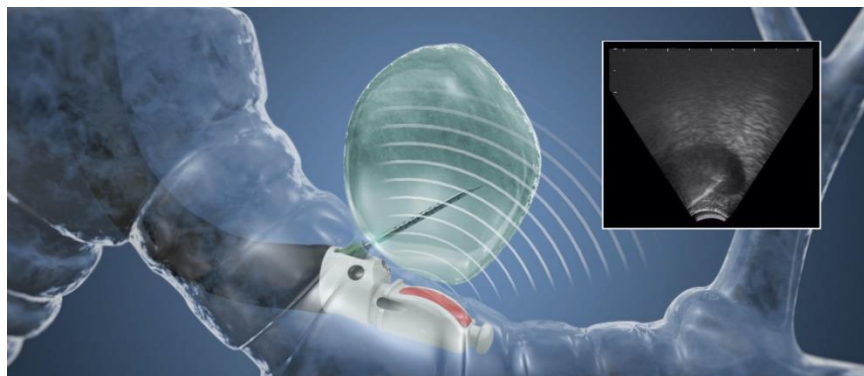
Innovative equipment

This piece of equipment combines endoscopy (visualisation of the bronchial passages) with ultrasound (ultrasound analysis of the lining and organs beyond the lining).

This procedure explores the bronchial tubes and, above all, the lymph nodes or lesions in the mediastinum (the area of the body around the bronchial tubes, between the lungs).

During the examination, the surgeon uses a camera (endoscope) connected to a miniaturised ultrasound probe. Once the lesions have been identified, samples are then taken (aspiration of secretions, lymph node puncture, etc.).

This examination is used to help diagnose certain lung diseases or cases of lymph nodes in the mediastinum (mediastinal adenopathy). In particular, it is used to test for infections, cancers and chronic inflammatory lung diseases.



Echo-endoscopy is the most effective examination for detecting and analysing benign or malignant tumours and the surrounding organs.

This system enables us to acquire information that cannot be obtained by other methods of exploration. This equipment allows tissue fragments to be taken by puncture that can then be studied under the microscope.

OVERALL COST OF THE OPERATION OVER 5 YEARS : **270 000 €**

Purchase	140 000 €
Maintenance	26 000 €/year

NIVEAU DE PRIORITE : 1

CANCEROLOGY

Renewal of the 2015-2016 ExacTrac systems with new generation equipment

The image-guided radiotherapy of the ExacTrac system guarantees sub-millimetre accuracy during radiotherapy and radiosurgery treatments.

ExacTrac is a radiographic control system that detects intra-fractional tumour movement during irradiation, regardless of the angle of the table or accelerator arm. Instantaneous X-ray image acquisition with 6D fusion (patented) provides fast and highly accurate positioning information and limits the possibility of missing something due to patient movement or internal anatomical displacement.



The new system offers a novel thermal surface tracking technology combined with ExacTrac X-ray monitoring, opening up new possibilities. The new clinical procedures allow a wide range of indications to be treated.

This revolutionary new all-in-one thermal surface camera technology works with real-time X-ray monitoring for unparalleled accuracy. The 4D thermal camera generates a highly accurate and reliable hybrid thermal surface by correlating the patient's thermal signature with its reconstructed 3D surface structure. To do this, 300,000 points on the 3D surface are acquired and then re-aligned to the thermal signal generated by the thermal camera, creating another dimension for tracking their position.



This makes the irradiation more precise, increasing the effectiveness of the treatment while limiting the area of healthy tissue irradiated.

OVERALL COST OF THE OPERATION OVER 5 YEARS : 1 560 000 €

Purchase	1 200 000 €
Maintenance	90 000€/year

NIVEAU DE PRIORITE : 1

CANCEROLOGY

Innovative Equipment

AlignRT® Advance is the market-leading surface image-guided (SGRT) system for tracking the patient's position before and during radiotherapy, ensuring a simplified workflow for accurate treatment delivery.

An entirely non-invasive and contact-free technology, AlignRT® uses 3D stereo cameras to track the skin's surface and compare it to the ideal position in the treatment plan with submillimetric accuracy. It can automatically signal for the treatment delivery system to pause the radiation beam if the patient moves out of the desired position.



AlignRT® Advance also improves patient comfort. Session times have been reduced by 50% thanks to the reduction in control imaging and the more accurate initial positioning. This solution eliminates the need for tattoos or other permanent marks on the skin, but also eliminates the need for closed masks or SRS frames.

OVERALL COST OF THE OPERATION OVER 5 YEARS : 715 000 €

Purchase	540 000 €
Maintenance	43 750 €/year

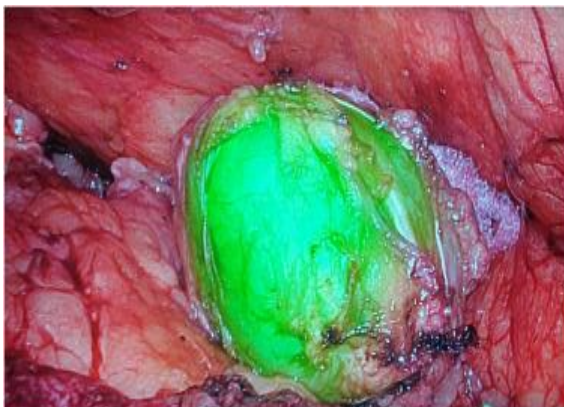
NIVEAU DE PRIORITE : 2

SURGERY

4K imaging :

The resolution offered by these 4K endoscopic cameras is four times higher than traditional systems. The number of pixels is quadruple that of Full HD. These innovative cameras equipped with an electronic zoom are able to display far greater detail without any risk of damaging the organs in the process.

The image quality of the 4K format goes hand in hand with much more faithful colour rendition. The calibration of these same colours is finer with a greater number of shades possible. The details of organs, blood vessels or nerves are much more visible. Reproduced on screen during the operation, these high-resolution images facilitate the execution and precision of the surgical procedure. The surgeon is truly immersed in the image.



3D Imaging :

Three-dimensional vision is ideal for surgical procedures requiring extreme precision and an excellent perception of space. It enhances positioning accuracy, provides a detailed view of the area and improves hand-eye coordination. It provides a clearer view of adjacent anatomical structures and therefore protects them as much as possible. It provides laparoscopic surgery with even greater precision, speed and efficiency.

Fluorescence imaging :

The use of indocyanine green (ICG) enables anatomical structures to be made visible, using light with wavelengths ranging near infrared, allowing better visualisation of blood circulation, the lymphatic system or even carcinomas and liver metastases.

OVERALL COST OF THE OPERATION OVER 5 YEARS : 180 000 €

Acquisition of maternity operating room	100 000 €
Acquisition of ENT operating room	80 000€

NIVEAU DE PRIORITE : 2

CANCÉROLOGY

It is an image-guided navigation system. Its purpose is to access tissue samples for biopsies of lung lesions in people suspected of having lung cancer. This technology is also known as virtual navigation bronchoscopy. The system integrates bronchoscopic images, CT data and merged fluoroscopic images to provide a real-time reconstructed airway.

The system generates a 3D image during the procedure to access nodules anywhere in the lung. The bronchoscope enters the lungs through the central airway. The system creates a path through the lung parenchyma, avoiding blood vessels, directly to the peripheral lesion, which can be removed or treated.

The system also uses the patient's high-resolution CT scan to create a virtual representation of their airway. This allows the physician to select the nodule of interest and see a navigation route to it. The system shows the complete vascularity of the lung so the doctor knows if he or she is taking the sample safely without puncturing the pleura.



OVERALL COST OF THE OPERATION OVER 5 YEARS : 878 000 €

Acquisition	355 000 €
Maintenance	16 000 €/year
Consommables	92 000 €/ year 40 patients/ year (2 300 €)

NIVEAU DE PRIORITE : 3

SURGERY

Priority level : 3

Neuronavigation is a form of computer-assisted surgery that allows the patient's brain or spine to be viewed in 3D. Previously, during an operation, the surgeon had to visualise the patient's anatomy without any imaging support. Then, with the progress of medical imaging, he was able to benefit from increasingly precise images: scanner, magnetic resonance imaging, etc.



This neuronavigation system then makes it possible, during the operation, to merge the patient's CT or MRI images with his brain itself, just as a GPS superimposes the real road with road maps. It then becomes possible to precisely locate a brain tumour or a target in the brain, the anatomical structures surrounding it, and to know exactly, via control screens, the progress of the intervention in the brain by determining very precisely the path towards the chosen target.

Applications : This neuronavigation system allows a reduction in operating time but above all in operating risks (because of possible damage to the orbits and meninges with a serious risk of infection). Moreover, it would provide a permanent per-operative control of the surgical gesture in correlation with the anatomical reports.

COUT GLOBAL DE L'OPERATION SUR 5 ANS : 160 000 €

Purchase	90 000 €
Maintenance	8 000 €/year
Consumables	7 600 €/year 40 patients/year (190 €)

NIVEAU DE PRIORITE : 2

CANCEROLOGY

Priority equipment

The Spyglass (Boston Scientific) allows cholangioscopy or pancreatoscopy to be performed by introducing a scopy probe during a ductal catheterisation. It also allows biopsies or lithotripsy to be performed using specific forceps. It is the first single-operator and single-use cholangioscopy system. It has two dedicated irrigation channels, an optical channel and a 1.2 mm diameter operator channel.



It is primarily used to take samples to confirm the diagnosis of a tumour, when this has not been possible using conventional methods.

OVERALL COST OF THE OPERATION OVER 5 YEARS :

180 000 € (12 PROCEDURES / year)

Cost of procedure	3 000 €
-------------------	----------------

NIVEAU DE PRIORITE : 2**CANCEROLOGY****Priority equipment**

Medical imaging is becoming an increasingly important part of the healthcare sector. Continuous advances in imaging techniques allow earlier and more accurate detection of disease, for more targeted, less invasive treatment and close monitoring of therapeutic response.

Ablation techniques have been added to the therapeutic arsenal to treat and destroy tumours and metastases that were previously difficult to operate on. Two techniques complement each other in oncological treatment : cryoablation and radiofrequency.

Cryoablation, which is performed under local anaesthesia, is a minimally invasive approach derived from oncological interventional imaging. It consists of inserting a hollow needle, about fifteen centimetres long, guided by scanner into the tumour. The temperature (-100°C) at its tip will gradually bring the cancerous cells to destruction while respecting the surrounding tissue. The radiologist, thanks to the visualization of the needle on the scanner images, can control the zone of tissue destruction in real time.

The tumour detected at an early stage can thus be destroyed without any treatment being necessary for the patient.

OVERALL COST OF THE OPERATION OVER 5 YEARS :**300 000 € (10 PROCEDURES /YEAR)**

Cost of procedure	6 000 €
--------------------------	----------------

NIVEAU DE PRIORITE : 2**CANCEROLOGY**

Renewal of the automat from 2009

The automatic mounting machine completely eliminates the task of manually mounting the tissue. The technology of the automated system combined with the cassette systems ensures perfect tissue orientation. Indeed, the positioning given to the specimen at macroscopy remains the same until the microtomy stage. This process eliminates any risk of misalignment or loss of tissue, and improves patient care.

**OVERALL COST OF THE OPERATION OVER 5 YEARS : 360 000 €**

Purchase	300 000 €
Maintenance	15 000 €/year

NIVEAU DE PRIORITE : 3

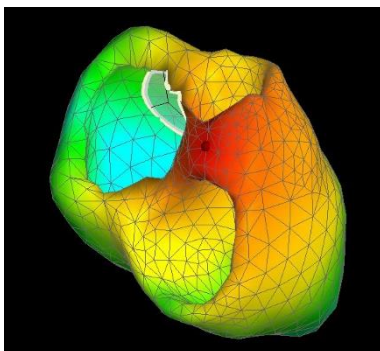
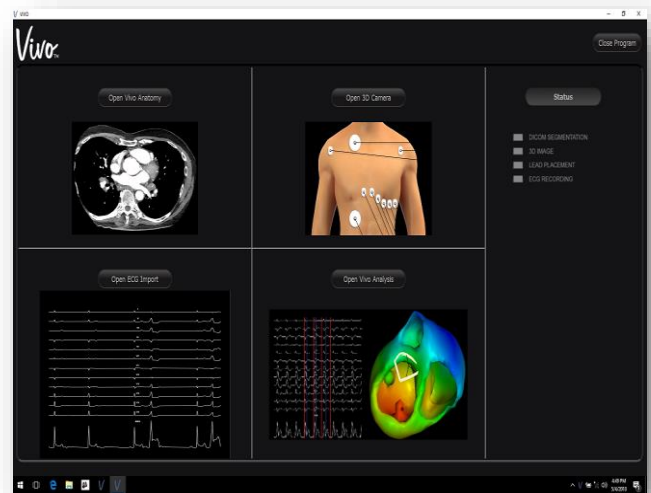
PATIENT MONITORING

Innovative equipment

VIVO™ is a new non-invasive localisation device that sets a new standard for planning ventricular ablation procedures.

Conventional invasive mapping is both time consuming for localisation and often unsuccessful. VIVO™ is a non-invasive 3D imaging system that allows physicians to identify the origin of arrhythmias prior to the procedure, streamline workflow and reduce overall procedure time

The VIVO™ system uses standard clinical inputs and proprietary algorithms to create patient-specific anatomy and provide a 3D image of the heart with an overlaid activation map, accurately identifying the earliest onset of arrhythmia.



The non-invasive mapping device is based on the principle of "GPS" tracking of the patient's electrode placement, CT or MRI slice imaging and the 12-lead electrocardiogram.

OVERALL COST OF THE OPERATION OVER 5 YEARS : 310 000 €

Purchase	50 000 €
Maintenance	5 000 €/year
Consommables	48 000 €/ year 20 patients/ year (2 400 €)

AUTOMATED MOLECULAR PATHOLOGY SYSTEM - IDYLLA

Head of Department : Docteur Florence DUPRE

NIVEAU DE PRIORITE : 3

CANCEROLOGY

Priority level : 1

Priority equipment

The Molecular Pathology Automat is a real-time PCR system used for sample processing, amplification and detection on a single platform. The system consists of two innovative components: a first unit for fully automated sample preparation and nucleic acid processing and a second unit for real-time DNA amplification and detection. The sample processing is therefore fully automated starting from the primary samples. All work steps are controlled by software developed specifically for this type of task.



OVERALL COST OF THE OPERATION OVER 5 YEARS : 790 000 €

Purchase	50 000 €
Maintenance	5 000 €/year
Consumables	144 000 €/year (144 €) pour 1 000 tests/year



DÉVELOPPEMENT OF
PALLIATIVE CARE & NON
CONVENTIONAL
PRACTICES

Palliative care offers a holistic approach to the person and aims to ensure the best possible quality of life for people who are ill, physically, psychologically and socially. It takes into account the diversity of needs of patients and their families and is an integral part of the care of patients throughout the course of their illness.

At the Princess Grace Hospital, this care responds to needs that may arise during the illness and its aftermath and which mainly concern the management of pain and fatigue, but also nutritional problems, psychological support, disturbances in self-image, and social follow-up. Taking care of a patient as a whole requires different skills. At the CHPG, this care is provided by multidisciplinary teams working in care areas for oncology patients (dietician, pain doctor, physiotherapist, psychologist or socio-aesthetician, etc.).

Nevertheless, the current financing methods of our health systems do not take into account their development, which limits access to these services to the greatest number of patients, despite the efforts made by health professionals and establishments.

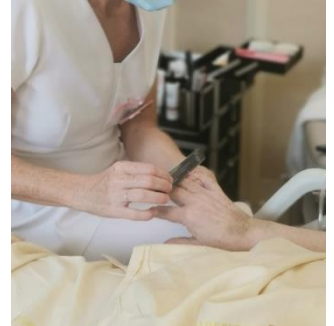
In order to encourage the development of palliative care in oncology, beyond what is currently practiced, the Princess Grace Hospital wishes to resort to donations and public generosity in order to finance the most innovative actions for the benefit of its patients.

PRESERVING BODY IMAGE

Cancer treatments have an impact on the body and on the skin. These consequences vary greatly depending on the treatment and the individual.

Developing onco-aesthetic care for CHPG patients

The socio-aesthetician or psycho-socio-aesthetician is a beautician trained in the specificities of the disease, the treatments and their consequences on the body and the psyche. Through care and advice, the onco-aesthetician helps to reduce or better accept them. The treatment is a bubble of relaxation which allows the patient to keep a benevolent link with himself. The objective is to allow the patient to reappropriate his or her body and to test the gaze of others.



Facials and hand treatments bring hydration and self-confidence. Advice on make-up, hair prostheses or scarves is invaluable in dealing with the absence of hair; during massages, the patient reappropriates his or her body.

The medical teams have found that these treatments also have physiological benefits: lowering of hypertension and muscle tension, general relaxation, reduction of nausea, better acceptance of treatments and, above all, they improve the psychological state. Oncology nurses are also trained in image and aesthetics to provide advice and well-being to patients.

The funding of a socio-aesthetician post from donations should make it possible to offer this supportive care free of charge to all patients treated in oncology at the CHPG who so wish, in a reassuring setting with specifically trained staff.

The cost of the project is estimated at **€45,000 PER YEAR** for the recruitment of a full-time socio-aesthetician to cover the current needs of the active file of oncology patients at the CHPG.

Providing access to a dermopigmentation service to better manage the loss of eyebrows after chemotherapy

The aim of medical care in chemotherapy is to obtain a cure for patients, with innovative treatments that are increasingly targeted and personalised. However, these treatments generate undesirable effects, which, although they are increasingly well managed at the CHPG with the development of supportive care, have deleterious effects on the psyche of patients.



One of the most deleterious is the loss of eyebrows following chemotherapy treatments. This phenomenon has the consequence of modifying the morphology of the face and creates, as a result, a major inconvenience for patients in resuming their professional activities, as well as in their daily life.

The objective of the medical and nursing teams of the CHPG is to be able to finance, thanks to donations, an innovative service for patients, which is not covered by the current health systems, in order to carry out a "dermopigmentation" or tattooing of the eyebrows, even before they fall off, in order to obtain the best result.

The CHPG has already paid for the training of specialised nurses to carry out this type of service, the development of which has come up against problems of cost for the patients, insofar as the cost of a tattoo amounts to €100 (€30 of sterile needles and €70 of pigments specific to the medical field).

In order to be able to offer this service to as many patients as possible who could benefit from it, which represents an annual active file of 150 patients, the CHPG would like to obtain funding of €15,000 PER YEAR.

ENCOURAGE ADAPTED PHYSICAL ACTIVITY TO IMPROVE THE QUALITY OF LIFE OF ONCOLOGY PATIENTS

“Adapted physical activity” allows people who, due to their condition, cannot practice this activity in usual conditions to get moving. It responds to the specific health needs of each person and is not limited to sports but includes all activities of daily life: domestic tasks, work, transport, leisure. Physical activity is the energy expended during movement.

Adapted physical activity improves general health, morale, quality of life, and psychological and emotional state; it reduces the level of fatigue by about 30%, regardless of when the cancer is treated. Adapted physical activity has a good impact on self-image and self-confidence and also allows better compliance with treatment. These benefits have been demonstrated for many cancers.

Adapted physical activity also aims to regain control of one's daily life and to facilitate the return to sport in ordinary conditions and to a social life after the disease.

The Princess Grace Hospital wishes to offer an innovative framework to accompany oncology patients who wish to return to sport, by proposing water-based activities in partnership with the Principality's sports institutions and associations and the surrounding municipalities.

The aim is to offer water sports activities to patients who wish to take advantage of them, as part of an adapted and progressive physical activity programme defined in conjunction with the medical and nursing team. This represents an ANNUAL BUDGET OF €15,000.

PROMOTING ART THERAPY

It is not always easy to express in words the feelings of the disease. Using creativity and the imagination, art therapy offers a supportive approach with adapted artistic proposals to help the patient better integrate the illness into his or her life.

Art therapy provides a space of support protected from the gaze and judgement to regain one's bearings at one's own pace, along a creative pathway that takes place during the course of the illness or after the treatments.

Painting, drawing, writing, dance, storytelling, theatrical games, music or singing..., the artistic practices offered are designed in a complete system which, in a gentle way, re-mobilises energy, identity, body image and accompanies towards a better well-being.



Tailor-made and depending on the context of the care, these art therapy workshops can be organised in groups or individually. The length of the proposed session can vary according to the energy level of the participants and the context of the treatment.

Art therapy programmes can be offered within the wards, most often by associations. They are discussed with the care teams. The doctor or psychologist proposes this support to the patient. These programmes are run by specially trained and qualified art therapists.

The aim is to offer art therapy sessions to patients in the oncology department of the CHPG, at the rate of one art therapist shift per week, representing an **ANNUAL BUDGET OF 8 000 EUROS**.

OFFERING AROMATHERAPY SESSIONS FOR ONCOLOGY PATIENTS

Aromatherapy is the art or science of using essential oils that use the aromas and benefits of plants to promote health and well-being.

Based on the extraction and concentration of compounds from medicinal and aromatic plants, aromatherapy relies on active molecules naturally present in plants to remedy certain health problems, but also for relaxation, beauty or hygiene: these are the essential oils. They help to improve the quality of life of patients. Their effectiveness is recognised in many specific indications, depending on the properties of the essential oils used :

- expectorants and anticatarrhals
- anti-infectives: antibacterial, antimycotic
- anti-histamines
- antispasmodics
- analgesics, analgesics and anaesthetics
- calming and anxiolytic
- vascular and haemathological properties: phlebotonic, lymphotonic, anticoagulant, antihaematoma, haemostatic, hypotensive
- digestive properties
- antirheumatic
- stimulating or soothing

Aromatherapy can therefore be used to combat sleep disorders, pain, inflammation, nausea and vomiting, anxiety and stress.

The CHPG wishes to offer aromatherapy sessions as an accompanying care, complementary to other treatments for its patients suffering from serious pathologies.

This project is in line with the CHPG's desire to allow all patients in need (oncology, acute and chronic pain, chronic illnesses) to benefit from non-conventional care aimed at improving the comfort and quality of life of patients.

Axes	Estimated cost
Continuing professional development	50 000 euros
Consumables	50 000 euros
Funding for the creation of a dedicated team: 1 nurse post and 1 care assistant post + team reinforcements	120 000 euros

VIRTUAL REALITY HEADSET



COMPOSITION OF THE PACKAGE :

- 1 stand-alone VR mask ;
- 1 headset ;
- 1 application software + 1 library of 360° sessions;
- 1 6.1 inch tablet;
- 1 Micro SD memory card of 128 GB
- 2 USB power cables + 2 chargers;
- 1 protective / transport case.

GOAL

Combating anxiety and peri-operative pain

3D at the bedside. The use of virtual reality headsets as part of care protocols helps to alleviate pain and stress in patients.

By recreating an environment in which the user is immersed and thus providing a distraction, the headsets help to improve the patient experience.

They are used prior to interventions or technical gestures, and their benefits are real in the treatment process and also constitute a tool that is very much appreciated by carers.

Practical applications:

- **In paediatrics**, the headsets are used to carry out invasive care on children over the age of 10, in conjunction with hypnotherapy.
- **In dialysis**, virtual reality is used to help patients "escape" for the duration of the protocol.
- **In anaesthesia**, it has been shown that patients who benefit from virtual reality require less anaesthetic in the operating theatre.
- **In intensive care**, patients who stay relatively long have a way of 'escaping'.
- **In Critical Care**, headsets are also used to help staff relax in the most complex situations.

Satisfaction surveys prove the real benefits of using headsets in hospitals

FINANCIAL EVALUATION OF THE PROJECT :

1 pack : 180 € / month

Rental of the device : 8 600€ for each pack (4 years)

ANIMAL THERAPY

Gerontology Department, Paediatrics Department, Psychiatry Department



The aim of this project is to offer patients in the Gerontology, Paediatric and Psychiatry departments of the CHPG, therapeutic workshops using animals (equine and small animal therapy). Connecting with animals provides emotional comfort by creating a welcoming and reassuring environment, improving the hospitalisation experience, which can potentially be a source of stress. These are special moments dedicated to the patient's well-being and their unique interactions with the animals.

OBJECTIFS THERAPEUTIQUES ET EFFETS

- | | |
|---|---|
| <ul style="list-style-type: none"> • Expression of emotions and calming anxiety • Freedom of speech • A break from the routine of a hospital stay • Memory work and activation of pleasant memories • Work on fine motor skills • Pleasure and serenity | <ul style="list-style-type: none"> • Helps increase appetite and establish better transit. • Reduces or eliminates "delusions". • Reduces depression, irritability and anxiety • Reassurance for the patient • Increased appetite and improved sleep • Acceptance of toileting and care |
|---|---|

PROJET : Organisation of various animal therapy sessions in different departments of the hospital over the course of the year.

DESCRIPTIF

1. Equine Therapy
2. Small animal Therapy

TOTAL COST OVER A YEAR:

Equine Therapy	Duration : 2 hrs	400€/session
Small animal Therapy	Duration : 2 hrs	300€/session

Total budget : 14 000 € (for 20 sessions each)

Implementation date : immediate



CLINICAL RESEARCH
DEVELOPMENT

Creation of a clinical research platform and innovation

Along with prevention, care and teaching, clinical research is one of the missions of the Princess Grace Hospital Centre, which contributes to the evaluation of new drugs, medical devices, administration methods or new diagnostic or treatment techniques.

Clinical research presents opportunities in terms of attractiveness, being an essential criterion for recruiting high-level medical and paramedical teams.

In addition, clinical research is a vector for improving the quality of care because it broadens access to care by offering patients the opportunity to access therapeutic innovations and molecules before they are authorised for marketing, within the framework of a controlled and scientifically validated process.

Since 2009, the CHPG's research organisation has been gradually structured. Around one hundred research projects are currently underway. The CHPG plans to create a medical coordination structure for clinical research and innovation, which will enable it to carry out even more research protocols, while targeting those that correspond to the resources and constraints of a hospital of the size of the CHPG.

This project is part of an approach based on existing partnerships with external structures, in particular the Nice University Hospital, the Antoine Lacassagne Centre and the Côte d'Azur University, and includes all the Principality's medical and scientific players, including the Monaco Scientific Centre.

Indeed, each research project carried out on the initiative of a CHPG practitioner requires specific investments in terms of human, technical and technological resources. Some projects have already been launched thanks to the support of generous donors :

- The SPECTRE project, which focuses on a strategy for the management of unstable coronary plaque in patients admitted to the emergency department for chest pain suspected of having coronary disease. This primary prevention and cardiovascular risk assessment clinical study was supported with €120,000
- The SPOT project, which focuses on the management of perioperative stress through l-tyrosine supplementation in patients undergoing digestive surgery such as inguinal hernia and cholecystectomy on an outpatient basis, has received €50,000 in funding
- The NIRVANA-Lung project, which compares the overall survival rate at one year between treatment with pembrolizumab and chemotherapy versus treatment with pembrolizumab and chemotherapy plus radiotherapy in patients with non-small cell lung cancer, has received €4,752 in funding
- The PREDICTOR project, which focused on the search for the best predictive marker of overall survival among geriatric assessment tools and disease-related factors in elderly subjects with high-risk myelodysplastic syndrome, was supported to the tune of €2,675

Other projects are underway and require funding:

1. The aim of the GALILEE project is to compare 68Ga-FAPI PET/CT with 18F-FDG PET/CT in the initial extension assessment of lobular breast cancer, the hypothesis being to check whether 68Ga-FAPI is more sensitive than 18F-FDG in detecting this disease and its lesions.
2. The DPO project, which aims to evaluate the benefits of low-intensity shock waves in restoring sexual function after robot-assisted radical prostatectomy, is awaiting financial support to get underway.



DESIGN OF LIVING
SPACE & WELL BEING
FOR PATIENTS

HOUSING SIMULATOR



The aim of the project is to provide support for adults with all kinds of medical conditions and their carers.

It also forms part of the training course for caregivers, carers and new generations of nurses in conjunction with the IFSI and IFAS (the Institute for Nursing Care and Care Assistant Training).

The housing simulator is a modular space, a product of new technologies, which can be used to simulate living situations as close as possible to people's needs, lifestyles and homes. This innovative equipment can be

used to assess people's abilities, autonomy and potential disability needs, to support them in the process of becoming autonomous and to prepare the way for their return home in terms of prevention, relearning and reorganisation.

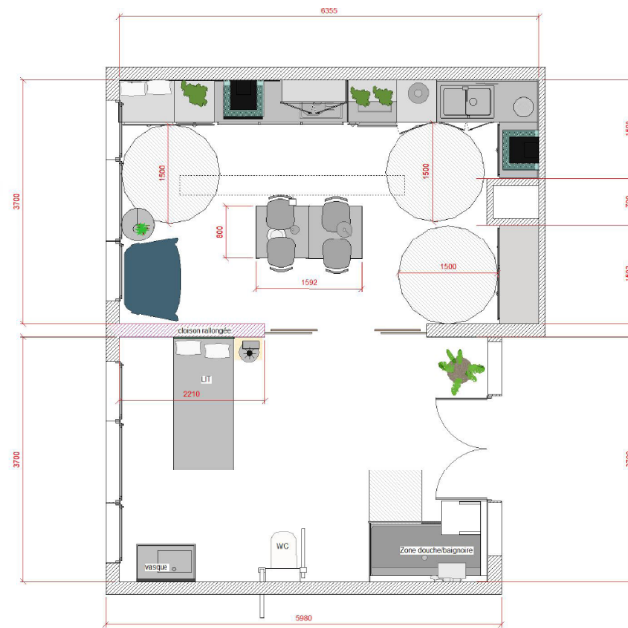
It is a teaching aid of excellence that forms part of the patient's re-education/rehabilitation and therapeutic education programmes. It can also be used to record data relating to a person's activity in a home automation environment, and to analyse usage and comfort scenarios, in cooperation with partners who supply materials and equipment.

THERAPEUTIC GOALS

- Assessing the person's abilities and potential disabilities.
- Promote the person's abilities.
- Educating people about household risks and preventing falls.
- Preventing and dealing with eating disorders and associated conditions.
- Collaborate and cooperate as part of a multi-disciplinary team.
- Making patients active participants in their own care.
- Preparing the patient's return home.
- Promoting and securing the role of carers.
- Train carers, nurses and others involved in patient care.
- Train IFAS and IFSI students.

PROJECT :

Complete refurbishment of the living room to create a housing simulator.



D
E
S
C
R
I
P
T
I
O
N

Renovations:

The space will be divided into several designated areas representing the different rooms within the home, with furniture that can be moved around and adapted to suit as many different people as possible. The simulator will also be adapted for motor and sensory disabilities, with technical and home automation tools to offer solutions to compensate for disabilities.

Layout:

- Bedroom
- Living room
- Bathroom
- Toilets

Kitchen divided into two areas:

- A standing area, with conventional equipment and handrails attached to the work surfaces.
- An area for wheelchair users, with adapted equipment.

FINANCIAL ASSESSMENT OF THE PROJECT :

150 000 €

Completion dates : 20 months

SENIOR HEALTH ACTIVITY COURSE

Centre Rainier III - 1er étage Unité Denis Ravera



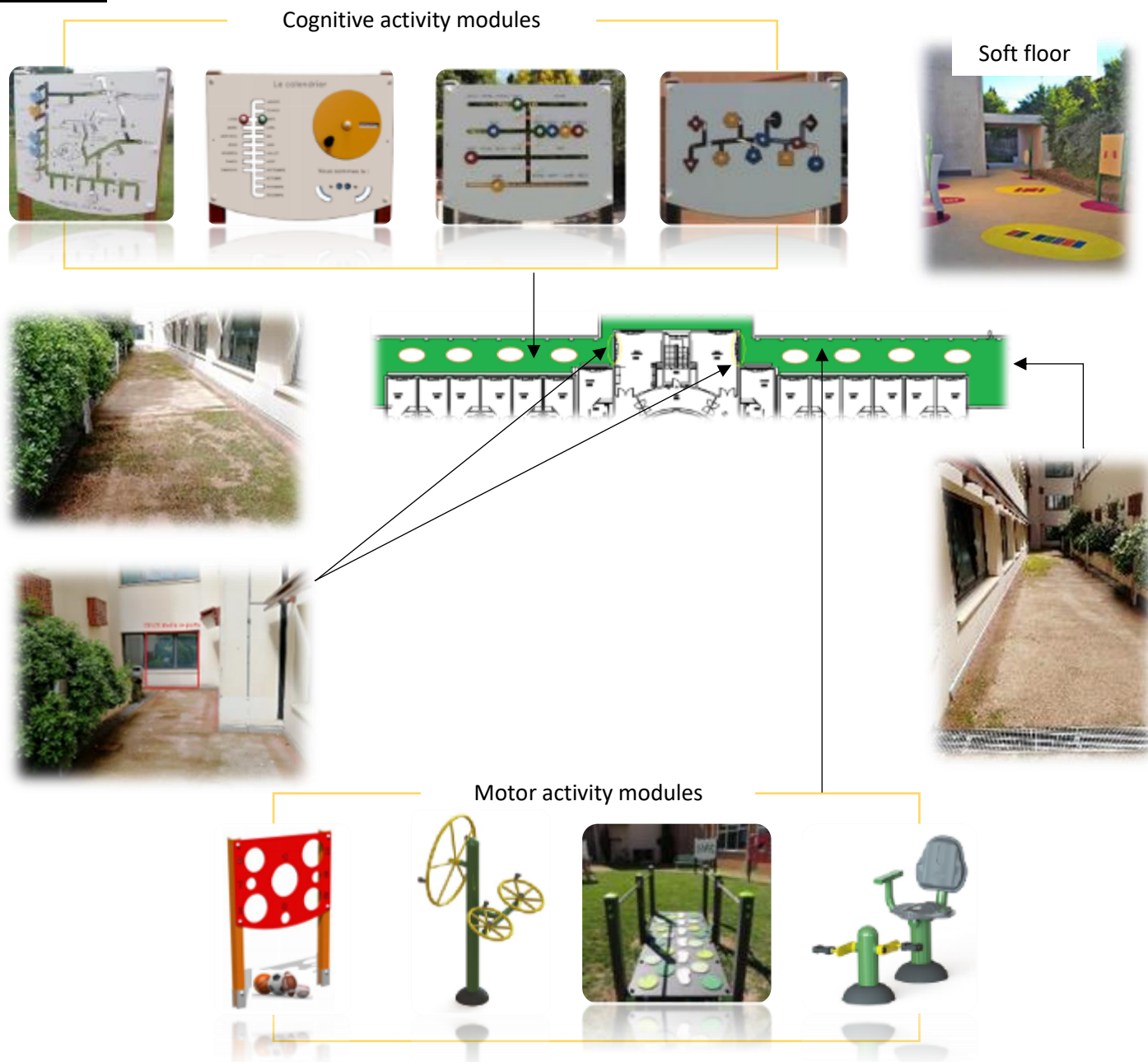
This project aims to offer patients over 60 years of age in the Denis Ravera Unit of the Centre Gérontologique et Clinique Rainier III, who present cognitive and/or behavioural disorders:

- Alzheimer's disease or a related syndrome,
- Aberrant motor behaviour,
- Acute and productive behavioural disorders

THERAPEUTIC GOALS

- Maintain autonomy
- Regular physical activity
- Increasing the outdoor walking space of a closed unit
- Preventing falls
- Maintain muscle tone
- Maintain joint flexibility
- Helps to increase appetite and establish better transit.
- Maintain a more efficient cardiac and respiratory capacity.
- Preserve walking ability in people with Alzheimer's disease or related disorders.
- Prevent loss of autonomy and preserve remaining capacities.

PROJECT :



DESCRIPTION

1. Floor of the corridor, with the installation of a shock-absorbing floor on the entire green part of the plan.
2. Integration of 4 modules for motor activities and 4 modules for cognitive activities.
3. Installation of opaque films on the windows of the rooms to guarantee the privacy of the patients.
4. Creation of two external accesses, secured by access control.

FINANCIAL EVALUATION OF THE PROJECT:

200 000 €

Completion dates : 18 months



TERRACE DESIGN

A Qietüdine – 4th floor/roof terrace

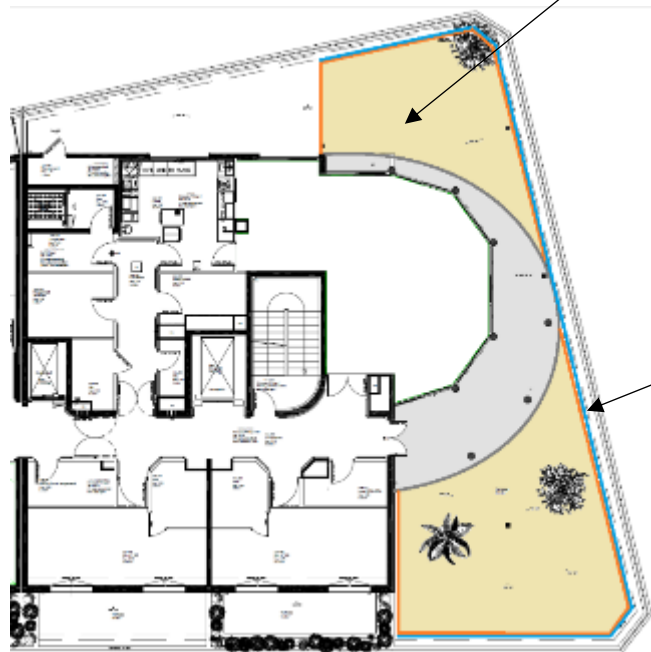
This project will benefit all the residents who appreciate being able to walk in the open air, walk along the terrace, chat, play cards, take part in various activities or simply enjoy the view of the Rock, the sea, and a place to relax outside.

TREATMENT OBJECTIVES

- To enable residents to make the most of the residence's terrace at any time of the day and at any time of the year.
- To allow for more entertainment in the winter and summer periods. The terrace would become a potential extension of the lounge, which would allow a large capacity of residents and thus multiply the animations
- Installer une structure pérenne de protection solaire.
- Improve the design of the terrace

PROJET :

Example of a pergola that can meet the needs



Example of a windbreak:



DESCRIPTION

1. Installation of fully retractable, electrically operated pergolas on the orange part of the plan.
2. Addition of light points under the pergolas.
3. Installation of electrically operated, retractable windbreaks. Plotted in blue on the plan.

FINANCIAL EVALUATION OF THE PROJECT:

190 000 €

Completion dates : 16 months



QUALITY OF
LIFE AT WORK

The Quality of Life at Work is a central approach to articulate the concerns of performance and working conditions.

In addition to the institutional approach to the development of QWL, the CHPG wishes to organise, in its fitness area, group classes given by certified coaches, in order to develop sports activities, to allow the discovery of new activities and to strengthen social links.

ANIMATION OF A FITNESS AREA

These include yoga, pilates and relaxation sessions as well as group coaching.

PROJECT BENEFICIARIES :

Medical and non-medical staff



PROJECT OBJECTIVES :

- Enable the free practice of a variety of sports activities in the workplace: apparatus, muscle strengthening, yoga, stretching
- To better manage the stress and anxiety associated with the care professions
- Offer personalised support through the intervention of physiotherapists/coaches
- To create a place to live, to exchange and to share, with the aim of developing team cohesion
- To develop a sense of belonging to the establishment
- To unite the teams around a common project
- To encourage the practice of sport and create related events

Animation of the fitness area : 40 000€ / year



1, avenue Pasteur, 98000 Monaco
+377 97 98 99 00

www.chpg.mc

Find us

