

Dr. Stafford W. Dobbin made a personal and professional commitment to the community of Niagara when he returned to Canada, specifically Niagara Falls, to practice medicine. He quickly developed a relationship with the citizens of Niagara Falls and the members of the Greater Niagara General Hospital. His leadership was evident almost immediately with the development of the position Director, Emergency Department at the Greater Niagara General Hospital where he held this position until 1988. This leadership was made with personal sacrifice and was the mainstay of his career leaving a legacy of a healthier Niagara.

Forty five years ago, at a time when heart health, cardiovascular risk management and health promotion was not in the forefront, Dr. Dobbin envisioned a community that was healthy due to education and programs which supported positive lifestyle choices and the chain of survival thus Heart Niagara Inc. was founded (1977). His vision to have a community based coronary care programme to serve the citizens in the Niagara Region has been realized with his constant support and ability to strengthen partnerships and bringing the best out in his peers. Dr Stafford Dobbin as an outreach of the Greater Niagara General Emergency Department initiated the teaching of community Cardio Pulmonary Resuscitation (CPR) and Advanced Cardiac Life Support to Doctors and Nurses which was a necessity toward the establishment of a Regional Base Hospital for Regional Paramedics.



In 1978, Dr. Dobbin developed the Heart Niagara Cardiac Rehabilitation Program pioneering rehabilitation for those recovering from a heart attack; in collaboration with Dr. Terry Kavanagh, the American Heart Association and the American College of Sports Medicine, new territory was discovered. To this day, the Niagara Region is offered an evidence-based, structured cardiac rehabilitation service, accepting referrals from family physicians and specialists throughout the region and Cardiac Care Centres throughout Ontario. The uniqueness still today lies in the commitment from over twenty-five family practice physicians and specialists to see patients in the cardiac rehabilitation exercise program and returning their OHIP fee to Heart Niagara Inc., thus

ensuring the program is free to patients who included dietary, nursing and exercise therapy. Several of the patients continue to support and volunteer within the Cardiac Rehabilitation Program. The program worked with over 8,500 patients and their families to improve their quality of life. In 2006 we received over 700 referrals and enrolled more than 500 patients in the 26 week Program, Heart Niagara Cardiac Rehabilitation Program had an 82% retention rate in the program. On December 31 2006 the program was divested to the Niagara Health System.

Cardiac Rehab Volunteer Clinicians

Stafford Dobbin	David Dec	Doug Munkley
Robbie Martin	Mike Goodwin	Azim Velji
Ron Ledray	John Kevin Foster	George Zimakas
John Palmer	Doug Blew	Bob Werhun
John O'Neill	Dan Dargavel	Gurpreet Gill
Joanna Hill	Brian Bassil	John Clark
Tom Jamieson	Todd Overholt	Brett Jamieson
Michele Bertothy	Mary Gonshalt	YK Chan
Philip McGarry	Jason Morin	Rose Tannous
Ken Armstrong	Ria (Rutherford) Shriver	JoAnn Allen
Doreen Harding	Dana Walter	Jacqueline (Chesser) Robb

Cardiac Rehabilitation Program Volunteers



Retirement Event 2007



Developing Medical Response Team for Large Events

Dr. Dobbin has spread his expertise and enthusiasm for active living to support many organizations coupled with his endless pride regarding Niagara Falls and the beauty of our landscape. His thirst for knowledge regarding sports medicine led him to marathon running and an international network of colleges. He has held the position of Medical Director for many International Marathons and Medical Advisor/Officer to the Montreal, Los Angeles and Barcelona Olympic Games, and the Ontario Jockey Club. Stafford has also been an Associate Professor, Department of Family Medicine at the University of Buffalo. Certainly a unique and proud accomplishment was the request by the Men US Olympic Trial committee to hold the US Men's trials not once

but twice in Niagara Falls Canada under his direction.

In 1988, the Regional Base Hospital was developed at the Greater Niagara General Hospital with the intent to train local ambulance attendants in the delegated medical act of manual defibrillation and rhythm interpretation. The pre-requisite for the training was to have a percentage of citizens trained in CPR and to have a 9-1-1 system in place. The Base Hospital approached Dr. Dobbin for assistance and Heart Niagara Inc. began citizen CPR training. Stafford also assisted with the development of the 9-1-1 system and the criteria for a Regional Disaster plan. The ambulance attendants were now able to provide the next link in the chain of survival, early defibrillation. This has gradually led to the Ontario Pre-hospital Advanced Life Support Study (OPALS) and the training of advanced care paramedics in the Niagara Region. The citizens of the Niagara Region now have access to advanced life support skills such as; I.V. therapy, manual defibrillation, chest needle decompression, intra-osseous infusions, cardioversion, pacing, intubation and administration of ACLS medications. During his tenure as the Medical Director of Heart Niagara Inc., Dr. Dobbin also delivered Advanced Trauma Life Support and Advanced Cardiac Life Support training for the health professionals of the Niagara Region.

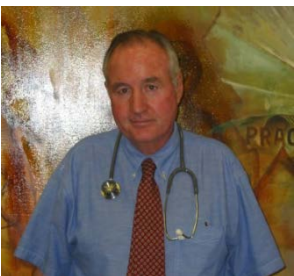


Heart Niagara opens office and shares space with the development of Base Hospital
 Support from Frank Branscombe, Branscombe Family Foundation, GNGH CEO John Carter, *Heart Niagara Board* Frank Adamson, John Cunnane, Doug Munkley, Ted Sauer, Anne Louise Branscombe, Gary Shura, Colin Boal, Bill Payne, Lu Beange, Hazel Ann Blew, Ron Brennehan, Harvey J. Haggerty, Lorie Luinstra, Joanna Mataya, Ted Sauer, Wayne Thomson

One of Dr. Dobbin's most innovative designs is the Niagara Schools' Healthy Heart Programme. Stafford believes that children are the only population of the community who do not currently have the risk factors for heart disease and are also the only population of the community available 100% for primary prevention programs. In partnership with the Niagara Public Health Department and both the District of Niagara School Board and Niagara District Catholic School Board, Grade Nine students in all 36 secondary schools in the Niagara Region receive education on healthy heart lifestyle choices, a fitness assessment, cholesterol testing, and CPR training. This program has demonstrated a positive influence on positive behaviours and reaches approximately 4,300 students annually. Established in 1987 and continues to this day reaching more than 4,300 annually. Heart Niagara expanded the programs to include elementary schools in 2005 and reached more than 2,000 annually with education. The Healthy Heart Schools' Program expanded to provide community preparedness and trains more than 8,000 students and staff annually in bystander CPR and AED annually since 2002.



Heart Niagara has baseline data on more than 100,000 adolescents since 2000, and the data has been used to inform trends, programming and reverse cascading of cardiovascular disease. The data has indicated that many negative trends such as physical inactivity, obesity and smoking are already established at age 14. Dr. Dobbin is committed to counteract the pressures exerted on young children to adopt self-destructive health behaviour habits by providing them with self-protective aids.



Stafford initiated the proposal (1999) that saw Heart Niagara Inc. receive Ministry of Health and Long Term Care annualized funding for a Nurse Practitioner to establish a Post Myocardial Infarction Program in Niagara Falls. This program is unique in its opportunity to bridge the gap between health care providers, increase support to long-term patient care while reducing stress on families and family physicians. The Program has expanded and continues to reduce gaps in service and provide primary and secondary prevention programs.

Aside from his ongoing commitment to non-profit and pre-hospital emergency care he has been a pioneer in family practice medicine. Dr. Dobbin was one of the founding Physicians of Niagara Health Services, which was awarded the first non-pilot Family Health Network License in Ontario. In addition to family practice, this Family Health Network facility provides an urgent care clinic and various services such as nurse practitioners, mental health workers, nutritionists, health promoters, smoking cessation clinic, and Life laboratory. With his leadership, colleagues and support the clinic developed into programs that serve the entire Niagara region.

Building Community One Year at a Time	
1976	Formation of first Department of Emergency Medicine in the Niagara Peninsula at the Greater Niagara General Hospital.
1977	Heart Niagara registered with Ministry of Community Services as a Pre-Hospital Emergency Care programme to initiate and administer a Cardio-Pulmonary Resuscitation training corps and the delivery of CPR services to the Peninsula. Also to develop an administer an Advanced Cardiac Life Support certification programme for Regional Doctors, Nurses and Paramedics with the Aim of meeting the 15 requirements set down by the Ontario Ministry of Health prior to approval for a Regional Paramedics Programme.
	Initial Funding provided by the Greater Niagara General Hospital Foundation.
	Offices and facilities donated by HNI by the Greater Niagara General Hospital at the Allied Health Building.
	Leadership in the Niagara Region approached Dr. Dobbin to train the citizens of the Niagara Region in CPR to assist in meeting criteria set for the implementation of an enhanced 9-1-1 system and the training of manual defibrillation and rhythm interpretation to ambulance officers. Dr. Dobbin enlisted and led a group of dedicated medical professional to accomplish this. The development and implementation of CPR, ACLS, ATLS and PALS training in the Region was an example of how truly resourceful Stafford was in building capacity, linkages and partnerships in the community.
1977-1978	CPR training corps. Established and 20,000 target groups and citizens certified in Basic Life Support to Ontario Heart Foundation standards. Including all participating Physicians, Nurses, Ambulance and hospital personnel. Regional Ambulance service personnel, Regional Fire Departments, Regional Police Services, and Regional Citizen CPR programme established.
	Heart Niagara participation in establishment of Regional Base Hospital at GNGH Emergency Department.
1978	ACLS Certification programmes administered by HNI at sites in GNGH, St. Catharines General and Welland General with a Volunteer Regional Faculty. Training of all participating Physicians and Nurses and requisite that all Physicians and Nurses working in Critical Care areas have ACLS training.
1978	Cardiac Rehabilitation programme established for the Niagara Peninsula in consultation with Toronto Rehabilitation Centre and staff. Volunteer staff of Physicians, Nurses and Athletic trainers under the guidelines of the American College of Sports Medicine. Initial funding of equipment and clerical requirements by four Lions Clubs from the Niagara Falls area. Site and facilities donated by the Niagara Falls YMCA
1979-1980	HNI initiated the teaching of ACLS to Ambulance personnel at GNGH. Expanded to Regional programme at Niagara College. Development of Regional Emergency Medical services Committee.
1980	Regional Cardiac Rehabilitation programme site moved to Niagara Falls Badminton and Tennis Club.
1981	Funding for stress testing equipment and staff from a WINTARIO grant.
1980-1990	Support for and administration of Niagara Falls Badminton Tennis and Lawn Bowling Club.
1982	HNI offered Advanced Trauma Life Support certification to all Regional Critical Care Physicians. Faculty administered by HNI from within and outside the Peninsula.
1982	Funding for CPR, ACLS, PALS and ATLS training and support for Regional Cardiac Rehabilitation from seven Regional Hospitals donating an allotted sum for each hospital to HNI every year.
1983	Initiation of Workplace Primary Prevention Programme throughout the Peninsula
	Supported financially by 29 Niagara Industries.
1983	Presentation to Regional Council for adoption of a 911 EMS response system to facilitate the MOH approval of a Niagara Paramedic service in the Region.
1982-1983	Support for and resources to maintain a Niagara Falls YMCA on 4 th Avenue Niagara Falls
1985	Presentation to Regional Headmasters Committee for a Niagara Healthy Heart Schools programme involving Grade 9 students. Supported by Niagara Regional Public Health Dept. and PE teachers from all 4 School Boards. Programme will involve a curriculum and a Family based Questionnaire on Lifestyle Behaviour and a testing day for Blood Pressure, Total Cholesterol, Height and Weight and Fitness level. Classroom follow up will be by the School Nurse
1987	Initiation of Schools Primary Prevention Programme and CPR started at Stamford as part of biology credits.
1987	Support for and resources to prevent Skylon International Marathon moving to Buffalo.
1989	Instigation of Cardiac Rehabilitation planning at Brock University:
1997-2012	Heart Niagara was a key influencer and early adopter of the provincial pilot projects in heart health. Heart Niagara played a leading role on the Niagara Heart Health Project which morphed to Healthy Living Niagara
1998	Planning for restart of Casino Niagara International Marathon with Niagara Parks Committee and hiring of Race Director and race administration.
2000	Regional Cardiac Rehabilitation site moved to Greater Niagara General Hospital.
1999-2001	In partnership with the City of Niagara Falls, Chippawa Lions Club and community volunteers the Chippawa Lions Pathway and Par Coeur Project and Skate Park was implemented
2002-2007	Regional Cardiac Rehabilitation sites moved to Regional YMCA's: Niagara Falls, St. Catharines, Welland and Fort Erie
2001-2005	Member of the Ontario Cardiac Care Rehabilitation Pilot Project Steering Committee at the Cardiac Care Network to support the implementation of Cardiac Rehabilitation in Ontario
2001-2020	Early adopter of community based smoke cessation programs to reduce barriers to quitting and staying quit
2005-2008	Development of Niagara on The Move reaching more than 10,000 Niagara residents at home, work and play
2008	Long-term research and partnership agreement with Dr. Brian McCrindle and Sick Kid Preventive Cardiology Team
2013-2020	Dr. Stafford Dobbin continues to publish his writing; editorial, blogging, news interviews and personal appearances