

# Welcome !



## Organizational Overview

**The Central Interior Rural Division of Family Practice (CIRD) is a non-profit society funded by the General Practice Service Committee (GPSC) and is governed by a board of six physicians. The CIRD's day to day operations are led by the Executive Director and supported by CIRD staff.**

Incorporated in 2012, The Central Interior Rural Division of Family Practice represents over 45 family physicians in the towns of 100 Mile House, Williams Lake, and Tatla Lake, in the scenic Cariboo-Chilcotin Region of British Columbia.

### Vision

To provide a framework for physicians to work together to determine the priorities in our own communities for improving patient and physician satisfaction, and to implement projects to address those priorities.

### Mission

The Central Interior Rural Division of Family Practice is a non-profit society dedicated to promoting, supporting, and enhancing full-service primary care in our community, through the development and implementation of programs which address the specific healthcare needs of the communities represented by Division members.

### Guiding Principles:

- Encourage inclusiveness.
- Foster shared leadership.
- Strive for continued improvement.
- Community focus.
- Work collaboratively with partners to build consensus in delivering rural healthcare.

Visit us online at:

[www.divisionsbc.ca/cird](http://www.divisionsbc.ca/cird)

## Core Programs

The CIRD has several ongoing projects that run in addition to the below programs. These projects include maintaining a FETCH database and website (online Community Health Directory), Practice Support initiatives (in partnership with the Practice Support Program), and the Improved Access Program which provides Telehealth services in partnership with First Nations Health Authority for rural and First Nations communities.

A new project currently underway, involves working with physicians to investigate Patient Medical Home and Primary Care Home models in the Division.

## Locum & Recruitment Initiatives

A focused locum program is being implemented that gives local doctors flexibility to take time out of their clinic and ensure patients are not faced with a closed office when their doctor is away. Our pool of potential locums continues to grow through this program.

We are working to promote our region to new doctors. Five new videos highlight our attractive lifestyles and a finance tool for medical students and residents reinforces the region's reasonable cost of living and subsidy benefits.

[www.divisionsbc.ca/CIRD/careers](http://www.divisionsbc.ca/CIRD/careers)



The Tick Tock Find Us a Doc regional recruitment campaign is an initiative which involves local community members and businesses in the search for qualified physicians. Join the fun and play to win at:

[www.facebook.com/ticktockfindusadoc](http://www.facebook.com/ticktockfindusadoc)

## Child & Youth Mental Health

Two members of the CIRD are actively involved in the Child and Youth Mental Health and Substance Use Collaborative, a large-scale initiative in the Interior Health region. It brings together more than 150 professionals to work together with families to improve services for children and youth with mental health and substance use issues.



Like us on Facebook

[www.facebook.com/CentralInteriorRuralDivision](http://www.facebook.com/CentralInteriorRuralDivision)

## Our Communities: 100 Mile House & Williams Lake

The towns of 100 Mile House and Williams Lake offer childcare, french immersion elementary schools, and several secondary schools, along with recreation centres, ice-rinks, soccer grounds, cross country and downhill skiing, mountain biking and hiking trails, legendary lakes and horse-riding opportunities. It really is a four-season wonderland for the outdoor enthusiast. Many of our physicians and their families partake in cross country skiing, tennis, biking, and hiking. There are several resorts at 108 Mile Ranch that offer additional spa, pool, tennis, and fitness activities.

We have a small art galleries and gift stores that support a thriving arts community, a local theatre group who put on an annual production, and there are choirs, band groups, blue-grass workshops and house concerts throughout the year. We also have a bustling farmer's market in the summer months.

We are fortunate to have affordable housing, which is an increasing rarity in BC. We are a secret pocket of undiscovered heaven! Real estate ranges from cozy and historical log cabins to hobby farms and expansive lakefront executive homes.

Physician Permanent and Locum Positions are Available! Contact us for current listings.



To receive an information package, current listings and plan a visit –  
**100MileHouseConnect@gmail.com**  
or  
**WilliamsLakeConnect@gmail.com**

## Practicing Medicine in the Cariboo

My name is Dr Skye Raffard and I am one of the Obstetrician-Gynecologists here in Williams Lake.

We like to share our enthusiasm about this remarkable area of British Columbia, and our friendly and supportive Medical Staff with potential recruits by e-mail, phone calls, or in person. Even though I am BC born and raised, I knew very little about this part of BC before I chanced to come here for a short locum 15 years ago. How glad I am that I ended up here! We realize we need to encourage doctors to see past the "smallness" of our little town to the "bigness" of the opportunity here, so that we are not inadvertently passed over.

What I like to tell people about the Cariboo is that the climate is WONDERFUL. We have 314 sunny days a year, one of the four sunniest places in BC. There are four distinct seasons. Winters are a lovely minus 10, snowy with clear sunny blue skies, and not so cold that outdoor sports are impossible. Spring and fall are beautiful, and summers are hot and sunny with a few fabulous thunderstorms on this high central plateau. We have trees, rocks, streams, lakes, hiking, biking, camping, swimming, skiing, and horses.

While the outdoor recreation opportunities are truly staggering, something no potential recruit should miss is the collegiality of the medical community. Before I arrived I really did not understand the scope of practice here. We have three full-time general surgeons, three OB-GYNs, busy OR slates, a four-bed ICU, emergency physicians running a busy ER, and capable family doctors willing and able to be on what amounts to a frontline. Yet it takes only one hour to fly to Vancouver to go to the opera; as a matter of fact, I have seasons tickets.

Give us a call to hear more about our wonderful region, or come to visit and see in person why so many of us arrived as locums but never left.



## Central Interior Rural Division of Family Practice

A GPSC initiative

### Board Members

Dr. Bruce Nicolson, *Chair*  
Dr. Doug Neufeld, *Vice Chair*  
Dr. Stefan DeSwardt, *Secretary Treasurer*  
Dr. Glenn Fedor, *Director*  
Dr. Neetha Vithalal, *Director*  
Dr. Gordon Hutchinson, *Director*

### Support

Trevor Barnes, *Executive Director*  
Jill Zimonick, *Projects Manager*  
Shilo Labelle Administrative Assistant  
Laurie Walters, *Physician Recruitment*  
Tanya Kielpinski, *Physician Recruitment*  
Tshidi Machete, *Physician Recruitment*  
Sally Errey, *Communications Lead*

### The Central Interior Rural Division of Family Practice works together to promote:

- Full-service family practice
- Family practice perspectives
- Improvement in patient care
- Development of physician and patient health programs

For more information about the Central Interior Rural Division of Family Practice, please contact the Division at: [tbarnes@divisionsbc.ca](mailto:tbarnes@divisionsbc.ca), or at (250) 305 9377.

Want to feature a picture or item in "The Bulletin"? Send details to Sally Errey: [sally.errey@gmail.com](mailto:sally.errey@gmail.com) or (250) 706 4161

