

## Doc Talk- August 2015

Your monthly update from the Chilliwack Division of Family Practice

**Correction:** Please note that the Chilliwack Division of Family Practice's 2015 Annual General Meeting is scheduled for **Thursday, September 17**. More information below.

### Request for Nomination to Board of Directors

Want to join the active and committed team of directors who are working hard to improve patient care, increase family physician's influence on health care delivery and policy, and provide professional satisfaction for physicians? If you are interested in becoming a member of the board team of the Chilliwack Division or know someone who would, please contact [Division Lead, Dr. Ralph Jones](#) or [Deputy Lead Dr. Melanie Madill](#), no later than September 1, 2015. The Division's Annual General Meeting is set for **Thursday, September 17**. For more information, visit the [Division website](#) or the Division office.

### Sep 17: Annual General Meeting

The Chilliwack Division's Annual General Meeting has been scheduled for **Thursday, September 17**, from 6 pm till 8 pm, in the Rotary Hall Theatre at the Chilliwack Cultural Centre (9201 Corbould Street, Chilliwack). To RSVP, please email [Elly Meyerink](#).

### Doctor of the Month


Dr. Darin Cherniwchan has been practicing in Abbotsford and Chilliwack since 1991; he works full-time and his scope of practice includes full-time pre- and post-travel medicine clinics in Chilliwack and Abbotsford. He also practices palliative care medicine, occupational health and TB testing and treatment. For him, the appeal of

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**Doctor of the Month**

Dr. Cherniwchan



**Live 5210 at the Stó:lō Nation Children's Festival**

Chilliwack lies in its people, the surrounding natural beauty and the fact that it is close enough but not too close to the metropolis that is Vancouver. He is currently involved with the Division as a family physician and in a clinical role as a sub-specialist. He understands the Division's role as being "supportive, social and educational."

When he is not working, Dr. Cherniwchan indulges in various hobbies, such as road cycling, photography and hiking. He also enjoys gardening, traveling and being a dad and husband. Sharing advice on healthy living, he notes that "Anxiety often results from uncertainty. Worry about something and do something about it ONLY if you think that doing nothing may still have adverse consequences a year from now. Otherwise, forget about it and move on." Indeed, words to live by.

## A GP for Me Update

Here's your monthly A GP for Me update on how the Patient Attachment Mechanism (PAM) has been working, for the month of June.

# of calls to the PAM hotline (initial intake calls only): **237**

# of completed PAM intake form: **159**

# of patients that filled out a PAM intake form but found a GP independent of PAM: **9**

# of patients referred by PAM to a community GP: **162** (complex: **73**, simple healthy: **89**)

# of Chilliwack doctors accepting patients: **24**

# of primary care clinics directly accepting patients: **2** (Hope Medical Centre and Agassiz Community Health Centre)

Total number of patients referred out so far: **890** (complex: **462**; simple healthy: **428**)

If you are able to accept any patients into your family practice, [please let us know](#).

## BC Centre for Disease Control offers new Vaccine Storage & Handling Course Online

Participants can expect to learn and/or refresh their knowledge regarding how to appropriately handle and store vaccines based on provincial



## Request for Nomination to Board of Directors



## Chilliwack Division Annual General Meeting

**Date:** Thursday, Sept 17

**Time:** 6 pm - 8 pm

**Location:** Chilliwack Cultural Centre (Rotary Hall Theatre) at 9201 Corbould Street, Chilliwack  
To RSVP, please email [Elly Meyerink](mailto:Elly.Meyerink).



stor progress centre Progress save on foods  
Includes Lunch & Door Prizes

Tickets are \$25. Register at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) or in person at Chilliwack Hospice Society 45260 Highway Ave., or by phone call 604-795-4460

## Chilliwack Bucket List Festival

guidelines. Although the course is intended for health unit aids, biological product monitors, medical office assistants, public health nurses, pharmacists and physicians, it is open to all interested individuals. The course takes approximately 30 minutes to complete and upon successful completion of the post-test, individuals will be issued a certificate of completion. [Click here for more information.](#)

## Be Active Every Day Challenge returns for 2015

**The Challenge:** In partnership with their local schools, doctors across BC are challenging kids to be active at least one hour every day in response to findings from the Canadian Health Measures Survey that only seven percent of 5 – 11 year olds do so.

**Time Commitment:** 2 hours with a local school. Participating doctors will be asked to lead a presentation at the beginning of October to introduce the [Be Active Every Day challenge](#). Then, in the final week of this month-long challenge, doctors return to the schools to celebrate the end of the challenge and hand out to students certificates of completion and prizes.

**Call to Action:** If you are a doctor in Chilliwack, Agassiz-Harrison or Hope and would like to know more about leading this challenge at a local school, and the support available from the Division in doing so, [please contact us](#).

## Live 5210 makes a splash at Stó:lō Nation Children's Festival

Held on Wednesday, July 22 the Stó:lō Nation Children's Festival had families from Chilliwack and beyond come out in droves from morning till afternoon. Setting up shop to promote the Healthy Kids Initiative, the Chilliwack Youth Health Centre and Call PAM (Patient Attachment Mechanism), kids of all ages were excited to win a prize by playing the Live 5210 themed spinning wheel game. All in all, it was a great event that we were glad to be a part of!

**Date:** Saturday, Sept 26

**Time:** 10 am - 3 pm

**Location:** Chilliwack Alliance Church, 8700 Young Road

[Register here](#)

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### Change Day BC Goes Around the World

[Join this worldwide tour](#)

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## Mom and baby classes at Cottonwood Mall

The Cottonwood Mall hosts Mom & Baby fitness groups each Thursday morning from 8:45 am till 9:30 am. This fitness group is open to all fitness levels and participation is welcome even if you don't have a baby.

## Sep 26: Bucket List Festival

Registration for the Bucket List Festival, co-hosted by the Chilliwack Hospice Society and the Division is now open. Set for Saturday, September 26 from 10 am till 3 pm at the Chilliwack Alliance Church, the festival promises a broad range of speakers who will present on topics ranging from appropriate access to primary care, to local community health resources and much more. Join us for an engaging and informative day to be topped off by exciting raffle prizes. Tickets can be purchased online at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) or at the Chilliwack Hospice Society office (45360 Hodgins Avenue, Chilliwack).

## Oh, the places you'll go: Change Day BC

As Change Day BC nears the last leg of the journey, Christina Krause, the BC Patient Safety & Quality Council's Executive Director, has launched a BC health care Fitbit club as a [Change Day BC pledge](#). Everyone with a Fitbit is invited to join together to achieve her mission: take enough steps to collectively "visit" participating Change Day countries by October 15 (BC's big day)! By joining this Fitbit group (named "#BCHC Fitbit Club") you will be part of a team working towards achieving the goal of visiting countries that have done Change Day around the world. How many steps can we collectively walk by October? [Click here to join this worldwide tour.](#)

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