

Doc Talk- February 2016

Your monthly update from the Chilliwack Division of Family Practice

Upcoming Events

Feb 2: Proactive Care Planning for Patients with Mental Illness: Ulysses Agreements and Wellness Recovery Plans

Feb 4: Ministry of Children and Family Development Open House

Feb 4: Our Shared Journey: From First Responders to the Spirit World Death Protocols Workshop

Feb 16: Completing Medical Legal Reports & Human Resources

Part 1: Completing Medical Legal Reports (5:30 pm - 7:30 pm)

This presentation will cover practical issues such as what courts seek in medical legal reports, how to bill for these reports and whether a full recitation of patient's clinical history is needed in the report. It will also cover CPP Disability Benefits with a focus on key requirements for a successful application, including an overview of the test for permanent disability and whether decisions to deny benefits may be appealed/reconsidered.

Part 2: Human Resources (7:45 pm - 9 pm)


Feb 20: Seminar on Embracing Adoption

Time: 9 am - 11 am


Location: Central Community Church at 46100 Central Chilliwack Road


Are you an adoptive, pre-adoptive or foster parent? If you have adopted children, are considering adoption, are a foster parent or are considering fostering, this public event is for you. It is open to all community members and you can register online

CONNECT WITH US

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 Get in touch with us at afarooq@divisionsbc.ca



The Chilliwack Division of Family Practice in partnership with FH Practice Support Program (PSP) and the Child & Youth Mental Health and Substance Use Collaborative Chilliwack Local Action Team (LAT) invites you to come for dinner and Small Group Learning Sessions on:

Proactive Care Planning for Patients with Mental Illness: Ulysses Agreements and Wellness Recovery Plans²

Tuesday, Feb. 2nd, 2016, 5:30- 8:30pm (dinner provided)

Neighbourhood Learning Centre, 46961 Yale Road, Chilliwack (adjacent to Chilliwack Secondary School)

AGENDA:

Dinner, Welcome

Introduction to Ulysses Agreements and WRAPs

What is a Ulysses Agreement?

What is a Wellness Recovery Plan?

Who is a candidate and when should we use these tools?

How to use to collaborate with patient, family, friends and community service providers

-Break-

Ulysses Agreements/Wellness Recovery Plans in Action

Case studies, mock plan development

Action Planning: how to fit into current workflow

Evaluations, finalize action plans & close

Please RSVP by Jan. 25, 2016 to save your spot as space is limited to:

[REGISTER HERE](#)

Ron Plowright of FH Practice Support Program:
ron.plowright@fraserhealth.ca or 1-604-793-2705

² What the heck is a Ulysses Agreement? A voluntary process that is used by a person that has a mental illness or mental health concerns. The plan outlines to others what they should and should not do to support the children and the parent(s). It also allows the parent to plan how their children will be cared for should they relapse and be temporarily unable to care for their children. The wellness part of the plan uses components of the Wellness Recovery Plan (WRAP) and outlines what a person does every day to be the healthiest they can be.

Feb 2: Proactive Care Planning for Patients with Mental Illness: Ulysses Agreements and Wellness Recovery Plans

at central365.org.

Feb 21: Chilliwack Chiefs Game Night - Raising Mental Health Awareness

The Chilliwack Local Action Team (LAT) is partnering with the Chilliwack Chiefs and the Canadian Mental Health Association to raise awareness about mental health and available services. They will be showcasing a youth made video on the big screen, and have opportunities for organizations to have tables to raise awareness about their services. Contact [Tatiana Carrizo](#) if you are interested in being involved in this event, having a table, or co-sharing a table. If you would like to provide materials, please bring your brochures, handouts, etc to the CYC meeting for Katrina Beppe on Feb 2. Hope to see you at the game to help cheer the Chilliwack Chiefs on against the Coquitlam Valley Capitals!

Feb 22: 10 am-12 pm: Suicide Risk Assessment Training with START, formerly CYCP

1 pm - 3 pm: Meet the Specialist Teams, Specialists, Family Physicians, and Allied Health Care Professionals

Location: Agassiz-Harrison Community Services

Feb 24: FVACFSS Annual Aboriginal Family Forum

March 8, 15, 22 and 29: 8th Annual Mini Medical School

March 31: Local Indigenous History and Cultural Awareness Training

Time: 9:30 am - 3:30 pm

Location: Stó:lō Nation Government House

Stipends available for physicians

This session will bring cultural safety awareness to providers working with and for aboriginal people, inclusive of the historical impacts that are cumulative and have a multigenerational impact. It will explore why as Indigenous peoples of Canada,



Community Partners

OPEN HOUSE

- Tour 8978 School Street
- Meet MCFD Manager, Team Leaders and Staff
- Learn about Programs & Services
 - Q&A with Staff

Thursday, February 4

1pm – 2:30pm

Refreshments & Treats

Additional parking on School St. and across the street at St. Paul's Church and limited at CCS Village

Questions: Please call Office Manager Barb Leetch at 604-702-2311

Feb 4: Ministry of Children and Family Development Open House



Our Shared Journey:

From First Responders to the Spirit World

Join us for a cultural awareness and death protocols session hosted by the First Nations Health Authority and BC Coroners Service.

"Our Shared Journey: From First Responders to the Spirit World" will bring community members and service providers together to learn about death protocols in community from a cross-cultural panel of professionals and knowledge keepers. This interactive gathering will outline how we can work together and respect each other's roles along the journey of an indigenous person passing away.

We would like to take this time to gather, share death protocols, share a meal and build relationships to support each other better in the future. This gathering will provide a teaching and learning opportunity for everyone involved.

Who: Everyone welcome
Date: Thursday, February 4, 2016
Location: Chawathil Community Hall
4-60814 Lougheed Hwy 7
Hope, BC V0X 1L3
Time: 9:30am to 4:00pm
Speakers: RCMP, BC Ambulance, Hospital and Emergency Room, BC Coroners Service, Funeral Services and local First Nations Knowledge Keepers

Lunch is provided and will be served at 12:00pm.

Space is limited, so please RSVP by January 28, 2016 to Rhonda.George@fnha.ca or jodie.millward@fnha.ca.

Feb 4: Our Shared Journey: From First Responders to the Spirit World Death Protocols Workshop

we are where we are today, in terms of all the negative statistics regarding social and health related determinants.

Doctor of the Month

Dr. Walter de Bruin specializes in Ophthalmology, with particular interests in glaucoma and cataract surgery, as well as diabetes. He has been practicing in Chilliwack for over 10 years and enjoys the relaxed pace of life this community offers. In his spare time he pursues travelling and enjoys swimming. When advising patients to stay healthy, Dr. de Bruin recommends eating less bread, rice, potatoes and pasta and to walk daily.

Children and Youth Crisis Program Redesign

Fraser Health is redesigning the Child and Youth Crisis Program (CYCP) in order to more effectively serve children and youth experiencing a mental health crisis and their families. They have changed their name to **START** and have opened up their referral process to include access by youth and families. 1-844-782-7811.

A GP for Me Patient and Community Survey

We want to hear from community members who have found a family doctor or nurse practitioner through PAM, have been or are a patient at the Chilliwack Primary Care Clinic, or receive health care in Agassiz, Hope or Boston Bar! **Share with us what your experience has been like as a patient or community partner.** It'll only take respondents about 10 minutes to complete this voluntary survey and you could win one of two \$ 50 pre-paid Visa cards for your efforts.

**Sunday Feb 21
5pm
Prospera Centre**

**CHIEFS HOCKEY...
CHILLIWACK'S TEAM**

The jerseys worn by the Chiefs in this game will be auctioned off during the game with proceeds going to the Fraser Valley Health Care Foundation in support of Chilliwack General Hospital

Feb 21: Chilliwack Chiefs Game Night - Raising Mental Health Awareness

**FVACFSS
ANNUAL
ABORIGINAL
FAMILY FORUM**

FINDING YOUR WAY IN YOUR HEALING JOURNEY
"STRENGTHENING YOUR ROOTS"

FEBRUARY 24 - 25, 2016
WORKSHOP/REGISTRATION/CHECK IN
BEGINS AT 8:30AM
WORKSHOPS BOTH DAYS
KEYNOTE ADDRESS DAY ONE

46363 YALE RD, CHILLIWACK
NEIGHBORHOOD LEARNING CENTER

Free to Attend - Lunch Provided - Door Prizes
Registration Required February 19th
Need more info: Email Natalie Brandon, Events Coordinator
natalie.brandon@xyolhemeylh.bc.ca

Registration Forms Available at www.fvafss.ca. You can also register by one of the following ways:

EMAIL TO
Natalie.Brandon@xyolhemeylh.bc.ca
Mail / Drop-off FVACFSS
Attn: Family Forum, #17201 Vedder Rd,
Chilliwack, BC V2K 4G5
Phone 1-800-663-9393
Fax 604-854-6326

**WIN
A REGISTRATION
PRIZE!**

Register by February 5th to be entered to win an early bird registration prize.
*To be eligible you must be an attendee at the Forum.

Feb 24 & 25: FVACFSS Annual Aboriginal Family Forum

InPHARMation Updates on DivIT

Archives of InPHARMation, a monthly therapeutic newsletter issued by Dr. Arden Barry, are now available to Division members via DivIT.

1. [Log in here](#)
2. Click on "Your Division" at the top left corner of the DivIT Member Portal
3. Click on Physician Resources
4. Click on InPHARMation Update to access newsletters since May 2015.

Dr. Enyvari, CPCC Doctor, Offers Insight on Skin Spot Clinic

Sharing his experience of working at the Chilliwack Primary Care Clinic (CPCC), Dr. Enyvari reflects, "I have found it to be a challenging as well as a rewarding experience. I have gotten to meet some very interesting patients and have learned a great deal in the process. I particularly like that if I need extra time sorting out a clinical challenge or a complicated case, then I am able to do that and make sure that my patients' needs are well addressed." Dr. Enyvari also provides rapid, accessible skin cancer screening and treatment services at [Skin Spot Clinic](#) in Chilliwack. Referral from a patient's GP or local clinic doctor is required. This service is covered by MSP. The clinic also offers full skin screening with dermoscopy on a private pay basis; there is no referral required for this and it is not covered by MSP. Skin Spot Clinic accepts referrals [by fax](#).



Mar 8, 15, 22 & 29: 8th Annual Mini Medical School



Doctor of the Month

Dr. Walter de Bruin

WE'RE CHANGING

OUR NAME: from CYCP (Children & Youth Crisis Program) to START TEAM	OUR ACCESS: from professional referral only to OPEN referral
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Youth & families can call us directly
and call us first!

1-844-START11
(1-844-782-7811)

Confidential mental health
crisis intervention
services for children
& teens (6-18)
in Fraser Health

START TEAM
Supporting Children & Youth
through Mental Health Crisis

fraserhealth

THE CITY OF
CHILLIWACK
Official Website

Need help? START HERE

1-844-START11
(1-844-782-7811)

Confidential mental health crisis intervention
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fraserhealth

THE CITY OF
CHILLIWACK
Official Website

Support for Patient Attachment Mechanism and the Chilliwack Primary Care Clinic

Our sincere gratitude to all the family doctors who have been able to accept patients through PAM (Patient Attachment Mechanism) and/or have provided care at the Chilliwack Primary Care Clinic! As you can see from the numbers below, we are making a significant positive impact in our communities. Your support has been crucial to making PAM the one point of contact for all patients without a primary care provider in our community and to the functioning of the Chilliwack Primary Care Clinic. As of December 2015, in collaboration with your colleagues that have agreed to take on patients, through PAM we have been successful in transferring **1,695** patients into the community, 895 of which were complex. This strategy is intended to help keep unattached, sometime difficult, patients out of F-calls in the hospital and walk-ins. Those patients determined not suitable for a family practice will remain with the Chilliwack Primary Care Clinic. If you may be able to accept patients through PAM, [please complete this form](#) and fax to 604 795 4111 or call 604 795 0034 to speak to Patient Attachment Supervisor, Jennica Grenier. If you are interested in becoming involved with the Chilliwack Primary Care Clinic, please contact [Elly Meyerink](#).

RACE Mobile App Now Available

With the RACE App in your pocket, specialist advice is just a click away. The Free RACE Mobile App, developed by physicians, is revolutionizing the

Children and Youth Crisis Program Redesign

Your local Division of Family Practice invites you to take a Patient and Community Survey

\$200 worth of draw prizes up for grabs!

Complete a 10 minute survey for your chance to win!

Your feedback is very valuable!

Go to: www.fluidsurveys.com/sf/cdofp from now till February 15, 2016.

EARLY BIRD DRAW on Dec. 18, 2015
Two \$50 Prepaid Visa Cards!

FINAL DRAW on Feb. 15, 2016
Two \$50 Prepaid Visa Cards!

The Chilliwack Division of Family Practice is a non-profit society that represents physicians and nurse practitioners in Chilliwack, Agassiz-Harrison, Seabird Island, Hope, and Boston Bar. We have been implementing local strategies since August 2014 and want to hear from you!

- Patient Attachment Mechanism / Call PAM
- Chilliwack Primary Care Clinic Enhancements
- Physician Recruitment and Retention
- Hope Medical Clinic Expansion
- Fraser Canyon, Anderson Creek Rural Outreach
- Community Education

Don't have a family doctor or nurse practitioner? Looking for one in your community?

CALL PAM
Patient Attachment Mechanism

Join a team
1-800-795-0034
604-795-0034

Meeting
Hope and Pacific Clinic
604-795-0034

Chilliwack
Division of Family Practice
Website: www.divisionbc.ca/chilliwack
Facebook: www.facebook.com/cdofp
Twitter: @CDP4BC

A GP for Me Patient & Community Survey

Chilliwack Division of Family Practice **InPHARmation Update** Issue 9 | January 2016

Key Learning Points

Altering lipid parameters with pharmacotherapy has been demonstrated to not necessarily equate to a reduction in CV events.

Over the past decade, six of seven novel agents for the treatment of dyslipidemia have been hailed due to better or better.

A new class of lipid-lowering agents has been developed that are novel, low synthetic against PCSK9, a protein that regulates LDL-C receptors. These agents lower LDL-C by 25-70% in addition to statin therapy.

Those P-Something-Something Inhibitors:
A new therapeutic class of lipid-lowering agents

It is generally accepted that lipoproteins play a role in the pathogenesis of atherosclerosis; however, it is now known that altering lipid parameters with pharmacotherapy (e.g., reducing low-density lipoprotein cholesterol [LDL-C], raising high-density lipoprotein cholesterol), with the exception of statins, does not necessarily translate into a meaningful reduction in cardiovascular (CV) events.

Over the past decade, no less than seven novel agents have been developed for the treatment of dyslipidemia. All of these agents, despite their differing chemical structures and mechanisms of action, share one thing in common—family (with or without harm). Such agents include cholesterol ester transfer protein (CETP) inhibitors (dalcetaph, evacetaph, saracetaph, nicotinic lipoprotein, and phosfolipase A2 inhibitors (dorzapilic, vorezapilic). Technically, saracetaph (a CETP inhibitor) is still under investigation; however, results from the initial phase 3

There are currently four ongoing CV outcome trials with PCSK9 inhibitors; however, some clinicians may start to recommend these agents based on two phase 3 safety studies. First, the ODYSSEY LONG TERM study randomized 2,343 patients with coronary heart disease (CHD) or familial hypercholesterolemia to atorvastatin or placebo (in addition to statin therapy) in a double-blind fashion. Atorvastatin lowered LDL-C from 2.1 mmol/L to 1.5 mmol/L over 78 weeks. There was no statistical difference in all-cause CV events; however, a post-hoc analysis of the composite of CHD death, some coronary syndrome or stroke showed a 1.6% reduction with treatment (number needed to treat [NNT] of 63). Major events were higher with atorvastatin (number needed to harm of 40). Second, the OSLER study compared open-label evolocumab to standard therapy in 4,943 hypercholesterolemia patients. In the treatment group, LDL-C was reduced to 1.3 mmol/L, and the incidence of CV events was reduced by 1.2% (NNT132).

InPHARmation Updates on DivIT

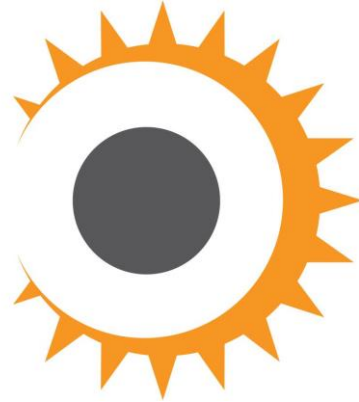
medical landscape. Rather than sending and receiving unscheduled calls, texts and emails for consultation, you can now use the RACE Mobile App to organize a seamless link to your colleagues. The app enables any primary care practitioner who needs quick advice to access a broader community of experts. Specialties include Psychiatry; Cardiology; Geriatrics; Nephrology; Endocrinology; Neurology and General Internal Medicine.

Key benefits include working more efficiently, avoiding unnecessary referrals and speedy communication with patients. You can track and be paid for communicating; general physician /family physicians earn \$40 per call (MSP CODE: G14018) and specialists earn \$60 per call (MSP CODE: G10001). Another advantage is improved patient care; the Race App saves patients' time and money and has helped decrease unnecessary referrals by 60%. The App has also helped reduce ER Referrals by 30%. It has also increased efficiency through timely access and response facilitation, and a structured system encouraging fast, efficient dialogue. Interactions are documented for your reference and to facilitate appropriate billing.

Download the app from the [Apple](#) or [Google store](#) now for use on smart phones or tablets. Contact the [Fraser Valley RACE team](#) for more information.

Clinician Quality Academy Open for Registration

The first cohort of the BC Patient Safety & Quality Council's [Clinician Quality Academy](#) begins in April. This is a professional development program delivered over a seven month period. Participants attend four in-person residency sessions and work



Dr. Enyvari, Chilliwack Primary Care Clinic Doctor, Offers Insight on Skin Spot Clinic

Don't have a family doctor or nurse practitioner?
Looking for one in your community?


CALL PAM

How does PAM work?
(Patient Attachment Mechanism)

You call and speak to our Patient Attachment Coordinator.

You fill out a Patient Intake Form. We may call you for more info once the form is submitted.

If needed, our team of family doctors and nurse practitioners will care for you until you are transitioned to a community practice.



9 am to 3 pm Monday to Friday
1-844-795-0034 Hope and the Fraser Canyon
604-795-0034 Chilliwack, Agassiz, and Harrison

For more information, visit www.divisionsbc.ca/chilliwack

A GP for Me  

Support for PAM (Patient Attachment Mechanism)

If you may be able to accept patients through PAM, please [complete this form](#) and fax to 604 795 4111, or call 604 795 0034 to speak to Patient Attachment Supervisor, Jennica Grenier

on a quality project within their organization or practice. Along the way they receive support through webinars, an assigned Improvement Advisor and expert Faculty. Through the program, participants will develop capability to be clinical leads for quality and safety initiatives, and they'll learn about strategically using opportunities and tools to provide better care. [Registration is now open](#) and space is limited, so book your spot early.

Live 5-2-1-0 Video Launches

BC Children's Hospital's Live 5-2-1-0 initiative is a [2-minute video](#) challenging BC community leaders to change one thing, at home or in community environments, to make the healthy choice the easy choice for kids. The goal of this newly-launched video is to engage parents and caregivers in the Live 5-2-1-0 initiative by encouraging them to be role models. With its encouragement to focus on 'one thing' and to advocate for community-level action to support healthy choices, this Live 5-2-1-0 video also helps parents and caregivers to confront the confusion and overwhelm that an abundance of advice on nutrition and physical activity can bring.

Tax Updates for 2015 & 2016

This article is courtesy of Richard Wong, CPA, CA of Wolrige Mahon LLP. Richard has extensive experience in providing accounting and tax services to physicians and other health professionals. If you have any questions or want to discuss further, please feel free to contact Richard at rwong@wm.ca or at 604-691-6886.

2015 saw the election of a new federal government which has since announced several tax



RACE Mobile App Now Available



Clinician Quality Academy Open for Registration



Live 5-2-1-0 Video Launches

changes. Below is a brief overview of the ones that will most likely affect physicians.

Corporate tax changes: Although the small business tax rate has been reduced to 13.0% in BC for 2016 from 13.5% in 2015, there has been talk of the new government restricting or limiting the ability of medical corporations to access this low rate. At this point, it remains to be seen how these changes will turn out but they could reduce the tax advantages of having a medical corporation.

Personal tax rate changes: Starting in 2016, the personal tax rates for income between \$45,282 and \$90,563 have been reduced by 1.5%. This comes along with a new tax bracket for incomes above \$200,000 which in BC will be taxed at 47.7% instead of 43.7%. Fortunately, 2015 will be the last year for the temporary BC tax bracket of 45.8% for incomes above \$151,051.

Life Insurance: Life insurance can be used as an effective tax shelter within a medical corporation. However, new rules in 2017 will make the tax sheltering less attractive; if you are considering purchasing life insurance, now is the time to consult with your insurance advisor since policies acquired before 2017 will be grandfathered under current rules.

Tax-Free Savings Account (TFSA): The contribution limit for 2016 has now been reduced to \$5,500 from \$10,000 in 2015. Unused contribution room can be carried forward for use in future years.

Child Tax Benefits: For parents, the enhanced Universal Child Care Benefit (UCCB) replaced the Child Tax Credit starting in 2015. The UCCB itself will be replaced in July 2016 with the new, consolidated Canada Child Benefit whose details have yet to be announced.

Do you have questions about refugee mental health? We can help you!

- Are you a mental or primary health professional working with refugees in British Columbia?
- Are you a settlement worker or social service provider working with refugees in British Columbia?
- Are you a private sponsor of a refugee or refugee family in British Columbia?
- Do you have questions about refugee mental health?

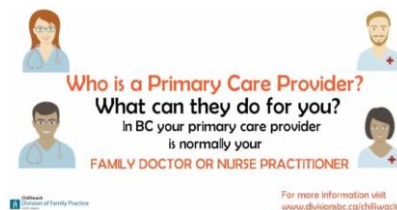
If the answer is "yes", call the Provincial Refugee Mental Health Coordinator toll-free throughout British Columbia at 1-866-393-3133 Mondays to Fridays 9:00am to 5:00pm.

The Vancouver Association for Survivors of Torture (VAST), an organization that has been providing community-based mental health services to refugees in British Columbia for 30 years, has established a toll-free telephone support line for service providers working with refugees throughout British Columbia, including mental and primary health professionals, settlement workers, social service providers, and private sponsors. The service is free of charge, and is funded by the Province of British Columbia.

We can assist by providing you with information, referrals and case consultation. We can also consult with you on assessment for vulnerability, individual and group counselling and working with interpreters.

Whether you are working with refugee claimants, government-assisted refugees, or privately sponsored refugees, this service is for you.

Provincial Refugee Mental Health
Coordinator Toll-free Line
Supports Workers Assisting BC
Refugees



Video on Appropriate Access to
Care: Who is a Primary Care
Provider?



Feb 20: Seminar on Embracing
Adoption

Provincial Refugee Mental Health Coordinator Toll-free Line Supports Workers Assisting BC Refugees

If you have questions about refugee mental health, call the Provincial Refugee Mental Health Coordinator toll-free throughout British Columbia at 1-866-393-3133 Mondays to Fridays 9 am to 5 pm. Services offered include information provision, referrals and case consultation. Consultation is also available regarding assessment for vulnerability, individual and group counselling and working with interpreters. [Click here](#) for more information.

Resources for Patients

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Feb 24: FVACFSS Annual Aboriginal Family Forum

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Videos on Appropriate Access to Primary Care

The Division has produced a series of 10 short videos on how to appropriately access primary care services. Please contact [Asma Farooq](#) if you would like to have these videos set up to play on your clinic screens.

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