

Your source for the latest news, events and happenings at the Chilliwack
Division of Family Practice.

Doc Talk- May 2016

Your monthly update from the Chilliwack Division of Family Practice

Upcoming Events

Fraser Cascades Local Action Team Lunch and Learns

As part of the CYMHSU Collaborative, the Fraser Cascades Local Action Team's lunch and learn sessions have an incredible line up for May. You and your organizations are welcome to get your work team together over a LAT-sponsored lunch to watch and participate together. For more information, please contact [Maggie Aronoff](#), CYMHSU Chilliwack & Fraser Cascades LAT Coordinator.

Walk with your Doc 2016

Walk with your Doc is back for 2016. Here are the event details:

May 9: [Chilliwack](#)

Location: Townsend Park

Time: 12:15 pm - 1:15 pm

Held in partnership with the City of Chilliwack.

[Sign up here for Chilliwack.](#)

May 12: [Walk with your Doc and your Mayor in Agassiz](#)


Location: Agassiz Community Recreation & Cultural Centre

Time: 9 am- 10:30 am

Held in partnership with the District of Kent.


[Sign up here for Agassiz.](#)

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 Get in touch with us
at afarooq@divisionsbc.ca



[Walk with your Doc and your Mayor](#)

Chilliwack: May 9, 12:15 pm - 1:15 pm

Agassiz: May 12, 9 am - 10:30am

Hope: May 10, 5:30 pm - 6:30 pm

May 10: [Walk with your Doc and your Mayor in Hope](#)

Location: Hope Memorial Park

Time: 5:30 pm - 6:30 pm

Held in partnership with the District of Hope.

[Sign up here for Hope.](#)

May 6 OR May 13: Medical Imaging - MOA Tour and Talk

Location: Chilliwack General Hospital, Imaging Department

Time: 7:45 am – 8:45 am on May 6 OR 12:00pm – 1:00pm on May 13

Join in on a tour of the medical imaging department and learn how to prepare patients for appointments, streamline referrals for imaging and get to know other MOAs and radiology staff. Breakfast/lunch will be provided and stipends available for attendees. For more information, please contact [Tracy Miyashita](#), Project Manager or call 604-537-4507.

May 10: [Cancer Survivorship and Primary Care: Developing a Shared Care Action Plan](#)

Location: Ramada Plaza at 36035 North Parallel Road, Abbotsford

Time: 5:30 pm - 8:30 pm (dinner included)

Join the BC Cancer Agency in this meeting with local physicians, oncologists, BCCA leaders and patients to formulate a plan for enhancing the care of cancer survivors. This engagement session provides an opportunity for your input and innovation to develop a shared care action plan. Sessional rates provided and up to 2.5 Mainpro M1 credits available. To register, [click here](#) or call 604 877 6000 ext. 676123.

June 2: Medical Imaging - GP Dine and Learn

Location: Chilliwack General Hospital, ICU Conference Room

Time: 6 pm - 7:15 pm
Join your colleagues for an education session about medical imaging guidelines and an opportunity for questions with the radiology team. This session will be facilitated by Dr Kai-Ling Ng, Radiologist at Chilliwack General Hospital. This is a physician

Chilliwack Mental Health Awareness Week May 2016

Mental Health Information and Awareness Information Table
Of our goals is to raise Mental Health Awareness. We host a series of events and activities throughout the week to help you understand mental health issues and how to get help. We hope you will join us for at least one of our events.

Monday and Wednesday 2nd & 4th	SafeTALK The SafeTALK training helps you to provide support to someone who is at risk of suicide. It is a free, evidence-based program that is available to all. Register at www.safetalk.ca	Fraser Health Authority Information Booth Chilliwack Mental Health Services. Contact with the office available to assist you with your mental health needs. Register at www.fraserhealth.ca
Tuesday 3rd	Stand Up for Mental Health Join us for a stand-up comedy show. The night will feature local comedians and a special performance by a local mental health advocate. Register at www.standupformentalhealth.ca	Break the Silence, An Evening of Raising Mental Health Awareness Join us for an evening of raising mental health awareness. The evening will feature a stand-up comedy show, a musical performance and a special performance by a local mental health advocate. Register at www.breakthesilence.ca
Wednesday 4th	Chilliwack Community Food Drive Join us for a community food drive. We will be collecting non-perishable food items for the Chilliwack Food Bank. Register at www.chilliwackfoodbank.ca	Spelled Backwards Presentation Join us for a presentation on mental health. The presentation will be given by a local mental health advocate. Register at www.spelledbackwards.ca
Wednesday 4th	Live It Up! Join us for a live performance by a local band. The band will be performing at the Chilliwack Community Centre. Register at www.liveitup.ca	A Few Things You Should Know About Your Child's Brain (and Yours Too) Join us for a presentation on child brain development. The presentation will be given by a local child development expert. Register at www.afewthings.ca
Friday 6th	"Building Resiliency" Conversation on Chilliwack's Children Join us for a conversation on building resiliency in children. The conversation will be moderated by a local child development expert. Register at www.buildingresiliency.ca	Child and Youth Mental Health Awareness Day Join us for a day of raising mental health awareness for children and youth. The day will feature a variety of activities and presentations. Register at www.childandyouth.ca
Friday 13th	Beneath the Surface Join us for a presentation on mental health. The presentation will be given by a local mental health advocate. Register at www.beneaththesurface.ca	

[Mental Health Awareness Week - May 2016](#)

There's lots going on in Chilliwack from May 2 till May 14 for Mental Health Awareness Week. [Check out these events.](#)

AN EVENING OF LAUGHTER AND HOPE

BENEFITTING THE
CYHC
Chilliwack Youth Health Centre



MAY 3RD, 2016
CHILLIWACK CULTURAL CENTRE
9201 CORBOULD STREET, CHILLIWACK

6:30 "Stand Up for Mental Health"
Comedy featuring DAVID GRANHERER and others.

Appropriate for all ages!

Stand Up for Mental Health Show
You have to be nuts to take comedian and stand-up comic David Granherer's Stand Up for Mental Health (SUMH) program where he teaches stand-up comedy to people with mental illness, but the results can be life-changing!

This hilarious show looks at the lighter side of taking meds, dealing with addiction, seeing counselors, getting diagnosed and surviving the mental health system.

Tickets are \$10 each

Register at

www.chilliwackculturalcentre.ca/event/stand-up-for-mental-health/
or call 604.291.7489

LEARN MORE AT WWW.STANDUPFORMENTALHEALTH.COM

May 3: [Stand Up for Mental Health](#)

You have to be nuts to take comedian and stand-up comic David Granherer's Stand Up for Mental Health (SUMH) program where he teaches stand-up comedy to people with mental illness, but the results can be life-changing! This hilarious show looks at the lighter side of taking meds, dealing with addiction, seeing counselors, getting diagnosed and surviving the mental health system.

learning session open to GPs and SPs only. Dinner will be provided and stipends available for attendees. For more information, please contact [Tracy Miyashita](#), Project Manager or call 604-537-4507.

Mental Health Awareness Week Events in Chilliwack - For Providers

May 2 & May 4: safeTALK

Location: Neighbourhood Learning Centre, 46361 Yale Road, Chilliwack

Time: 1 pm - 3 pm

safeTALK is a free, half day training that provides tools to identify persons with thoughts of suicide and connect them to resources. This internationally recognized workshop developed by Living Works Education is targeted towards service providers in Chilliwack and Fraser Cascades Local Action Teams. You can attend the workshop on either day.

[Register here.](#)

May 6: "Building Resiliency" Conversation on Chilliwack's Children

Location: Chilliwack Secondary, 46361 Yale Road, Chilliwack

Time: 8:30 am - 3 pm

Anxiety disorders and depression are on the rise amongst children and adolescents. Join educators, service providers and community members in exploring tools and methods to help combat this growing trend. Keynote and workshops revolve around the topics of anxiety, self-regulation and mindfulness. [Registration is free but required.](#) Lunch provided.

May 13: Beneath the Surface Community Performance

Location: UFV Theatre, 45635 Yale Rd, Chilliwack

Time: 7 pm - 9 pm

Inspired by the truth faced by a First Nations teen in East Vancouver, British Columbia, the Beneath the Surface Society, a part of the [imagi'NATION Collective](#), address the realities faced by youth, both Aboriginal and Non Aboriginal. This theatre production touches on many relevant and poignant



May 13: Beneath the Surface Community Performance



May 4: Break the Silence, An Evening of Raising Mental Health Awareness

topics, such as gender identity, bullying, substance abuse, mental health, depression and suicide. It also educates and informs youth of Canadian History, and Reconciliation. This all-aboriginal cast is committed to expressing the many challenges youth and young adults face, with the conclusion towards resolution and the many possibilities and opportunities towards health and wellness; while creating new dialogues and channels through artistic expression. Each season this work of art is renewed through the actors, by the telling of their stories and the effects history has had on them personally. This free event welcomes all community members from Chilliwack to Boston Bar.

Doctor of the Month

Dr. Susan McDonald has been living and practicing in Chilliwack since 2006. She moved here because of the excellent physicians in this community, including both her partners in general surgery and her family practice colleagues. Dr. McDonald works full time doing general surgery and endoscopy. She has a special interest in laparoscopic surgery, having obtained a Fellowship in that field from Brown University. She is also interested in quality improvement, and is currently working on initiatives to streamline and better prepare patients for their operative experience. If anyone has comments or suggestions regarding this, she would be happy to hear from them!

Local Non-Profit Seeks Board Member

The Chilliwack Central Elementary Community School Society (CCECSS) is a non-profit organization that provides ongoing social, recreational activities and educational programs and services to the residents in the Chilliwack community. CCECSS exists to develop, promote, and support programs, services, events, and opportunities that empower the Downtown

CHILLIWACK MENTAL HEALTH WEEK May 2 - 6, 2016 Schedule of Events



May 4, 2016 – 7:00 pm
Chilliwack Public Library
45860 First Ave

In this humorous and highly informative presentation, our local Chilliwack Mental Health clinician, Lenore Smith, R.N., will answer common questions on the subject of stress and practical ways of dealing with it.

Explore what stress is and how it can affect your activities of daily living. Discover what happens to you physically, emotionally and psychologically when you don't manage your stress. Enhance your coping skills and learn of the resources available in our community.


Don't miss this fabulous opportunity to speak to a clinician with over 40 years of experience in the field of mental health!

Mental Health Week Display Locations
May 2, 2016 10 am to 4 pm Chilliwack General Hospital Main Lobby 45600 Menholm Rd
May 3, 2016 11 am to 4 pm Sto:30 Nation Health Services 7-7201 Vedder Rd.
May 4, 2016 11 am – 7 pm Chilliwack Public Library 45860 First Ave
May 5 & 6, 2015 9 am – 9 pm Walmart Supercentre 8249 Eagle Landing Parkway



May 4: "Stressed" is "Desserts" Spelled Backwards Presentation

A Few Things You Should Know About Your Child's Brain (and Yours Too)






May 5, 2016
7:00 pm - 9:00 pm
Chilliwack Secondary School,
46361 Yale Road, Chilliwack
Free workshop open to all!

Keynote Presenter, Mike McKay,
Canadian Self-Regulation Initiative

This workshop provides an introduction to the concept of "self-regulation", which refers to our capacity to expend energy dealing with stressors and then return to a state of calm, ready to respond appropriately to new situations, opportunities and challenges. Self-regulation is a growing area of focus in education. Children who are dysregulated can't learn as we hope or expect. Thanks to neuroscience, teachers are becoming more and more attuned to the various elements that support self-regulation or lead to a dysregulated state for the learner.

*Professional Development certificates available upon request.
For more information contact karen@childandyouth.com*

May 5: A Few Things You Should Know About Your Child's Brain (and Yours Too)

Neighborhood, to satisfy community needs, and provide life-long learning opportunities for all. They are looking for an individual to join their board who is committed to health, development, education and growth of both the children and adults in the Chilliwack downtown core and willing to make a once a month commitment for at least 2 years. For more information, please contact Shannon Carmichael, Central Gateway for Families\Community School Coordinator via [email](#) or phone at 604-792-8539.

Translation Service Offered for Refugee Care in Chilliwack

Hodgins Pharmacy Remedy's Rx Manager, Michael Barbary, R.Ph. , CDE and wife Jacqueline Twadrous, R.Ph, CGP, both fluent Arabic and English speakers, have offered assistance with translation and other services, as required, for the provision of primary care to Syrian refugees in Chilliwack. They are keen to assist as needed and as capacity permits. For more information, please contact Hodgins Pharmacy Remedy's Rx at 604 402 4555 or at hodginspharmacy@remedysrx.ca.

Final A GP for Me Update

As A GP for Me draws to a close, we are excited to share one final update on how the Patient Attachment Mechanism (PAM) has been working, for the month of March.

- # of calls to the PAM hotline (initial intake calls only): **142**
- # of completed PAM intake forms: **152**
- # 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: **95** (complex: **45**, simple healthy: **50**)
- # of Chilliwack doctors accepting patients: **13**
- # of primary care clinics directly accepting patients:

CHILD YOUTH COMMITTEE
Conversation on Chilliwack's Children

Assessing disorders and diagnoses are on the rise amongst children and adolescents. How educators and service providers as we explore tools and methods to help combat this growing trend.

Building Resiliency

May 6, 2016

Chilliwack Secondary School, 46361 Yale Road, Chilliwack
8:30 am - 3:00 pm
Lunch, Refreshments and childcare provided
Register for this free workshop at childandyouth.com
For more information contact karen@childandyouth.com

Understanding and Applying a Self-Regulation Framework
Presenter: Mike McKay, Canadian Self-Regulation Initiative

With 25 years experience as an educator and district educational leader, Mike's ongoing commitment to quality public education includes activating the potential that can be achieved when neuroscience connects with education. Learn how self-regulation is making a difference to learners, to educators, service providers and to classrooms, and communities.

Morning and Afternoon Workshops Include:

- Understanding and Applying a Self-Regulation Framework** - Mike McKay (Afternoon) and applying a self-regulation framework.
- Days of Peter's First Questions: Charting the Mind's Work** - Steve Wolff, BA, MEd in Counseling (In the workshop we'll look into the year and into the future to find the hidden resources that can potentially make us better).
- Improving Resiliency in our Region and Personal Practice** - Christine Smith, CCLC, MEd, EdD Candidate, Associate Professor, Child, Youth and Family Studies Department, University of the Fraser Valley
- How Well Does Your - Justice Tool - Family Services Program Director for Chilliwack Community Services (As advised by The Psychological Foundation of Canada - the first time since 1967, the program helps parents, caregivers and educators understand childhood and how to provide children with the tools to deal with their distress?)**
- Trauma Informed Practice & The Science of Early Childhood Development: Building Connections, Building Healthy Brains!** - Jina Hetherington, MCFD Special Needs Consultant - Certified Neurodevelopmental Specialist, Therapeutic Clinician (An introduction to Trauma Informed Practice through the lens of the emerging science of what supports healthy brain development and what can derail brain development)
- The Capable Kid, Club and Preadolescent Identity** - Sophie Smith, BSW and BA Honours - Charle Harrison, BA Honours (This workshop will focus on the needs of children in programs as well as the extended family unit. The primary research results of the program will also be shared)
- A Child's First Six Months** - Jessica Colburn-Hugh and Dana O'Neil - Family & Cultural Connections, Westshore for Youth (This workshop will focus on the first six months of a child's life and the extended family unit. The primary research results of the program will also be shared)
- The Bio-Social Theory: The Development of Emotional Regulation Difficulties in Children** - Sam Vign, Director of Consulting (Introduction to the primary science of emotional regulation difficulties that is common in children, and other parents, caregivers, and professional helpers can do to promote healthy emotional development as a means of prevention)
- Resilience Self-regulation with Health in the Mindset** - Steve Smith - Model of Resilience in Early Childhood Education, AMU BSW, BA in Child and Youth Care (This workshop is a workshop of the Child, Youth and Family Services, CCLC Self-Regulation Curriculum that has been implemented in local district and will have a program)

May 6, 2016

Chilliwack Secondary School,
46361 Yale Road, Chilliwack
Register at childandyouth.com

BUILDING RESILIENCY

8:00 Doors open, Registration, Coffee service available.

8:45 Opening in Grand Hall

9-10 Keynote - Mike McKay

10-10:15 Coffee Break

10:15-11:45 Workshops

11:44-12:30 LUNCH

12:30-1:00 Special Presentation, "Glee Club" (Chilliwack Society for Community Living)

CYC Annual Report

1:00-2:30 Workshops

2:30-3:00 Community Conversation "What's working What's not?"

3:00 Closing remarks, evaluations, door prizes

CHILD YOUTH COMMITTEE
Conversation on Chilliwack's Children
May 6, 2016

May 6: Conversation on Chilliwack's Children

SARDIS SECONDARY'S BE THE CHANGE COMMITTEE PRESENTS:

CHILD AND YOUTH MENTAL HEALTH AWARENESS DAY

WHEN
Monday, May 9th
6:30pm - 8:30pm

WHERE
Sardis Secondary's
McAstocker Theatre
45460 Stevenson Rd, Chilliwack, BC

FEATURING:

A YOUTH SHOWCASE

PRESENTATIONS BY:

- BRIANN GILLIES
- YOUTH AS GATEKEEPERS
- SARDIS SECONDARY'S BE THE CHANGE COMMITTEE

AND MORE

4 (Agassiz Community Health Centre, Chilliwack Primary Care Clinic, Hope Medical Centre, Stó:lō Community Health Centre)

Total number of patients referred out so far: **2,023** (complex: **1,038**; simple healthy: **985**)

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

Resources for Patients

[Mental Health Awareness Week Events in Chilliwack - For Community Members](#)

May 2 - 6: Fraser Health Authority Information Booths

Chilliwack Mental Health clinician, Lenore Smith, RN will be available to answer questions. The booths feature local community resources and information on mental health.

- 10 am - 4 pm, May 2, Chilliwack General Hospital Lobby
- 11 am - 4 pm, May 3, Stó:lō Nation Health Services
- 11 am - 7 pm, May 4, Chilliwack Public Library
- 9 am - 9 pm, May 5 & 6, Walmart Supercentre


May 3: [Stand Up for Mental Health](#)

Location: Chilliwack Cultural Centre, Chilliwack

Time: 7 pm - 8:30 pm

David Granirer, founder of Stand Up for Mental Health explains, "We use comedy to give mental health consumers a powerful voice and help reduce the stigma and discrimination around mental illness. The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives." Targeted towards community members, [tickets for this stand up comedy event are \\$ 10](#).

May 9: [Child and Youth Mental Health Awareness Day](#)



MAY 10, 2016

Where: Ramada Plaza, 36035 North Parallel Road, Abbotsford, BC V3G 2C6

When: 5:30 - 8:30 pm, dinner included

Registration: Please register by **April 26, 2016** at http://surveys.phsa.ca/ty/shared_care/ or by phone at 604-877-6000 ext 676123.

Compensation includes: Sessional rates and up to 2.5 Mainpro M1 credits

**CANCER SURVIVORSHIP and PRIMARY CARE:
Developing a shared care action plan**

Join us in this meeting with local Physicians, Oncologists, BCCA leaders and patients to formulate a plan for enhancing the care of cancer survivors. This engagement session provides an opportunity for your input and innovation as we come together to develop a shared care action plan.

May 10: [Cancer Survivorship and Primary Care: Developing a Shared Action Plan](#)



Doctor of the Month

Dr. Susan McDonald



CCECSS Seeks Non-Profit Board Member

May 4: Break the Silence, An Evening of Raising Mental Health Awareness

Location: Vita Bella Bistro, 45355 Luckakuck Way, Chilliwack

Time: 5 pm - 9 pm

Fine dining, flamenco guitar, comedian, recovery stories, silent auction, and a door prize await at this community-focused fundraiser. Tickets are \$ 50 and you can register in person at Vita Bella Bistro or by phone 604-846-5001.

May 4: Chilliwack Community Food Drive

Teams of volunteers in different neighborhoods city-wide will be giving all community members the opportunity to give to the Salvation Army Food Bank. By donation, 4 pm - 8 pm in neighborhoods throughout Chilliwack. Fire Hall #1 will be a drive thru donations drop-off location.

May 4: "Stressed" is "Desserts" Spelled Backwards Presentation

Location: Chilliwack Public Library

Time: 7 pm - 8:30 pm

Local Chilliwack Mental Health clinician, Lenore Smith, RN, will answer common questions about stress, its effects, practical coping skills and community resources available.

May 4: Live it Up!

Location: Stó:lō Elders Lodge, 7519 Topaz Drive

Time: 1 pm - 4 pm

Free seniors event with games, prizes and refreshments.

May 5: A Few Things You Should Know About Your Child's Brain (and Yours Too)

Location: Chilliwack Secondary, 46361, Yale Road, Chilliwack

Time: 7 pm - 9 pm

This free session provides an introduction to the concept of "self-regulation", which refers to our capacity to expend energy dealing with stressors and then return to a state of calm, ready to respond appropriately to new situations, opportunities and

Key Learning Points

Proton pump inhibitors (PPIs) have been available for almost four decades. Use of PPIs was traditionally considered very safe... until 2010 when first several worrying had been...

Associations between PPI and C. difficile infections, pneumonia, fractures, and hypomagnesaemia have been identified. More recently, kidney disease and dementia have been added to this list of potential adverse effects.

Two large cohort studies comprising a total of 540,817 participants found links between PPIs and kidney disease, with a NNT of 136 for acute kidney injury and NNT of 290 to 567 for chronic kidney disease.

Two different cohort studies investigated a total of 76,755 participants and found limited evidence (adjusted for the risk of any dementia of 1.38 and 1.44, respectively). However, neither study provided sufficient data to calculate the NNT.

More Bad Press for Proton Pump Inhibitors: New studies show link with kidney disease and dementia

Since the discovery of omeprazole in 1979, proton pump inhibitors (PPIs) have drastically changed the treatment of gastric acid-related ailments. Today, there is little to no debate about the superiority of PPIs over alternative agents for gastroesophageal reflux symptoms. There are currently no PPIs on the Canadian market: dexlansoprazole, esomeprazole, lansoprazole, omeprazole, pantoprazole, and rabeprazole. In general, PPIs are considered safe. However, their widespread use has allowed for large-scale pharmacoepidemiologic studies to be conducted. These have identified associations between PPIs and Clostridium difficile infection, pneumonia, fractures, and hypomagnesaemia, which have resulted in a number of drug safety alerts.¹ More recently, PPIs have been associated with kidney disease and dementia.

Kidney disease: A recently published administrative-based cohort study investigated 531,194 Ontario residents aged ≥66 years over a period of nine years.² The exposed group, which comprised 290,592 individuals with at least one prescription for a PPI, was matched 1:1 to a control group based on a propensity score and other characteristics. The hospital admission rate for acute kidney injury was 13.49 per 1,000 person-years in the PPI group versus 1.46 in the control group (adjusted hazard ratio [HR]: 2.32; 95% confidence interval [CI]: 2.27 to 2.37), which translated into a number needed to harm (NNH) of 136. The authors' proposed mechanism of toxicity was unrecognized acute interstitial nephritis. Additionally, a recent American-based study prospectively followed two different cohorts: 10,462 participants for ~14 years, and 248,735 participants for ~9 years.³ For PPI users at baseline, compared to non-users, the incidence rate of chronic kidney disease was 14.2 versus 10.7 per 1,000 person-years (adjusted HR: 1.30, 95% CI: 1.24 to 1.36) in the first cohort, and 20.1 versus 13.3 per 1,000 person-years in the second cohort (adjusted HR: 1.77, 95% CI: 1.12 to 1.23), for a NNT of 290 to 567. Chronic kidney disease could be the result of recurrent acute kidney injury.

Dementia: A contemporary German prospective cohort study of general practitioners' medical records investigated dementia and PPI use over 7.1 years in 3,078 patients aged ≥75 years. Patients who took PPIs at any point, compared to those who did not, had an adjusted HR of 1.38 for any dementia (95% CI: 1.04 to 1.83).⁴ A retrospective study of administrative data from the largest health insurer in Germany, published this month, identified 73,679 patients aged ≥75 years.⁵ For patients who received a PPI prescription regularly, compared to those who did not have a PPI prescription, the adjusted HR for any dementia was 1.44 (95% CI: 1.30 to 1.52) over seven years. The proposed mechanism behind this possible adverse effect are vitamin B12 deficiency (due to decreased absorption) or enhanced production of homocysteine levels in the brain, as observed *in vitro* and *in vivo* in mice.

The hypothesis-generating findings of kidney disease and dementia with PPIs were confirmed across two studies. Although all data are observational in nature, which means they have multiple inherent limitations, all clinicians should monitor for these adverse effects, and re-evaluate the indication for the PPI whenever possible.

References:
1. JAMA Intern Med 2014;174:171-4.
2. CMAJ Open 2015;3:616-71.
3. JAMA Intern Med 2016;176:238-46.
4. Arch Primary Care 2015;13:419-25.
5. JAMA Intern Med 2016;176:410-6.

Written by Anni Paul, Teresa Pinnock, MSc(Pharm), PharmD, MPharm, University of British Columbia. Edited and Reviewed by Dr. Jordan Barry, BSc, BCh(Pharm), PharmD, ACP. Photo: ©iStockphoto.com/1973419. Email: anna.paul@ubc.ca, teresa.pinnock@ubc.ca, jordan.barry@ubc.ca

April issue of InPHARMatIon on DivIT

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  

Call PAM

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

challenges. The session is aimed at parents and caregivers of children ages 0 - 8.

May 9: Child and Youth Mental Health Awareness Day

Location: Sardis Secondary School's McAstocker Theatre

Time: 6:30 pm – 8:30 pm

Presented by Sardis Secondary's Be the Change Committee, the evening will feature a youth showcase and presentations by Brian Gillies, Youth as Gatekeepers and more.



Video on Appropriate Access to Care: Keeping Track of Your Medicines

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Chilliwack Division of Family Practice
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