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

# Doc Talk- April 2016

Your monthly update from the Chilliwack Division of Family Practice

### **Upcoming Events**

April 14: Building a Healthy Community - Hope

Community Forum

Time: 6:30 pm - 9:30 pm Location: Hope Golf Club at 900 Golf Course Road, Hope

Fraser Health is investing \$500,000 ongoing in the District of Hope and Communities of the Fraser Canyon to address community-specific challenges to improve overall health and well-being. You are invited to learn about current initiatives, share your ideas and help identify key priorities that will improve future health and well-being within your community. To register, <u>click here</u> or email <u>Asma</u> <u>Farooq</u>. Doors open at 6 pm. Light refreshments will be provided.

#### April 16: UBC CPD Optimizing Communication for Excellence in Patient Care

Location: The Arbutus Club at 2001 Nanton Avenue, Vancouver

*Time: 8:30 am - 4:30 pm (including lunch and breaks)* 

Upon completion of this professional development program, participants will be able to:

1. Apply an evidence-based model to enhance communication-skills for healthcare providers.

2. Recognize common challenging communication patterns that can arise in healthcare-related environments and relationships.

3. Identify and apply the qualities of a learning conversation for the purpose of effective communication with patients and colleagues.

4. Practice applying a structured communication approach to clinically relevant scenarios and cases, utilizing peer and facilitator feedback.

5. Identify and commit to incorporating newlyhoned communication skills in one's own professional environment for the purpose of improved patient and physician/self-satisfaction. This interactive in-person workshop will be

### **CONNECT WITH US**



April 16: <u>UBC CPD Optimizing</u> <u>Communication for Excellence in</u> <u>Patient Care</u> accompanied by a 0.5-hour coaching call, and pre/post-workshop activities. For more information, <u>click here</u> or contact <u>Sarah Tajani</u>. To register, <u>click here</u>.

# Fraser Cascades Local Action Team introduces Lunch and Learns

As part of the Child & Youth Mental Health and Substance Use Collaborative, the Fraser Cascades Local Action Team has brought together their very own human library of incredible experiences with youth and youth programming through a series of lunch and learn sessions. You and your organizations are invited to sponsor your work team to sit together over a LAT-sponsored lunch to watch and participate together. For more information, please contact <u>Maggie Aronoff</u>, CYMHSU Fraser Cascades Coordinator. Here's a list of upcoming sessions:

- <u>April 13 Sean Muir The Healthy</u> <u>Aboriginal Network</u>: These comics are created by youth for youth showing incredible insight into many sensitive issues.
- <u>April 20 Katherine Wisener (UBC) online</u> <u>mentoring & community learning Knutaxa</u> <u>project & more:</u> Katherine has been working in that space that integrates community engagement with online health information and technology. From adapted online materials to bringing together Aboriginal post-secondary mentors with rural and remote youth, Katherine has a wealth of experience to share.
- <u>April 27 Kaylie Maughan Langley &</u> <u>Abbotsford SD / CJI – social justice peer</u> <u>programs in schools:</u> Social justice is not only about conflict – it's about identity. Learn how CJI has nurtured a school program that brings youth to circle for experiential learning about emotions, individuality and compassion. Currently running in both Langley and Abbotsford school districts, this is not your usual fare. Kaylie's background brings a whole lot to the table and a bag of chips.

### May 9: <u>Walk with your Doc and your Mayor in</u> <u>Chilliwack</u>

Location: Townsend Park Time: 12:15 pm - 1:15 pm Walk with your Doc is back for 2016 and we are once again partnering with the City of Chilliwack to host Walk with your Doc and your Mayor! Fore more information or to sign up, please email <u>Asma</u>



**Doctor of the Month** 

Dr. Rosanna Switzer

#### 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 pra

 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/chilliwac

### A GP for Me Division of Family Practice declars PAM (Patient Attachment Mechanism)

If you may be able to accept patients through PAM, <u>please</u> complete this form and fax to 604 795 4111 or call 604 795 0034 to

Faroog. Stay tuned for more information on the walks in Agassiz and Hope!

### May 10: <u>Cancer Survivorship</u> 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 by April 26.

#### Mental Heath 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. 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.

### **Doctor of the Month**

Dr. Rosanna Switzer has been working as a family physician in Hope for the past six years. She initially worked as a locum, and two years ago, started her own practice at the Hope Medical Centre. Having a family practice in Hope means that Dr. Switzer is able to serve a very diverse population. She notes,

Patient Attachment speak to Supervisor, Jennica Grenier.



Chilliwack do?



unogenicity.	evaluated PCV13 in immunocompetent adults 265 years of age who were
an Immunization	pneumococcal vaccination-naive (conducted
23 is recommended	in the Netherlands where routine
e. A one-lifetime	immunization is not standard of care). <sup>8</sup> A
ommended after five	total of 84,496 participants were
nts (i.e., those with	randomized in a double-blind fashion to
me or other	PCV13 or placebo, and were followed for
ogenital	~4 years. The mean age was 73 years and
alignant neoplasms	\$6% were male. PCV13 showed a reduction
smphoma], on	in first episode confirmed vaccine-type
rapy, or transplant	community-acquired pneumonia (66 versus
PPV23 is also	106 episodes, p=0.003). Death due to
v age with an	pneumococcal disease and serious adverse
e pneumococcal	events were similar between groups.
e to lifestyle factors	However, this study is essentially not
oholism, smokers,	applicable in Canada, as these patients would
onic medical	have received PPV23.
r, pulmonary, liver, s, asthma, chronic	References 1. Ann Intern Med 2016;164:184-94
cochlear implants),	7. www.plac.apc.gc.cc/publicst/cig.gci/index.eng.php

March issue of InPHARMation in DivIT



Fraser Canyon Hospice Society hosts Camp Skylark

"I like the small town feel of this community and that I am able to get to know my patients and their families." Dr. Switzer is also the Chief of Emergency Medicine and does some shifts in the ER at the Fraser Canyon Hospital. In addition, she does some work at the Fraser Canyon Open Access Clinic, and makes home visits for those patients who are home-bound. Speaking of her hobbies, Dr. Switzer lists spending time in the outdoors, from hiking and running to skiing and paddle-boarding as well as traveling and of course, spending quality time with her family.

### Agassiz Pharmacist Offers Translation for Primary Care Provision to Syrian Refugees

Mohamed Hasanine, Pharmacy Manager and Owner at Agassiz Remedy's Rx has kindly offered translation services from English to Arabic and Arabic to English for Syrian refugees seeking primary care locally. He can be reached by phone at 604 491-1070, fax at 604 491-1071 or preferably by email at <u>agassizpharmacy@shaw.ca</u>. Please note that this will be offered on a case-by-case basis, depending on capacity. For more information, please email <u>Mohamed Hasanine</u> or call 604 491-1070.

## 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 February. #of calls to the PAM hotline (initial intake calls only): 162 # of completed PAM intake forms: 164 # of patients that filled out a PAM intake form but found a GP independent of PAM: 17 # of patients referred by PAM to a community GP: 113 (complex: 40, simple healthy: 73) # of Chilliwack doctors accepting patients: 13 *#* of primary care clinics directly accepting patients: **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: 1928 (complex: 993; simple healthy: 935) If you are able to accept any patients into your family practice, please let us know.



### March Issue of Pathways Newsletter Available

The <u>latest edition of the Pathways newsletter</u> includes information on how to access patient resources, understanding regional displays/filtering, and highlighted wait times for the top 5 viewed specialties on Pathways. We hope you find it helpful!

### Thank you for Making Change Day BC a Hit!

The first ever <u>Change Day BC</u> on October 15, 2015 exceeded our target of 7,000 pledges and yielded a great variety of ways in which British Columbians across the province committed to improving health and social care. In Chilliwack, we gathered 85 pledges to improve personal and professional lives. Thank you for making that happen! <u>Click here</u> for a more detailed report.

### **Resources for Patients**

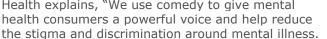
### Fraser Canyon Hospice Society Hosts Camp Skylark

Hosted by the Fraser Canyon Hospice Society, Camp Skylark is an annual, weekend-long bereavement camp for children ages 7-12 who have experienced the loss of a loved one. In addition to traditional camp activities (such as rock climbing, hiking, swimming, ropes courses, archery, etc.), Camp Skylark offers special bereavement activities for children in order to teach them healthy coping strategies. It costs the Society \$350 to send one child to camp. This cost covers the expense of food, sleeping arrangements, camp activities and supplies. Every year, Camp Skylark welcomes 25 children. This would not be possible without the generous support of the community and volunteers. To learn more about Camp Skylark, please contact the Society's office at 604-860-7713.

### Mental Heath Awareness Week Events in Chilliwack - For Community Members

### 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





April 14: <u>Building a Healthy</u> <u>Community: Hope Community</u> <u>Forum</u>



May 9: <u>Walk with your Doc and</u> with your Mayor-Chilliwack



May 3: <u>Stand Up for Mental</u> <u>Health</u>

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 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 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 challenges. The session is aimed at parents and caregivers of children ages 0 - 8; no registration required.

#### May 13: Beneath the Surface 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 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.



May 13: Beneath the Surface Performance

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