



Comox Valley Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY

*Orientation Information for
New Physicians to the Comox Valley*

Dec 2019

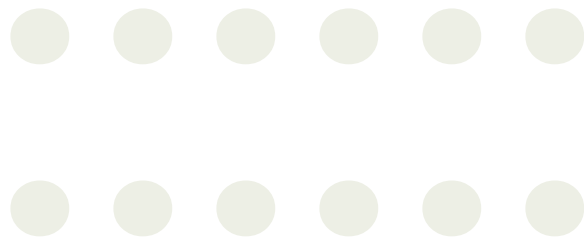




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WELCOME TO THE COMOX VALLEY!

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. The information in this guide is divided into three sections: Live, Work, Play. Information in this handout was compiled with the help of local GPs for GPs.

A little bit about the Valley...

The Comox Valley includes Courtenay, Comox (including a military base), Cumberland, the islands of Denman and Hornby, and a First Nations community. The population is estimated to grow from the current 63,895 to 87,185 (29%) by 2033, while the 75+ year old part of the population is estimated to grow at a much higher rate to 11,000 (94%) by 2033.

The Comox Valley is a destination community with one of the mildest climates in Canada offering year-round adventure from alpine skiing to deep sea diving, mountain biking to kilometers of shoreline for paddlers to explore. For more laid back activities, the Valley has year round festivals, a plethora of community events and plenty of live music.

Our Medical Community

In the community, as of 2019, there are 83 family physicians in 20 family practice clinics in the Comox Valley, including one clinic on the military base (which serves only military members), one on Denman Island, one on Hornby Island, and two full time walk-in clinics.



Our Hospital

Acute care is provided at the Comox Valley Hospital operated by Island Health. The hospital houses 153 acute care beds, including:

- 105 In-Patient beds
- 8 Intensive Care beds
- 10 Telemetry beds
- 9 labor, delivery, recovery, & postpartum (LDRP), and Aboriginal maternal health beds
- 6 Pediatric beds
- 11 Psychiatry and 4 Pediatric Intensive Care Unit beds
- Additional rooms/bays/procedural spaces include:
 - 6 Operating Rooms
 - 18 Surgical Daycare bays
 - 13 Post-Anesthetic Recovery Rooms (PARR)
 - 5 procedure rooms
 - 7 Chemo bays
 - 7 Medical Daycare bays
 - 31 Emergency bays/rooms
- University of British Columbia (UBC) academic teaching space

About the Comox Valley Division of Family Practice

The Comox Valley Division of Family Practice, formed in April 2011, is a local non-profit society of community-based primary care physicians.

The Division gives local physicians an opportunity to work collaboratively with Island Health, the GPSC, and the Ministry of Health to identify health care needs in the local community and develop solutions to meet those needs.

The Division's goals are:

- To promote innovation and excellence in primary care
- To build and sustain effective inter-professional relationships
- To focus on the local community needs
- To focus on sustaining a healthy physician community

All local Family Doctors working in the Comox Valley, Denman Island, and Hornby Islands are welcome to join.

Visit our website to join and find out more:

www.divisionsbc.ca/comox-valley.

Benefits of Membership

Division membership includes the following:

- Free access to UptoDate - evidence-based clinical decision support tool
- Access to telephone interpretation services
- Pathways—a province-wide on-line tool for referring to other specialists
- Clinical Resource links relevant in our community
- Greater impact on the organization of local and regional health services
- Shared efforts for recruitment, retention and locums
- Enhanced professional collegiality
- Improved access to health authority and specialist services
- Discounted medical supplies from vendors

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. This information is provided "by local GP's for GP's". It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

::: PLAY :::



THINGS TO DO IN THE COMOX VALLEY

Hikes and Trails

Seal Bay Regional Nature Park

There are a number of trails at Seal Bay park. The trail to the beach is moderate with a considerable slope. The hill seems quite tame when going down, but on your way back up you will notice the long gradual incline. From the parking lot to the beach the main trail is somewhere around 1km each way.

MacDonald Wood

Located just minutes from central Comox, MacDonald Wood Nature Park is a 9 acre conservation area ideal for a nice stroll in the woods. The trails are well groomed and lead from the corner of Balmoral and Croteau Rd down to the shoreline.

Number 6 Mine

Located in Cumberland with Access from Dunsmuir Ave, Derwent Ave, and First Street, the #6 Mine Memorial Park contains a short 0.5 km dirt / stone & brick trail. This park was originally owned by the Union Coal Company which opened back in 1898.

Rotary Riverside Trail

The Rotary Riverside trail travels alongside the Puntledge River. The trail is about 1 km long and does contain some stairs.

Wildwood Interpretive Forest

Wildwood Forest is a large 682 acre nature park located between Burns & Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill, and Burns Rd. This park is a terrific place for a hike, mountain bike, or walk. The trails vary including active logging roads and an old rail grade.

Northeast Woods

The Northeast Woods Conservation Area can be accessed from Noel Ave, Guthrie Road, Cape Lazo School, and Lazo Marsh Conservation Area. The short 1.5 km loop is part of a much larger trail system. This area has a rare ecosystem including second grown and mixed forest, meadows, wetlands, wildlife, and native trees, all located just minutes from downtown Comox.

One Spot Trail

Located North West of Courtenay, One Spot Trail is a 2nd growth forest containing a variety of tree types. A large variety of wildlife can often be found including black tailed deer, woodpeckers, wrens, chickadees, and aquatic life.

Paradise Meadows

Paradise Meadows at Mt Washington offer a number hiking levels. There are a number of trails ranging from easy to difficult, and from 3-4 km to 20km+.

Nymph Falls

In the winter Nymph Falls Nature Park is a raging high current river. In the summer the waters calm down considerable and this beautiful spot becomes a busy swimming hole for many. The leisurely walk from the parking lot is roughly 600 meters. Dogs are welcome, even off leash if kept under control. There is also a picnic area complete with a few picnic benches.

Mountain Biking

Anyone that loves to ride bicycles knows that living in Comox Valley is a lucky place to live. From technical downhill to comfortable cross-country trails and beach cruising, there are options for everyone.



Here are some websites with more information on trails and clubs:

Comox Valley Mountain Trail Biking (CVMTB)

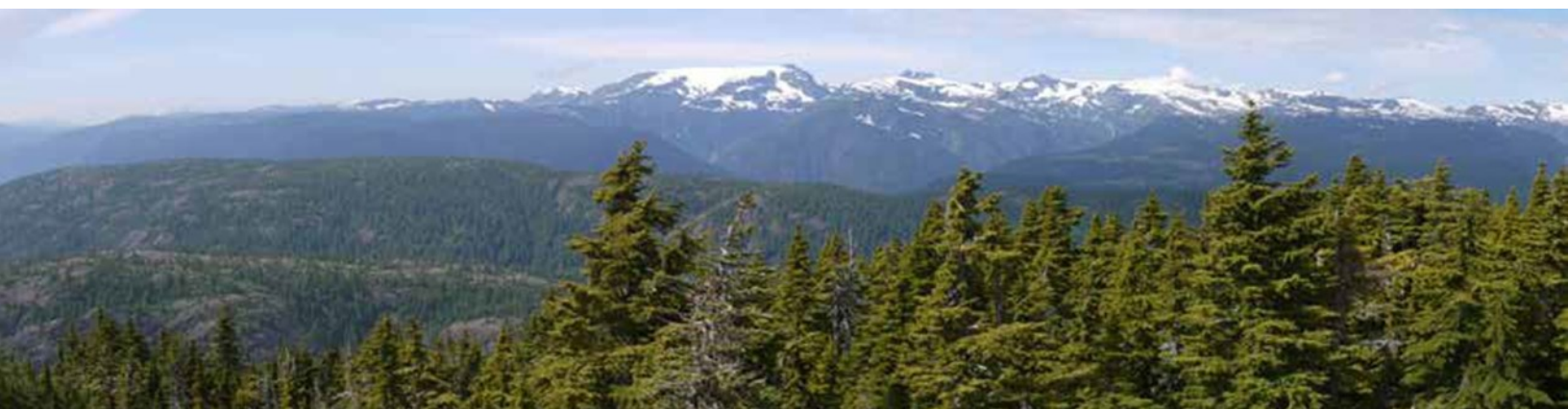
A website with all you need to know about Mountain biking in the Valley. <http://cvmtb.com>

United Riders of Cumberland (UROC)

Non-Profit Society that promotes and supports the local Mountain Bike Community in the Comox Valley. Holds Women's riding group - Wednesday night rides - all levels of experience welcome! <http://www.unitedridersofcumberland.com/>

Comox Valley Cycling Club

Non-profit cycling club located in the Comox Valley with the main focus of encouraging participation in the sport of Road Cycling through sanctioned road-races and time trials throughout the year and with an emphasis on Junior rider development. <http://comoxvalleycycleclub.ca/>



THINGS TO DO IN THE COMOX VALLEY

Continued...

Skiing

Mount Washington Alpine Resort

Mount Washington Alpine Resort is located a half-hours drive from Courtenay

and Comox. It offers world class downhill skiing and snowboarding, cross country skiing, snow shoeing, and snow tubing. <https://www.mountwashington.ca/>



Kayaking

Comox Valley Paddlers

The Comox Valley Paddlers Club brings together people who share an interest in paddling and outdoor recreation.

All levels of paddlers welcome. <http://comoxvalleypaddlers.ca/>

Comox Valley Kayaks & Canoes

Whether you are a beginner, an expert, or somewhere in between, they have the expertise to help you get on the water - with a lesson, a boat rental, or a boat purchase.

<http://www.comoxvalleykayaks.com>



Sailing

Comox Bay Sailing Club

<http://comoxbaysailingclub.ca/>
A not for profit organization that promotes competitive and recreational sailing in

dinghies and keelboats in the Comox Valley. The Comox Bay Sailing Club operates an all ages Sail Canada certified sailing school that is active throughout the spring, summer and fall.

Social Clubs

Comox Valley Sports and Social Club

The Comox Valley Sports & Social Club offers adults a variety of recreational sports leagues, tournaments and social events that get people out of the house and having fun.

<http://www.comoxvalleysports.ca/>

Visit a local Vineyard

40 Knots

Cellar Tasting Lounge Hours: Tuesday to Sundays & Holidays 11:30 a.m. to 5:30 p.m

<http://www.40knotswinery.com/>

Beaufort Winery

Thursdays – Saturdays from noon till 5 (May 14th - Aug 29th).

<http://www.beaufortwines.ca>



Dance Companies

Pantuso

<http://www.pantusodance.com/>

Valley Dance

<http://www.valleydancecentre.ca/>

Laurie Tinkler School of Dance

<http://www.laurietinkler.com/>

Triple Heat Dance

<http://tripleheatdance.com/>

Adult Choirs in Comox Valley

Celebration Singers

<http://www.celebrationsingers.ca/>

Just in Time Vocal Jazz Choirs

<http://www.justintimevocaljazz.ca/>

Letz Sing

<http://www.letzsing.com/>

Choral Valley

<http://www.choralvalley.ca/>

Island Voices Chamber Choir

<http://www.islandvoiceschamberchoir.bc.ca/>

Performing Arts

Sid Williams Theatre

250.338.2430 | <http://sidwilliamstheatre.com>



:: CONTACT US ::

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If you are a member of the Comox Valley Division of Family Practice visit the Members section for more information and resources.

To find out more about our initiatives and resources, visit the Comox Valley Division of Family Practice website at: <http://www.divisionsbc.ca/comox-valley/>

