



Take Two | E-Newsletter | Special Edition

## COVID - 19 Physician Wellness

**Thank you for everything you are doing for your patients and community during this stressful time. We have heard from many clinics that sourcing Personal Protective Equipment continues to be a challenge. See [here](#) for updated source information; availability will continue to change. Some of these local sources will soon open sales to the public (e.g. Home Hardware), so please contact them if you need anything.**

Contact: Megan Purcell [mpurcell@divisionsbc.ca](mailto:mpurcell@divisionsbc.ca)

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Responding to COVID-19 The East Kootenay Division of Family Practice is able to offer physicians a limited amount of free counseling with a registered clinical psychologist or a registered clinic counsellor. Please contact the **Jacqui van Zyl** if you are interested in accessing these services.

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Many other mental health services are also available during this time:

The **BC Association of Psychologists** just launched **this service** to provide a consult with a psychologist for all health care workers.

The **Physician Health Program**: 24/7 confidential helpline, short-term counselling & coaching, support for partners and dependants. 1-800-663-6729 / **Website**.



**Doctors of BC** has provided temporary billing changes to enable physicians to better utilize virtual care. These changes can be found **here**.



**British Columbia Centre on Substance Use** has released a **protocol** for the support individuals with substance use disorders to self-isolate or social distance and avoid risk to themselves or others.

IH Addiction Medicine Consultation:

Kamloops Addiction Physicians On-call group 7 days a week 8am-8pm:

Contact Via RIH switchboard: 1-250-374-5111

Kelowna Addiction Physicians On-call group 7 days a week: Contact via KGH switchboard: 1-250-862-4000

Rapid Access to Consultative Expertise (RACE) for Addictions is available M-F 8am-5pm for additional

consultation and support <http://www.raceconnect.ca/>

Local calls: 604-696-2131

Toll free: 1-877-696-2131

BC Centre on Substance Use COVID-19: Information for opioid agonist treatment prescribers and pharmacists, as well as information for people who use drugs is available at:

Harm Reduction

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/vulnerable-populations/people-who-use-substances>

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## PRACTICING EXCELLENCE |

**Practicing Excellence** has created a Clinician Experience Project. These **fear and anxiety and listening tips** are to help support care teams and patients with COVID-19.

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The **Ministry of Mental Health and Addictions** has created this **one pager** that offers tips and resources to patients experiencing stress, anxiety, and depression caused by COVID-19.

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Dr. Tandi Wilkinson has written an article '**This Changed My Practice: Taking care of each other during COVID-19 - peer support for physicians**'. She details what she has learned from her horrific past practice experience and what she does now to go forward through these unprecedented times.

0.25 Mainpro+/MOC Section 2 points are available by reading this article and completing an online exercise afterwards.

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**Doctors of BC** has created a forum for physicians in the province to engage with each other to discuss innovative ideas and solutions related to COVID19. **Login Here.**

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### UBC CPD



**UBC CPD** is offering an online accredited educational session where two highly experienced addiction medicine physicians will discuss the impact of COVID-19 on the management of patients who chronically use alcohol and opioids (prescription and non-prescription). Click **here** to learn more and register.

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**Rural and Remote Division** shared an excellent resource surrounding Government Supports for Business Owners. Physicians running fee-for-service clinics may be wondering about supports available as business owners and looking for information on wage subsidies and how to support your staff teams. The Division's accounting firm, KJ Wall & Associates, has summarized some of the key programs **link here**

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Dr Marius Welgemoed of the **Sunshine Coast Division** created a musical video to brilliantly get the message across to stay at home **link here**

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#### Please be in touch!

**Tell the East Kootenay Division what you need, how have you been challenged to manage COVID 19 in your office practice. Need help to implement some of these recommendations? Please drop us a quick note and we'll try our best to help.**

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