



Take Two | E-Newsletter | May 2019

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East Kootenay Primary Care Network Planning

PCN planning is continuing across our communities. We recently wrapped up planning days in each community where we brought together community-level health data from various sources, as well as the input provided through physician, community and Aboriginal engagement meetings to inform the plan for each community.

We recently received a one-month extension from the Ministry of Health, and the deadline to submit the funding proposal is now July 3, 2019.

Before submitting the proposal, we will hold a webinar for physicians from each community to explain the proposal and offer a final opportunity to provide feedback. Please keep your eye out for webinar invitations coming out in the next couple of weeks. The webinars will be held in early to mid-June.

The EK Division Board of Directors will then review and approve the proposal, alongside the Interior Health Senior Executive Team and the Ktunaxa Nation Social Council. Once approved by all the partners, the proposal will be sent to the Ministry for approval.

As part of the proposal, we are also planning how we can best support changes for physicians, resulting from the PCN implementation. We welcome input on how you would like to be supported in enhancing team based care in your clinic.

The GPSC and Ministry of Health have created a provincial fund worth \$10 million to which clinics may apply. The fund will support renovations in clinics to accommodate new nurse or allied health providers who may work in your clinics. We are still awaiting the application criteria.

If you have any questions about the planning process, please contact Megan Purcell at mpurcell@divisionsbc.ca.

New Service to Help Kids with Anxiety

Confident Parents: Thriving Kids – Anxiety Program is a phone-based coaching service for parents and caregivers that effectively reduces mild to moderate anxiety in their children ages 3 – 12.

Through a series of online videos supported by 4 to 8 weekly coaching sessions, parents and caregivers build skills and strategies they can use with their child at home, at school and with friends.

Developed by the Canadian Mental Health Association, BC Division in collaboration with experts on child anxiety, the program incorporates concepts from cognitive behavioural therapy (CBT).

The program will be available for free across BC through physician referral beginning April 29. For more information and referral forms, please visit www.confidentparentsbc.ca

Confident Parents Thriving Kids ANXIETY PROGRAM



Family Support Institute will be visiting the East Kootenay. If you're interested in learning more, please feel free to reach out to them.

The Family Support Institute is a provincial society committed to supporting families from all over BC who have sons and daughters living with disabilities. We support any family, who has a family member any age, any disability, anywhere in the province.

What do they do?

<https://www.youtube.com/watch?v=mADm9eL7kJQ&feature=youtu.be>

Ben Postmus
Regional Network Coordinator, Kootenays
Family Support Institute of BC
Cell: **250-231-7712**
Toll free: 1-800-441-5403
Fax: 604-540-9374
Email: bpostmus@fsibc.com
Website: www.familysupportbc.com

OPEN CONVERSATIONS IN PALLIATIVE CARE – AN EAST KOOTENAY PROJECT



The project

This project seeks to meaningfully connect the people needed to make the best possible story to life's final chapter by raising awareness at the:

- Personal level
 - Explore personal values
 - Find connection by story & conversation
 - Encourage curiosity
 - Encourage self-awareness
- Professional level
 - Information
 - Skills
 - Collaboration
- Primary Care Network founded on personal & professional levels:
 - Connected resources
 - Distributed information
 - Continuous learning and improvement

Finding the people in Palliative Care: connecting for help, information and support

- As a professional, how do I connect with a person's "end of life" story?
- As a patient/person, who will listen? Who can I trust with my story?
- Who else would help in writing the best possible final chapter to this person's story? What is my role in connecting with them?
- How do we keep learning as individuals, team, community/communities?
- Recognizing listening and curiosity as key skills to foster connection and avoid crisis.



We do this by

- Community Engagement
- Supporting connection and collaboration to build upon professional skills
- Connecting people in Palliative care
- Raising awareness
- Supporting people and their stories

How we measure

- Each community designs local improvements and quality measures.
- Examples of measures in use:
 - Increased Hospice involvement
 - Satisfaction rates
 - Families
 - Care Providers
 - Being in preferred location (home, hospice or hospital)
 - Reduced emergency transport

"IT TAKES A COMMUNITY TO SUPPORT THEIR OWN TO DIE WELL."



The project is about community and the people involved; their self-awareness and imagination of what could be achieved without necessarily needing more resources. It's about taking a timeout and have a conversation celebrating what's going well and seeing what more of that could look like. It is an ideal opportunity to create community circles of care that advances an East Kootenay Palliative Care Network. In this Region, Palliative patients could be relocated to the "first appropriate bed" which often disconnects families and trusted caregivers. A Regional Network would bridge that gap ensuring that the "Collaborative, Integrated Care Team" remains integral.

Sent on behalf of Dr. Dana Hubler

Dear friends and colleagues,

The season to start planning the 2019-2020 series of **RCPD Rural Rounds** is upon us! We aim to have more regional representation amongst our speakers and moderators for the upcoming season and to meet that goal we need your help!

Rural Rounds brings monthly CPD learning to rural communities via video conferencing. On the first Thursday of each month, a speaker presents a rurally-

relevant, case-based topic to rural communities and these sessions are also available for those who cannot attend in person.

their time.

<https://ubccpd.ca/rural/rounds>

How can you help us?

Please pass along to us the names of any speakers in your community who are known for having an engaging presentation style, routinely receive positive reviews for their teaching style, are passionate about their subject area and understand the rural reality. We are not asking you to make any commitment on their behalf - we are simply compiling a list of people whom we can engage with individually based upon recommendations from their communities/regions. If you are a rural physician who might be interested, we'd love to hear from you too! Just reply to this email with your suggestions!!

About the speaker role: Presenting in Rural Rounds is an opportunity for subject matter experts to share their knowledge and experience with rural care providers across the province who can then apply this knowledge in their practice to improve patient care. While the target audience for these presentations is mainly rural physicians, we also welcome nurses and other health care professionals to attend. These talks should contain practical information that is relevant to rural and remote communities. We encourage presenters to bring a presentation which balances didactic lecture with plenty of opportunity for audience interaction. Case-based presentations with ample time for questions work very well. Presenters are welcome to present from their local hospital's videoconference room. The team at UBC CPD would be happy to take care of the room booking arrangements. Presenters receive an honorarium of \$550 for each session they speak at.

About the moderator role: Moderators are an integral part of a successful online presentation as they help highlight the main takeaway points and learning objectives from the presentation by preparing and asking directive questions, as well as taking questions from the audience during the Q&A. Moderators also welcome participants, facilitate the presentation and introduce the speaker. Moderators are welcome to moderate from their local hospital's videoconference room. The team at UBC CPD would be happy to take care of the room booking arrangements. An honorarium of \$250 is received for each session.

The particular areas of focus for this year will include, but are not limited to:

- Acute care/resuscitation/ER
- Addictions
- Chronic pain
- Dermatology
- Infection disease/Antibiotics
- Other hot topics!!

With much gratitude for your help,
Dana Hubler

Dana Hubler, BA, MD, CCFP, FCFP
Co-Medical Director, Rural Continuing Professional Development (RCPD)
Division of Continuing Professional Development
Faculty of Medicine | The University of British Columbia
City Square, Suite 200 East Tower
555 W 12th Ave, Vancouver BC V5Z 3X7
ubccpd.ca/rural | drdanahubler@gmail.com

Assessing Intercultural Competence

During the Primary Care Network planning process, Cultural Competence has been a topic of conversation among many of the health care providers. While we are working with the Ktunaxa Nation to develop specific local curriculum to support Cultural Competence and understanding with Aboriginal Culture, this free workshop may also be of interest to physicians:

Intercultural competence is the capability to accurately understand and adapt behaviour to cultural differences and commonality. Want to learn more? Register now for our upcoming free webinar!

Today's professionals - across all sectors - need to be interculturally competent. At the end of this webinar, participants will understand what intercultural competence is, how it can affect an organization, and how to use assessments to achieve cultural competence and inclusion goals.

Free webinar information:

Register Here - [## MOAs Saying Goodbye to the CL19: Supporting Care and Recovery of People Injured in Crashes](http://newsmgr.charityvillage.com/t.aspx?S=1&ID=1889&NL=458&N=1716&SI=1085775&ENC=!2!GS!%3f3!A!4Y%3d!2%3c3F!B-J!F1!J(!D0Z!)L!-!-G4P!-9!CH!D%25PG2!6%3e*4(3dK!I)!3!A%40!A3!6%3e!FM!%2fN4F!%3c!C!)!F3*%2c%27.!J1.TH!%2bFm!-!%3bC!%3fD!B%25!%3a%3e2>

 Date: Thursday, May 9 at 1pm Eastern Time / 10am Pacific Time (one hour)

 Cost: Free</p>
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ICBC and UBC CPD are partnering to develop education for family physicians (FPs) and other health care professionals (physical therapists, occupational therapists, and medical office assistants) to introduce changes to how ICBC wants to work with physicians and patients in British Columbia, including moving from a compensation-based model to a care-based model.

This webinar will outline (1) why the changes are taking place, (2) provide an introduction to how MOAs can best support people involved in crashes (e.g. new forms, types of pre-approved treatment, and role of Registered Care Advisors), and (3) how to bill and reconcile payment for patients with ICBC-related claims.

The webinar is part of a larger ICBC Education Project, which will offer in-person workshops to come later in 2019. Attendance at the webinar is an opportunity to better understand the changes taking place and is recommended as a primer for future in-person workshops.

Target audience: MOAs and other support staff

Dates: May 10 or 15

Time: 12-1 pm

Location: Online webinar

Cost: Free

Topics: New ICBC reporting changes as of April 1; new reports, billing, and workflow

Register: <https://ubccpd.ca/course/icbc-moa-webinar>

Divisions Dispatch

APRIL 26, 2019

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[BC Physicians: play a role in developing new compensation models](#)

[Doctors of BC 2019 Annual General Meeting and Annual Awards Ceremony](#)

[Early career family physicians: please share your experience](#)

[Registration open to host a Walk with your Doc event](#)

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For more information about the East Kootenay Division of Family Practice or to suggest future news items for Take 2 please contact:

Megan Purcell, Executive Director
 EK Division of Family Practice
 250-919-3170
mpurcell@divisionsbc.ca

Kerry Stanley
 EK Division of Family Practice
 250-426-4890
kstanley@divisionsbc.ca

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