

MOA QUARTERLY NEWSLETTER



2021

HISTORY!

2022

"I like the dreams of the future better than the history of the past." –Thomas Jefferson



**MOAs see challenges daily.
We hope our newsletter gives support
and information that will help the
daily workflow.**

***"Everyday may not be
a good day but there
is good in every day"***

**Please feel free to send your
comments, suggests,
tips and future topics.**

**Email Connie
almost-anything@outlook.com**

Practice Support Program

Through the Practice Support Program (PSP), doctors have the opportunity to practice more efficiently, focus on providing proactive care, and work towards adopting attributes of the patient medical home in BC. With doctors' schedules in mind, PSP's services are customized to meet each practice's needs.

PSP offers clinical and practice management learning opportunities and data-informed tools and resources—both supported by a team of practice improvement professionals including physician and MOA peer mentors. Supporting full-service family practices, PSP's customized and adaptable services are available to doctors and their teams directly in practices.

Whether doctors already know what kind of support they want or are looking to learn how their practices might benefit, PSP's team can help:

- Improve office workflow and/or clinical areas of practice.
- Create a plan of achievable tasks and timelines for practice improvements.
- Streamline access to PSP services, certification and compensation benefits.

PSP offers a variety learning opportunities. To allow doctors and their team to stay up to date in current practices and information.

formats can include in-person sessions, online courses or a blend of the two.

Learning opportunities are:

- Short, flexible, and tailored to a practice's immediate learning needs.
- Interactive to help doctors maximize the value of their learning time.
- Multi-modal (online, in-person, blended) to work with doctors' schedules and learning preferences.
- An integration of themes: patient self-management, quality improvement, and team-based care.

PSP helps practices use data to support quality improvement activities that improve patient care and physician experience. This can include standardizing processes for office visits, optimizing billing, and identifying team members who can help and how.

Panel Management

Panel management is a process of proactively managing a defined population of patients, using EMR data to identify and respond to patients' chronic and preventative care needs.

Patient Experience Tool

The Patient Experience Tool surveys patients about their experiences and interactions with a family practice, including topics such as wait times, office hours, and coordination of care. Giving physicians the opportunity to implement quality improvements in the practice.

EMR Functionality Assessment

This electronic assessment helps doctors understand how optimizing their EMR functionality can improve office efficiency and clinical practice. A fully functional EMR can help doctors:

- Streamline referral processes.
- Create automated clinical reminders.
- Manage practice revenue.
- Enhance patient access.

For Even More Practice Support, Features, opportunities and incentives, please visit [GPSC Practice Support Program](#)



Coach's Corner

Delivery of PSP services will be moving from the regional health authorities to a centralized program at Doctors of BC where all staff will be employed together on one team. The change is expected to take place in 2022.

This transition will allow PSP to more nimbly respond to both the evolving needs of family doctors and the responsibilities related to supporting the transformation of primary care in alignment with GPSC strategic priorities.

Doctors of BC and members of the GPSC value the work of PSP staff in supporting BC's physicians. Your PSP Coordinators working to ensure services continue to be delivered during the period of transition over the next year.

For more information, check out the [GPSC Website here](#).



Division Directive

The Division has welcomed the following new members:

Dr Benjamin Ip - locum
 Dr Sung (Calvin) Park - Barriere
 Alyson Wlasoff (NP) - KPCC

Neighbourhood Engagement Update:

Over the past month the Division has met with 50 family physician and nurse practitioner members to discuss a proposed neighbourhood concept for primary care. This concept is one aspect of an integrated service plan and primary care network and the future of primary care in the Thompson Region. The neighbourhood model is intended to prioritize longitudinal care expectations across neighbourhoods and deliver on equity of access throughout the Thompson Region. These meetings were a key component to ensuring members' voices were heard so the Division can support them effectively as a network of primary care providers consolidated geographically.

Part of this idea includes getting feedback on the concept of shared allied health and admin support for a neighbourhood. Earlier in 2021, we had asked members to prioritize a list of administrative tasks. The most commonly asked for support was MOA coverage. We also asked the MOA Network Working Group this question. Here's what they said:

You have five days a week for your neighborhood to have additional administrative support. How do they spend their days?

- MOA coverage - 26%
- Other: Virtual care - 13%
- Billing - 13%
- Manual/policies - 9%
- Communications - 9%
- Enhanced MOA duties - 4%
- Scheduling - 4%
- Management of team - 4%
- IT - 17%
- Leasing/contracts - 0%
- Finance support/bookkeeping - 0%



MOA Training and Educational Opportunities

PANEL MANAGEMENT TRAINING FOR MEDICAL OFFICE STAFF - **FREE**

The GPSC is now offering medical office staff the opportunity to take the Panel Management for Family Practice program through the University of Fraser Valley. The program will consist of 7 modules with a final capstone quality improvement project implemented in-practice. This program offers practical, skills-based training designed to meet the competencies of a panel manager including, basics of the patient medical home and primary care network, empanelment, registry-based care, pro-active and preventative care.

Next available course: January 6 to April 21, 2022.

Deadline to submit application: December 17, 2021

There are 24 spots available and training is free for participants with funding provided by the GPSC. The program is offered entirely online.

Interested parties can apply by submitting a complete [MOA Panel Management Training Program Application Form](#).

Fee Courses

Mental Health Commission of Canada (Virtual courses)

Learn about Mental Health and stigma, signs and symptoms and intervention.

CHA Learning *Advance your knowledge and skills in Canadian healthcare! CHA Learning offers high quality online programs and courses in a variety of categories to help you be successful in your health leadership career.*

Free Courses:

Its Pronounced Metro Sexual *Learn about gender, sexuality, & social justice.*

Trauma Informed Care *provide patient centred care, an understanding of the principles of trauma informed care.*

Indigenous Canada *explore Indigenous histories and contemporary issues in Canada (\$60.00 for certificate).*

BCPSQC Cultural Safety and Humility Action Series

PHSA Learning Hub Courses *a number of short courses in medical settings.*

Microsoft Courses *a number of Microsoft courses.*

Open Educational Resources *courses in history, arts, mathematics, law and more.*

Communication and Cultural Competence *A self-education program for physicians to learn about communication and cultural competencies required in Canada.*

Preventing Dementia *offering university-quality education about the latest research in dementia risk and protective factors.*

The Medical Office Assistant Billing Guide *is a reference tool for physicians and their MOAs that provides billing advice and examples on some of the most common MSP billing scenarios.*



Job Opportunities

Need an MOA or locum MOA?

Are you looking for an MOA to cover a vacation, or to hire someone new to join your office? Maybe you're looking for a new position?

Try the links below:

Division of Family Practice - Opportunities

- Full Service Family Practice MOA
- Full-Time MOA for General Surgeon's Office

Kamloops MOA Discussion Board - Facebook

Kijiji - Moe Positions

PHYSICIANS INFORMATION CENTRE

Patient Chart Retrieval

Dr. Anders - medrecords

Dr. Anderson - medrecords

Dr. Burris - Mail - 1-2030 Van Horne Dr Kamloops BC VIS 1P6

Dr. Haughin - Patient MUST send \$35.00 with the request to 1813 Cathedral Ct Kamloops BC V2E 2A9

Dr. Howie - Fax request to : 250-376-2282

Dr. Junkin - Interior Vault

Dr. Koochin - medrecords

Dr. Hanna Ritenburg - Interior Vault

**Dr. Simpson - Mail request to : 458 Stratheona Terrace
Kamloops BC V2C 1B9**

Dr. Stinson - Fax to RIH (250-314-2354)

**Dr. Wilson - Mail request to : 1620 Farnham Wynd
Kamloops BC V2E1L7**

Dr. Zsigmond - fax to RIH (250-314-2354)

Summit Medical Clinic - Fax to : (250-851-8969) (Dr De Kock)

Northshore Walk In - Interior Vault

Urgent Care Walk In Clinic - Medrecords

INTERIOR VAULT: PH: 250-372-1897 FAX: 250-372-2019

MEDRECORDS : medrecords.ca

(pt is to go directly to the webpage and request their own charts)

**For additional information and to find Physicians' charts,
not listed here, [contact](#) the College of Physicians and Surgeons**

PUBLIC HEALTH

COVID-19:

Vaccine Roll out, COVID questions and the Vaccine Passport information are all available on line

@ [BC COVID-19 UPDATE](#)

Additional Covid Information

- [Orders and notices](#)
- [Guidance](#)
- [Letters and statements](#)

Immunization information

Influenza Vaccine: Flu clinics are well underway in the city. Please call your public health at 250-851-7300 for immunization clinics or call your pharmacy for an appointment. Click the images below to see the full PDFs.



Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	Child's Age					
	2 Months	4 Months	6 Months	12 Months	18 Months	Start at 4 years (kindergarten entry)
DTaP-HB-IPV-Hib <small>(diphtheria, tetanus, pertussis, hepatitis B, polio, Haemophilus influenzae type b)</small>	✓	✓	✓			
Pneumococcal Conjugate†	✓	✓		✓		
Rotavirus	✓	✓				
Meningococcal C Conjugate	✓			✓		
MMR <small>(measles, mumps, rubella)</small>				✓		
Varicella‡ <small>(chickenpox)</small>				✓		
DTaP-IPV-Hib <small>(diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type b)</small>					✓	
Tdap-IPV <small>(tetanus, diphtheria, pertussis, polio)</small>						✓
MMRV‡ <small>(measles, mumps, rubella, varicella)</small>						✓
Influenza* <small>(Inactivated and Live-Attenuated)</small>				✓ (yearly for children 6 months of age and older)		
Hepatitis A* <small>(for Indigenous children only)</small>			✓		✓	



Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	Child's Grade	
	Grade 6 HealthLinkBC File	Grade 9 HealthLinkBC File
Hepatitis B	✓ 2 doses (if 3 doses not received in infancy) 2 nd dose 6 months after 1 st dose	
HPV* <small>(human papillomavirus)</small>	✓ 2 doses 2 nd dose 6 months after 1 st dose	
Varicella‡ <small>(chickenpox)</small>	✓ 1 or 2 doses† 2 nd dose at least 3 months after 1 st dose	
Meningococcal Quadrivalent Conjugate		✓ 1 dose
Tdap <small>(tetanus, diphtheria, pertussis)</small>		✓ 1 dose

† The HPV vaccine has been offered to boys in grade 6 since September 2017.
‡ Children who had chickenpox or shingles disease, confirmed by a lab test, at 1 year of age or older do not need the chickenpox vaccine. Children who received a single dose of chickenpox vaccine at a younger age only need 1 dose in grade 6. Children who have never received the chickenpox vaccine need 2 doses.





BC Routine Immunization Schedule ADULTS 18 YEARS OF AGE & OLDER Not Immunized in Childhood

Timing of Immunization

Vaccine* (Click on the vaccine name to view the vaccine HealthLinkBC file)	1 st visit	4 weeks later	2 months after 1 st visit	6 months after 1 st visit	6 months after 2 nd visit	every 10 years
Meningococcal C Conjugate (for those born before 2002 who are ≤ 24 years of age)	✓					
Meningococcal Quadrivalent Conjugate (for those born in 2002 or later and are ≤ 24 years of age)	✓					
Tdap** (tetanus, diphtheria, pertussis)	✓					
MMR[†] (measles, mumps, rubella)	✓	✓				
Hepatitis B* (for those born in 1980 or later and other eligible individuals)	✓	✓		✓		
HPV* (human papillomavirus) (for eligible individuals only)	✓		✓	✓		
Varicella (chickenpox) (for susceptible individuals only)	✓		✓			
Td (tetanus, diphtheria)		✓			✓	✓
Influenza* (annually for those 65 years and older and other eligible individuals)				✓*		
Pneumococcal Polysaccharide* (for those 65 years and older and other eligible individuals)				✓*		

* The hepatitis A and polio vaccines are not included in this table. The hepatitis A vaccine is available for Indigenous adults that are 18 years of age and other eligible individuals. The polio vaccine is only recommended for unimmunized adults who are at risk of exposure to polio virus. See the HealthLinkBC Files for more information on vaccine eligibility or speak to your health care provider.
[†] Two doses of MMR vaccine are recommended for adults born in 1970 or later.
 ** Pregnant people should receive 1 dose of Tdap in every pregnancy, ideally between 27 - 32 weeks of gestation.
 * See the HealthLinkBC Files for more information on vaccine eligibility or speak to your health care provider.

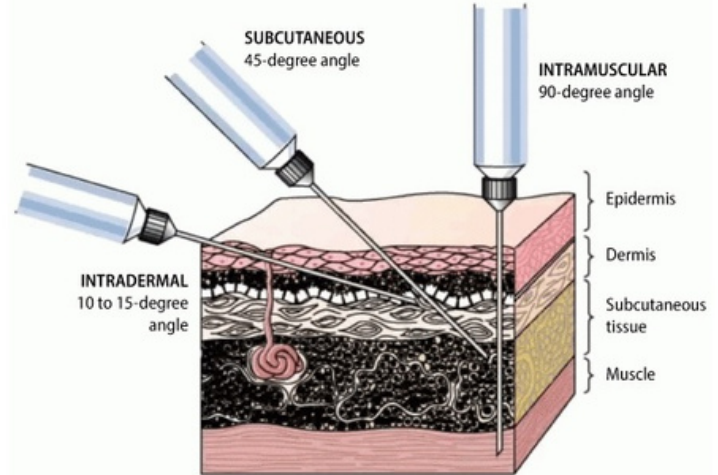
12/21



Vaccines Recommended for Adults in BC

Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	Recommended and available for free:	Recommended and available at cost:	Available at cost:
Chickenpox (Varicella)	• Susceptible individuals need two doses of the vaccine.		
Hepatitis A	• Adults with medical or lifestyle risks.	• Travelers to destinations where the risk of hepatitis A is high (consult with a travel clinic). • Adults with occupational risks and food handlers (the cost of the vaccine may be covered by your employer). • Adults with lifestyle or other risks.	• Adults who want protection.
Hepatitis B	• Adults born in 1980 or later. • Adults with medical, occupational, lifestyle or other risks.	• Adults living in communities or traveling to destinations where the risk of hepatitis B is high (travelers should consult a travel clinic).	• Adults who want protection.
Human Papillomavirus (HPV) (HPV2, Cervarix®)		• Women ≤ 45 years of age.	• Women 46 years of age and older.
Human Papillomavirus (HPV) (HPV9, Gardasil®9)	• Women who have started the vaccine series < 19 years of age. • Men ≤ 26 years of age with lifestyle or other risks. • HIV positive individuals ≤ 26 years of age. • Transgender individuals ≤ 26 years of age.	• Women ≤ 45 years of age. • Men ≤ 26 years of age. • Men 27 years of age and older who have sex with men.	• Women 46 years of age and older. • Men 27 years of age and older.
Influenza	• Adults ≥ 65 years of age. • Adults with medical risks and other eligible individuals.	• Adults who want protection.	
Measles/Mumps/Rubella	• Adults born in 1970 or later who have not had the diseases need two doses of the vaccine.		

continued on next page



Vaccines Recommended for Adults in BC

...continued from previous page

Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	Recommended and available for free:	Recommended and available at cost:	Available at cost:
Meningococcal C Conjugate	• Adults ≤ 24 years of age and born before 2002 who didn't get a dose of the vaccine on or after their 10th birthday.	• Adults with occupational risks (the cost of the vaccine may be covered by your employer).	• Adults who want protection.
Meningococcal Quadrivalent Conjugate	• Adults who are medically high risk • Adults ≤ 24 years of age and born in 2002 or later who have not received the vaccine.	• Adults with occupational risks (the cost of the vaccine may be covered by your employer). • Travelers to destinations where the risk of meningococcal disease is high (consult a travel clinic).	• Adults who want protection.
Pertussis (Whooping Cough)	• Adults who have never been immunized against pertussis or whose immunization history is unknown. • Pregnant people in every pregnancy.	• For those who have not received the vaccine as adults.	
Pneumococcal Conjugate	• Some adults who are medically high risk.	• Adults who are medically high risk.	• Adults who want protection.
Pneumococcal Polysaccharide	• Adults ≥ 65 years of age. • Adults with medical or lifestyle risks. • Adults living in residential care or assisted living facilities.	• Adults who are smokers.	• Adults who want protection.
Polio	• Adults at increased risk of exposure to polio due to occupation or travel.		
Shingles		• Adults ≥ 50 years of age.	
Tetanus, Diphtheria	• Adults, every 10 years.		
Travel vaccines		• Varies by destination, consult with a travel health clinic.	

Whether or not you are eligible for a publicly funded (free) vaccine depends on many factors, including your age, gender, health, occupation, and medical or lifestyle risks. Publicly funded vaccines are available through health units, some doctors' offices, and most pharmacies. Vaccines for purchase are available through travel clinics and most pharmacies. Services vary across B.C.

BILLING BASICS

Billing Links

- *[MSP Billing Schedule](#)
- *[Diagnostic Code Descriptions \(ICD-9\)](#)
- *[GPSC- incentive billing support](#)
 - PORTAL CODES*
 - CHRONIC DISEASE MANAGEMENT*
 - COMPLEX CARE PLANNING AND MANAGEMENT*
 - CONFERENCING AND TELEPHONE MANAGEMENT*
 - IN-PATIENT CARE*
 - LONG-TERM CARE*
 - MATERNITY CARE*
 - MENTAL HEALTH*
 - PALLIATIVE CARE*
 - PREVENTION (PERSONAL HEALTH RISK ASSESSMENT)*
- *[Uninsured Services Fees](#)
- *[MSP Holidays & Close-Off Dates](#)
- *[MSP location codes \(new\)](#)

MSP Contact Info

Medical Services Plan

PO Box 9480 Stn. Prou. Gout
Victoria, B.C. V8W 9E7

By Phone:

For practitioner assistance and inquiries.
Vancouver: 604-456-6950
Elsewhere in B.C.: 1-866-456-6950
Patient MSP coverage: 604-669-6667

By Fax

Billing Support
Fax: 250-405-3593

Provider Services
Fax: 250-405-3592

Out of Country Claims
Fax: 250-405-3588

Teleplan Support Centre

Use this toll-free service to reach the Teleplan Support Centre about electronic billing problems, liaison with software vendors, electronic remittance statements and refusals, resetting of passwords and assistance with technical problems.

Vancouver: (604) 456-6950

Elsewhere in B.C.: 1-866-456-6950

WEBPAGE: [Practitioner & Professional Resources](#)



New and Upcoming Changes to MSP Billing

Service Location Codes (SLC)

- (B) Community Health Centre
- (K) Hybrid Primary Care Practice
- (J) First Nations Primary Health Care Clinic
- (L) Longitudinal Primary Care Practice
- (N) Health Care Practitioner Office
- (Q) Specialist Physician Office
- (U) Urgent and Primary Care Centre
- (V) Virtual Care Exclusive
- (W) Walk-In Clinic

Practitioner and Payee Numbers Value for MSP claims

The available practitioner and payee numbers will be depleted by 2023.

The number of characters in practitioner and payee numbers (five) will remain unchanged, and numbers issued before April 1, 2022, will remain valid.

To combat the decreasing supply of practitioner and payee numbers, the Ministry is issuing new numbers starting April 1, 2022, with alphanumeric values

Longitudinal and team-based care

- Brief Clinical Conference Fee (14067)

This fee is billable regardless of where the patient is located or how the conference occurs and has no minimum time requirement. This fee code is payable to a maximum of one per patient per day with a maximum of 150 per physician per calendar year.

- CLFP New Patient Intake Fee (14041)

The CLFP New Patient Intake Fee is payable in addition to a visit fee for confirming the addition of a new patient to the physician's panel where the longitudinal doctor-patient relationship has been confirmed through a standardized conversation or 'compact'. By billing the fee code 14041, the FP commits to assuming the role of Most Responsible Provider (MRP) for the patient. The fee code is payable to a maximum of one per patient per calendar year.

VISIT - The Doctor Care Blog - a site for Doc to Doc information.

<https://www.doctorcare.ca/blog/>



Seniors Resource Avenue

There are an abundance of senior resources , support, and guidance in and around our city.

Centre for Services & Information (CSI)

To connect all seniors with services and resources that can help them with issues or concerns associated with day to day living. We continue to work on core services to meet the needs of the senior population in Kamloops and district.

Some services include, Tax Returns , Take & Bake meals, Peer Support, and fraud awareness. [Click here for more information](#)

A full list of City of Kamloops, Government, Health Care, Housing , legal, travel, etc. Is available [ONLINE](#) or at the centre

Brock Shopping Centre

9A 1800 Tranquille Road
Kamloops, BC V2B 3L9

Hours:

9:00AM - 3:00PM
Monday - Friday
Closed Holidays

Northhills Shopping Centre

25 700 Tranquille Road
Kamloops, BC V2B 3H9

Hours:

10:00AM - 2:00PM
Monday - Friday
Closed Holidays

Email: info@csikamloops.ca

WebPage

(778) 470-6000

handyDART

[handyDART](#) is part of the Accessible Services offered from your local transit service. Many handyDART customers use a combination of fixed-route and handyDART services depending on their travel needs and destination. There are a few hoops to jump Through (Seniors Centre can also help with this)

[HandyDART application form](#)

[Medical Verification of Eligibility](#)

[HandyDART user guide \(very helpful\)](#)

Service Hours

Monday to Saturday, 7:00 am - 11:00 pm
Sunday, 9:00 am - 6:00 pm
Easter Monday – regular service
All other holidays and Easter
Sunday – no service

Office Hours

Monday to Friday, 8:00 am - 4:30 pm
Call to Book
Monday to Friday: 7:30 am – 6:00 pm
Saturday: 9:00 a.m. – noon, 12:30 pm – 3:30 pm

Phone: 250-376-7525

Fax: 250-376-7398

Address

Client Registrar
1460 Ord Road
Kamloops, BC
V2B 7V4



Monthly Health Awareness

December

National EggNog Month (true story)

The first known use of the word "nog" was in 1693. Alternatively, nog may stem from noggin, a Middle English term for a small, carved wooden mug used to serve alcohol

Viking Eggnog Recipe

Eggedosis is the national dish served in Norway. It is a thick egg cream, eaten from a dish with a spoon. The grownups cheer their Eggedosis with a little brandy.

Eggedosis is served with cookies. It is best made with an electric beater, since beating the eggs is the main trick. Eggedosis means special occasions.

12 egg yolks

2-egg whites

12 Tbsp, sugar

Cognac and vanilla

Beat the eggs and sugar until very thick. Flavor part with vanilla for the children and the rest with Cognac or sherry for the grownups.

CHEERS!!



January

National Glaucoma Awareness Month

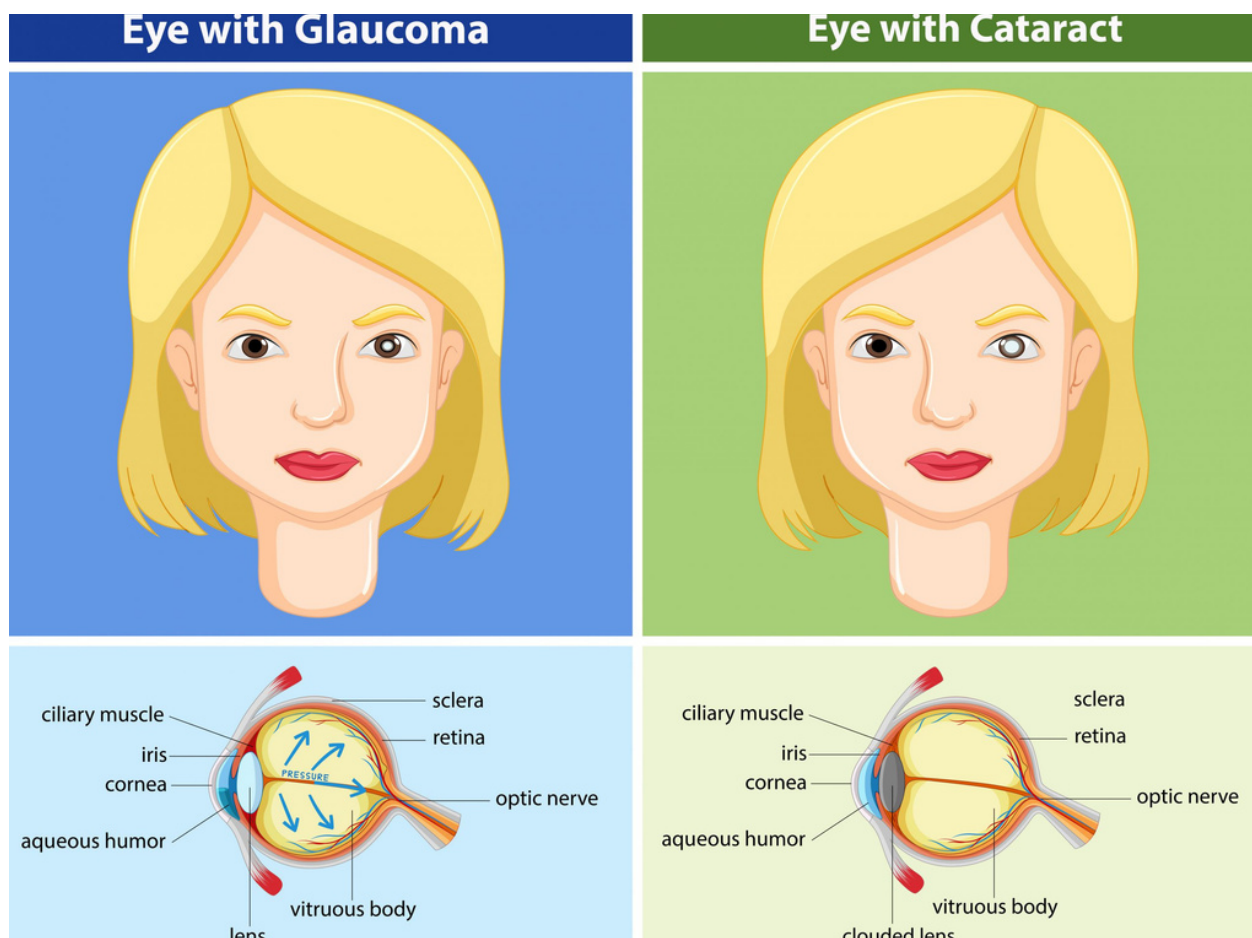
Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Want to know more? [Check it out here](#)



February Heart & Stroke Month

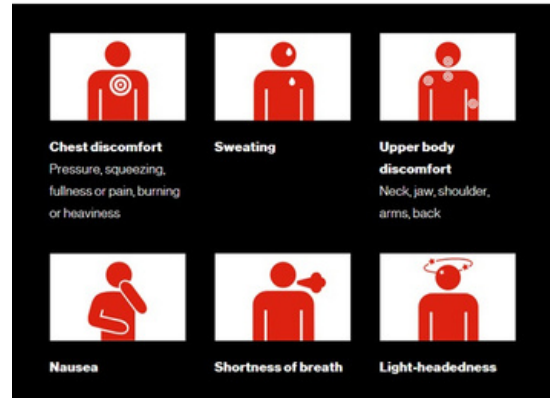
February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

Heart disease refers to what is really a group of conditions that affect the structure and functions of the heart and has many root causes.

Types of heart disease:

- Coronary artery and vascular disease
- Heart rhythm disorders (arrhythmias)
- Structural heart disease
- Heart failure



Women's experience with heart disease is different from men's in several important ways. Unique risk factors as well are involved; such as estrogen, oral contraception, **Pre-eclampsia, Gestational diabetes**, hormone therapy, and even menopause, to name a few. [Find out more](#).

A **Stroke** happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done. [Find out more](#)

Types of Strokes:

- Ischemic stroke
- Hemorrhagic stroke
- Transient ischemic attack (TIA)

Although stroke disproportionately affects women – more women die of stroke, women have worse outcomes after stroke, more women are living with the effects of stroke and women face more challenges as they recover. The signs are still the same

[How a Healthy Heart Works](#)

[Types of Heart Disease](#)

[Women & Heart Disease](#)

[Types of Strokes](#)

[How the Brain Works](#)

[Stroke & Women](#)

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F.A.S.T.** Lifesaving treatment begins the second you call 9-1-1.

March

Music Therapy Month

Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains. Music therapy is used with individuals of various ages, abilities, and musical backgrounds in clinical, educational, community and private practice settings. The list below includes examples of medical conditions, living conditions and goal areas that might lead to someone accessing music therapy.

- Acquired Brain Injury
- AIDS
- Autism and other Pervasive Development Disabilities
- Critical Care
- Developmental Disabilities
- Emotional Traumas
- Geriatric Care
- Hearing Impairments
- Mental Health Difficulties
- Neonatal Care
- Obstetrics
- Oncology
- Pain Control
- Palliative Care
- Personal Growth
- Physical Disabilities
- Speech and Language Impairments
- Substance Abuse
- Teens at Risk
- Victims of Abuse
- Visual Impairments

This video will amaze you.

This man has Parkinson's disease and has a lot of trouble walking.

With Music therapy, magic happens. [CLICK HERE](#) to watch the video (it's a facebook video)



Examples of Benefits of Emotion

- Music can call up repressed (bottled up) emotions that may then be released.
- Music can lessen feelings of isolation.
- Improved mood.
- Decreased depression.
- Anxiety reduction.
- Self-expression.
- Stress management.

OFFICE HEALTH

**At the beginning of
your day.
In the middle of
your day.
At the end of your
day.
ANYTIME, is a
good time.**

START A CHAIR YOGA ROUTINE THIS MONDAY

If you need to stay at your desk, you can still get a good stretch! Do some simple chair yoga positions to get your blood flowing and reduce your stress in just minutes.



COW STRETCH



CAT STRETCH



SIDE ANGLE

DESTRESS
MONDAY

START A CHAIR YOGA ROUTINE THIS MONDAY



COW STRETCH



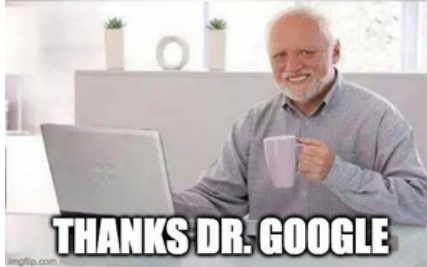
SIDE ANGLE



CAT STRETCH

Just for the Laughs

Dear Patients, please limit yourselves to six calls a day.



PUTTING ON GLOVES:



ALONE



IN FRONT OF OTHER DOCTORS

doctors' strike



What my friends think I do



What my parents think I do



What society thinks I do



What my boss thinks I do



What I think I do



What I really do

USEFUL WEBSITES

Doctors of BC

help managing your practice , including billing information, collaborative allies, physician contracts, plus news and events.

Division of Family Practice

(Thompson Region)

physician, community, and MOA support.

HealthlinkBC

fact sheets about public health and safety.

Interior Health

your connection to physician information, public health information, etc.

New and NOT SO improved

Regional Health Authority and City list

First Nations Health Authority

Pathways

Pathways is an online resource that provides physicians and their office staff/teams quick access to current and accurate referral information.

SPECIALIST SERVICES COMMITTEE (SSC)

The Specialist Services Committee (SSC) works on behalf of specialist physicians

BC Surgical Wait Times

BC Centre For Disease Control

BC Drug and Poison Information Centre

BC Children's Hospital

Clinics All Services Contacts

ICBC

WorkSafe BC

LifeLabs

Red Cross

Equipment Loan Program

Kamloops MOA Discussion Board **(FaceBook)**

Where MOAs hangout and swap information , including job opportunities

Kamloops & Area MOA Community Portal

This is a great space to connect with other MedAccess users across the Kamloops area. Share ideas, ask questions, share & request specific templates easily! There is already many great resources uploaded for you to benefit from. You can also turn on notifications to receive updates when new posts are added.



If you do not wish to receive the Newsletter , please contact Chelsea to have your name removed from the email list.
cbrookes@thompsondivision.ca

Please feel free to send your comments, suggests, tips and future topics.
Email Connie : almost-anything@outlook.com