

MOA QUARTERLY NEWSLETTER



The Best You Can Be

The Skills of an MOA.

It's all about organization, multitasking, communication, empathy, ethics, discretion, planning ahead, paying attention to details, thinking on our feet, making optimal decisions, respect, and a few patients too.

MOA's are the front line, the first person seen by an ailing patient. Ethics and discretion are assumed, empathy is expected and precision is presumed.

Clinics are busy places, Sticking to a regular daily routine, which is designed around the needs of the clinic, doctors, and patients, is best practice.

**But, don't forget about yourself!! You too deserve the same in return.
The Challenge is Real, the Challenge is Worthy**

We celebrate each other



Each month, we would like to Shout Out to the MOA or MOAs who are using **Pathways** in a unique way, or are helping to keep it current and accurate, which in turn helps our physicians!

This month, we want to Shout Out and say 'Thanks' to **Emma-Lee Mitchell**, MOA at Orchards Walk and **Erin Hurley**, MOA to the Internal Medicine Specialists! Both have gone out of their way to update information within Pathways by sending updates to the Pathways Administrator.

We appreciate you!

Coach's Corner

Division Directive

Practice Support

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. These include: Coaching and mentoring; Learning opportunities & Data tools. Participating doctors and team members are also eligible for compensation and certification.

Doctors of BC

Doctors of BC is the BC medical association with 14,000 physicians, residents and medical students in British Columbia. They advocate to the government, provide benefits and supports to members, so doctors can better serve patients.

Divisions of Family Practice:

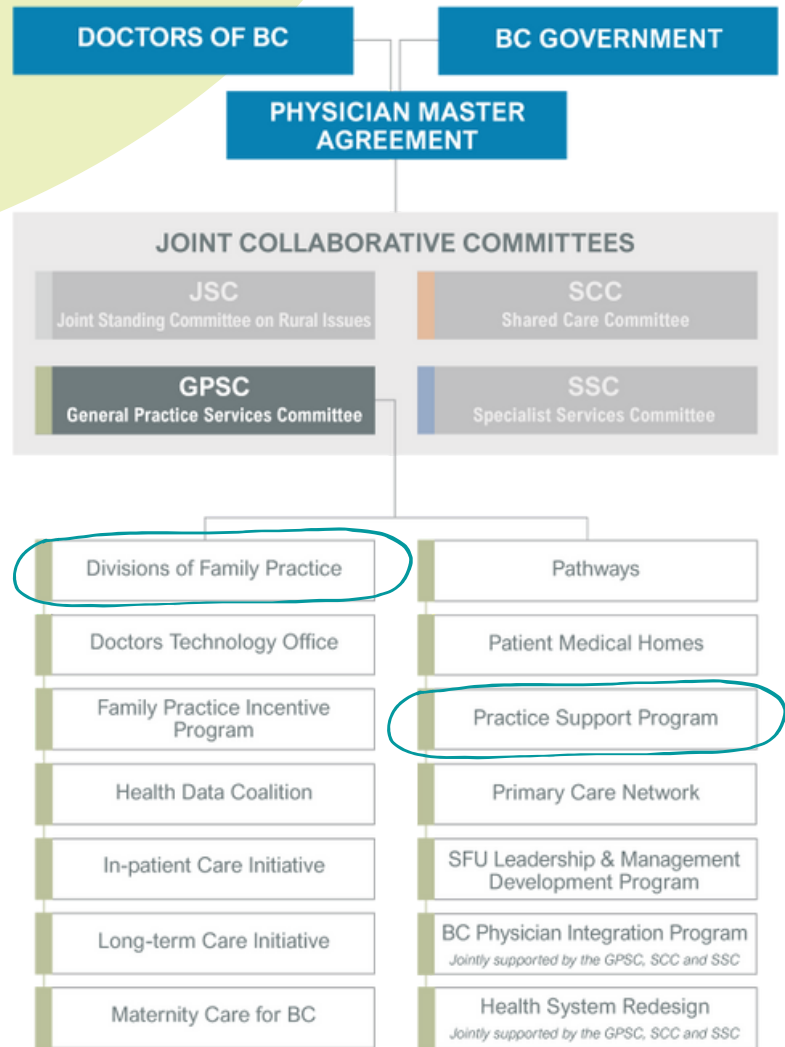
Divisions of family practice are community-based groups of family physicians working together to achieve common health care goals. Divisions work collaboratively with community and health care partners to enhance local patient care and improve professional satisfaction for physicians.

The Thompson Region Division of Family Practice represents over 200 members, including family physicians, general practitioners, and nurse practitioners who provide primary care in Kamloops, Barriere, Scotch Creek, Chase, Logan Lake, and Sun Peaks. Our membership also includes retired physicians, medical residents, and midwives.

The Thompson Division supports providers to identify needs and challenges, collaborate with partners, and engage in work that is meaningful to them.

GPSC

The GPSC is a partnership of the Government of BC and Doctors of BC that works on behalf of doctors to strengthen full-service family practice and patient care in BC.



NEW TO KAMLOOPS:

- Dr Goke Oyetola (GP) has just arrived-opening his practice on the North Shore, mid June (accepting patients through 811)

CLOSING PRACTICE:

- Dr Hancke de Kock has closed his family practice.
- Dr Caitlin Visser will be closing her Practice Oct 14th, 2022
- Dr. Peter Gorman, is retiring
- Dr Michael Gorman, is retiring

MOVING PRACTICE:

- Dr Noah Williamson is joining BEE WELL clinic
- Dr Carmel Anderson has moved her practice to the coast.

Coming and Going

MOA Training & Educational Opportunities



Free Courses:

PANEL MANAGEMENT TRAINING FOR MEDICAL OFFICE STAFF

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: September 2022 (TBA)

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:

[Kijiji - Moa Positions](#)

[MOA JOBS on Indeed](#)

[The Thompson Region Division of Family](#)

[Kamloops MOA Discussion Board - Facebook](#)

[BCJOB\(MOA\)](#)

[WorkOpolis \(MOA\)](#)



Choose from nearly 100 online courses on popular health and safety topics.

Take a course on your own or register multiple seats for a group of employees- Many are free!!

EMR WEBINARS/VIDOES

Accuro

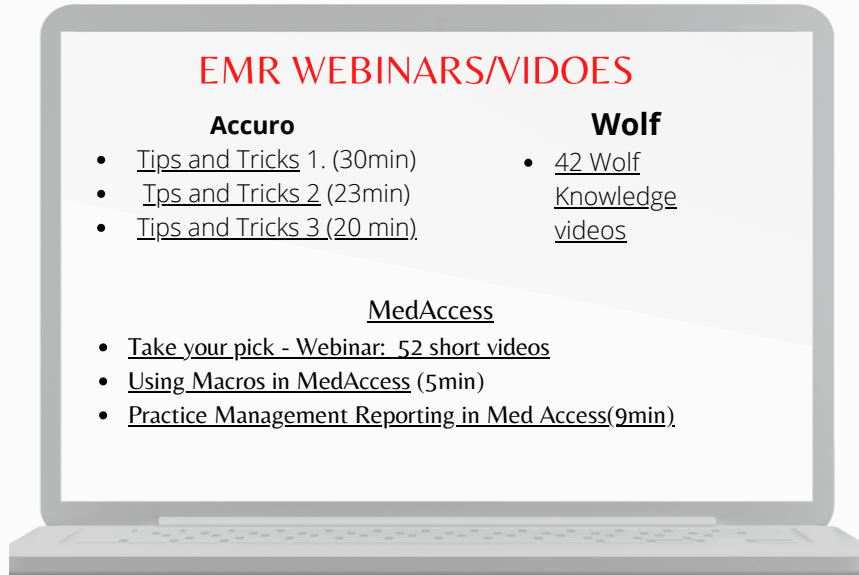
- [Tips and Tricks 1](#). (30min)
- [Tps and Tricks 2](#) (23min)
- [Tips and Tricks 3](#)(20 min)

Wolf

- [42 Wolf Knowledge videos](#)

MedAccess

- [Take your pick - Webinar: 52 short videos](#)
- [Using Macros in MedAccess](#) (5min)
- [Practice Management Reporting in Med Access](#)(9min)



Dear MOA support

Q: Where can we dispose of expired medication and swabs?

A: **Pharmaceuticals:** Unused health products can be dropped off to your pharmacist for responsible disposal. Any of the following items that are unused, expired, in questionable condition, or missing labels are accepted: (*College of Pharmacists*)

- All prescription drugs
- Over-the-counter medications, oral dosage
- Natural health products, oral dosage
- Vitamins and mineral supplements

Swabs: you can give them to the lab lady when she comes around to pick up or they can go in the regular trash (*LifeLabs*)

Covid - Dispose of **COVID-19 antigen rapid test devices** into your black cart as garbage. This includes buffer bottle, extraction tube, swabs, swab packaging, the test device and any small plastic components. Recycle other material (cardboard and stretchy plastic) as any other recyclables (*LifeLabs*)

Q: Can a Specialist ask another Specialist for a no charge referral?

A: **YES**

A few interesting points (*Doctors of BC*)

- There can be only one consultation for any one referral. Another consultation will require a second referral
- Re-referral is not required for a specialist to bill specialist follow up fees for continuing care.
- Referrals, once accepted, do not expire. Once a referral is accepted it remains valid until the consultation is performed.
- Doctors practicing in another province can also refer to BC Physicians and use 99998 as the referring MD number.
- Referrals can also be made by non-physician health care practitioners as indicated in the General Preamble:
 - chiropractor, for orthopedic consultation;
 - midwife, for obstetric or neonatal consultations;
 - nurse practitioner;
 - optometrist, for ophthalmology consultations;
 - optometrist, for neurology consultations for suspected optic neuritis or amaurosis fugax or anterior ischemic optic neuropathy (AION) or stroke or diplopia;
 - oral/dental surgeon, for diseases of mastication;
 - registered nurse or registered psychiatric nurse, for addiction medicine or psychiatry consultations for substance use conditions;
 - podiatrist, for orthopedic consultation.

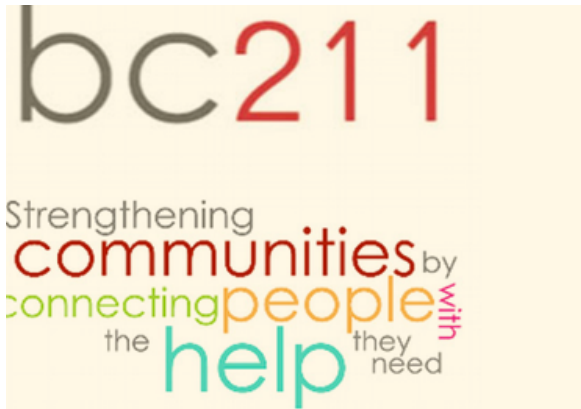
Click here for more [MORE CLARITY](#)

Q: How long do we need to keep patient records?

A: Medical Records must be retained in accordance with provincial retention guidelines. In general, for Medical Records, we will follow retention of 16 years from either the date of last entry or from the age of majority of the individual to whom the information relates, whichever is later. Audio recordings during healthcare consultations are retained as part of your Medical Record. (*College of Physicians & Surgeons*)

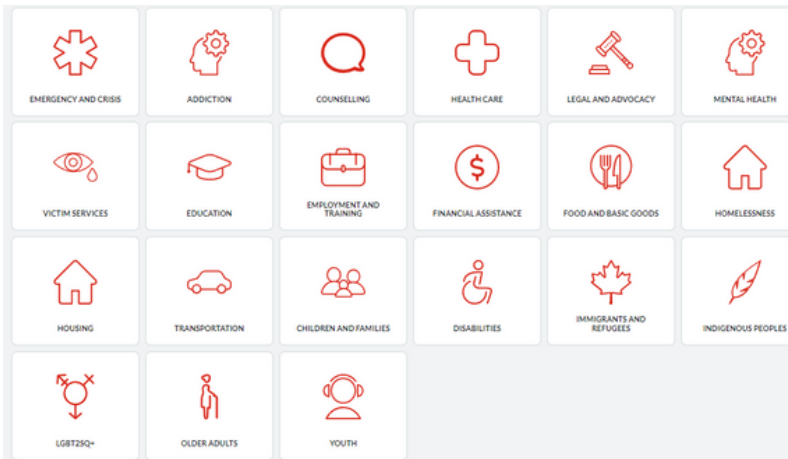


Information Centre



BC211

The United Way British Columbia works with communities across the province, delivering information and referral services for community and government programs. One of their resources is BC211, which is a free and confidential service that connects people to helpful and vital resources in their community, including basic needs like food and shelter, mental health and addiction support, legal and financial assistance, and support for seniors. Just dial or text 2-1-1 to be connected with a resource navigator. Part of the resource includes downloadable rack cards, wallet cards and posters, which highlight BC211. These can be ordered free of charge from United Way at bc.211.ca/promotional-material. More information can be found at <https://bc.211.ca>



HealthLinkBC

811 / 711

- 8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia.
- 7-11 is a free-of-charge health information and advice for the hard of hearing.

you will be connected with a health service navigator. They can provide you with health information, help you navigate the health care system and find health services across the province, or connect you with a registered nurse, registered dietitian, qualified exercise professional, or pharmacist. Our navigators are available any time of the day or night, every day of the year.

24/7 more info

Check your symptoms with Symptom checker

Resource Support

SUMMER EDITION 2022

General

- Cognito - Online Mental Health Treatment (getcognito.ca)
- Wellness Together Canada | Home
- OUR PROGRAMS | coinations
- Programs — Cythera Transition House Society
- Welcome - Yellowhead Community Services (yellowheadcs.ca)
- Bounceback (bouncebackbc.ca)
- MindShift® CBT - Anxiety Canada
- The Colour Project
- We're here to help | Here to Help
- MindHealthBC

Prenatal/Postnatal

- SmartMom (smartmomcanada.ca)
- Mental Health (bcwomens.ca)
- Pacific Post Partum Support Society - Vancouver, BC Canada
- Coping with Depression in Pregnancy and Following the Birth | Here to Help
- Home - The Tree (kfrs.ca)
- Home | Hopewell Clinic + Pregnancy Centre, Kamloops BC (hopewellkamloops.ca)
- Merritt Moms and Families - Conayt Friendship Society in Merritt BC

Young adults/Kids

- Foundry Virtual BC - Foundry BC App -
- Youth and Young Adults | Kelty Mental Health
- Mental Wellness | YMCA of Greater Vancouver
- Support in Grief & Loss | Learning Through Loss
- Home Page (here2talk.ca)
- Hand in Hand Support - The Looking Glass Foundation (lookingglassbc.com)
- NeedHelpNow.ca

LGBTQIA2S+

- LGBTQ - MOSAIC (mosaicbc.org)
- QCHAT Peer Support for LGBTQ2 Youth in BC
- LGBT Resources | Here to Help
- home (lgbthotline.org)
- The Trevor Project | For Young LGBTQ Lives
- QMUNITY — BC's Queer, Trans, and Two-Spirit Resource Centre
- Safe Spaces - Interior Community Services

Addiction

- FAR Canada – Families for Addiction Recovery
- Self-Help Addiction Recovery Program | Addiction Support Groups (smartrecovery.org)
- Nar-Anon Family Groups

Indigenous

- First Nations Virtual Doctor of the Day (fnha.ca)
- Hope for Wellness Chat
- Virtual Substance Use and Psychiatry Service (fnha.ca)
- Mental Health Clinician – Kamloops Aboriginal Friendship Society (kafs.ca)
- Hope for Wellness Help Line (sac-isc.gc.ca)
- Counselling — Indian Residential School Survivors Society (irsss.ca)
- Mental Health Services – Secwepemc Child & Family Services (secwepemcfamilies.org)
- About – DUDES Club

Men

- HeadsUpGuys | Manage & Prevent Depression in Men
- Programs & Activities - MenLiving
- About – DUDES Club

Refugees and Immigrants

- Immigrant and Refugee Mental Health Project - Portico (camhx.ca)
- Mental Health Toolkit for Refugees and Refugee Claimants – BC Refugee Hub
-

Stress and Needing a "Boost"

- CMHA – Living Life to the Full – helping you to help yourself

Workplace Stress

- BC's Hub for Workplace Mental Health - Learn. Train. Inspire. (workmentalhealthbc.ca)

Family and Caregiver Resources

- FamilySmart - Together-Centered™ for Child & Youth Mental Health
- Everyday Anxiety Strategies for Educators (EASE) - Province of British Columbia (gov.bc.ca)
- Youth and Family Support - Conayt Friendship Society in Merritt BC
- Family Caregivers of British Columbia | Support and Resources for You (familycaregiversbc.ca)
- Care to Speak 2 | Care For Caregivers

Mental Health Resources

Muslims

- Naseeha
- IFSSA Services | Counselling and Mental Health

Grief

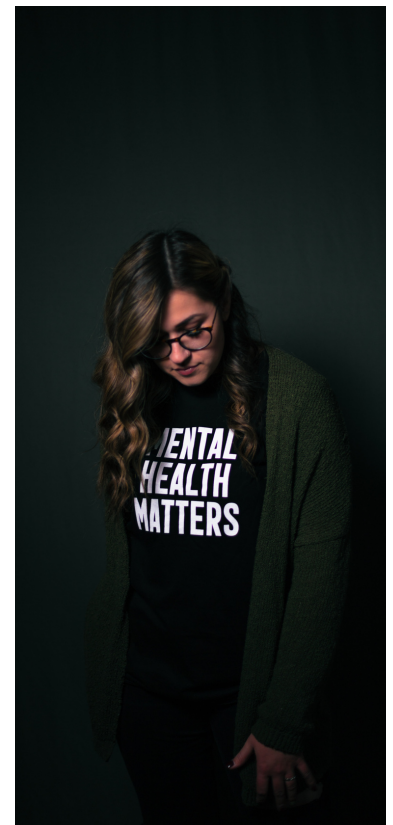
- Living Through Loss Counselling | Professional Grief Counselling for People experiencing Loss and Life Change
- Grief & Loss | Kelty Mental Health

Veterans/First Responders

- Course Info for Vets (vtncanada.org)
- For Warriors | Wounded Warriors Canada
- Home - BC First Responders' Mental Health (bcfirstrespondersmentalhealth.com)
- BC OSI

Seniors

- Seniors - MOSAIC (mosaicbc.org)
- Senior Peer Counselling of BC – Supporting Seniors Wellness (spcbc.ca)



Seniors Resources



Elderly Services / Support

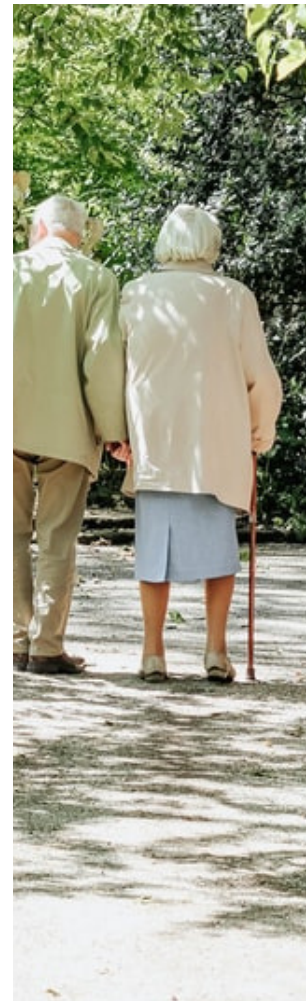
- [Centre For Seniors Information \(CSI\)](#)
- [Seniors Outreach Services&Resource Centre](#)
- [Pa & Jm Gaglardi Senior Citizen Society](#)
- [Kamloops Seniors Health and Wellness \(Northhills Mall\)](#)
- [Norkam Seniors Housing Co-op Association](#)
- [Accessing Community Care](#)
- [BC Seniors Guide](#)

Advanced Care Planning Resources

- [HealthLink Advanced Planning Web Page](#)
- [MY VOICE -advanced care planning booklet with printable forms](#)
- [Advanced Care Planning frequently asked questions](#)
- [MAID - Medical Assitance in Dying.\)](#)

Housing

- [Subsidized Housing](#)
- [Senior Apartments](#)
- [Independent Living](#)
- [Assisted Living](#)
- [Long Term Care](#)
- [Respite](#)



Funeral Services

- [Alternative Funeral & Cremation](#) - Ph: 250-554-2324- 4-665 Tranquille Rd
- [Schoening Funeral & Cremation Services](#) Ph: 250-374-1454513 Seymour St
- [Kamloops Funeral Home & Cremation](#) Ph: 250-554-2577 - 285 Fortune Dr.
- [First Memorial Funeral Services](#) Ph: 250-554-2429 - 348B Tranquille Rd
- [Drake Cremation & Funeral Home](#) Ph: 250-377-8225 - 210 Lansdowne St
- [Clark's Funeral Services](#) Ph: 250-554-2429 - 177 Tranquille Rd



Forms

- [NO Cardiopulmonary resuscitation](#)
- [MOST-medical orders for scope of treatment](#)
- [BC Palliative Care Benefits registration](#)
- [Home Health Palliative Care Referral Services](#)
- [Notification of expected death in the home](#)
- [Community Hospice Bed Referrall](#)
- [Community Hospice Bed Agreement](#)

- [Disability Parking Pass](#)
- [Handi Dart Application \(BC Transit\)](#)
- [Handi Dart - Medical Validation of eligibility](#)
- [Red Cross Loan Program \(Short loan\)](#)
- [Red Cross Loan Program \(Extention form\)](#)

Monthly Awareness "May"

Celiac Disease and Physiotherapy

DO YOU HAVE CELIAC DISEASE?

CELIAC DISEASE SYMPTOMS

GASTRO
DIARRHOEA
CONSTIPATION
ABNORMAL BOWEL MOVEMENTS
IRRITABLE BOWEL SYNDROME
BLOATING
GAS
CRAMPING
ABDOMINAL DISTENTION
CHANGES IN APPETITE
ACID REFLUX
HEARTBURN
NAUSEA & VOMITING
MALNUTRITION
MALABSORPTION
VITAMIN OR MINERAL DEFICIENCIES

BRAIN
HEADACHES
MIGRAINES
POOR CONCENTRATION
ANXIETY
DEPRESSION
NEUROPATHY (NERVE DAMAGE)
ATAXIA (LOSS OF BALANCE)
SECURUS
ADHD
IRRITABILITY & MOOD SWINGS
BEHAVIOURAL CHANGES
DIZZINESS
SCHIZOPHRENIA
NEUROLOGICAL DISORDERS

REPRODUCTIVE
INFERTILITY
MISCARRIAGE
MISSED MENSTRUAL PERIODS

KIDS
FAILURE TO THRIVE IN INFANTS
DELAYED GROWTH IN CHILDREN

OTHER AUTOIMMUNE DISEASES
TYPE 1 DIABETES
HASHIMOTO'S THYROIDITIS
RHEUMATOID ARTHRITIS
MULTIPLE SCLEROSIS
ULCERATIVE COLITIS
ETC.

SKIN
PALE & DULL SKIN
RASHES & NIVES
DERMATITIS HERPETIFORMIS

BODY
FATIGUE & LETHARGY
TINGLING OR NUMBNESS IN HANDS AND FEET
JOINT & BONE PAIN
OSTEOPENIA/OSTEOPOROSIS
WEIGHT LOSS
WEIGHT GAIN
INSOMNIA & POOR SLEEP
ANEMIA
EASY BRUISING

RANDOM
CANKER SORES
MOUTH ULCERS
DENTAL ENAMEL DEFECTS
HAIR LOSS
SHORTNESS OF BREATH
MUSCLE CRAMPS
NOSEBLEEDS
HYPOGLYCEMIA (LOW BLOOD SUGAR)

CELIAC STATS:

- ONLY 3% OF PEOPLE WITH CELIAC ARE CURRENTLY DIAGNOSED
- 41% OF ADULTS DIAGNOSED ARE ASYMPTOMATIC THEY HAVE NO SYMPTOMS
- PREVALENCE: 1 IN 133 AVERAGE HEALTHY PEOPLE 1 IN 56 WITH RELATED SYMPTOMS

SOURCE: PASARO ET AL., ARCHIVES OF INTERNAL MEDICINE, FEBRUARY 2003

Happy Healing
WWW.HAPPYHEALING.COM

Celiac disease is a chronic digestive and immune disorder that damages the small intestine. The disease is triggered by eating foods containing gluten. The disease can cause long-lasting digestive problems and keep your body from getting all the nutrients it needs.

Celiac Disease is NOT an allergy.

Gluten intolerance causes a lot of the same symptoms as celiac disease, but it's not the same condition. When a celiac person ingests gluten, his or her immune system will attack against its own body's tissue. Whereas, if a person is gluten intolerant, the consumption of gluten will cause short-term bloating and belly pain. Unlike celiac disease, gluten intolerance doesn't usually cause long-term harm to the body.

Interested in Learning more? [Click Here](#)

[Click Here for Celiac Nutrition](#)

Physiotherapists are integral to the healthcare system, working in community, acute, and private practice. Using their specialized knowledge, physiotherapists are able to assess, diagnose and treat symptoms related to injury, disability, or illness.

Physiotherapy Techniques

- Movement and Exercise**
Physical exercises to improve strength, movement and balance
- Manual Therapy**
Passive movement or manipulation of joints and soft tissues
- Ultrasound**
Deep heating to increase blood circulation and promote healing
- Dry Needling**
Insertion of fine needles into the skin to treat inflammation and pain
- Hydrotherapy**
Performing exercises in the water to avoid over-stressing joints
- Traction**
Stretching of the spine to relieve pressure off vertebral discs

The Physiotherapy Association of BC is using National Physiotherapy Month to highlight the important role that physiotherapy can play in aiding patients recovering from Long COVID. Resources are available to the public at bcphysio.org.

Scoliosis

Scoliosis is a sideways curvature of the spine that most often is diagnosed in adolescents. While scoliosis can occur in people with conditions such as cerebral palsy and muscular dystrophy, the cause of most childhood scoliosis is unknown.

Signs and symptoms of scoliosis may include:

- Uneven shoulders
- One shoulder blade that appears more prominent than the other
- Uneven waist
- One hip higher than the other
- One side of the rib cage jutting forward
- A prominence on one side of the back when bending forward

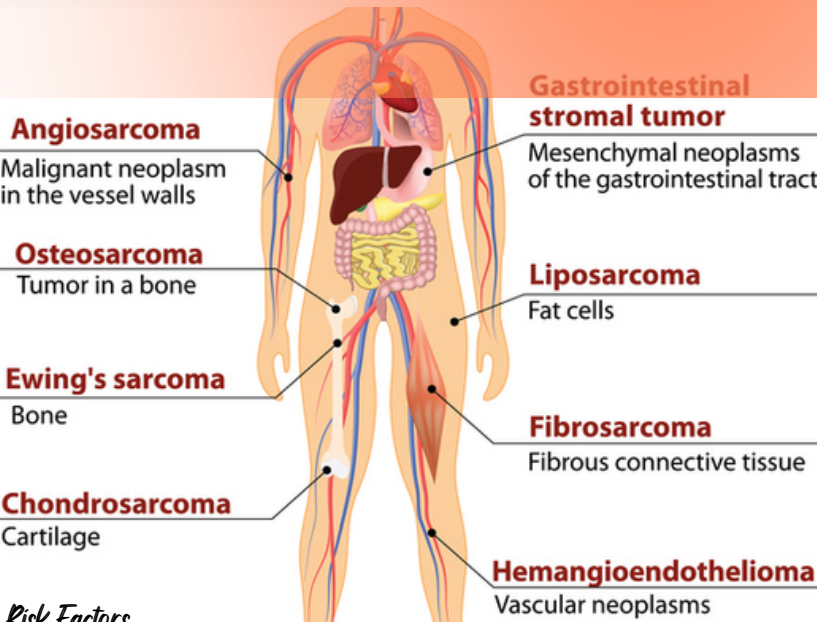
With most scoliosis cases, the spine will rotate or twist in addition to curving side to side. This causes the ribs or muscles on one side of the body to stick out farther than those on the other side. [More into](#)

People who had scoliosis as children may be more likely to have chronic back pain as adults, especially if their abnormal curves are large and untreated. [Learn about Adult Scoliosis](#)

Monthly Awareness "June"



Sarcoma



Risk Factors

We don't yet know what causes sarcoma, but we do know some things that raise the risk of developing one:

- Other people in your family have had sarcoma
- You have a bone disorder called Paget's disease
- You have a genetic disorder such as neurofibromatosis, Gardner syndrome, retinoblastoma, or Li-Fraumeni syndrome
- You're been exposed to radiation, perhaps during treatment for an earlier cancer

[More Information](#)

Monthly Awareness "July"

Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues.

They can affect almost any part of the body, on the inside or the outside

There are around 100 different sub-types of sarcoma

Sarcoma Symptoms

Soft tissue sarcomas are hard to spot, because they can grow anywhere in your body. Most often, the first sign is a painless lump. As the lump gets bigger, it might press against nerves or muscles and make you uncomfortable or give you trouble breathing, or both. There are no tests that can find these tumors before they cause symptoms that you notice.

Monthly Awareness "August"

Gastroparesis

Gastroparesis is not common. Out of 100,000 people, about 10 men and about 40 women have gastroparesis

Gastroparesis is also often referred to as delayed gastric emptying. The term "gastric" refers to the stomach. Usually, the stomach voids its contents in a disciplined fashion into the small intestine. In gastroparesis, the muscle contractions that allow the food to move along the digestive tract do not function normally and the stomach does not empty quickly enough. Gastroparesis is defined by long-term symptoms combined with postponed stomach emptying in the absence of any observable obstruction or blockage. The delayed stomach emptying is confirmed by a test. [LEARN MORE](#)

Who is at risk of gastroparesis?

- People with diabetes
- People who have had abdominal or esophageal surgery
- People who have suffered an infection, or a virus
- Certain medications can slow the rate of stomach emptying, such as narcotic pain medication
- People with scleroderma (a connective tissue disease)
- People with nervous system diseases, such as Parkinson's disease or multiple sclerosis
- People with hypothyroidism (low thyroid)
- Women are more likely to develop gastroparesis than men

[SIGNS AND SYMPTOMS](#)



Fetal Alcohol Spectrum Disorder

Monthly Awareness "September"

The infographic features three colored boxes with text and icons. A red maple leaf is positioned at the top right. A purple silhouette of a pregnant woman with a red prohibition sign over it is at the bottom right.

The prevalence of FASD is unknown in Canada.

It's roughly estimated 1% of the Canadian population have FASD, or 355,000 Canadians - this is a very conservative estimate.

The annual cost of health care, corrections, long-term care, special education, children in care, supportive housing, and productivity losses due to morbidity and premature mortality associated with FASD was estimated to be approximately \$1.8 billion in Canada in 2013.

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives range of impacts that can occur in the brain and body of individuals prenatally exposed to alcohol.

[LEARN MORE with frequently asked questions](#)

Billing Basics

Whats New?

New Fee Item Eligible for the Business Cost Premium

Effective Mar 1, 2022

fee item 25013

(telehealth consult for management of malignancy, **Otolaryngology**) has been added to the list cost premium fee items.

- Payable to Surgeons
- NOT payable for minor or superficial skin malignancies
- applicable to new malignancy or recurrence of malignancy in remission

Maternity care risk assessment

Family physicians can bill the new maternity care risk assessment fee (14002) in MSP Teleplan starting Tuesday, April 5, 2022. GPSC created the \$50 fee in response to requests from maternity care providers to strengthen support for early prenatal care. The fee recognizes the additional work of conducting a maternity risk assessment based on the BC Antenatal Record. This fee was announced in February 2022 and detailed information can be found in this [news article](#).

Billing Links

- *[MSP Billing Scdule](#)
- *[Diagnostic Code Descriptions \(ICD-9\)](#)
- *[New fees, Deleted Fees, Amended fees, Rule changes, temporary fees](#)
- *[GPSC- incentive billing support](#)
- *[Uninsured Services Fees](#)
- *[MOA billing guide](#)
- *[MSP Holidays & Close-Off Dates](#)
- *[MSP Contact Info](#)
- *[MSP location codes \(new\)](#)
- *[Teleplan Support](#)
- *[ICBC Billing](#)
- *[WCB Billing](#)
- *[WEBPAGE: Practitioner & Professional Resources](#)

June						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Close Off Date*

Load Remittance

July						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Visit these Webinars for a refresher

Patient Chart Retrieval

- Dr. Anders - medrecords
- Dr. Anderson - medrecords
- Dr. Burris - Mail - 1-2030 Van Horne Dr
- Kamloops BC V1S 1P6
- Dr Gorman, Peter - Pt to Email: gormanpeter56@gmail.com - w/Full name and current address
- 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 Strathcona Terrace Kamloops BC V2C 1B9
- Dr. Stinson - Fax to RIH (250-314-2354)
- Dr. Wilson - Mail request to:
1620 Farnham Wynd Kamloops BC V2E 1L7
- 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
- Baybylon Telus Health - Fax request to 1-604-259-3247 (they will fax individual consults immediatety, if a full chart is requested, they will have the patient sign a release prior to sending to YOU)

- INTERIOR VAULT: PH: 250-372-1897 FAX: 250-372-2019
- MEDRECORDS : medrecords.ca
(pt is to go directly to the webpage to request their own charts)

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

CMPA: Canadian Medical Protective Association

How to manage your medical records: Retention, access, security, storage, disposal, and transfer

Patient addition or Removal Request

Procedure for dealing with IH misdirected records
Updating health-care provider's contact information
Procedure for dealing with Non-IH misdirected records

Please call IH IMIT Service Desk 1-855-242-1300 for assistance.

Medical
Records

New and Upcoming To Medical Practice

Lung Screening

BC Cancer has launched a provincewide lung cancer screening program, providing access to eligible high-risk people at 36 sites throughout the province.

Lung screening is available provincewide through 36 sites across all health authorities using the existing computed tomography (CT) scanning capacity.

Lung screening is best suited for those who are at high risk for lung cancer and who are not experiencing symptoms. Eligible participants may include those who are:

- between 55 and 74;
- currently smoking or have previously smoked; and
- have a smoking history of 20 years or more

Physician's Information [referrals/resources/trials/education/networks](#)

To learn more about BC Cancer's [Lung Screening Program](#)

For more information about [lung cancer](#),

Just Breathe

Cervical Cancer Screening

The Cervical Cancer Screening Laboratory is transitioning from a conventional cytology collection method to liquid based cytology (LBC) to:

- Increase capacity for reporting Pap test results
- Speed return of conventional cytology Pap test results

All family doctors who do Pap tests will receive an update in the mail about this change. High-volume clinics will be contacted in the coming weeks directly by Hologic trainers (vendor partners) about this technology transition. Training will be rolled out over the next four to six months.

The sampling technique for LBC is the same as for both conventional cytology. It is not expected that patients will perceive any difference during the examination.

- It is not necessary to repeat Pap tests with LBC for patients who are waiting for conventional cytology screening results.
- Patients experiencing symptoms should be referred directly to colposcopy – no screening test result is required. Screening is for asymptomatic patients.
- Patients with clinical concerns that require expedited processing should be marked URGENT on the sample's outer packaging in addition to writing URGENT on the requisition.

There is no change to how your office will receive results.

You can read more about the details on the transition to liquid-based cytology [here](#).

(BC FAMILY DOC)

Disaster Preparedness

Lets not put it off until tomorrow! Its important today!



Public safety and emergency services

- Know the hazards and make a plan
- Prepare emergency supplies
- Find guides and resources
- Learn what happens in an evacuation
- Financial assistance after a disaster

Be Informed

Learn the types of disasters or emergencies that may likely occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood. Listen to broadcasts, radio, television, social media.

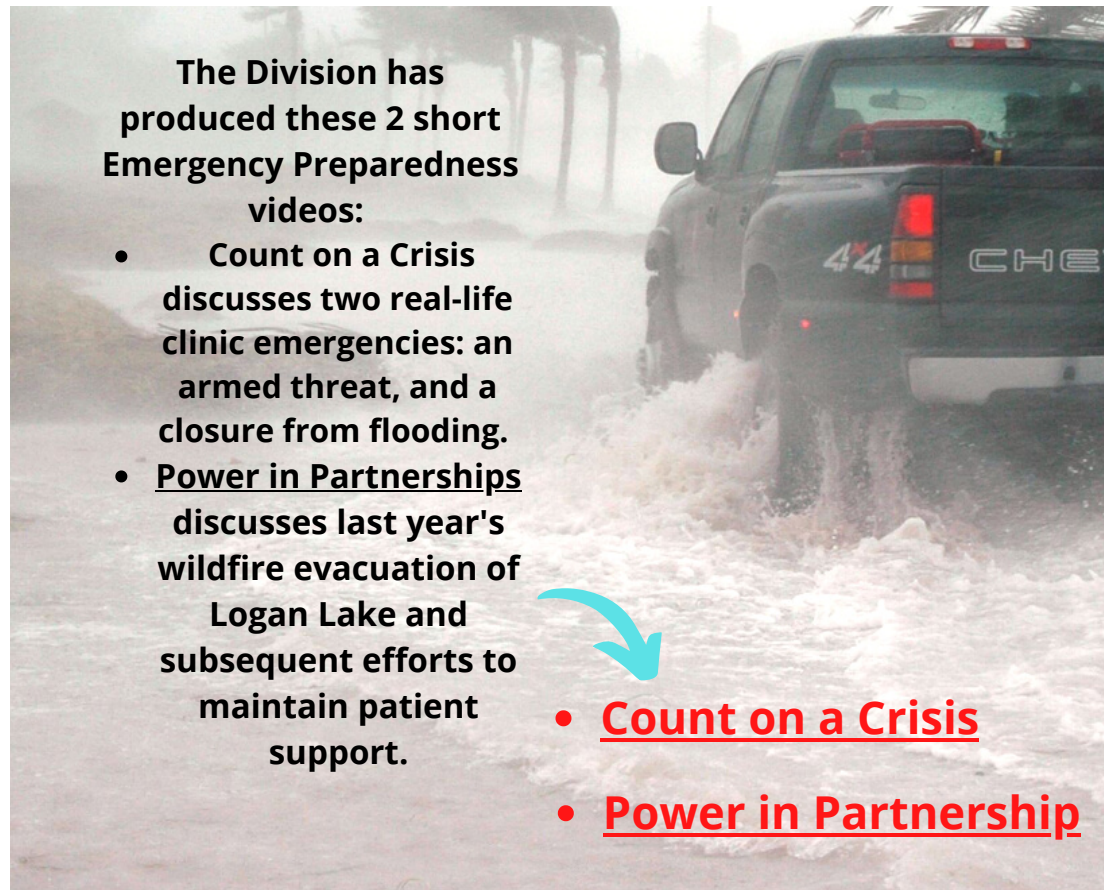
Contact the Division for supporting in creating an emergency preparedness guide for your practice.
cbrookes@thompsondivision.ca

Be Prepared

- [Emergency Management Guidebook](#)
- [Emergency Management Workbook](#)
- [BC Flood warning and Advisory](#)
- [Current Wildfire Activity](#)
- [Public Weather Watch](#)

Alert Ready

Alert Ready is Canada's emergency alerting system. Alert Ready delivers critical and potentially life-saving alerts to Canadians through television, radio and LTE-connected and compatible wireless devices



The Division has produced these 2 short Emergency Preparedness videos:

- **Count on a Crisis** discusses two real-life clinic emergencies: an armed threat, and a closure from flooding.
- **Power in Partnerships** discusses last year's wildfire evacuation of Logan Lake and subsequent efforts to maintain patient support.



- [**Count on a Crisis**](#)
- [**Power in Partnership**](#)

HELPFULL WEBSITES

BC Children's Hospital [All Services](#) [Contacts](#)

BC Centre For Disease Control

BC Drug and Poison Information Centre

BC Surgical Wait Times

Division of Family Practice

Doctors of BC

First Nations Health Authority

HealthlinkBC

ICBC

WorkSafe BC

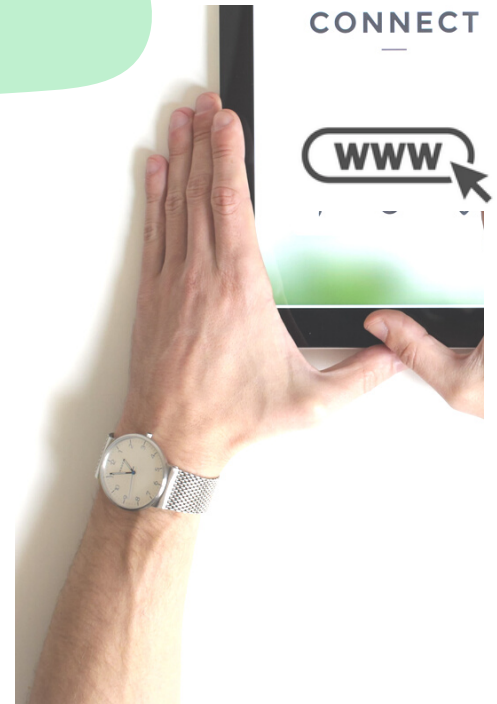
Interior Health

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

New and NOT SO improved

Red Cross [Equipment Loan Program](#)

Regional Health Authority and City list



Kamloops MOA Discussion Board (Facebook)

Kamloops & Area MOA Community Portal

LifeLabs

Pathways

Health News

Healthline News reports on emerging research, new treatments, diet, exercise, and trending topics in health and wellness. Everything published is fact checked by Healthline panel of experts.

CBC Health News up to date Health News.

HealthCareCan HealthCareCan is the national voice of action for health organizations and hospitals across Canada

Specialist Services Committee (SSC)

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

MyHealthPortal

MyHealthPortal is an online tool that provides our citizens with secure 24-7 access to their personal health information from a computer, tablet or smartphone.

Duty to report

Ending the doctor-patient relationship

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 : almostanything.cw@gmail.com

Just For the Laughs

A Wise Person Once Told Me, Let People Do What They Wanna Do, So You See What They'd Rather Do, That'll Answer All the Questions You Have

Performs life-saving, 12-hour surgery



Sometimes you have to admit it's time to retire!



Treatment of 1900's, we've come a long way baby

Teething

Any parent can understand the necessity of soothing a teething baby's pain, but even into the 20th century some moms and dads were taking incredibly risky or downright dangerous steps to help their tots. In addition to lancing (cutting the gums to give the new teeth a clear pathway to emerge), parents gave children morphine syrups to ease their crying and dusted their gums with powders that contained deadly mercury. Modern parents are luckier and can use non-toxic pain relievers or chilled teething toys.

EYE WASH

(granulated lids and inflammation)

To a large glass of camphor water -not spirits- add two grains of morphine and six grains of borax. Pour a few drops in the palm of the hand and hold the eye in it, opening the lid as much as possible. Repeat 3 or 4 times a day

CINDERS IN THE EYE?

Take a horse hair and double it into a loop, lay the loop over the object and close the eye, the mote will come out with the hair. If the object cannot be seen, raise the lid as high as possible and place the loop as far as you can, close the eye and roll around the ball a few times, draw out the hair and the object will come with it.

Eye remedies, taken from "The Whitehouse CookBook, 1904"

For a cold in the head, there is nothing better than powdered borax, sniffed up the nostrils

Also from "The Whitehouse cookbook"