

NEWSLETTER



THE INSIDE STORY

- COACH'S CORNER
- MOA HUB
- DOC TOC
- IN THE NEWS
- EDUCATIONAL OPPORTUNITIES
- JOB BANK
- BILLING BLOG
- CLINICAL CONNECTION
- PUBLIC HEALTH
- MONTHLY AWARENESS
- COMMUNITY RESOURCES
- ITS ALL FUN AND GAMES

'DOCTOR GOOGLE'

More than half of Canadians use 'Doctor Google' to self-diagnose

Health-care professionals have come to expect that the majority of the patients they see will have done some online research into what might be happening with their bodies

Virtual health care was adopted more widely during the COVID-19 pandemic, with many people accessing health-care providers remotely.

However, easy and convenient access to technology means some people may choose to bypass health care and consult Dr. Google directly, with online self-diagnosis.

On the other hand - those using Dr. Google will also have more questions and are more interested in learning more from their own family doctor.

THE PROS AND CONS OF "DR. GOOGLE"

For Patients

Dr. Google can be both a positive and a negative. Patients are able to do some research before going in to their provider. They are able to work through their symptoms and understand some of the medical jargon. Because of this, they feel more comfortable when heading in to see their provider because they feel equipped to correctly and accurately communicate what they're feeling.

A negative to consulting Dr. Google is that most people don't go past the first page of search results, and there's no telling what is going to show up. It can range from an article from the CDC to a WebMD synopsis, to an opinion piece, or someone giving an anecdote about how they cured whatever symptoms they were dealing with on their own. Results run from helpful to dangerous. So, if you are a patient reading this, be sure to check your sources and make sure you are getting quality information. Diagnosing and treating yourself can cause things to escalate quickly, so be sure to check in with your doctor before giving yourself a month to live or taking a strange concoction made from stuff in your medicine cabinet or refrigerator.

For Providers

72% of internet users have reported searching for healthcare information online, 48% of people will go online before even consulting their healthcare provider. Needless to say, Dr. Google is here to stay. Many providers have begun to embrace this shift, though sometimes it may be difficult. Sometimes a patient comes in with a diagnosis already in their mind, based on what they've read. It's important to listen to what they have to say and validate their concerns and make them feel heard.

The patient-provider relationship is impacted the most based on a provider's response to their patients' knowledge as they come into the office. If a provider responds by completely dismissing the information their patients bring to the table, it can negatively affect the relationship and the trust that is necessary between patient and provider.

Coach's Corner



Thompson Region
Division of Family Practice
An FPSC initiative

MOA Appreciation Event

On October 19 we held an Appreciation Event for the MOA and office managers in the Thompson Region. We had 27 attendees with great discussion.

The group discussed several topics and identified next steps. You can read the full report, linked below.

Here is what we are planning to do about what we heard:

- A guide to urgency for non-clinical staff in general practice for telephone and walk in presentations implemented

This [resource](#) is a guide that can be used or If clinics would like to create their own triage process, PSP can support them through a quality improvement project and compensate MOA and physician time.

Contact Chelsey McKinney or Sara Becker, PSP Practice Improvement Coaches, or Chelsea Brookes, Division Retention and Recruitment Lead, if you are interested.

- Discuss the identified administrative burdens with MOAs to determine next steps.
- Schedule and host wellness activities for the network. Ideas: happy hour, group walk, ice cream, etc.
- Look into hosting sessions on the topics of dealing with difficult behaviour, naloxone training,
- Billing training, ICBC or WorkSafeBC changes, and diabetic ultrasound.
- Share resources offered by the Division for clinics to develop [emergency preparedness plans](#).
- Share [Kootenay Boundary Division's](#) resource sheet with options for clinic staff benefits.
- Look into a list of AED locations in the Thompson Region. [how to use an AED](#).
- Schedule a monthly drop in call for MOAs to have an opportunity to network as a community.

What's next? We heard you and will be scheduling more webinars and educational opportunities. We have scheduled a session about conflict and communication on Feb 8th and Feb 22nd, 2024 in the evening. (refer to Education Opportunities on page

[Read the Event Report](#)



Divisions of Family Practice
An FPSC initiative

DIVISION DISPATCH NEWSLETTER

The latest news from the provincial team and complementary organizations.

Divisions Dispatch is a twice-monthly e-newsletter informing local division members and their staff about important news, policy changes, practice supports, and conferences/events.

Stay up to date on all things Division [Subscribe](#) to get the most recent e newsletters directly to you email

[Emergency Preparedness](#)

When we think about emergencies, we often think of wildfires. But consider what you would do if you have a small fire in your office, or a pipe bursts over the holidays. What would you do? How would you notify patients with upcoming appointments if the internet is down? It's important to think about situations we hope will never actually happen.

The Division has funding to support you to create an emergency preparedness plan for your clinic.

Funding ends March 31, 2024, so don't wait to get started. We can reimburse MOA and physician time, and support a clinic with in person lunch and learning. Contact [Chelsea Brookes](#) to get started. Learn more at [divisionem.ca](#)

MOA Hub

Electronic
medical records
support

- ACCURO
- ACCURO TIP SHEETS
- ACCURO VIDEO LIBRARY
- HEALTHQUEST
- HEALTHQUEST TIP SHEETS
- HEALTHQUEST VIDEO LIBRARY
- MED ACCESS
- MED ACCESS TIP SHEETS
- MED ACCESS VIDEO LIBRARY
- PS SUITE
- PS SUITE TIP SHEETS
- PS SUITE VIDEO LIBRARY
- WOLF
- WOLF TIP SHEETS
- WOLF VIDEO LIBRARY

NEWSLETTERS

Fall 2023

Summer 2023

Spring 2023

Winter 2022 / 2023

Fall 2022

Summer 2022

Spring 2022

Winter 2021/22

Fall 2021

Spring/Summer 2021

There's an App For that

Healthlink BC also has an app for your smartphone. Use it to find walk-in clinics, hospitals, emergency rooms, immunization locations, pharmacies, laboratory services, and Urgent and Primary Care Centres near you.

DOC TOC

NEW DERMATOLOGIST
(yes we now have 2)

Dr. Julia Mayba graduated in 2018 from the University of Manitoba and as of Sept 5th, 2023 has opened her practice here in Kamloops.

Billing #: J2506
101-595 Columbia St. west
Kamloops, BC V2C 1K7
Ph: 250-314-0054
Fax: 778-696-2139



Dr. Rachel Cook,
A resident training at the UBC Family Medicine site in Kamloops, plans to set up a family practice in the community, after completing additional PGY3 training.

Dr. Cook was recently awarded the BC College of Family Physicians R2 Resident Award. She has also co-founded a chapter of GIRLSCLUB in Kamloops with her husband in 2019 – a free nonprofit group for girls with neurological and developmental disabilities. ETA: TBA

[read more](#)



PROVINCIAL ATTACHMENT SYSTEM DEADLINE - ADDITIONAL TIME TO JANUARY 31

In order to receive the \$6,500 payment, doctors now have until January 31 to submit their patient panels and access the Provincial Attachment System’s Panel Registry. This applies to physicians being paid under all payment models, including LFP Payment Model, Fee-for-Service, Blended Capitation, and AP models.

Things to do:

- Log in to the [Panel Registry](#), identify if you can take on new patients and provide or update/correct other clinic information.
- Review the [PAS payments page](#) that includes a detailed FAQ to ensure you have covered all the actions required in order to receive the \$6,500 payment.

[FOR ALL THINGS “PANEL”](#)

DIVISION WELCOMED NEW MEMBERS:

Dr. Shaira Somani
(locum)



&

Amanda Ried
(Nurse practitioner) North Shore Primary Care Centre

IN THE NEWS

Afterhours Care Program

New pilot program offers after hours care for attached patients of family doctors and nurse practitioners in four BC regions, including Thompson.

BC CENTRE FOR EXCELLENCE IN HIV/AIDS ANNOUNCES THE VIRTUAL END OF THE DOMESTIC HIV EPIDEMIC IN BRITISH COLUMBIA

New HIV infections in BC have gone from about 1,000 cases per year during the peak of the epidemic to about 120 per year and have remained stable at that level over the last three years.

[December 1st marks World AIDS Day](#)

Measles deaths up 40% in 2022 as vaccinations dropped during COVID pandemic
The highly infectious disease triggered epidemics in 37 countries last year, versus 22 countries in 2021. It sickened nine million children and killed 136,00, mostly in poorer countries, the World Health Organization and the U.S. Centers for Disease Control and Prevention said in a new report.

The number of measles cases also rose by nearly 20 per cent after immunization levels dropped to their lowest in 15 years during the pandemic

[SEE MORE](#)

Private Care in BC: Charging for Access to a Publicly Funded Doctor?

Private care in Canada and BC is a hot topic. Our universal healthcare has been in jeopardy over the past couple of years and here at BC Health Care Matters we firmly believe in access to publicly funded healthcare for all Canadians,



Canada's health care system on verge of collapse, family doctors warn

Educational Opportunities

MSP BILLING

@

UBC CPD

OPTIMAL HEALTH FOR EVERYONE THROUGH CONTINUING PROFESSIONAL DEVELOPMENT

FREE BILLING COURSES- ONLINE!

- BILLING IN BC - BASICS FOR FAMILY PRACTICE
- BILLING IN BC - ADVANCED FOR FAMILY PRACITCE
- BILLING IN BC - BASICS FOR SPECIALTY OFFICES

RESOURCES

&

RECORDINGSS

Browse the library



MOA Panel Management Course Applications

the next two MOA Panel Management Course cohorts starting – January 25th and April 3. Applications are now open and will remain open until December 21.

If you are interested in Panel Management and would like more training including certification, please apply at the bottom of our Panel management web page

<https://fpscbc.ca/what-we-do/practice-supports/psp/manage-your-patient-panel> -

Participants must attend ALL sessions and require sign off from their physician as the course assignments do involve EMR updates.

The tuition is paid for by FPSC and the course is through University of Fraser Valley.

Additional info can be found on the webpage above. If you have any questions, contact your local Doctors of BC Practice Improvement Coaches

TAKE ADVANTAGE!

STRONGERBC FUTURE SKILLS GRANT

The StrongerBC future skills grant is open to British Columbians aged 19 years or older – regardless of financial need – and covers up to **\$3,500** per person for eligible short-term skills training at public post-secondary institutions.

[Try the following links](#)

- [Adobe and Microsoft Word & Excel courses](#)
- [Health/information, Ethics, Law * & compliance](#)
- [Achieving Success with difficult people](#)

PHONE TRIAGING TRAINING RESOURCES

The following Resources are from the Australian PCN. Some are free and others such as the courses will have a small cost. ALL information will be 100% relevant but all of these resources to be extremely valuable

[Telephone Prompts Training](#)

[Urgent Appointments Triage Flow Chart](#)

[What defines and injury/trauma](#)

[Specific Medical Concerns and Where to go](#) (ER, Walk in, Next Avail Appt)

[Triage System](#) - Best to create a tailored option for each clinic

[Bodyswap](#) offers a VR style training - you can request a free trial!

- Understanding how different responses can diffuse or exacerbate anger
- Identifying anger signals
- Remaining calm in hostile situations
- Responding with empathy to move the situation forward
- Applying these techniques to different situations

[PracticeBuilder](#) offers a free webinar

- How to respond to angry patients
- How to deal with volatile patient situations
- How to de-escalate potentially violent encounters
- How to deal with patients who refuse to mask and act out their frustrations
- How to reduce stress and anxiety for physicians and staff

Crisis Prevention also offers a course you can view HERE on "[Verbal Intervention Strategies for Health Care Professionals](#)"

PSP Team Based Care, in collaboration with the Thompson Region Division of Family Practice, invites you to participate in a series of educational sessions over Zoom to address the following topics:

Feb 8, 2024: Interprofessional Communication Principles and Best Practices & Understanding Psychological Safety

[FEB 8 - REGISTER HERE](#)

Feb 22, 2024: Interprofessional Conflict: Understanding how to approach and mitigate conflict in the workplace in a positive way

[FEB 22 - REGISTER HERE](#)



Joanne Styles is a provincial Team-Based Care Practice Improvement coach with the Practice Support Program. Her goals are to support Primary Care Teams to engage in conversations to support planning, strengthening, implementation, and sustainment of TBC principles. The foundation of all of her work is relationship building; with the belief that maintaining and sustaining longitudinal relationships with her clients acts as a key catalyst to driving significant, positive change in the healthcare landscape. When Joanne is not working, you can find her exploring nature, playing fetch with her cats, tending to her many plants, or traveling around the world.

Job Bank

Dr J. Nero (Gastroenterology)

Great opportunity to join an established gastroenterology clinic in downtown Kamloops in a well-equipped medical clinic with two other gastroenterologists, so you would work with other MOAs in the same medical specialty. Working with a single gastroenterologist, however with assistance from other MOAs as needed.

Salary: **\$22.00-\$25.00 per hour**

[Interested? Read More](#)

Pay Transparency Act: What employers need to know
NOVEMBER 15, 2023

NEWS

The Government of British Columbia recently announced the Pay Transparency Act(link is external), effective as of November 1, 2023, which applies to all BC employers. The Act requires that salary or wage information must be included in all publicly advertised job postings and must include a specified minimum or maximum amount. For example:

[But Wait, there's more](#)

Job Bank Search Engines



Thompson Park Mall

An exciting opportunity for a Casual Medical Office Assistant to joining their team! This position works Monday, Tuesday and Friday, Days from 08:30 to 17:00.

This is a casual position. Casual means hours are not guaranteed and that days of work and shift times may vary. Many careers with us begin with casual employment and lead to permanent or temporary career opportunities

[Interested? Read More](#)

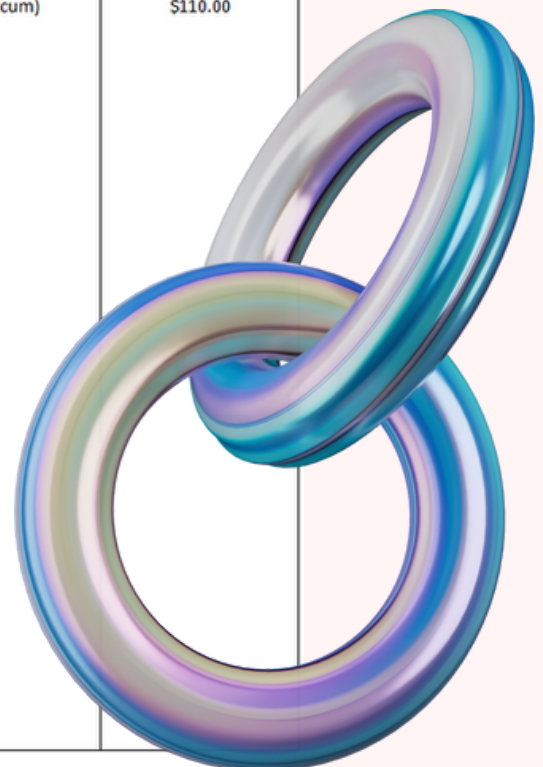
BILLING BLOG

PROCEDURE BILLING
CHEAT SHEETS

FEE FOR SERVICE
&
LFP PAYMENT MODEL

Procedure	Notes/Description	Billing Code	2022 Fee	Tray Fee
Abscess or furuncle	Opening superficial	13605	\$44.76	Minor
Burns (apply dressings)	No procedure fee - bill as a visit	Bill as visit	N/A	No Tray Fee
Biopsy	Skin or mucosa	13600	\$52.24	Major
	Punch/shave biopsies without sutures. No procedure fee - bill as a visit	Bill as visit	N/A	No Tray Fee
Excision of tumour or mole	First excision	13620	\$66.76	Major
	Additional excision of lesions (max 5)	13621	\$33.39	No Tray Fee
Fine needle aspiration of solid or cystic legion	First aspiration	70041	\$48.20	Major
	Additional aspirations (max 3)	70042	\$12.07	Major
IUD insertion	Includes pap (if req.)	14540	\$43.28	Major
Minor lacerations or foreign body	No anesthesia	13610	\$35.84	Minor
	Requiring anesthesia	13611	\$66.76	Major
Nail removal	Simple	13631	\$35.75	Minor
	Wedge resection 1 nail	13633	\$63.83	Major
Laceration > 5cm	Per cm (max 35 cm)	13612	\$13.402	Major
Paronychia		13630	\$35.75	Minor
Pelvic exam	Includes pap	14560	\$31.72	Mini
Thrombotic hemorrhoid	Enucleation or excision	13650	\$52.44	Major

Procedure	Notes/Description	Billing Code	Fee
Skin Biopsy (Billable)	In Person Interaction with an advanced Procedure is payable when a physician provides biopsy of skin or mucosa that is for "Medically Necessary Services" Example: Excisional Biopsy Punch Biopsy Shave Biopsy	98020 98050(Locum)	\$110.00
Skin Biopsy (NOT billable)	Skin Biopsies that are excluded from the LFP payment model. Example: Services at a Facility Residents of other Provinces/Territories/Countries Cosmetic Services		
MVA related Care (Billable)	Bill ICBC for the MVA related care and you can bill a LFP patient interaction code for the service payable under the LFP Payment Model. Both the fee or service code(s) and patient interaction code are payable in full		
MVA related Care (NOT billable)	Time codes are NOT billable under the LFP Payment Model for any of the time spent on interaction, including the portion of time spent on the service payable under the LFP Payment Model Start and End Times for the MVA related care should be entered on the "Fee for Service" Codes		
ON-Call (Billable)	If you are start taking call or seeing patients, you bill for that time. Your time spent working on-call accumulates. Eg" if you take three 5 minute calls, that is one 15 minute unit		
ON-Call (NOT billable)	On-Call and don't receive any phone calls or patient		



Gynecologic Fees

The fee for IUD insertion has been increased significantly, in recognition of the business costs and time required to provide trauma-informed IUD insertions. This fee is now equitable with 14542 Insertion of subdermal contraceptive implant.

In addition, a new gynecologic cervical block fee has been created to better enable the use of local anesthetic/cervical blocks for IUD insertions, in alignment with SOGC recommendations. The cervical block fee can also be billed for complex IUD removals (e.g. stringless IUDs), endometrial biopsies, cervical biopsies, and cervical polypectomies as is clinically required.

14540 Insertion of intrauterine contraceptive device (operation only) - \$55.22 (\$46.79)
 Note: Includes Pap smear, if required.

14563 Gynecologic Cervical Block - extra - \$25.00

Vasectomy Fee

The fee value of the FP vasectomy bonus has also been substantially increased as well as the number of bonuses payable per year.

13655 FP Vasectomy bonus associated with bilateral vasectomy - extra - \$45.00 (\$23.56)

Notes:

- i) Restricted to Family Physicians.
- ii) Maximum of 25 50 bonuses per calendar year per physician.
- iii) Payable only in addition to fee item 08345.
- iv) Maximum of one bonus per vasectomy per procedure.

LIST OF COVERED CONTRACEPTIVES

Respiratory Immunization FEE

98101 LFP Respiratory Immunization Provided by an Allied Care Provider.....\$14

- a) Payable only to physicians who have billed 98000 Registration Code and locum physicians who have billed 98005 Locum Registration Code.
- b) Payable for influenza (using ICD-9 code V048), pneumococcal (using ICD 9 code V05), pertussis (using ICD-9 code V036), and COVID-19 (using ICD-9 code C19) immunizations.
- c) Payable only when the immunization is provided by an Allied Care Provider who is employed by a physician practice. The Allied Care Provider must be paid out of practice earnings to work directly within the practice team with no cost recovery either directly or indirectly from a third party (e.g. Health Authority, Division of Family Practice, Ministry of Health).
- d) Payable for a maximum of three immunizations per patient per day
- e) Payable only for immunizations provided from October 1, 2023 to March 31, 2024.
- f) This code is not subject to the daily maximum of 50 Patient Interaction Codes and Locum Patient Interaction Codes.
- g) This code is not subject to the 30% limit on Non-Panel Services

ICBC SPECIALIZED PHYSICIAN SERVICES REPORT

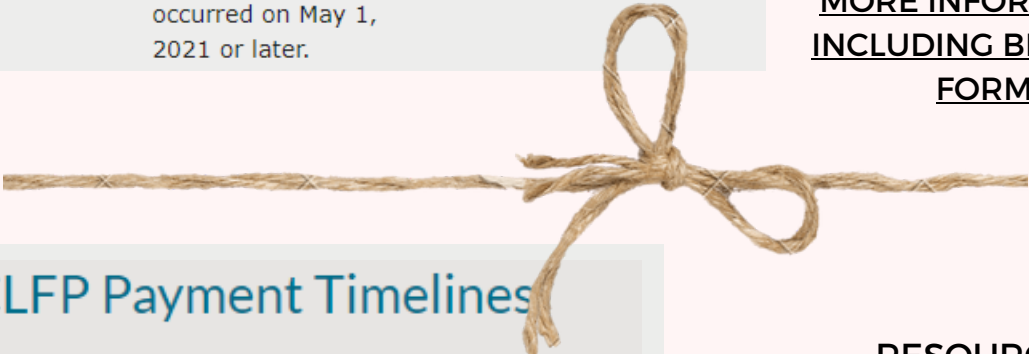
Any physician providing a consultation to a patient involved in a motor vehicle accident can fill out the Specialized Physician Services Report A94573. In order to provide a consultation, you require a written referral from a physician.

The intent of the Specialized Physician Services Report is to provide assistance in maximizing recovery and progress towards functional restoration for patients who have an active claim under ICBC’s new Enhanced Care Insurance System.

Physician Specialized Services Report (CL489S)	Includes Specialists and family physicians with focus on Sports Medicine. Only for patients whose accident occurred on May 1, 2021 or later.	Report only	\$275 (Code A94573)
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family physician completes either an FP Standard or FP Extended Medical Report after the initial assessment, not both. A report is required for each new claim.

MORE INFORMATION, INCLUDING BILLINGS & FORMS



2023 CLFP Payment Timelines

- **December 31, 2023:** Deadline for cleaning up & submitting your patient panel and confirming practice information as part of the Provincial Attachment System Panel Registry.
- **January 18, 2024:** Deadline for submitting the CLFP Payment web claim form.
- **March 2024:** Payments will be made to eligible physicians.

If you have questions about the CLFP payment, please

CONTACT_FP.BILLING@DOCTORSOFBBC.CA

RESOURCES FOR PHYSICIANS ON THE LFP PAYMENT MODEL

RESOURCES FOR ALL LONGITUDINAL PHYSICIANS AND NURSE PRACTITIONERS

MSP CONTACT INFORMATION

KINETIC ENERGY
Healthcare & Wellness Centre

Clinical Connections

Book ONLINE for alternative therapy
or
Call 250 828 6637 to see Dr Pasula

Patient registration opens at 7:00am Monday to Friday. To book an appointment, it is required that you call right at 7am and leave a voicemail as patients are registered into the doctors daysheet in the order that voicemails are received.

What's Available

Medical Doctor (Dr. Brian Pasula),
Physiotherapy, Athletic Therapy, Kinesiology
Women's Clinic, Acupuncture, Massage
Therapy, Personal Training, Chiropractor,
Orthotics

MD Rates:

Out of Country Visit: \$100

Doctors Note: \$46.40

Driver's Medicals: \$150

Forms: \$75+

Ph: 250-314-2256 Fax: 250-314-2421
311 Columbia Street, Access At The
Street Level

Kamloops Urgent Primary
Care and Learning Centre
(UPCC)

Appointment required. Phone lines
open at 10 a.m. to book an appointment.

No walk-ins accepted

Nursing Services (By referral)

*Parking is available in the RIH
Parkade (four spots are available
on the bottom level for UPCC
patients)*





KAFS

201 - 376 TRANQUILLE ROAD
KAMLOOPS, BC, V2B 3G6
P: 250-376-1991
F: 250-376-1776

URBAN ABORIGINAL HEALTH CENTRE

The Urban Aboriginal Health Centre is not a walk-in clinic but is a family practice medical clinic whose goal is to care for Aboriginal people and people who are marginalized and without a family doctor on the North Shore of Kamloops. There is a doctor and a family nurse practitioner available for all health needs, from forms, lab work, and x-rays, to women's health and men's health.



First Nations Health Authority
Health through well-being

First Nations Virtual Doctor of the Day

About this Service

 [fnha.ca:443](tel:fnha.ca:443)



THOMPSON RIVERS UNIVERSITY

Location: OM 1461 (appointment only)
Hours: Monday - Friday, 9 a.m. - 3 p.m.
(closed stat holidays and weekends)
Phone: 250-828-5126
Fax: 250-371-5966
Email: trumedicalclinic@tru.ca

The TRU Medical Clinic services registered students who require medical support during their studies in Kamloops. The Clinic provides a full range of medical services.

Public Health



COVID VACCINES

Many physicians now have the opportunity, for the first time, to offer COVID-19 vaccinations in their own clinics during this respiratory illness season.

If you are a physician who is interested in providing the vaccines to your patient community, please contact the **Medical Health Officer** in your health authority. The MHO can provide more details about how to order both the influenza and COVID-19 vaccines, and/or assist you with ordering influenza and COVID-19 vaccines.

Respiratory Syncytial Virus (RSV)

RSV causes infections of the lungs and respiratory tract. It's so common that most children have been infected with the virus by age 2. Respiratory syncytial (sin-SISH-ul) virus can also infect adults.

In adults and older, healthy children, respiratory syncytial virus (RSV) symptoms are mild and typically mimic the common cold. Self-care measures are usually all that's needed to relieve any discomfort.

RSV can cause severe infection in some people, including babies 12 months and younger (infants), especially premature infants, older adults, people with heart and lung disease, or anyone with a weak immune system (immunocompromised).

[How to access the new RSV vaccine, and how much will it cost? Your questions answered](#)

Get Your Flu Shot

Immunization is the best way to protect you and your family against the flu (influenza). Learn about the flu and why you should get your vaccine.

Get Your Updated COVID-19 Vaccine

Everyone 6 months and older can get an updated COVID-19 vaccine this fall. This vaccine will better protect against the latest variants. Learn more.

Find a clinic

Immunization schedules

How to find immunization records

Monthly Health Awareness

January is Alzheimer Awareness month

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Annually, there are approximately 76,000 new cases of dementia diagnosed in Canada. This represents an incidence of 14.3 new cases per 1,000 in the senior population (65 years and older). The incidence is higher among women than men.



[Seven Stages of Alzheimer's](#)

10 [Early Signs and Symptoms](#) of Alzheimer's

For the first time, Canadians can access a new test to diagnose Alzheimer's disease, thanks to a study being led by researchers at UBC's faculty of medicine.

[testing program](#) for Alzheimer's disease

February is Concussion Awareness Month

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Rapid movement causes brain tissue to change shape, which can stretch and damage brain cells. This damage also causes chemical and metabolic changes within the brain cells, making it more difficult for cells to function and communicate.

Post-Concussion Syndrome, or PCS, is the persistence of concussion symptoms beyond the normal course of recovery. The majority of concussion symptoms will resolve within about two weeks. In cases where symptoms last longer than one or two months, doctors may diagnose Post-Concussion Syndrome.



March is Bleeding Disorders Awareness Month

Inherited bleeding disorders are a family of diseases in which blood proteins or platelets that help the blood to clot are missing or do not function properly, resulting in prolonged bleeding. These conditions include hemophilia A and B, von Willebrand disease, rare factor deficiencies and platelet function disorders

About 300,000 Canadians carry an inherited bleeding disorder gene. One in ten of these people—at least 30,000 Canadians—have symptoms severe enough to require medical care. Many of them have not been properly diagnosed. Only 10,000 people with inherited bleeding disorders are registered in the Canadian network of inherited bleeding disorder comprehensive care clinics.



[Hemophilia History](#)

[Symptoms of Hemophilia](#)

[Educational information](#)

April is Oral Health Month

Practising good oral hygiene is an important factor in preventing some chronic diseases like cancer and diabetes as well as serious health conditions such as respiratory, cardiovascular and brain diseases.

Q & A

Oral Health Activities and Resources

The 2023 federal budget includes a plan for the provision of \$13 billion over five years, starting in late 2023, and a further \$4.4 billion to Health Canada for the Canadian Dental Care Plan

READ ABOUT IT IN THE NEWS

[THE VANCOUVER SUN](#)

[CBC](#)

[WINNIPEG CITY NEWS](#)



COMMUNITY RESOURCES

CONNECTIVE SUPPORT SOCIETY

KAMLOOPS (NON PROFIT)

services include reintegration support, housing and homelessness prevention, employment, outreach, Community Living and other community-based services that create safe, healthy, and inclusive communities

OPEN DOOR

Open Door Group is a CARF-accredited, not-for-profit organization and registered charity providing employment services to thousands of individuals a year across Canada. We work with all individuals who are interested in preparing for, finding, and keeping meaningful employment.

The Tree

Women, Mothers, Recovery & Community a non-profit society and registered Canadian charity, The Tree is the name of our programs and services. Our vision is one of women's belonging and recovery. At The Tree we walk with women and their families, facilitating healing, connections and support.

211 British Columbia

211 is a free and confidential service that connects people to helpful and vital resources in their community.

- basic needs like food and shelter,
- mental health and addictions support,
- legal and financial assistance,
- support for seniors, and much more.

CRISIS INTERVENTION & SUICIDE PREVENTION :

Toll-free: Call 1-800-SUICIDE (1-800-784-2433)
Kids Help Line: Toll-free: 1-800-668-6868
Mental Health Support : Call 310-6789
9-8-8: Suicide Crisis Helpline

INTERIOR COMMUNITY SERVICES :

Centre for Seniors Services:

Ph: (250) 554-4145 or (778) 470-6000

Living Support Services in Kamloops : Ph: 250-376-9554

PARENT COMMUNITY RESOURCES

Axis Family Resources Ph: 1-877-392-1003

KAMLOOPS FREE FOOD RESOURCES


CHILDREN'S THERAPY AND FAMILY RESOURCE CENTRE PH: 250-371-4100



ITS ALL FUN AND GAMES

WORD JUMBLE

WHAT THE BASKETBALL PLAYER FELT WHEN HE MISJUDGED THE BOUNCE...




UNROBED
DENSERNETS

CLUE: The first letter of the answer is the first letter in the abbreviation for "right lower quadrant."

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**MEDICAL
TERMINOLOGY QUIZ:
BLOOD CLOTS**




You can either waste it, and regret it tomorrow, or you can decide right now you will stretch yourself to make you better than you were yesterday.

The choice is up to you.

Champions work to make themselves better, even when others aren't. If your favorite hero asks you tomorrow what kind of day you made yesterday, what will your answer be?

Medical Terminology Hangman Puzzle

Life lines left: 5



A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
	Y	Z			



WHEN YOU DRIVE BY YOUR CLINIC ON YOUR DAY OFF



**HOW TO SAY "HAPPY HOLIDAYS!"
IN 20 DIFFERENT LANGUAGES TO SHARE THE JOY OF THE SEASON!**

**SPANISH: FELICES FIESTAS!
FRENCH: JOYEUSES FÊTES!
DUTCH: PRETTIGE FEESTDAGEN!
ITALIAN: BUONE FESTE!
FIJIAN: VANUINUI VINAKA ME NOMUNI!
HAWAIIAN: HAU'OLI LANU!! (PRONOUNCED HOW-OH-LAY LA-NEW-EE
IRISH: LAETHANTA SAOIRE SONA!
YIDDISH: A FREYLEKHN YONTEV!
GERMAN: FROHE FEIERTAGE!
PORTUGUESE: BOAS FESTAS!
INDONESIAN: SELAMAT HARI RAYA!
JAPANESE: TANOSHII KURISUMASU WO!
MAORI: MERI KIRIHIMETE!
KOREAN: 행복 휴일
TURKISH: MUTLU BAYRAMLAR!
MANDARIN: JIE RI YU KUAI!
THAI: SAWADEE PEE MAI!
SOUTH AFRICAN: II HOLIDE EXIMNANDI!
SOUTHERN USA: HAPPY HOLIDAYS, YA'LL!
AUSTRALIAN: HAPPY HOLIDAYS, MATE!**



All the best of the season