



# november e-bulletin

## IN THE NEWS

### Practice Support Program/Doctors Technology Office Offerings

As there was a need for more information about what is happening now that PSP has officially landed at the Doctors of BC and how to best connect with their new service delivery management team and coaches, here is a brief but informative [newsletter](#). There's intel on key program priorities, a few win-wins, and some awesome data.

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### Island Health takes steps to stabilize and improve South Island maternity services

Pregnant patients and care providers in the south island region will soon have access to more hospital-based support thanks to the development of an In-House Registered Midwife (IHRM) position at Victoria General Hospital (VGH). This new position is one part of the ongoing work to stabilize south island maternity services in the short-term, which includes VGH's Antenatal Care Clinic, which has supported more than 500 appointments and over 50 births since March 2023. Read the full news article [here!](#)

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### Expressions of Interest call for Island Health Resilience and Safety Grants

In order to expand collaborative opportunities, for the second year Island Health is allocating up to \$1 million for resilience and safety grants aimed at helping improve mental health, mitigate the harms associated with illicit substance use and build youth resilience.

Island Health is seeking Expressions of Interest from not-for-profit organizations, local governments, Indigenous Nations and businesses for initiatives that keep your community safe and healthy. Grants of up to \$50,000 are available to launch new and innovative initiatives in communities across Island Health.

The deadline to submit an Expression of Interest for a Resilience & Safety grant is **Thursday, November 2**. Read the full news article [here!](#)

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### Urban Locum Program (ULP) pilot celebrates one-year milestone

A year after its launch, the Urban Locum Program pilot is demonstrating value. Between October 2022 and October 2023, ULP locums have covered 552 shifts, enabling significant time away for local family physicians. The program is seeing high demand, emphasizing the need for continued locum coverage to support physicians' health and wellness. [Read more](#)





## Preparing for the Transition from Cytology to HPV Primary Screening

To help you prepare for the transition to HPV primary screening in January 2024, the BC Cancer Cervix Screening Program invites you to:

- Review and share the latest [Update Bulletin](#), which includes a brief summary of the changes and steps you can start to take to prepare.
- Register for the webinar on **November 27th**, [Cervix Screening in BC: Preparing for the Transition from Cytology \(Pap Test\) to HPV Primary Screening](#), a collaboration with the University of British Columbia Continuing Professional Development (UBC CPD).
- Bookmark the [HPV Screening Transition](#) webpage for the latest resources.

Stay tuned for more information! If you would like to sign up for email updates, contact Melissa Yan ([Melissa.Yan@bccancer.bc.ca](mailto:Melissa.Yan@bccancer.bc.ca)).

## Provincial Attachment System (PSA)

Doctors of BC held a webinar on Sept 14th for all providers with information regarding the new PSA website. This gave the Ministry an opportunity to educate and answer any questions providers may have on the new system.

Incentives for panel rostering was explained:

- \$2000/ clinic one time payment for Clinic and Provider Registry
- Update or add clinic information (by Oct 31, 2023)
- Commit to maintaining up-to-date information (after Oct 31, 2023)
- \$6500/ physician one time payment for Panel Registry
- Indicate capacity/if accepting new pts
- Review clinic information
- Upload panel list
- Commit to add and remove patients in registry as panel changes

Uploading of patient panels is underway for LFP Physician Model with a deadline of completion was on Oct 31, 2023 and Fee-for-Service and other payment models aiming to have completed by end of year.

For more information, please visit: [Provincial Attachment System | Doctors of BC](#)

If you have troubles with the PAS please email [HealthBCSupport@phsa.ca](mailto:HealthBCSupport@phsa.ca)

If you have questions regarding panel uploads, please email [fp.billing@doctorsofbc.ca](mailto:fp.billing@doctorsofbc.ca)

## After Hours Care Program (AHCP) Pilot Update

It's been just over one month since the After Hours Care service was launched on September 21, 2023, and started accepting calls from patients. As of October 30, 2023, the Greater Victoria region represents 51% of the pilot total (277/543) and is 1 of the 4 pilot sites across the province. Thank you to all Victoria and South Island Division members and clinics who have signed up to STAFF and/ or USE the service with their patients.

For any questions or more information on the AHCP pilot, please contact Myla Yeomans-Routledge, Project Manager, at [myla.yr@sidfp.com](mailto:myla.yr@sidfp.com) or click [HERE](#).

## Harm reduction supplies available 24/7

Island Health is introducing three Care and Connection Kiosks at hospitals in Campbell River, Nanaimo and Victoria offering community members an innovative way to access free, life-saving, harm reduction supplies and information about mental health and substance use services, supports and treatment. Read the full news article [here](#)!



## Perinatal Care Update

The Shared Care Proposal of the "Development of a Culturally Safe Team-based Perinatal Care Model for the Greater Victoria Area" has been submitted. We hope to receive approval from the Shared Care Committee by the end of November 2023.

If you have any questions regarding this project or the next steps, please contact Myla Yeomans-Routledge, Project Manager, at [myla.yr@sidfp.com](mailto:myla.yr@sidfp.com)

**REMINDER: The Interdisciplinary Perinatal Health Summit: Collaborative Care for Pregnancy, Birth, and Postpartum** is FINALLY here. For further details, please click [here](#) and come check out South Island's Virtual Booth!

Join us this **Saturday, November 4, 2023**

**Time:** 8:30 am - 5:00 pm PST

**Location:** Zoom Free Registration: <https://www.pregnancyforprofessionals.com/conference>



### CBT SKILLS GROUPS FOR PARENTS OR PARENTS-TO-BE!

Are your patients challenged by the stresses of parenting or struggling to support their kids? Do you have patients who are expecting a child who want to learn strategies for raising secure, resilient children?

Raising Resilient Kids is an 8-week physician-facilitated group parenting program designed to strengthen the caregiver-child relationship during the early childhood years (age 0-6). Group participants benefit from psycho-education on children's social-emotional development, and learn essential parenting skills to navigate conflict, normalize distress, and support healthy emotional expression in kids.

#### Strategies Include:

- self versus co-regulation
- mindfulness and compassion practices
- attachment and reflecting parenting approaches
- cognitive, behavioural, dialectical, and interpersonal approaches for encounters with anxiety and challenging behaviours in kids

**WHO TO REFER:** Parents or caregivers must be referred with a mental health diagnosis or V612 code, and a PHQ-9 score of 18 or less. The child does not have to have any particular diagnosis for the caregiver to participate.

**REFER NOW:** The referral form is embedded in MOIS, Oscar, Med Access, and Wolf and can be found on our website.

We are offering many online groups this Fall and Winter. Parents can attend while being in the comfort of their own home.

Scan QR Code for more info about RRRK and referral process



[www.cbtskills.ca](http://www.cbtskills.ca)

[info@cbtskills.ca](mailto:info@cbtskills.ca)

## Do your patients need support during darker seasons?

As the daylight reduces in autumn and the colder weather settles in, your patients may find they need more support to manage their mental health.

The [CBT Skills Groups Society](#) can help! There are many spots available in our online [CBT Skills Group Programs](#) this Fall and Winter!

**LEVEL ONE GROUPS:** There is now affinity Foundation groups (such as men only, young adults, LGBTQIA2+, cancer survivors). There are also two newer level one programs Raising Resilient Kids for parents who have young children, and Skills for Success: ADHD Strategies for Adults.

**LEVEL TWO GROUPS:** Once patients complete the 8-week CBT Foundations group, they can delve deeper into level two groups, such as CBT Skills for Insomnia or Mindfulness-based Cognitive Therapy, as well as 4-week programs that focus on Self-Compassion, Avoidance, or Values.

**REFER NOW:** It is depended on you to assess for [suitability](#) and be available to patients who are referred; screening with PHQ9 is required and scores of 18 or less are accepted. Only one [referral form](#) is required for all groups, it is embedded in MOIS, Oscar, Med Access, and Wolf. No need to specify a group, patients can self-select.

If you have any questions or would like more information, please contact [info@cbtskills.ca](mailto:info@cbtskills.ca)



# GET INVOLVED

## Mindful Mondays are Back!

The best way to spend a Monday evening has returned! Join our physician facilitator and your colleagues for an hour of mindful meditation and connection.

No experience necessary – please bring your curiosity and open mind.

Next session: Monday, November 6th from 8:00-9:00pm.

- Monday, November 20th from 8:00-9:00pm.
- Monday, December 4th from 8:00-9:00pm.



## The 1st Annual Pregnancy for Professionals: Virtual Interdisciplinary Perinatal Health Summit!

**FREE VIRTUAL EVENT!**

### PREGNANCY FOR PROFESSIONALS

COLLABORATIVE + PROVIDER-FOCUSED + INTERDISCIPLINARY LEARNING

**REGISTER HERE!**

### INTERDISCIPLINARY PERINATAL HEALTH SUMMIT: COLLABORATIVE CARE FOR PREGNANCY, BIRTH, AND POSTPARTUM

**SATURDAY | 4 NOV 2023 | 8:30 AM - 5:00 PM PST**

Join our free, online, interdisciplinary, full day learning event where we will follow the perinatal patient's journey from conception through to postpartum. Topics are diverse and speakers range from a variety of backgrounds and expertise. The day is structured into multiple, interdisciplinary panels as well as smaller presentations, aiming to present a better approach to care, for patients and providers alike.

Some speakers include:

- Dr. Ginevra Mills
- Rowan K. McNiven
- Trystan Reese
- Noelle Martin
- Dr. Sinéad Dufour
- Dr. Alicia Power
- Dr. Sarah Lea (Co-Hosts)

## SIDFP Members Meeting!

After our very first successful Members meeting in September, we invite you to attend our 2nd one. Join your colleagues to discuss your concerns & priorities for the Division over dinner and prizes. Your time will be remunerated. Register [here!](#)

**Dec 5 (Tues) | 5:30pm - 8pm | Vancouver Island Tech Park - #2201-4464 Markham St, Victoria**



## 23rd Annual BC Endocrine Day

This full-day lecture series offers an interactive case-based review of common endocrine problems encountered in clinical office practice. We target GPs, internists, and allied healthcare professionals. Learn more & Register [here!](#)

**May 10, 2024 (Fri) | 8am - 4pm | Arbutus Ballroom, 711 W. Broadway @, Heather St, Vancouver, V5Z 3Y2**