

# ***FRASER NORTHWEST***

DIVISION OF FAMILY PRACTICE



The Fraser Northwest (FNW) Division of Family Practice encompasses family physicians and family practice offices in New Westminster, Coquitlam, Port Coquitlam, and Port Moody, B.C.

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## ***THE FNW DIVISION***

WEBSITE **HERE** 

MEMBERSHIP PORTAL **HERE** 

**ADDRESS:** UNIT 407 625 5TH AVENUE  
NEW WESTMINSTER, B.C.  
V3M 1X4

### **VISION**

Fraser Northwest Division of Family Practice strives to be a leader in supporting a healthy and sustainable community of:

- Doctors committed to continuity of care
- Patients participating in managing their health
- Primary care which is accessible and relationship based

### **MISSION**

Fraser Northwest Division of Family Practice is committed to building a positive primary care experience through:

- Being the nucleus for primary care improvement in our region
- Building capacity in our physician community
- Establishing a network of collaboration between family physicians and other health care partners and community stakeholders
- Encouraging grassroots physician engagement, dialogue, and contribution by providing a voice for family physicians and their experience

### **VALUES**

- We prioritize key projects in accordance with our vision and mission and only after consultation with our members
- We appreciate the strengths and diversity of all our members
- We approach the network of the division in spirit of collaboration, transparency, authenticity, integrity, and accountability
- We are fiscally prudent

*We are on the ancestral, traditional and unceded territory of the Kwikwə́łəm (Kwikwetlem),  
Qiqéyt (Key-Kayt) and Coast Salish Nations*

## MEMBERSHIP BENEFITS

1. The time commitment is flexible
2. Our focus areas are driven by the needs of our members – more physicians mean more feedback, which allows us to better address the needs of our community
3. Being part of a local community of more than 440 practicing physicians provides the opportunity to connect and network with your colleagues
4. The opportunity to join a working committee dealing with an issue that is important to you or to attend member dinner meetings and CME offerings
5. Access to Pathways which is a web-based application which operates as a specialist/clinic referral tool and a repository of FNW Division's shared care work and selected clinical pearls, care pathways, red flags indicating an urgent referral is required, and patient information materials, etc.
6. Free registration to "Up to Date" and Group Purchasing discounts for medical supplies



## PATHWAYS

Pathways is an online resource that provides physicians and their office staff quick access to current and accurate referral information, including wait times and areas of expertise for specialists and specialty clinics.

Pathways also provides access to hundreds of patient and physician resources and a searchable community service directory.

Login **here** 



## THE BOARD

Dr. Stephanie Aung | Co-Chair  
Dr. Paras Mehta  
Dr. Huy Nguyen | Treasurer  
Dr. Kathy Jones  
Dr. Tarek Khalil  
Dr. Johnny Lee  
Dr. Josee Poulin | Secretary  
Dr. Jennifer Yun | Co-Chair  
Dr. Vincent Wong  
Dr. Chris Chan | Advisor  
Dr. Linda Curtis | Advisor

## PROGRAMS

*Check out the programs the Division offers and let us know if you are interested in learning more!*

- **EMR Increased Usability:** training to enhance EMR skills within your clinic (available for physicians and office staff)
- **EMR Assessment:** how skilled are you with your EMR? Once your assessment is complete, there is training available
- **Chronic Pain/Opioid Agonist Treatment:** learn about new CP/OAT services for your patients
- **Human Resource Consulting:** practices/physicians can receive one on one consulting/advising on HR related issues/concerns/processes
- **Innovative Project Proposals:** have an innovative idea but need funding to implement it? Receive access to funding and admin support to implement and evaluate your idea
- **FP and NP Recruitment:** have space in your practice for a FP and/or NP? Connect with us to maximize recruitment opportunities for your practice including locum coverage, permanent positions, and PCN FP/NP Contracts
- **Maternity Network:** promote interprofessional collaboration in maternity care to improve the quality of primary maternity care.
- **Medical Office Assistant Skill Assessment:** an assessment completed to identify opportunities for skill enhancements for your office team
- **Medical Office Assistant Database:** get access to a list of pre-vetted temp and permanent MOAs
- **Mental Health Clinical Counsellors:** work with SHARE and FHA to implement the new mental health clinical counsellor program
- **Mentorship:** want to be a mentor? Or are you looking for a mentor? Connect with our new mentorship project
- **Virtual Care/Telehealth Support:** we can help you get set-up
- **Shared Care Initiatives:** learn more and get involved with any of these initiatives: Palliative Care, ER Discharge, MHSU, Chronic Pain, Maternity, Older Adult & Women's Health
- **Recruitment & Retention Committee:** learn more or join the committee



- **Office Efficiency Assessment:** an assessment completed to identify opportunities for efficiencies in your practice and the resources to implement
- **Pathways:** connect with our Pathways Admin to update your profile and learn how to better utilize Pathways
- **Social Worker Lunch and Learn:** one-on-one visit with practices to introduce the Primary Care Social Worker available to your patients
- **Registered Nurse in Practice:** learn more and ensure your practice is ready
- **Website Development:** does your clinic need a website? Let us create one for you! Websites can include: online booking (fully EMR integrated), Virtual Care, office hours/holiday closures, etc.
- **Website Assistance:** if your clinic has a website that is outdated or needs some help our web developer can take care of this for you.
- **Clinic Recruitment Brochures:** customized brochure for individual practices created to aid in recruitment
- **Long-Term Care Orientation & Support:** connect with our LTCL team to learn more about being an LTCL physician
- **Retirement Workbook:** a checklist to help prepare you for retirement. This resource is perfect if you are in your last 5 years of practice
- **Complex Care Management Program:** get the most out of the incentive fee codes available to you
- **Practice Support Program:** connect with PSP for details on phases of panel management

## ELECTIVES

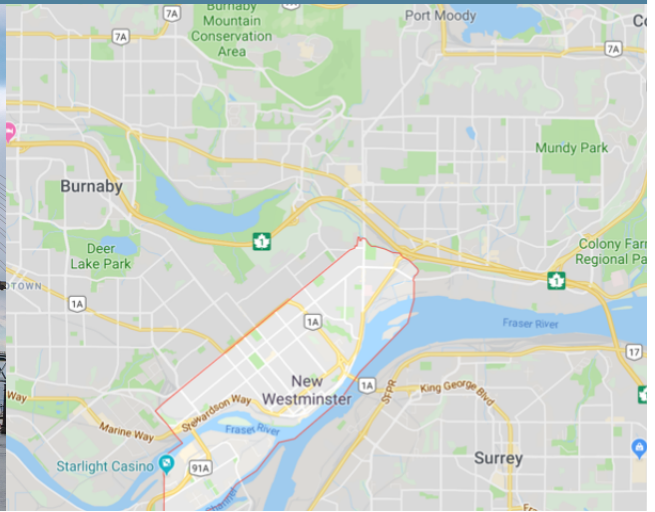
*Let us know if you are interested in learning more about the following electives the Division offers*

- Shared Care Program: In-Patient Psychiatry
- Long Term Care Initiative
- Maternity Care

## COMMUNITY OVERVIEW

### NEW WESTMINSTER

New Westminster was founded in 1858 and was the first capital of B.C. It has an area total of 70 square kilometers and a population of 70,000 as of 2016. This historical town is home to a beautiful waterfront and the fishing industry. It was named by Queen Victoria after her favourite part of London which is Westminster.



### COQUITLAM

Coquitlam, incorporated in 1908, is a suburban city located in Metro Vancouver. With an area of 122 square kilometers and a population of approximately 139,000 as of 2016, Coquitlam is a continuously growing community. Coquitlam is home to many beautiful parks and trails.





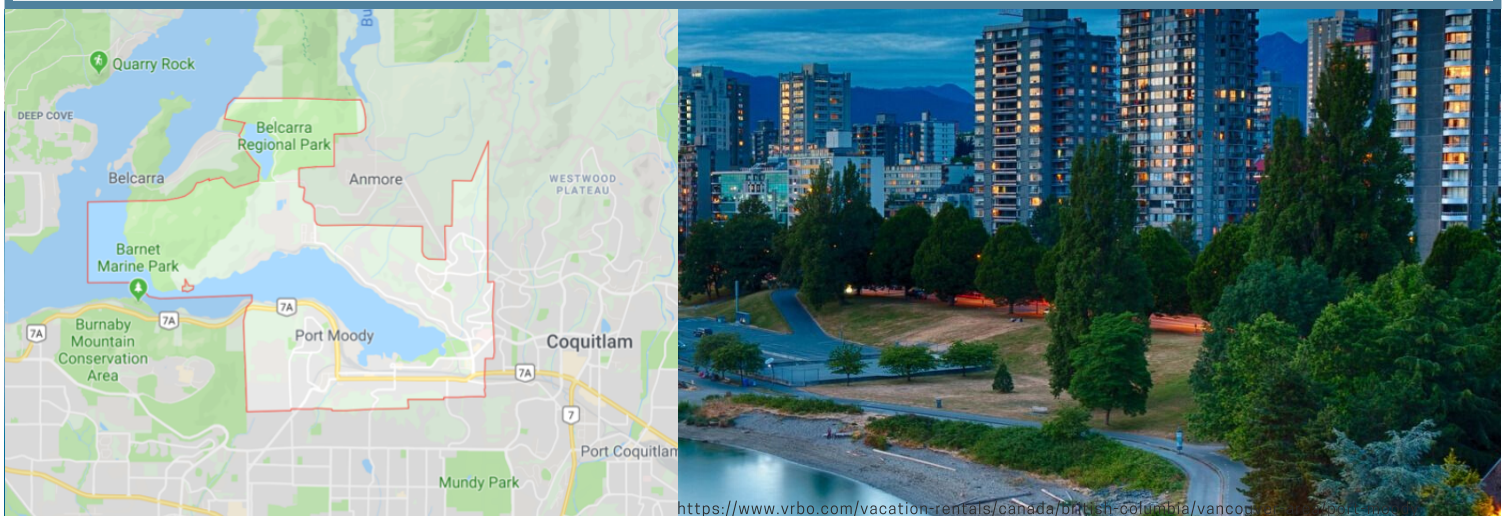
## PORT COQUITLAM

Port Coquitlam was incorporated in 1913, has an area of 29 square kilometers and a population of 58,000 as of 2016. Port Coquitlam has evolved from farmland to suburban housing and is continuing to evolve.



## PORT MOODY

Incorporated in 1913, Port Moody is the smallest of the Tri-Cities with an area of 25 square kilometers and a population of 33,000 as of 2016. This beautiful community is known for its parks, trails, hiking, and is home to the Coast Mountains.



## ***HOSPITALS***

### **EAGLE RIDGE HOSPITAL**

475 Guildford Way, Port Moody V3H 3W9

### **ROYAL COLUMBIAN HOSPITAL**

330 E Columbia St, New Westminster V3L 3W7



## ***PHARMACIES***

### **COQUITLAM**

London Drugs | Barnet & Austin  
Safeway  
Mediglen Pharmacy & Compounding  
Shoppers | Lougheed, Parkway Blvd,  
Clarke, David, Como Lake & Austin

Pharmasave  
Real Canadian Superstore  
Rexall  
Loblaw | Lougheed & North Rd  
Glen Pharmacy



## NEW WESTMINSTER

West End

London Drugs

Shoppers | Sixth, Columbia & Columbia E.

Pharmasave

Safeway | McBride & Carnarvon

Walmart | Boyd & Sixth

Guardian-Kent

Rexall

Queensborough Community

Global Pharmacy

West End Medicine Centre

Imperial Pharmacy

The Medicine Shoppe

## PORT COQUITLAM

Medis Pharmacy

Safeway

Shoppers | Shaughnessy & Village Dr.

Guardian-Wilson

Pharmasave | Elgin, Shaughnessy & Coast

Meridian

Costco

Walmart

PharmaChoice

Burke Mountain

Med-X Pharmacy

Wilson

Westwood

## PORT MOODY

Shoppers | St Johns & loco



## ***LIFELABS***



### **NEW WESTMINSTER**

625 5th Avenue, Suite 508  
227 Nelson's Crescent

### **COQUITLAM**

435 North Road, Suite R  
106-1015 Austin Avenue  
3001 Gordon Ave, Suite 208  
1194 Lansdowne Drive, Suite 313

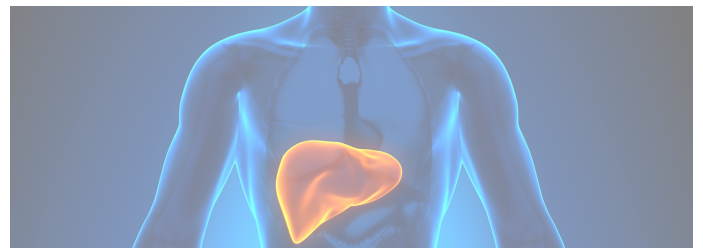
### **PORT COQUITLAM**

2185 Wilson Ave, Suite 7  
1465 Salisbury Avenue, Suite 115

### **PORT MOODY**

2624 St Johns Street, Unit 101

## ***MEDICAL IMAGING***



### **NEW WESTMINSTER**

West Coast Medical Imaging:  
610 Sixth St, Unit 200 and  
233 Nelson's Crescent

(604) 522 6818 and  
(604) 526 2466

### **COQUITLAM**

MedRay Imaging Medical Corporation:  
3001 Gordon Ave, Unit 100  
(604) 941 7611

West Coast Medical Imaging:  
1015 Austin Ave, Unit 101  
(604) 937 5588

## ***TOURIST ATTRACTIONS***

### **NEW WESTMINSTER**

Westminster Pier Park  
Starlight Casino  
PaddleWheeler Riverboard Cruises  
The River Market  
Queen's Park  
New Westminster Museum and Archives



### **COQUITLAM**

Coquitlam Crunch  
Hard Rock Casino Vancouver  
Crystal Falls



### **PORT COQUITLAM**

Traboulay PoCo Trail  
PoCo Heritage Museum and Archives





## PORT MOODY

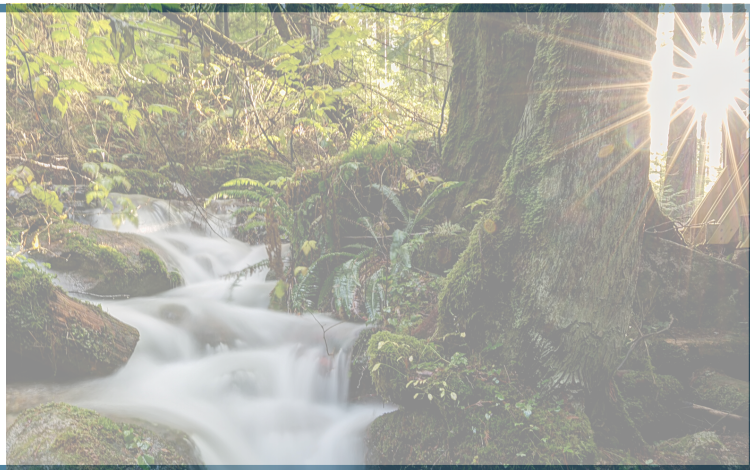
White Pine Beach

Rocky Point Park

Parkside, Yellow Dog, Moody Ales & Twin

Sails Breweries

Buntzen Lake



## ***RESTAURANTS***



## NEW WESTMINSTER

Angelina's | Dutch \$\$

Cockney Kings Fish & Chips | Seafood \$

El Santo | Mexican \$\$

Taverna Greka | Mediterranean \$\$

The Old Bavaria Haus | European \$\$

Burger Heaven | American \$\$

Piva Modern Italian | Italian \$\$

River's Reach Pub | American \$\$

Thai New West | Thai \$\$

## COQUITLAM

My Greek Taverna | Greek \$\$

Lazzez's Grill Indian Cuisine | Indian \$\$

John B. Neighbourhood Pub | American \$\$

JOEY | American \$\$

Cactus Club Cafe | American \$\$

The Coquitlam Grill | American \$

The Keg Steakhouse | Steakhouse \$\$\$

Cora's | American Brunch \$\$

## PORT COQUITLAM

Izba Bistro | European \$\$

Gillnetter Pub | American \$\$

The Big Flat Pancake Co. | American \$\$

Pallas Athena Greek Kouzina | Greek \$\$

Ma Now Thai Kitchen | Thai \$\$

San Remo | Italian \$\$

Sushi K Kamizato | Japanese \$\$

Me-N-Ed's Pizza Parlors | Italian \$\$

Spice Art Indian Cuisine | Indian \$\$

Earls | American \$\$

## PORT MOODY

Saint St Grill | American \$\$\$

Pajo's Restaurant | Seafood \$\$

Aroma Indian Restaurant | Indian \$\$

Spacca Napoli | Italian \$\$

Rosa's Cucina Italiana | Italian \$\$\$

Little Bangkok Thai Kitchen | Thai \$\$

Browns Socialhouse | American \$\$

Burrard Public House | American \$\$

Henry's Kitchen Pasta & Grill | French &

Italian \$\$

## ***RECREATION***



## NEW WESTMINSTER

Canada Games Pool

Centennial Community Centre

Century House

Moody Park Arena

Queen's Park Arena

Queensborough Community Centre

Moody Park Outdoor Pool

Hume Park Outdoor Pool

## COQUITLAM

Poirier Sports & Leisure Complex  
City Centre Aquatic Complex  
Pinetree Community Centre  
Poirier Community Centre  
Dogwood Pavilion  
Glen Pine Pavilion  
Centennial Activity Centre

Smiling Creek Activity Centre  
Summit Community Centre  
Victoria Community Hall  
Eaglequest Golf Club  
Vancouver Golf Club  
Westwood Plateau Golf Course

## PORT COQUITLAM

Carnoustie Golf Course  
Hyde Creek Recreation Centre  
Port Coquitlam Recreation Complex  
Centennial Outdoor Pool  
Robert Hope Outdoor Pool

## PORT MOODY

Westhill Outdoor Pool  
Rocky Point Outdoor Pool  
Westhill Youth Centre  
Heritage Mountain Community Centre  
Port Moody Recreation & Weight Room



## ***SHOPPING***



### NEW WESTMINSTER

Royal City Centre  
Westminster Centre  
Royal Square Mall

Shops of New West  
Columbia Square Plaza  
Sapperton Plaza

### COQUITLAM

Coquitlam Centre  
Westwood Mall  
Henderson Place Shopping Centre  
Cariboo Centre

Sunwood Square  
Lougheed Town Centre  
Pinetree Village

### PORT COQUITLAM

Dominion Triange/Fremon Village  
Downtown Port Coquitlam  
PoCo Place Mall


Prairie Mall  
Shaughnessy Station Mall  
Westwood Centre


### PORT MOODY


Heritage Mountain Shopping Centre  
Newport Village  
Suter Brook Village



## ***TRANSPORTATION***

Bus | Schedule **here** 

Skytrain & Canada Line | Schedule **here** 

West Coast Express | Schedule **here** 

Taxi



## ***SCHOOLS***

COQUITLAM | PORT COQUITLAM  
| PORT MOODY


School District #43

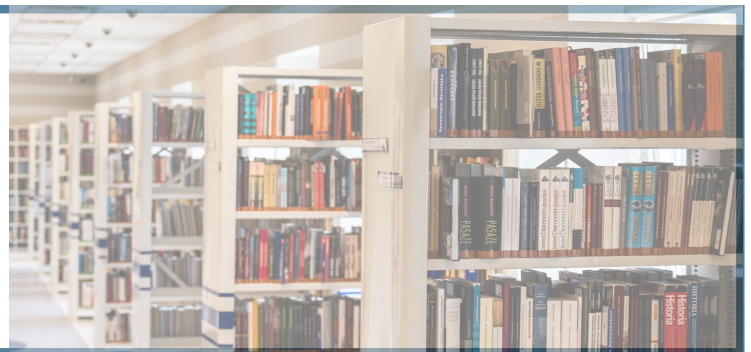
View more information **here** 



NEW WESTMINSTER

School District #40

View more information **here** 



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