

MARCH/APRIL 2018

Kootenay Boundary Division Dispatch

IN THE NEWS

\$3000 and Counting

We've raised almost \$3,000 for 2018's KB Division Selkirk Pre-Med Scholarship. If you haven't donated yet, please consider donating now. Every donation is tax deductible and will be matched by the Division. *Docs who train rural, remain rural.*

[Click here to support the KB Pre-Med scholarship](#)

CLINICAL SUPPORTS

NEW Chronic Pain Tools for Your Daily Clinical Practice

Check out these new tools to support chronic pain patients:

Chronic Pain Roadmap: Supports Family Practitioners in creating ongoing self-management plans for chronic pain patients.

Coaching for Health: Pain BC's free telephone or video conference lay coaching program, designed to help people living with pain learn self-management skills, regain function and improve their well-being.

RISE BC's Self-management Manual: Comprehensive manual written by Dr. Joel Kailia at RISE BC for motivated patients to fully understand and develop the capacity/skills to better manage their pain. Over 300 pages of information, tips, and tools.

Specialist Access: Use MBMD, RACE and Telehealth

Virtual health supports include:

MBMD secure messaging – Use [smart phone](#) or [desktop computer](#) to direct message specialists, provide important details and add triage information for time appropriate specialist consults. *Need help with MBMD? Contact Mona Mattei - mmattei@divisionsbc.ca*

Rapid Access to Consultative Expertise – For rapid (within 2hrs) consults, call 1-844-365-7223 or create a RACE message through MBMD.

Telehealth – Multiple departments now provide telehealth services to patients. Your patient may not have to travel to Nelson, Trail, Kelowna or Vancouver. Add "Please consider telehealth for this consult if it is available" to your referral letters. Trail/Nelson departments offering Telehealth include: maternity care, urology, internal medicine, general surgery, anesthesiology, and pediatrics.

What do **you** think of Virtual Health? [Click here to give your opinion in the provincial survey](#)

Child and Youth Mental Health Substance Use Family Supports and Referral Tool.

The CYMHSU Pathways to Care tool helps families navigate the supports available to them and their child:

[Download Castlegar Pathways to Care](#)

[Download Nelson Pathways to Care](#)

[Download Trail Pathways to Care](#)

And the [CYMHSU Referral Matrix](#) provides a list of referral resources available to physicians and their patients.

Questions? Please contact Rachel Schmidt - rschmidt@divisionsbc.ca

MRI and Provincial Bone Density Requisitions Updated

[Please click here to download IH letter outlining MRI and Bone Density req updates.](#)

OFFICE EFFICIENCY

PT/OT Referral Forms - Quick Access

Use Pathways for [quick access to IH PT/OT referral forms](#) among hundreds of others ([view them all here](#))

Upcoming Events & CPD Opportunities

For Diabetes Patients/Families: T1 Diabetes Information Session

24 April February, Nelson – [Click for patient poster](#)

Transforming Our Work, Thriving in Medicine

28 & 29 April, Red Mountain Resort – [Register Here](#)

CBT Canada

Two-day medical CBT training program, 36 Mainpro+ Credits
June 15-16, Nelson – [More info and register Here](#)