

PA DoFP May 2018 Newsletter.

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Dr. Kelsey Louie coming June 14,  
RACE app, HDC EMR data  
unleashed, CMHA free mental  
health programs for mood  
disorders and disruptive  
behaviors in children.



## PA Division of Family Practice May 7, 2018

### In this newsletter:

1. June 14, 2018 General Meeting (Dr. Kelsey Louie, aboriginal health presentation)
2. Your Division Website
3. Rapid Access to Consultative Expertise App
4. Health Data Coalition - Unleash your EMR Data for great clinical decisions
5. Confident Parents, Thriving Kids CMHA Behavioral Program (Free to BC Families)
6. Bounce Back Online Mental Health Program

### June 14, 2018 Division General Meeting

#### Agenda:

- Dr. Kelsey Louie, aboriginal physician and First Nation Health Authority Medical Officer, Primary Care will talk about first nation health data and information on accessing first nation health resources locally.

**6pm-830pm Chances Rim Rock Casino (4890 Cherry Creek Rd). Dinner provided.**



### **Your Port Alberni Division Site**

a great access point for useful member resources

- Search for Community Services with the [bc211 button](#)
- Get past newsletters
- Access quick logins to Pathways and UpToDate under Member Resources

Anything else you want to have on the site? [Let Susan know.](#)

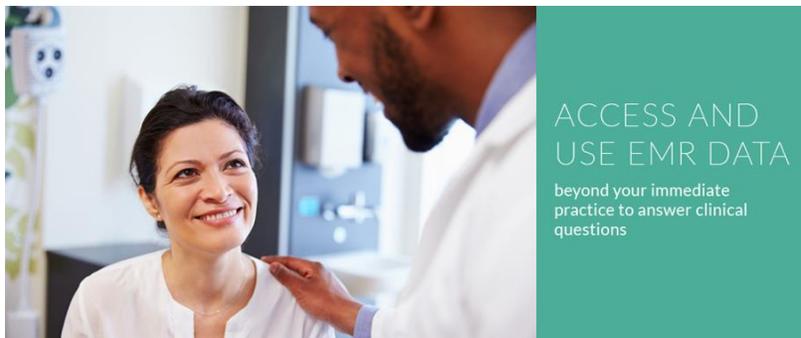


## Physical medicine and rehabilitation specialist advice available May 1: RACE and RACEapp+

As of May 1, 2018, physicians can access advice from physical medicine and rehabilitation specialists via the provincial RACE line Family and RACEapp+. To access advice by phone, dial 604 696-2131 (or toll free 1-877-696-2131) and select menu 5, line 3.

**RACEapp+ is another quick and easy way for physicians to access specialist advice, enabling users to choose from a list of specialties** and input information to inform a call with a specialist. To download the app on a smartphone, search "RACEapp+" or go to [www.raceapp.ca](http://www.raceapp.ca) to sign up.

[More about RACE App](#)



ACCESS AND  
USE EMR DATA  
beyond your immediate  
practice to answer clinical  
questions

**The Health Data Coalition: Unleash your EMR.** Allowing you to use primary care data in a new and meaningful way.

The Health Data Coalition (HDC) is a physician-led data sharing initiative that encourages self-reflection and facilitates quality improvements in patient care.

The HDC application provides access to a secure, core set of aggregated data, while maintaining both patient and physician confidentiality.

The HDC platform connects data from the electronic medical record systems (EMR) used by primary care physicians across British Columbia by automatically and securely transferring core sets of standard aggregated data from your EMR system to its web-based application.

Access and use EMR data to answer clinical questions.

Primary healthcare providers who actively use the HDC application find that it encourages self-reflection and facilitates practice improvements in patient care.

Providers who enroll in HDC can see how their data compares to colleagues in their clinic or local community, Division, Health Authority, and across the province. Enrolling is free and the service is offered at no cost, covered by the Division and GPSC. If you are interested in enrolling contact Susan at [sfox@divisionsbc.ca](mailto:sfox@divisionsbc.ca)

[More information on the Health Data Coalition](#)



As the Health Data Coalition (HDC) enacts a new governance structure in June 2018, **each Division of Family Practice in BC will be invited to appoint a representative member.**

This membership will provide your Division with a seat at the table to elect the Board of Directors, vote on key issues, and enrich your Division programs by informing future development and usage of HDC data.

Divisional Representatives will be invited to participate in the HDC's Annual General Meeting on June 7, 2018 remote technology. Contact Susan at [sfox@divisionsbc.ca](mailto:sfox@divisionsbc.ca) if you are interested in being the Port Alberni Division HDC representative.

Division membership information



**Confident Parents  
Thriving Kids**

Confident Parents: Thriving Kids is a family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12.

Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and/or caregivers to learn effective

skills and techniques that support social skills and cooperation in their child.

These techniques are proven to prevent, reduce and reverse the development of mild to moderate behaviour problems that create challenges at home, school and in social settings.

Confident Parents: Thriving Kids is offered at no cost to BC families, but requires a referral from a family physician, pediatrician or other qualified health professional.

[Confident Parents Brochure](#)

[Confident Parents Referral Form](#)

### **Bounce Back ® Online Mental Health Program**

Free. Does not require a physician referral. Online self directed courses or telephone-based Bounce Back™ coaching program for those facing issues such as low mood, anxiety, stress, low-confidence or more who would benefit from coach support.

The Bounce Back ® approach is a way of communicating a widely recommended type of talking therapy called cognitive behavioural therapy (CBT). CBT has been used for several decades, and research has led to it being one of the most recommended treatments for low mood and anxiety. It is widely recognized as one of the most effective ways of helping build well-being and resiliency.

Developed in Canada using materials adapted from programs developed by Dr Chris Williams of the University of Glasgow in Scotland, a well-known CBT researcher and teacher who is a past-president of the lead body for CBT in the UK, the Bounce Back ® program aims to remove

much of the jargon from the CBT approach so that is clearly communicated. By using language and powerful, clearly communicated change tools, the content aims to help people help themselves.

[bouncebackonline.ca](http://bouncebackonline.ca)



**Canadian Mental Health Association**  
British Columbia  
*Mental health for all*



**Provincial Health Services Authority**  
Province-wide solutions.  
Better health.

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