

- Type 2 Diabetes Dialogue
- FOUNDRY
- Indigenous Wellness Advocate
- PCN Q4 Dashboard
- Food Sense - PCN Dietitian

## Type 2 Diabetes Dialogue Day

**Registration is open** for the 2022 Type 2 Diabetes Dialogue Day – Connecting on Innovation in Type 2 Diabetes on November 22 from 0830-1630 PST.

**Join** Type 2 Diabetes experts and thought leaders representing primary and secondary clinical delivery, community services, population health, patients, and researchers in a dynamic and interactive dialogue session. We are excited to be able to connect again in person!

**Hear** about a wide range of topics including inequity in service access, serving people with complex health needs, patient empowerment and so much more!

### Type 2 Diabetes Dialogue Day

Connecting on Innovation in Type 2 Diabetes

NOVEMBER 22, 2022 | 0830 – 1630 PT

VIRTUAL



#### Objectives include:

- Emerging practice – Share emerging and leading Type 2 Diabetes practices that support prevention, access, management and patient empowerment.
- Connection – Foster connections between stakeholders to build relationships and to facilitate collaboration across BC.
- Network and Mobilize – Collaborate on building and strengthening the BC Type 2 Diabetes network to facilitate knowledge sharing and inspire action for innovation and continuous improvement.

[Register](#) now for this hybrid event! Review the agenda and speaker bios

#### CELEBRATING!

#### Sadie Quintal, BScPharm, RPh, Certified Diabetes Educator (CDE)

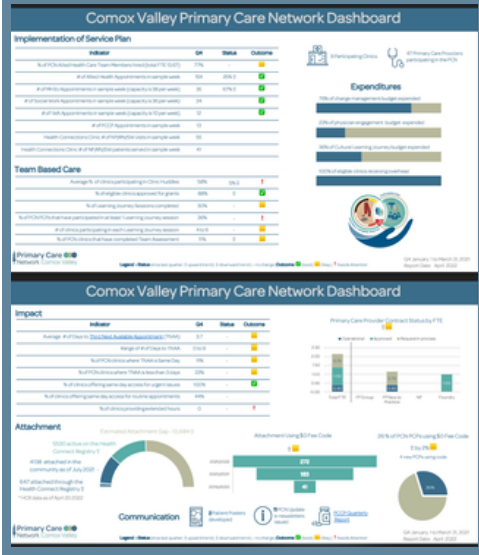
PCN Primary Care Clinical Pharmacist Sadie Quintal recently received her CDE designation. As a result of this Sadie is now able to provide comprehensive diabetes care at all stages of the diabetes continuum. From the point of pre-diabetes onwards, Sadie can provide lifestyle and medication counselling, glycemic monitoring advice and interpretation (including intermittently scanned and continuous glucose monitors), medication dose adjustments (including insulin EXCEPT for insulin pumps – which should be followed at the DEC), and medication recommendations. Sadie can also coordinate access (special authority) for medications or devices and provide advice on managing cardiovascular risk factors. Congratulations Sadie – this is a wonderful resource for our PCN.





## Curious about the progress of the Primary Care Network?

Please [click here](#) to view our dashboard displaying our progress to date



**• FOUNDRY •**  
COMOX VALLEY

Comox Valley Foundry is **NOW OPEN** for drop-in appointments for primary care. The Foundry offers a unique model of care for youth aged 12-24 who can be attached to a community primary care provider but also access drop-in appointments at the Foundry.

Physicians available on site during our drop-in hours  
Monday & Wednesday 1 pm-4:30pm/ Tuesday & Thursday 1-6pm

\*no appointments, drop-in only

Addictions medicine specialist on site:

Thursdays 1 - 5pm

\*drop-in & appointment available

Gender Affirming Care (Dr. Mazahari)

varied schedule, call for appointment (#250-228-7341)

Food Sense – Healthy Cooking on a Budget – Sheila Fetter – PCN Dietitian

**Sheila Fetter, PCN dietitian** forged a partnership with LUSH Valley and the BC CDC to offer free 6-week cooking classes in the Comox Valley. There are two class series: Food Sense (cooking well on a budget for people who self-identify as low-income) and Cooking Connections (Cooking for one or two people for active/ independent seniors). Food Sense, the first class offered via the PCN, ran this September and October and included a grocery store tour lead by the PCN dietitian. Each 3-hour class the participants learn nutrition basics, participate in hands-on cooking, and sit together to enjoy a delicious home-made meal. By hosting these classes, the PCN gets first dibs on the 12 spots available in each course. Thanks to everyone for your referrals to this great program and to individual clinics for hosting to keep it running year round! Watch for Cooking Connections early in the New Year.

Some quotes from participants:

-“I’ve never cooked with yams before – YUM!!!”

-“I am trying to menu plan more to avoid convenience foods and eating out. This course has been so helpful!”

-“I was really surprised the 0% fat Greek yogurt was better than 18% fat sour cream and the no-salt black beans tasted the same as with salt.”

-“My kids are really picky eaters. I have tried all the recipes I liked [from the class] at home and they ate them all up!”

-“I wish I brought my daughter [on the store tour]. This was more fun and informative than I could have ever imagined!”



Katie Kennedy (LUSH Valley Action Society) and Sheila Fetter (PCN) pose with 2 Food Sense participants at Thrifty Foods Grocery store tour





## Learning Opportunity

### CR Facility Engagement two part workshop

(Dr) Elle-Máijá Tailfeathers' film witnesses radical and profound change in her community. Kímmapiiyipitssinii: The Meaning of empathy is an intimate portrait of survival, love and the collective work of healing in the Kainai First Nation in Southern Alberta, a Blackfoot community facing the impacts of substance use and a drug-poisoning epidemic.

As described below, this 2-part workshop features a transformative film and an opportunity to unpack the impact it has on lives. In Session 1 we will view the film, followed by a brief period of sharing thoughts and feelings. In Session 2, Avis will share from the perspective of a person who experienced opiate addiction and the healing benefits this film had on her life. Together we will unpack impacts the film has on the audience and will look at the utilizing the teaching of the film in the work in Indigenous communities.

Hosted by the Campbell River Medical Staff Engagement Initiative, this two-part event will be facilitated by:

**N'alaga Consulting**  
N'alaga / Kaaw Kuuna- Avis O'Brien (she/her)  
[www.nalagaconsulting.com](http://www.nalagaconsulting.com)



**Session One:** Tuesday November 15<sup>th</sup>, 2022 – show case the movie  
Tidemark Theatre - 1800 to 2100

**Session Two:** The Way Forward – Wednesday November 30<sup>th</sup>, 2022  
Maritime Heritage Centre: 1800 to 2030; Dinner provided

**All attendees, please register with Janet MacDonell at [campbellriver@facilityengagement.ca](mailto:campbellriver@facilityengagement.ca) or 250-203-6374. Indicate attendance at one or both sessions and any dietary restrictions.**

#### Local Reconciliation Event -

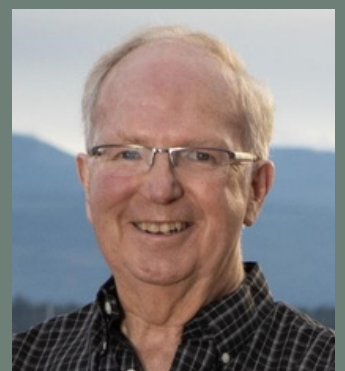
watch the YouTube Video with Cedar Frank and the K'ómoks First Nation and traditional BBQ Salmon Cook

[https://www.youtube.com/watch?v=sYy\\_gdKR62M](https://www.youtube.com/watch?v=sYy_gdKR62M)

#### A TRIBUTE

Over the past three years in his Patient Partner role, many of you will have sat side-by-side at meeting tables with Jim Lyster, as he faithfully supported several committees within the Division and the PCN. Deeply saddened by his passing, Jim will be missed for many reasons and by many people.

<https://www.legacy.com/ca/obituaries/timescolonist/name/james-lyster-obituary?pid=202760540>





## Indigenous Wellness Advocate

**Reina Thurmer** was born and raised in Whitehorse, Yukon, and she is a member of the Wikwemikong First Nation on her mother's side and German on her father's side. Working out of her office located on the K'ómoks First Nation, Reina supports patients in receiving culturally appropriate care from family doctors, nurse practitioners and other healthcare team members.

### What the Indigenous Wellness Advocate offers:

- Support and advocacy for you on patient's personal health and wellness journey
- Assistance with accessing other services within the Primary Care Network (physician, nurse, pharmacist, social worker, dietician, mental wellness and substance use support worker)
- Supporting connection to traditional knowledge-keepers and healers, including Elders, traditional medicine practitioners, cultural supports

### People who can benefit from an appointment with the Indigenous Wellness Advocate may be:

- Any individual who self-identifies, as First Nation, Inuit or Métis and their family members.



**PCN Indigenous Wellness Advocate**  
- contact Reina Thurmer at  
250-702-1588 – text or call  
Reina.Thurmer@islandhealth.ca

## Cultural Safety

In the Spirit of Reconciliation and Towards a Journey of Cultural Safety - please find below links to a few resources that may interest you

### Implicit Bias Test

Implicit bias is recognized as a contributor to health disparities (James Liu, 2019).

Implicit biases are stereotypes that unconsciously affect our individual understanding, actions and decisions. It allows one to create favourable or unfavourable assessments without one's awareness or control.

If you are curious about better understanding your own implicit bias, take a test here:

<https://implicit.harvard.edu/implicit/canada/takeatest.html>

### CO CHAIRS:

Bonnie Bagdan – PCN Physician Lead - bbagdan@me.com

Michelle Crosby – Island Health, Director CV & CR - michelle.crosby@islandhealth.ca

Destinée Barrow – Métis Nation BC, Regional Health Coordinator - destineebarrowconsulting@shaw.ca

Tanille Johnston – First Nations Health Authority, Regional Primary Care Manager - tanille.johnston@fnha.ca

### PCN TEAM:

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YOUR PCN TEAM