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## Celebrating Patient-Centered and Team Based Care – Patient Access to PCN Registered Dietitian

This is a story about a patient with mental and physical health struggles. The reason for referral to **Sheila Fetter** PCN Registered Dietitian (RD) was "obesity, at risk for metabolic syndrome, food insecurity".

The patient's primary concern at initial assessment with Sheila was "emotional eating and emotional not-eating; would like to feel more in control of eating and increase physical activity and strength."

With lots of exploration over 3 sessions, the patient shared that they had been introducing gluten for a celiac disease screening test. She did this for 2 (out of the recommended 4-6) weeks but it caused so much bloating, diarrhea and weight gain she stopped after 2 weeks and did not pursue testing or follow-up regarding gluten or Celiac with her physician.

Sheila, provided patient information about celiac disease and discussed the pros and cons of testing. The patient decided it was not worth 2 weeks of pain to pursue testing at this time and would rather eat as though she had celiac disease and see how that went. Sheila provided full celiac diet teaching. Much of the patient's food coming from the food bank and was very high in gluten. Cost-effective ways to maintain a gluten-free diet while including as much food as possible from the food bank were discussed. A few weeks later the following message was sent to the physician by the patient:

"Now that I'm eating no gluten at all I am a changed woman. I'm no longer sleeping 12 hours a day and sleeping through alarms. My mind is much clearer, and my digestion greatly improved. I would not say I'm 'all better' but that I am on the right track and will improve even more! I am SO glad that I am working with the Dietitian - I never would have known about this otherwise. And this is all thanks to the incredible clinic team. You are the best!!!"

Both practitioners continue to be involved in the patient's care and really notice the change in her attitude and motivation.

## The PCN Lending Library

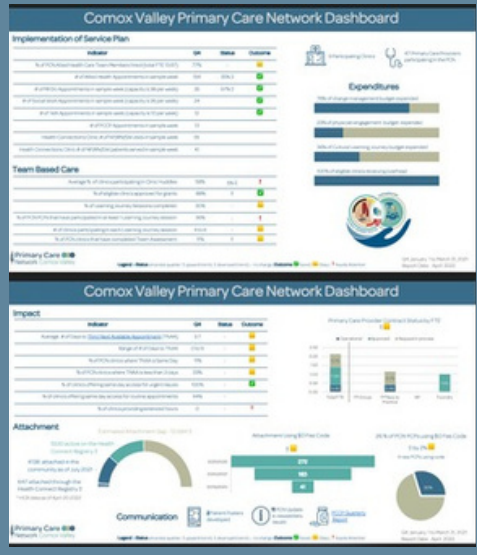


**Alex Jules**, PCN Indigenous Health Liaison, has a fantastic selection of books that he is happy to lend out. Please get in touch with him to if you would like to borrow a book. Alex is also available to answer any questions you might have about cultural safety, storytelling, music, drumming and songs, basketball, canoeing, growing up on Vancouver Island, and in his home territory of Ka:'yu:'k't'h' (pronounced Kie-YOU-cut), and so much more. [alexander.jules@islandhealth.ca](mailto:alexander.jules@islandhealth.ca)



Curious about the progress of the Primary Care Network?

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



### SAN'YAS for new MOAs, Office Managers, and Primary Care Providers

Are you a new MOA, Office Manager, Family Physician or Nurse Practitioner working in the PCN? Consider taking the **SAN'YAS** Anti-Racism Indigenous Cultural Safety Training Core Health course as a great place to start or perhaps continue your learning.

SAN'YAS is an 8-hour self-directed program where you will learn about:

- Colonization in Canada
- Racism, discrimination, and stereotyping and their impacts on Indigenous peoples in health care contexts
- Social and structural determinants of health in relation to Indigenous people
- Gaps in health equity for Indigenous people
- Taking action: Enhancing Indigenous Cultural Safety in health care

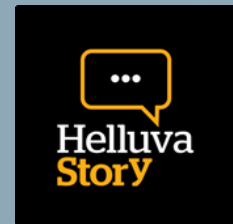
The SAN'YAS Core Health Program meets the accreditation criteria of The College of Family Physicians of Canada. This self-learning program has been verified by the College of Family Physicians of Canada for up to 20 Mainpro+ Credits.

Please reach out to Alex Jules at [alexander.jules@islandhealth.ca](mailto:alexander.jules@islandhealth.ca) or Jacque Kinney at [jkinney@comoxvalleydivision.ca](mailto:jkinney@comoxvalleydivision.ca) for more information.

### City of Courtenay – Cultural Safety & Humility 101 Wednesday May 24, 2023, 1-3 pm at the Lewis Centre

This 2-hour training provided by Unbroken Chain, Indigenous Harm Reduction Program, will provide a brief introduction to cultural safety and humility for service providers to provide safer support and create safer spaces in our community. The training will also provide resources and recommendations provided by Indigenous people with lived and living experiences of racism and discrimination. This training is highly recommended if you are working with Indigenous people in any capacity and for all levels of experience.

Free. Register [here](#).



There are lots of great episodes on this CBC podcast **Helluva Story**, hosted by Duncan McCue. Check out [So Long, Duncan \(May 7, 2023\)](#) about Indigenous language, medicine walks, traditional healing, and the land.

**YOUR PCN TEAM**

**CO CHAIRS:**

- Bonnie Bagdan – PCN Physician Lead - [bbagdan@me.com](mailto:bbagdan@me.com)
- Michelle Crosby – Island Health, Director CV & CR - [michelle.crosby@islandhealth.ca](mailto:michelle.crosby@islandhealth.ca)
- Destinée Barrow – Métis Nation BC, Regional Health Coordinator - [destineebarrowconsulting@shaw.ca](mailto:destineebarrowconsulting@shaw.ca)
- Tanille Johnston - First Nations Health Authority, Regional Primary Care Manager - [tanille.johnston@fnha.ca](mailto:tanille.johnston@fnha.ca)

**PCN TEAM:**

- Gavin Arthur - PCN Manager - [garthur@comoxvalleydivision.ca](mailto:garthur@comoxvalleydivision.ca)
- Jacque Kinney- PCN Change Lead - [jkinney@comoxvalleydivision.ca](mailto:jkinney@comoxvalleydivision.ca)
- Lauralynn Shaefer - PCN Administrative Assistant - [comoxpcnadmin@comoxvalleydivision.ca](mailto:comoxpcnadmin@comoxvalleydivision.ca)
- Alex Jules - PCN Indigenous Wellness Liaison - [alexander.jules@islandhealth.ca](mailto:alexander.jules@islandhealth.ca)
- Lisa McDougall-Lee - PCN Coordinator - [lmcdougall@comoxvalleydivision.ca](mailto:lmcdougall@comoxvalleydivision.ca)
- Alla Kulchiski - HCR Administrative Assistant - [akulchiski@comoxvalleydivision.com](mailto:akulchiski@comoxvalleydivision.com)
- Audrey Jones - Doctors of BC - [ajones@doctorsofbc.ca](mailto:ajones@doctorsofbc.ca)
- Evan Humphreys - Island Health, PCN Manager - [evan.humphreys@islandhealth.ca](mailto:evan.humphreys@islandhealth.ca)