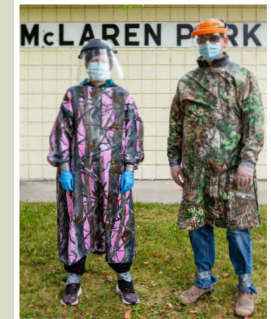


“Nesting Pregnancy” Prenatal Education Pilot Series For Expecting Families of the South Okanagan Maternity Centre a Success

IN THIS ISSUE

SOS DIVISION’S ANNUAL GENERAL MEETING

Board Chair Dr. Greg Selinger and NP Viola Brown co-hosted this year’s virtual AGM.



PRACTITIONER INFORMATION REQUEST - T4A FORMS

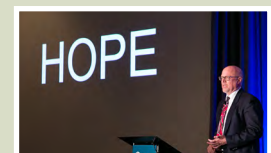
The Canada Revenue Agency now requires a T4A to be issued for compensation amounts greater than \$500 annually.



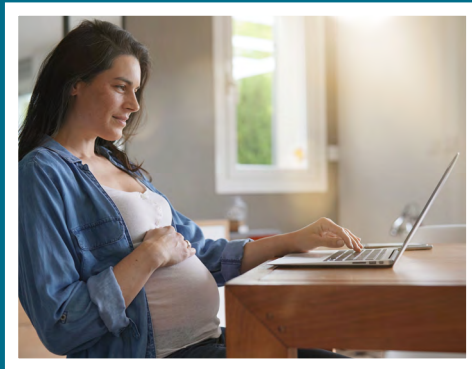
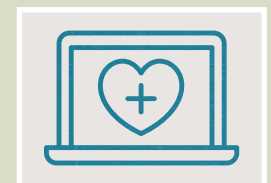
WELCOME NEWCOMERS THE BADENHORST’S AND THE SOS DIVISION 2021-22 BOARD OF DIRECTORS



REMEMBERING DR. JEFF HARRIES



TEAM UP! DESERT DOCS + DIVISION’S CLINIC SUPPORT DEVELOP EMR WORKFLOW



The “Nesting Pregnancy” program, funded through the General Practice Services Committee (GPSC) and planned in partnership with the South Okanagan Similkameen Division of Family Practice, the Primary Care Network, and the Practice Support Program (PSP), offered a series of four virtual group prenatal education sessions for expecting families attending the South Okanagan Maternity Centre.

The virtual presentations allowed group interactions through online polls and quizzes, and even a guided meditation. Patients had the ability to submit anonymized questions pertaining to the subject, allowing each member of the group to learn from the questions and discussions of others. After each session, attendees were provided with e-mail follow-up reading/resources, including information about community support options such as Okanagan Doula, La Leche League Breastfeeding Group, and more.

Following the successful pilot series, the “Nesting Pregnancy” team will work with key stakeholders to continue to offer this program and seek to extend the invitation to expecting families receiving

(Continued on page 2)

“As new parents, my husband and I found the sessions very beneficial. They were informative, but also not too overwhelming...having practitioners with different areas of expertise created a great learning environment. It was great to see some of the caring faces that would be helping with my pregnancy along the way if needed! I would definitely recommend the nesting sessions, especially to new parents or those needing a great refresher!”
– “Nesting Pregnancy” Patient Participant

The non-traditional care delivery setting of a group virtual visit offered patients a safe environment during the COVID-19 pandemic and allowed for flexibility in location and timing compared to traditional in-person prenatal education classes.

The free Zoom series was well-attended by approximately thirty expecting families and covered a variety of topics, from eating well and staying active, labour and delivery, and newborn care/breastfeeding/chestfeeding. Each session was led by a maternity clinic physician and co-facilitated by a guest speaker including a nutritionist, physiotherapist, lactation consultant, and labour and delivery nurse.

(Continued from front page - Prenatal Education Pilot Series)

maternity care in other settings in the region (obstetrics, midwifery, rural). Furthermore, "Nesting Pregnancy" physician leads are working with the Okanagan College prenatal group to ensure continuity of evidence-informed information regardless of which prenatal class option patients choose.

"So much about pregnancy, birth, and parenting benefits from knowing your options and feeling confident that you can choose what works for you. The Nesting Pregnancy series tried to achieve that in an informative and fun way, taking advantage of the Zoom format to reach out to our wonderful patients in their homes."

– Dr. Michelle Linekin, South Okanagan Maternity Clinic Physician/Nesting Pregnancy Physician Lead



SOS Division's 2020-21 Annual General Meeting

Photo by Valery Gore: Kelly Hawes and Dr. Greg Selinger suit up at the South Okanagan Similkameen's first Assessment Centre, McLaren Park Arena parking lot.

As a result of regional restrictions on in-person gatherings, the Division's Annual General Meeting for the year ending March 31st, 2021 was once again held online.

Board Chair Dr. Greg Selinger and NP Viola Brown co-hosted the evening, which commenced with a traditional smudging ceremony demonstrated by Westbank First Nation Elders Pamela and Grouse Barnes. Lower Similkameen Indian Band Elder Leon Louis explained that smudging is a practice of mindfulness, of being aware of one's thoughts, energy, and intentions.

Executive Director Tracy St Claire recapped the Division's many activities during the past year, noting that much was accomplished in spite of the pandemic.

Auditor Chris Newton of Omland Heal Chartered Accountants summarized the Division's financial stewardship for the year in review, while Board Secretary-Treasurer Dr. Alan Gow reflected on the Division's ten years of growth.

Concluding the business of the AGM, members voted by acclamation to elect Viola Brown, Dr. Alan Gow, Dr. Jennifer Begin, and Dr. Josh Webb to the Division's Board of Directors - and thanked retiring Directors Dr. Colleen Black and Dr. Greg Selinger for their many years of service.

On the eve of a new federal holiday, Canada's National Day for Truth and Reconciliation, it was fitting that the guest speakers following the AGM were Indigenous leaders from across the South Okanagan Similkameen.

Emcee Viola Brown introduced Sylix performing artist Madeline Terbasket with stories of misguided aspirations and assumptions and later, Sylix Elder Arnie Baptiste, who offered timely words of wisdom about the importance of slowing down, being present, and self-care.

Members are invited to view the [2020 Annual Report](#) and [audited financial statements](#) (member login required) on the Division's website.

NEWSLETTER - NOVEMBER 2021

T4A Forms - Practitioner Information Request

Every year the Division sends you a summary of payments made to you in the previous calendar year. This income summary can help you prepare your income tax return.

This process is changing.

The Canada Revenue Agency requires a T4A to be issued for compensation amounts greater than \$500 annually.

To prepare T4A forms, we require some information from you. The most efficient way to send us the information is by completing this secure online questionnaire. [Click here](#) to complete the questionnaire.

Canada

Be assured that your information is being collected and managed in the strictest confidence and all electronic communications are PIPA compliant.

If you would prefer not to supply this information online, a print copy of the questionnaire and a stamped return-addressed envelope will be mailed to you, on request. Please [email us](#) to request a print copy of the questionnaire.

Anticipating that you may have questions about this new process, we have prepared some answers [here](#).

Thank you for making time for this; we know how busy you are.

Welcome to our community, newcomers!

The Division extends a warm welcome to **Drs. Monique (Magrietha) and Frederik Badenhorst**, who currently practice out of **White Clinic, Penticton**.

Originally from South Africa, Monique graduated from the University of Pretoria and Frederik from the University of Stellenbosch. In search of better weather, the couple relocated to Penticton after ten years in Quesnel, BC where Frederik practiced as a Family Physician, Emergency Physician, and Deputy Chief of Staff at GR Baker Memorial Hospital.

Frederik has a special professional interest in:

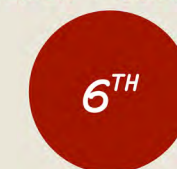
- Dermatology (Diploma from the University of Cardiff) – accepting referrals for general dermatology
- Medical Botox – accepting referrals for migraines, hyperhidrosis, blepharospasm, TMJ issues
- Cosmetic Botox and fillers
- Infant circumcision - up to 1 month of age

The husband-and-wife team appreciate the sunshine and beautiful beaches the Okanagan has to offer while spending time with their two beautiful daughters Rubaix (age 5) and Margitte (age 3) who keep them on their toes.



JOIN US THIS DECEMBER!

OLIVER + OSOYOOS



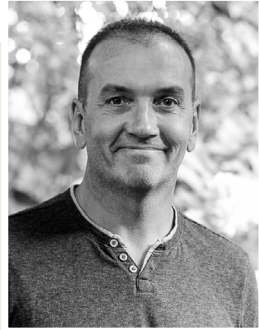
SUMMERLAND



PENTICTON



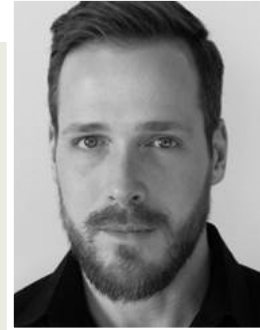
CLICK BANNER FOR DETAILS



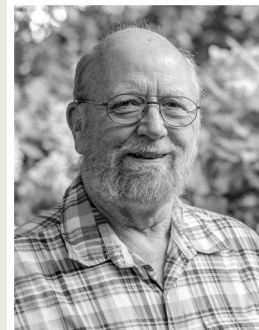
Dr. Kevin Hill
Chair



Dr. Jennifer Begin



Dr. Josh Webb



Dr. Alan Gow
Secretary + Treasurer



Chris Hawkins



Eliza Terbasket



Dr. Said Jumaa



NP Viola Brown



Dr. Glenn Burgoyne

Our 2021/22 Board of Directors

The SOS Division of Family Practice is pleased to have welcomed two new members to its board in September.

Penticton family physician Dr. Jennifer Begin and Keremeos family physician Dr. Josh Webb join Dr. Kevin Hill, Dr. Alan Gow, Chris Hawkins, Eliza Terbasket, Dr. Said Jumaa, NP Viola Brown, and Dr. Glenn Burgoyne.

A heartfelt thank you to outgoing Chair Dr. Greg Selinger, and Co-Chair Dr. Colleen Black.

In Memory of Dr. Jeff Harries

The Division Board and staff were deeply saddened to learn that Dr. Jeff Harries passed away on November 9th, 2021.

Jeff was a founding director of the South Okanagan Similkameen Division of Family Practice and helped shaped the collegial primary care community that we enjoy today. He applied his broad expertise to many Division initiatives, including the Penticton Regional Hospital inpatient program and Indigenous relations, with grace and humility, before spearheading education around treatment for alcohol abuse disorder. He is deeply missed.



Desert Doctors and SOS Division's Clinic Support Team Develop New EMR Workflow



In March of 2021, Desert Doctors Medical Clinic in Osoyoos reached out to the South Okanagan Similkameen (SOS) Division of Family Practice to help implement a new Electronic Medical Record system (EMR). At the time, the clinic was working with two separate EMRs between four physicians.

Over four months, the Division's clinic support team, comprised of Kelly Hawes, Kristine Robbins, and Candace Gerk, worked with Desert Doctors to develop and implement an action plan to improve workflow efficiencies for the new EMR. Major components of this plan included data transfer, mapping paperwork for labs, designing reports, setting up billings, creating templates for

letters, and finally, working with the EMR vendor to develop training agendas and timelines.

For three days in June of 2021, the clinic support team, clinic physicians and staff trained on the new EMR and spent an additional two days the following week assisting with the transition. Being fully immersed in all things Desert Doctors, the team was subsequently able to support the onboarding of a new-to-practice physician there.

The clinic support team appreciates having had the opportunity to work with the Desert Doctors team and congratulates them on their successful transition to a unified clinic EMR.

Pathways Greatest Hits Webinar



Tuesday December 7th, 2021, 6:00pm – 7:30pm PST

Presented by Pathways Resource Committee, attendees will learn about Pathways' most popular patient handouts, quick medication references, and mental health care pathways.

Registration is open to:

- All physicians
- All nurse practitioners
- PCN team members
- Pathways administrators

Click [HERE](#) to Register.

Questions: mbriere@pathwaysbc.ca

Locum Opportunities

There are many web platforms out there to find permanent and longer term locum work across the South Okanagan Similkameen. If you are interested in viewing ongoing opportunities, please see the banner announcements at the top of the [SOS Pathways homepage](#). Click [HERE](#).

VISION

A community of primary care physicians who are active, collaborative partners in promoting practical and innovative solutions to local community health needs built on a foundation of primary care excellence.

MISSION

To engage and support primary care as collaborative and trusted partners to improve comprehensive primary patient care by promoting and strengthening the physician voice and influence on innovative local healthcare delivery.

AIM

Foster a strong and healthy community of family physicians. Improve the health of our communities. Enhance the quality of patient care and the primary care relationship.

PHYSICIANS SUPPORTING PHYSICIANS

Attract and retain physicians to meet primary healthcare needs

Provide educational opportunities to strengthen skills, knowledge, and leadership

Foster peer support, mentoring, and networking

Strengthen the interconnectivity between primary, specialists, and other healthcare providers

Support residents and newly practicing physicians

Improve GP satisfaction and work/life balance

PHYSICIANS INFLUENCING THE SYSTEM

Support meaningful physician leadership in primary care planning

Improve access to primary care in rural communities and for vulnerable patients

Identify local needs and advocate for improvements

Maximize strategic partnerships and collaboration to pursue common goals

Work with our partners to build a sustainable primary healthcare system

PHYSICIANS WORKING WITH HEALTH PROVIDERS

Foster partnerships to increase coordination of services and enable team-based care

Optimize resources that support care being provided by the right provider, at the right time, and in the right place

Collaborate in the development of technological solutions to improve patient care and communication

Improve efficiencies and build primary care capacity

Utilize quality improvement principles, best practice, and the use of technology to better support clinical project

VALUES + PRINCIPLES

Physician Health and Wellness • Collaboration and Partnership • Physician Leadership and Best Practice • Quality Improvement • Creativity and Innovation • Integrity and Transparency • Patient-Centred Care • Supporting Rural and Urban Physicians

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Member Services Manager
Julie Young
Member.Services@sosdivision.ca
778 476 5696

2021/22 Board of Directors

Dr. Kevin Hill - Chair
Dr. Jennifer Begin
Dr. Josh Webb
Dr. Alan Gow

Chris Hawkins
Eliza Terbasket
Dr. Said Jumaa
NP Viola Brown
Dr. Glen Burgoyne