

April 2022 | ISSUE 9

# Central Interior Rural Primary Care Network

*"Optimizing accessible primary care service delivery with coordinated, team-based, culturally safe approaches."*



## New Beginnings

Spring is the season during which the earth reawakens from her slumber, and revives and reinvigorates after the cold, dark days of the winter months. During spring, we see dormant plants begin to grow again, new seedlings sprout out of the ground and hibernating animals awake.

As nature begins to come to life, so do we. Spring is a period of transformation for us also, and it's not uncommon for people to start new creative projects, shift careers, and come forward with untried ideas during this time. It's all about a fresh approach to everything!

Transformation and change are both a part of life and nature, and the seasons are here to constantly remind us of that.

## What's Inside:

*Dahooja / Dzin Guzun / Weyt-kp / Good Day!*

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**REMINDER: Please use the zero-free attachment code 97630 when attaching any new patients.**

*The Central Interior Rural (CIR) Primary Care Network (PCN) is situated on the ancestral, traditional and unceded territories of the Secwepemc, Tsilhqot'in and Dakelh Dene (Ulkatcho) Nations.*

# PCN Staffing Update

## Farewell / nanenuwēs?in / te'ont'e / pútucw

Speaking of change, career shifts, new starts and fresh approaches to everything - we too have big changes happening in leadership at the CIR Primary Care Network. It is with mixed emotions we share with you that Debbie Grimes, CIR PCN Manager, will be leaving us on May 1st, 2022. Thankfully, she isn't going far though! Debbie has accepted the Director position at the new Williams Lake First Nations Wellness Centre.

Debbie started with us in September 2020 and has been instrumental in the development and implementation of the Primary Care Network in our region.

We will miss her leadership, kind heart, warm smile and big laugh!



*Debbie Grimes, CIR PCN Manager*



**Joanne Meyrick** is stepping into the CIR PCN Manager role for the Division, and as the PCN Change Management Lead, Joanne is already intimately familiar with the project and was part of the original service plan development team. We are grateful to have Joanne's strong leadership as we enter the final two years of our PCN implementation.



## PCN Welcomes New Clinical Pharmacist



Nadheen Murray

Nadheen Murray is the new PCN Primary Care Clinical Pharmacist (PCCP) for the Central Interior Region. She is looking forward to combining her love of one-on-one patient care while working towards outcome-based goals. She is eager to continue to serve her community in this newly expanded practice role.

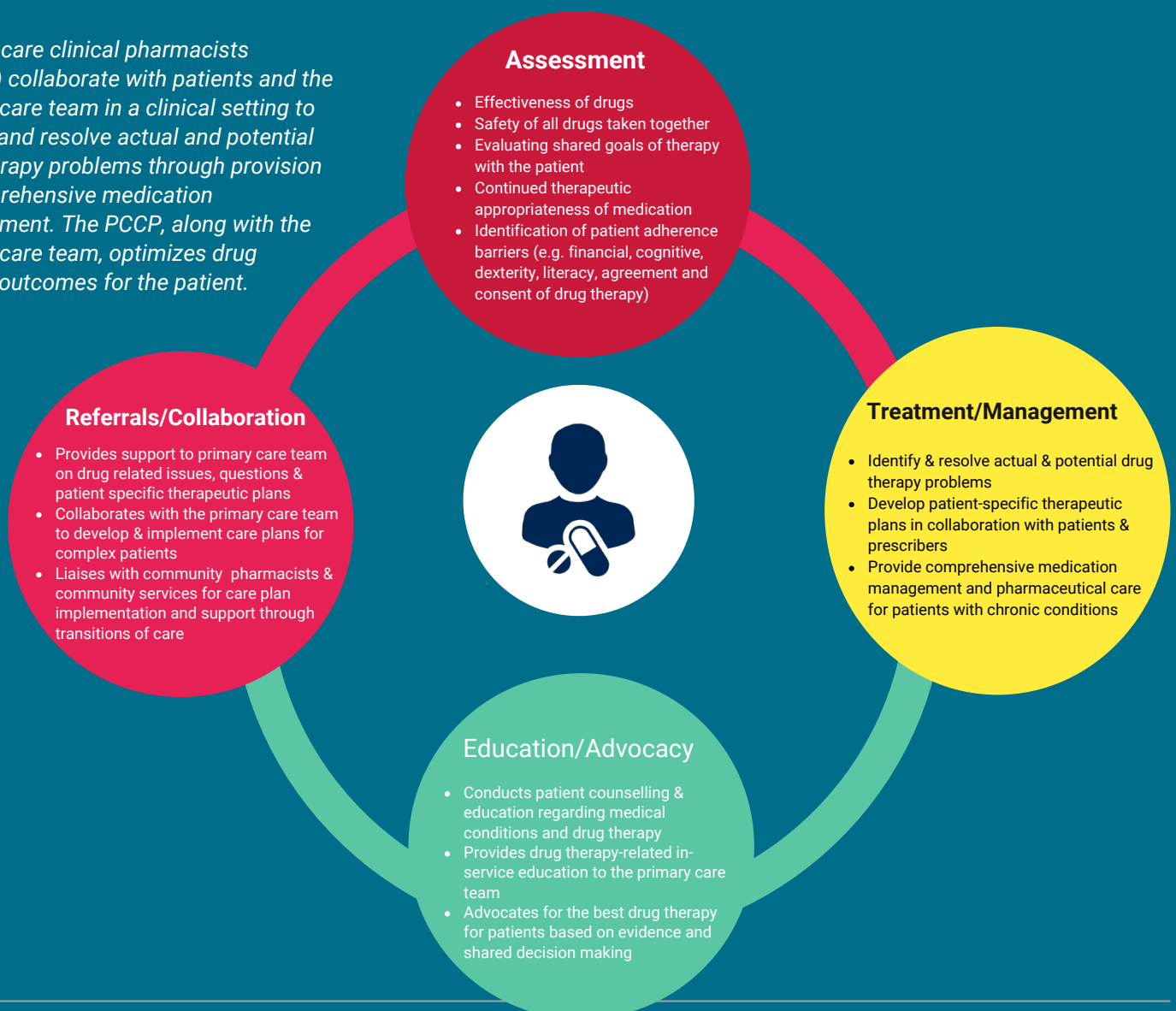
Nadeen brings 15 years of pharmacy experience in a variety of specialties such as OAT, diabetes education, immunization and pharmacy management. She has spent the last 12 years living in Williams Lake and practicing as a community pharmacist and pharmacy manager.

In her free time, she loves to spend time with her husband and daughter, camping, travelling and trying new foods. She loves to bake, read, watch documentaries and work out.

Nadheen will start her position with the CIR PCN at the end of May and will begin seeing patients in mid-June. The referral process will be the same process as the other PCN allied health providers and will go through Bridge Care Virtual Clinic.

## The Role of Pharmacists in Primary Care

*Primary care clinical pharmacists (PCCPs) collaborate with patients and the primary care team in a clinical setting to identify and resolve actual and potential drug therapy problems through provision of comprehensive medication management. The PCCP, along with the primary care team, optimizes drug therapy outcomes for the patient.*



# PCN - The Big Picture

And speaking of transformation, Primary Care Networks are working to TRANSFORM BC's Health Care System!

## Transforming BC's Health Care System

From a traditional system that is episodic and siloed.

Many people in BC can't get a family doctor or timely access to the full range of care they need. GPs are under stress and the threat of burnout is real. Meanwhile, hospitals are facing unsustainable pressures.



To a new system that is robust and integrated.

It's why doctors, divisions of family practice, health authorities and provincial partners are working to create an integrated system of care across BC, where patients have access to quality primary health care that effectively meets their needs.

## THE FOUNDATION

Together, PMHs and PCNs position primary care at the centre of an integrated, team-based health care system.

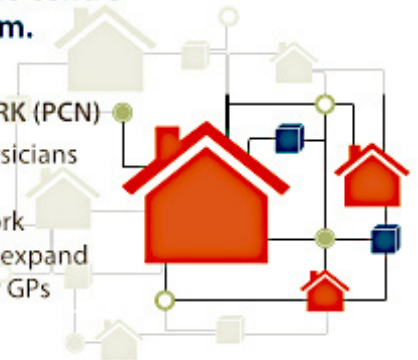


### PATIENT MEDICAL HOME (PMH)

A team-based family practice operating at an ideal level where patients get the majority of their care and their primary care providers focus on diagnoses, patient relationships and longitudinal care.

### PRIMARY CARE NETWORK (PCN)

A clinical network of physicians and other providers in a geographic area who work together in new ways to expand team-based supports for GPs and patients.



## Integrated system of care

PATIENT MEDICAL HOMES IN PRIMARY CARE NETWORKS WITH HEALTH AUTHORITY SERVICES, COMMUNITY HEALTH SERVICES, SPECIALIZED SERVICES AND ACUTE CARE.



### BETTER FOR PHYSICIANS

- Shifts focus to diagnoses and patient relationships.
- Brings services together around GPs and patients.
- Eases the burden of doing it alone.
- Attracts and retains GPs.

### BETTER FOR PATIENTS

- Increases attachment to a primary care provider.
- Increases access to a broad range of services.
- Coordinates care and services.

### BETTER FOR THE SYSTEM

- Maximizes health care roles and resources.
- Reduces hospital visits.
- Builds sustainable, quality health care.





## MOVIES



**Night Raiders** directed by Danis Goulet is a searing thriller set in the near future and digs deep into Canada's painful past to craft a compelling, propulsive piece of genre cinema. After a destructive war across North America, a

military occupation seizes control of society. One of their core tactics: taking children from their families and putting them into State Academies, or forced-education camps. Niska (Elle-Máijá Tailfeathers) is a Cree mother desperate to protect her daughter Waseese (Brooklyn Letexier-Hart). But events force mother and daughter to separate, leading Niska to join a group of Cree vigilantes to get her daughter back. Available on Amazon Prime Video and Apple TV.



## MUSIC



**Crystal Shawanda** is an Indigenous musician, who grew up on the Wikwemikong reserve in Ontario, Canada. Her parents taught her to sing and play guitar and encouraged her to

play country songs, but she grew up in a home filled with the music her oldest brother loved most: the blues. She was signed as country artist by RCA in 2007 but country left Crystal feeling like a fish out of water, so she made a career changing move from country to Blues and took the route she felt most comfortable with. Her latest album Church House Blues evokes the spirit and grit of Janis Joplin and the contemporary delivery of Beth Hart and showcases one of most powerful new female voices in the blues. Check out Crystal's music on [Spotify](#) and [YouTube Music](#)

## Books



**Split Tooth** by Tanya Tagaq combines memoir with fiction and writes about a young girl's coming of age in 1970s Nunavut. She is a witness to the mythic wonders of the Arctic world, which juxtapose harshly against the

violence and alcoholism in her community. Haunting, brooding, exhilarating, and tender all at once, Tagaq moves effortlessly between fiction and memoir, myth and reality, poetry and prose, and conjures a world and a heroine readers will never forget.



## FOLLOW



[@the.indigenous.nutritionist](#) for a Gitksan perspective on health and food justice and Indigenous food sovereignty.



## Cultural Safety Corner - Language

# Secwépemc Greetings

As seen in the April edition of WLFN's [Boo Maga](#)

SECWÉPEMC	PHONETIC PRONUNCIATION	ENGLISH
Weyt-kp	(Way-t-k)	Hello (to more than one person)
Weyt-k re newí7	(Wayt-k weh new eeh)	Hello to you (a response)
Le7 te scwéhwen	(Leh tah suhwen-wen)	Good Morning
Tsecwínucw-k?	(Joo-hee nooh-kuh)	Good Morning (a traditional greeting)
Le7 te sitqt.	(Lah tuh seet-kuh)	Good Day
Le7 te spteks re screpqín.	(Lah- tuh- spuh-teks wah skrep-keen)	Good Afternoon
Le7 te sr7al.	(Lah tuh srah-all)	Good Evening
Ec-k etícucw.	(Eh-kah dee kooh-wha)	Good Night
Me7 wíkt sen.	(mah-week-chin)	See you later
Le7-en k tucw?	(Leh-en-kuh too whhh)	How are you?
Kénem-k?	(canim-kuh)	What happened to you?
Mé7e, lél7e-ken.	(mah-ah lell-ih-kan)	Yes, I am good/fine
Tá7a, ta7 ken slél7e.	(duh-uh, dah-ken slell-ah)	No, I am not good/fine
Swetí7 ke7 skwest?	(Swet-tee kah skuh-west)	What is your name?
Kathy ren skwekwst.	(Kathy wen skuh-wek-wuh-st)	My name is Kathy