



JANUARY 2017

PMH/PCH Update

The next meeting is scheduled on February 2, 2017 from 6:00pm to 8:00pm in the Education Room at Delta Hospital. Please ensure that your clinic is represented. Sessionals are available; a light meal will be provided.

Interested in Residential Care?

One of our residential care facilities is asking for additional family physicians to attach patients. If you are available, please contact Judith at delta@divisionsbc.ca.

February PSP

PSP Module

Pain Management, Session #3

February 7 from 5 to 9 PM

Coast Tsawwassen Inn

Please contact Byron Salahor at Byron.Salahor@fraserhealth.ca to register.

Dinner is included.

“Use Your ER Wisely”

The Division will launch this campaign which was designed to strengthen the connection between patients and primary care providers and to maximize the use of community-based services while reducing the reliance on the hospital for non-urgent emergency care.

Tsawwassen First Nations has informed us that they have clinic space and sessionals available for physicians interested in practicing on First Nations land. For further information, please contact Geri McGrath at gmcgrath@divisionsbc.ca.

Run to Quit - Smoking Cessation Program - Please share with your patients

Run to Quit is an effective program that coaches tobacco users on how to get active AND quit smoking. Participants are supported by a Quit Coach through a gradual 10-week Learn-to-Run clinic in combination with evidence-based smoking cessation strategies. The program is suitable for non-runners and people with any fitness level.

It is offered in three formats:

- *Do It Yourself*: Online program available anytime, anywhere
- *In-person*: Training program at select Running Room locations in Spring 2017
- *Virtual*: Online training program available in Winter and Spring. **The next Virtual program starts in January 2017!** Registration: runtoquit.com

PHSA Indigenous Cultural Safety Online Training

If you are interested in the PHSA Indigenous Cultural Safety 8 hour online training, please click on the following link. Cost is \$200. <http://www.sanyas.ca/training/british-columbia>

