

March 2022 | ISSUE 8

Central Interior Rural Primary Care Network

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



Getting to Know Us

Meet the Team

This edition of the PCN Newsletter features the CIR Primary Care Network team driving the transformation of primary care in our region.

Interior Health, the Division and First Nation partners worked together to assess the needs within the region, and develop the CIR PCN Service Plan, which was approved in the spring of 2020

The CIR PCN Service Plan will add \$4M of new resources into the region once full implementation has been reached by Spring 2024.

The vision for these resources is to optimize accessible primary care service delivery with coordinated, team-based, culturally safe approaches.

What's Inside:

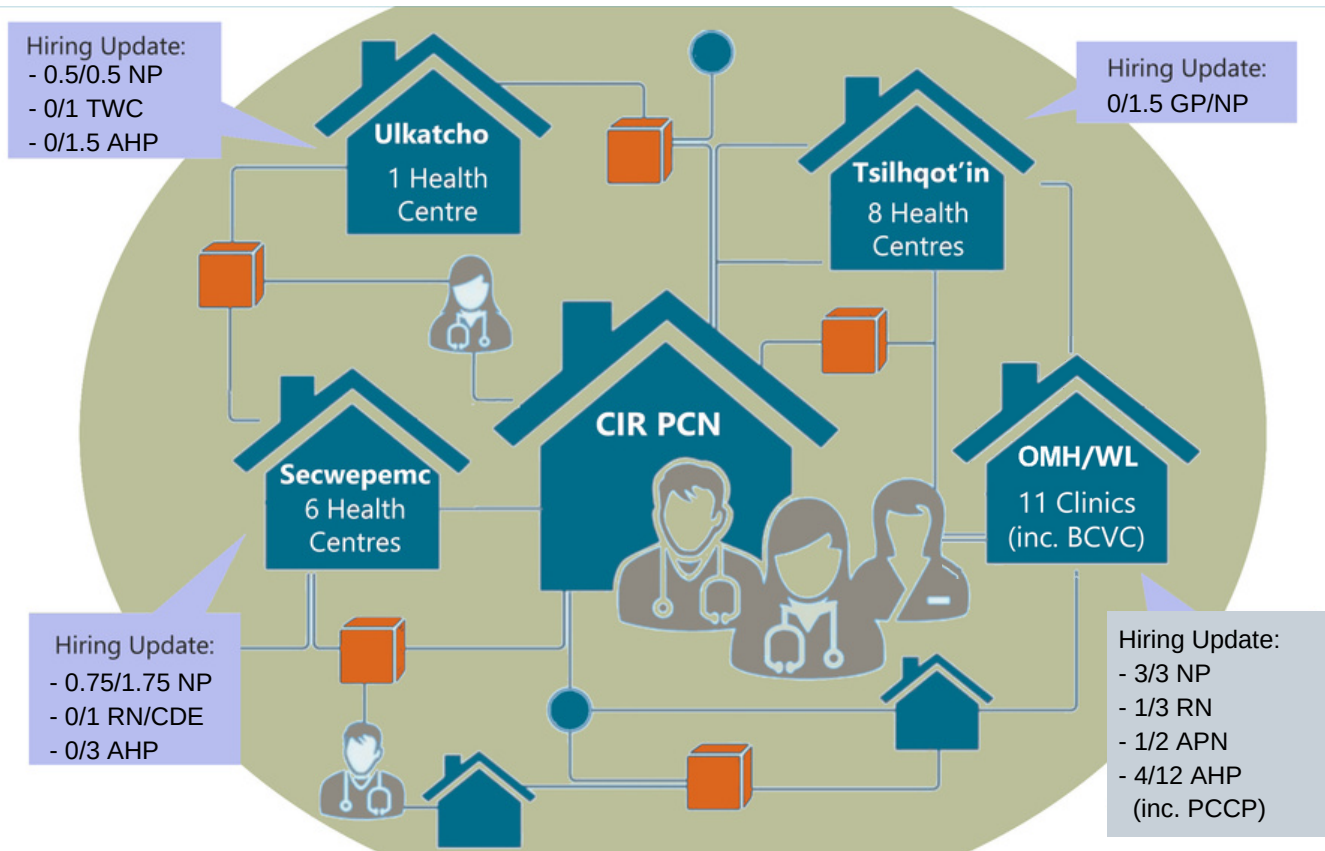
Dahooja / Dzin Guzun / Weyt-kp / Good Day!

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REMINDER: Please use the zero-fee attachment code 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.

Primary Care Network - What we do



AHP – Allied Health Professional
APN – Aboriginal Patient Navigator
CDE – Certified Diabetes Educator

GP – General Practitioner
NP – Nurse Practitioner
PCCP – Primary Care Clinical Pharmacist

RN – Registered Nurse
TWC – Traditional Wellness Coordinator

THE PCN STEERING COMMITTEE

The Central Interior Rural Primary Care Network is overseen by the CIR PCN Steering Committee. Their mandate is to oversee the implementation of the approved service plan, and to provide strategic planning and leadership to PCN activities and activities of the working groups.



Natalie Kulyk, Interior Health Representative & Co-Chair

Natalie is the Director of Clinical Operations, 100 Mile House, Public Health for IH West, and Community and Primary Care for the Cariboo Chilcotin. Before stepping into her current role in March 2020, Natalie was

the Home and Community Integrated Services Manager for the Cariboo Chilcotin and before that she was the Manager of Acute Services in 100 Mile House.



Jill Zirnhelt, Central Interior Rural Division of Family Practice Representative & Co-Chair

Jill is the Executive Director of the CIR Division of Family Practice. She has been with the Division for seven years, four of those years as the Executive Director. Jill has a degree in business administration,

and her previous employment has included many aspects of business including financial planning, marketing, business planning, and facilitation.

Doctor Representatives



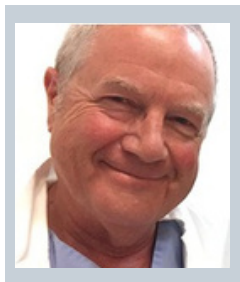
Dr. Rob Coetzee - Rural/Remote Family Practice Representative

Originally from South Africa, and recruited to the Chilcotin from Antarctica, Dr. Coetzee arrived in Canada in May 2014. Rob is ideally suited to practicing in the 5 remote communities west of Williams Lake where he spent several years commuting up to 7 hours along bumpy dirt roads to visit the more distant First Nation communities. Recently he limited his travels and now works in Ulkatcho and Tatla Lake clinics.



Dr Glenn Fedor - Williams Lake Family Practice Representative

Dr. Glenn Fedor has been practicing medicine and supporting learning in Williams Lake for over 40 years, although he originally planned to stay only 2 years. His passion, to motivate those around him to embrace change for the better, makes him an ideal member of the PCN Steering Committee. A strong believer that balance is the key to life, Dr. Fedor inspires others to have fun and make the most out of life. For these and many other reasons, we are thrilled that he joined the team in February 2022.



Dr. Bruce Nicolson, 100 Mile House Family Practice Representative (outgoing)

Dr. Bruce Nicolson is a UBC graduate who travelled to New Zealand and Australia to train and learn additional surgical and anesthetic enhanced skills before returning to locum for six months in 100 Mile House BC in 1978. Since then, he has practiced continually in the community (with sabbaticals in 1984 and 1993 to engage in more enhanced skills training), providing both office- based services as well as emergency department coverage, including emergent care, surgery, anesthesia, and obstetrics. Dr. Nicolson has had occasion to deliver two generations of some families in 100 Mile House!



Dr. David Ramorasata, 100 Mile House Family Practice Representative (incoming)

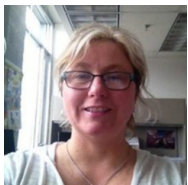
Dr. Ramorasata grew up in Madagascar, and lived in South Africa for some time before coming to Canada. He began practicing medicine at Exeter Medical Clinic in March of 2010 and maintains a full practice. He enjoys living and working in a small community and finds the people here are laid back and genuine.

First Nations Representatives



Connie Jasper, Tsilhqot'in Nation Representative

Connie was raised in the Chilcotin, and completed her Business education through Cariboo College, then UNBC and TRU. Connie has worked with TNG since 2010 and was instrumental in developing the TNG Health Program. She now oversees the provision of community-based health services.



Nancy LaPlante, Ulkatcho (Dakelh Dene) Representative

Nancy LaPlante is the Health Director for Ulkatcho First Nation. Following 10 years of primary care experience as the Regional Decision Support Specialist with Ontario's Community Health Centers, she joined the Ulkatcho health team in December 2021. When not working, Nancy enjoys Taekwondo, snowshoeing, camping with loved ones and now, being new to Anahim Lake, getting to know the beautiful territory of the Ulkatcho First Nation!



Lori Sellars, Secwepemc Nation Representative

Lori Sellars has been the Executive Director of Three Corners Health Society for seven years. She was raised in Xat'sull (Soda Creek) and entered the nursing program at Cariboo College where she completed her degree in 1993 at TRU in Kamloops. She then went on to complete a Masters of Nursing in Nanaimo. After working for Health Canada and then FNHA in Vancouver, Lori returned to Williams Lake to give back and share her strengths with the communities.

Nurse Practitioner Representatives



Patrice Gordon, Rural/Remote Nurse Practitioner Representative

Patrice Gordon provided mobile health care to the Chilcotin region and the Tsilhqot'in First Nation since 2007. In 2021, she retired from her permanent NP practice with Interior Health to focus on international humanitarian work. Patrice is active with the Canadian Alcohol Use Disorder Society, and does consultant/advisory work with the Canadian Red Cross and International Medical Corps. She has studied International Medicine and Public Health, as well as International Disaster Management, and has been deployed around the world with the Red Cross.



Colleen Patenaude, Williams Lake Nurse Practitioner Representative

Colleen Patenaude is the PCN NP working for the North Secwepemc communities, hosted in the Three Corners Health Society's clinic in Williams Lake. Colleen completed her BSN at the Thompson Rivers University and her master's degree as a Family Nurse Practitioner at the University of Northern British Columbia. Throughout her career, she has worked as an ER and ICU nurse at Cariboo Memorial Hospital, and since graduating as a Nurse Practitioner has been working as a Primary Care Provider in the Northern Secwepemc communities.



Leah Young, 100 Mile House Nurse Practitioner Representative

Leah Young has been an NP with the Exeter Clinic in 100 Mile House since 2018. Originally from Victoria, Leah worked as an RN as well as a Nursing Instructor prior to completing her Master's Degree. She enjoys Family Practice and mentoring NP students. She is excited to see the vision of PCN becoming a reality. With another NP joining the clinic and recently obtaining access to a respiratory therapist, multidisciplinary, team-based care has been born.



Cultural Safety Corner - Watch, Read, Listen, Follow



MOVIES



Braves Wear Braids is a documentary that looks at the spiritual meaning of braids, and the struggles faced by Indigenous youth to keep this important piece of the culture alive through interviews with Ethan Bear, elders, and other Indigenous men who speak to their own personal experiences with their braids. Available on YouTube.



Podcasts



Warrior Life by Pam Palmater is a fiery podcast hosted by renowned Mi'kmaq lawyer Dr. Pam Palmater. She takes her warrior heart and pours it into this podcast where she interviews grassroots

activists, Indigenous leaders, and knowledge keepers shining light onto important topics. Check out the episode 'Confronting Systemic Racism in Health Care' on Apple Podcasts and Spotify.



MUSIC



The North Sound is ever-changing with lyrics spanning across haunting metaphors and a sound balanced between today's modern production and the era of Gram Parsons and Emmylou Harris blazing the highways. Formed in

2014 by Forrest Eaglespeaker supported by his partner Nevada Freistadt, The North Sound was created as a way to share stories in keeping true to Forrest's Blackfoot identity and traditions from Treaty 7 Territory. Streaming available on Spotify & Apple Music.



FOLLOW



@indigenouspeoplesmovement is a global coalition bringing awareness on issues affecting Indigenous people from North & South America, Oceania, Asia, Africa & the Caribbean.

Education & Learning



Connecting Indigenous Cultural Safety and Addressing Racism in the Health Care System with Harley Eagle presented by UBC Learning Circle, UBC Centre for Excellence in Indigenous Health and FNHA Presented by UBC Learning Circle, UBC Centre for Excellence in Indigenous Health and FNHA Since making public in 2020 the In Plain Sight Addressing Indigenous Specific Racism and Discrimination in BC Health Care and as some parts of the health care system strive to bring life to the recommendation there has been an increase in trying to understand a way forward. In the workshop, Indigenous Cultural Safety consultant, Harley Eagle will make the connection between Indigenous Cultural Safety and addressing systemic racism and identify some possible ways forward

When: Tuesday, April 12th, 2022

Time: 10-1130am Registration:

https://us02web.zoom.us/webinar/register/WN_IUqMQ8hMQ4yrQOUH12TxiA