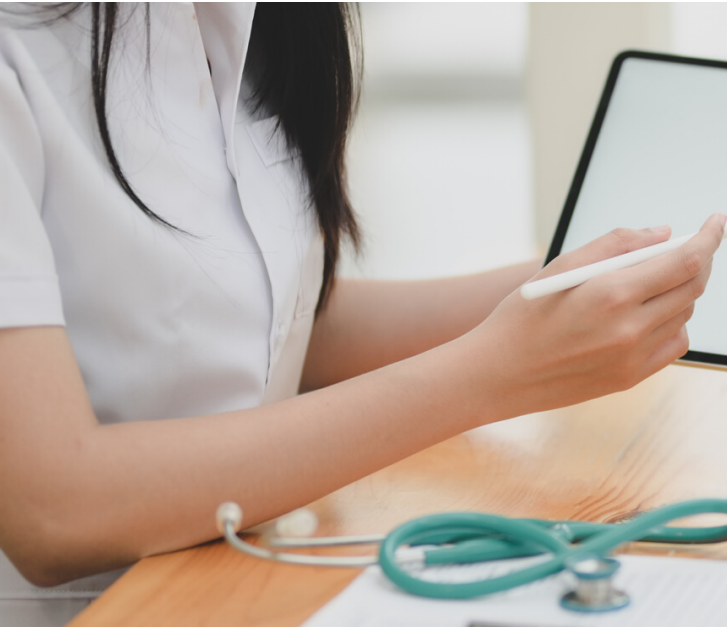


Central Interior Rural Primary Care Network

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



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

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What is a Primary Care Network?

A Primary Care Network (PCN) is a network of health care providers located in a geographical area, with patient medical homes (PMHs) at the centre. The PCN is led and supported by the Division of Family Practice, the Health Authority, and local First Nations partners.

In a PCN, physicians, nurse practitioners, other health care providers, health authority service providers, and community organizations work together to provide all the primary care services a local population requires.

All health care providers are supported by team members working to their full scope and strengths. The team-based care approach enhances the patient experience by providing care in the right place, at the right time, with the right practitioner.

For more information on Primary Care Networks:
<https://gpscbc.ca/what-we-do/system-change/primary-care-networks>

KEY TERMS

Primary Care: Your entry point into the healthcare system. It includes the initial care, treatment and follow-up of various conditions as well as referrals to the rest of the health system when needed. It also encompasses the promotion of wellness and prevention and management of chronic diseases and injuries.

Patient Medical Home: A clinic or doctor's office where patients get the majority of their care. It builds on what doctors and nurse practitioners are already doing and takes the practice to the next level. GPs and NPs get more consistent support from teams, networks, and clinical services in the community and use data to make decisions.

Division of Family Practice: Divisions of family practice are community-based groups of family physicians working together to achieve common health care goals. Divisions work collaboratively with community and health care partners to enhance local patient care and improve professional satisfaction for physicians.

First Year Overview

The Partners in the Central Interior rural area submitted its PCN plan to the Ministry of Health in July 2019. In September of 2020, the Ministry confirmed approval of the Plan to bring \$4M in primary care resources to the region, and hence the Central Interior Rural PCN (CIR PCN) was born. This plan covers the geographic areas of 100 Mile House, Williams Lake, the Northern Shuswap, Chilcotin and Ulkatcho.

The PCN incorporates every clinic, health centre and primary care provider within the region.

During the first year, the following new resources have been added to the region's primary healthcare system:

- A part-time primary care Social Worker began in 100 Mile House in November. 2020
- A Nurse Practitioner began working in Ulkatcho in January 2021
- An additional Nurse Practitioner will begin working with the Secwepemc Nation at Three Corners Health Services Society (TCHSS) in April

What Comes Next?

As we move into the second year of establishing this new way of doing things, we anticipate bringing in more resources to further enhance our network of health care practitioners. The resources we will be recruiting will come on board after April 1st and will include:

- 1 Nurse Practitioner in 100 Mile House
- 1 Registered Nurse for Bridge Care Virtual Clinic
- 1 Social Worker in 100 Mile House
- 1 Mental Health Clinician in Williams Lake
- 1 Registered Dietician in 100 Mile House
- 1 Mental Health Child & Youth worker to service the Secwepemc Nation
- 1 Traditional Wellness Coordinator in Ulkatcho
- 1 Aboriginal Patient Navigator in the Cariboo Memorial Hospital in Williams Lake

We have yet to fill 4 additional NP positions, 2 for the Tsilhqot'in and 2 for Williams Lake, as well as a respiratory therapist position. The recruitment of these 5 resources has carried over to year 2 activities.



Not sure what Team-Based Care is? Stay tuned for the next issue where we will discuss what it is and how it benefits patients.

Nurse Practitioner for Ulkatcho



Carolyn DiGuistini Nurse Practitioner in Ulkatcho

Carolyn DiGuistini joined the PCN team in January 2021 as the Primary Care Network Nurse Practitioner in Ulkatcho First Nations.

Ulkatcho First Nations is a Dakelh Dene First Nations with their clinic in Anahim Lake, at the western edge of the Chilcotin Region.

Carolyn has been a Registered Nurse for 20 years and recently completed her Nurse Practitioner qualifications through Athabasca University. She has enjoyed working in First Nation communities for the last 13 years including her most recent role as the charge RN for First Nations Health Authority in remote locations inclusive of Ulkatcho.

Carolyn resides in Bella Coola and will be commuting weekly. She enjoys being a mother to three natural and two stepchildren and a very proud grandmother of two grandchildren. Her hobbies include gardening, canning, wild-crafting, and running in the bush with her dogs.

Nurse Practitioner for Secwepemc

Colleen Patenaude was born and raised in the Cariboo and is excited to be accepting a Primary Care Network position as a Nurse Practitioner for the people of the Northern Secwepemc. She will be providing primary care services at Three Corners Health Centre as well as in the community.

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.

When Colleen isn't working she enjoys spending time with her family, ranching, riding her horses, spending summer weekends at Quesnel Lake, camping and exploring this beautiful area that we are so fortunate to call home.





NP, Patrice Gordon & Elder Madeline Lulua

Patrice Gordon is a retired NP who worked in the Chilcotin where she travelled to eight communities between Toosey and Anahim Lake. When talking about her work, she states, "I soon came to know the community well, developing close relationships with patients and their families, journeying with them through their sorrows and their joys. The opportunity to work closely with the Tsilhqot'in people, learning about their traditions and trying to learn the language, is a rare and treasured gift."

Position Profile: Nurse Practitioner

Nurse practitioners (NPs) are registered nurses who have completed Master's or doctoral level clinical education. They have advanced practice-nursing skills as leaders, program developers, educators and researchers who can be consulted by other healthcare team members. Many NPs also have doctoral preparation such as a Ph.D. in nursing or Doctor of Nursing Practice (DNP).

NPs work as primary care providers and across all health care settings. They can diagnose and treat medical conditions, order and interpret tests, prescribe medications and refer to specialists.

NPs are health-care professionals who treat the whole person, an approach that includes addressing needs relating to a person's physical and mental health, gathering medical history and providing options for health. They focus on how an illness affects a person's life and family. They engage in a person-centred approach to foster a healthy life, and they teach people how to manage chronic illness.

Central Interior Rural Primary Care Network Partners



First Nations Health Authority



Tsilhqot'in Nation



ULKATCHO
First Nation

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