November 2021 | ISSUE 5

Central Interior Rural Primary Care Network

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



Primary Care Network Update

Who We Are

The CIR PCN consists of a dedicated team working to bring together and support new and existing health care practitioners to deliver interprofessional, teambased, culturally safe care in the region.

- PCN Steering Committee (to be introduced in our next newsletter)
- · Operations Committee
- Debbie Grimes, PCN Manager
- Kelly Dillon, Interior Health, PCN Manager
- Joanne Meyrick, Change Management Lead
- · Caitlin Foote, Executive Assistant
- Tanya Kielpinski, Recruitment & Retention Lead
- Allie Grey, Cultural Safety Bridge Care Virtual Clinic Lead
- Nicola Terbasket First Nations Health Authority
- Sheena Raffle, Secwepemc Health Caucus
- · Sarah Fletcher, Evaluation Lead
- Jane Barnett Practice Support
- Paula Kully, Communications Consultant
- · Lisa Demers, Evaluation Consultant

What We Do

- Support the PCN Steering Committee
- Work with clinics to develop new workflow & referral patterns
- · Facilitate and track patient attachment
- Develop and implement an evaluation plan that informs ongoing PCN decision-making
- Connect with local First Nations community-based health teams
- Facilitate the provision of Culturally Safe primary care
- Develop & implement a Communications Plan
- Recruit new clinical resources
- Provide PCN orientation to new clinical resources
- Integrate new clinical resources into clinics and primary care network

PCN Progress at a Glance

Core Activities

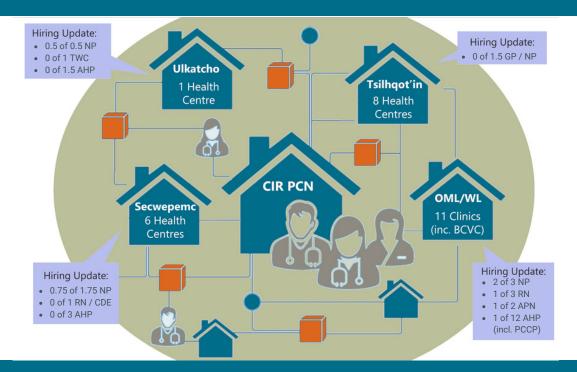
Communications: Key messages have been developed, along with a toolkit of resources (graphics, photos, etc.), which continues to expand as we create our monthly newsletters.

Governance: the PCN Steering Committee is currently experiencing some turnover in partner representation and is seeking a new Williams Lake physician representative.

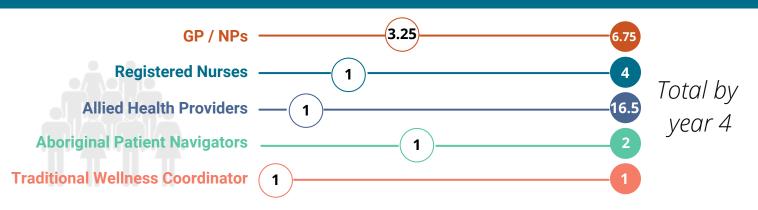
Evaluation: Two surveys were launched to collect baseline information regarding access and patient experience. We are currently gathering qualitative information from new PCN clinical resources, and the clinics they work in regarding their hiring experiences and how joining the team has impacted the practice. All resources & processes are developed in close collaboration with FN partners to ensure questions and approaches are Culturally Safe.

HR: We are considering an alternate approach to PCN resource allocation next fiscal year by posting various AHPs positions to see where the interest lies and capitalizing on that interest rather than limiting postings to identified priorities and not receiving applications.

Current Resources Status



Hiring Targets

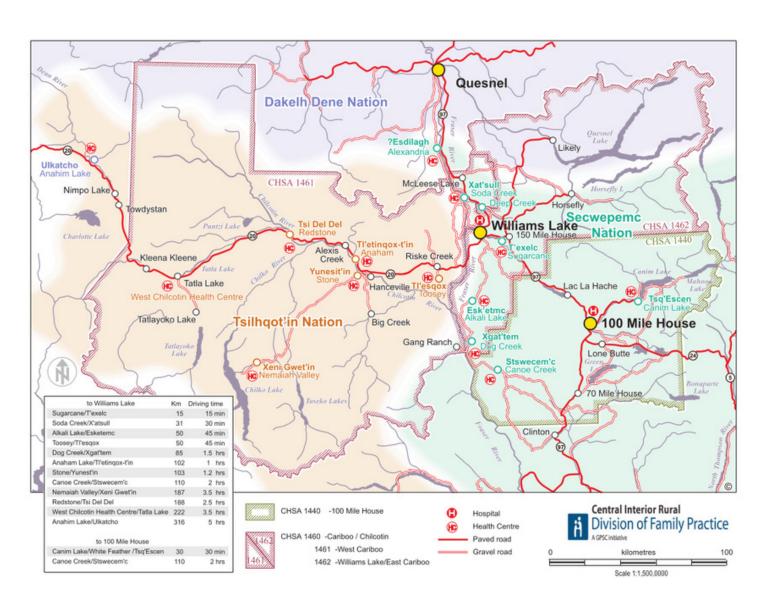


History of the CIR PCN

The Primary Care Network (PCN) initiative is a new, integrated system of delivering health care that has been launched across BC by the Ministry of Health. In a PCN, primary care providers (including physicians, NPs, allied health, IH) work together and with community organizations to meet the primary care needs in the area..

The CIR PCN was established with the planning partners, consisting of the Central Interior Rural Division of Family Practice, Interior Health, North Secwepemc First Nation, Tsilhqot'in First Nation, and Dakelh Dene First Nation (Ulkatcho), each developing a needs assessment of their respective communities within the Region. These assessments provided the framework for the PCN Service Plan, which was approved in the spring of 2020. The CIR PCN is now in year 2 of a 4-year implementation schedule that will bring over \$4M of new resources into the region annually.

The CIR PCN covers the vast area depicted on the map below and is governed by a Steering Committee that represents the whole area. Representatives include Interior Health, Divisions of Family Practice, the three First Nations in the region, three physicians and three nurse practitioners that represent practice in 100 Mile House, Williams Lake, and remote communities.



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.

Cultural Safety Corner

Welcome to the Cultural Safety Corner! In future issues, this space will feature regular, local and regional cultural safety and humility resources that our team gathers and discovers. But first, to answer a few questions; what is cultural safety and why is it important?

Cultural Safety is an outcome, based on respectful engagement that recognizes and strives to address power imbalances in the health care system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care.

Cultural Humility goes hand-in-hand with cultural Safety. It is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another's experience.

(Definitions are taken from FNHA's document "Creating a Culture of Change". For an expanded definition of Cultural Safety and Humility please check out our Summer 2021 PCN Newsletter.)

Why are Cultural Safety and humility training valuable? Check out this in-depth overview of the importance of Cultural Safety and humility training from the BC Visions Journal.

In the meantime, here is a sneak peek at some of the exciting resources we are looking forward to sharing with you each month:



Watch, Read, Listen:



MOVIES

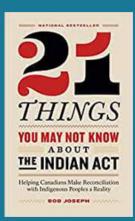
Portraits from a Fire - directed by Trevor Mack, follows a teen who spends his days recording and vlogging his Indigenous community and hanging out with his grandparents. That is until he meets an older, influential teenager who pushes him to show his latest work about his family to the community.

View Trailer Rent or buy on Google Play





BOOKS



21 Things You May Not Know
About the Indian Act: by Bob
Joseph is based on a viral article.
Joseph dissects the complex
issues around truth and
reconciliation, and clearly
demonstrates why learning about
the Indian Act's cruel, enduring
legacy is essential for the country
to move toward true reconciliation.



Reclaimed with Jarred
Martineau is a weekly series on
CBC Radio that explores the
many worlds of contemporary
Indigenous music from
traditional songs and acoustic
sounds to Native hip-hop, R&B,
and the dancefloor-filling beats
of electric powwow.



Primary Care Nurse Occupation Profile

Registered nurses in primary care are also known as "family practice nurses" and "primary care nurses". They serve people of all ages and form long-term, continuous relationships with patients.

Registered nurses may:



provide prenatal care, well-baby check-ups, pap and annual exams.

help you navigate the healthcare system and transitions between settings





perform routine immunizations

conduct preventative screening





coordinate and implement primary care-based programs for healthy living

connect/refer you to other professionals, services and support in your community





provide mental health and addictions support

work with you to understand your medications





support illness management (diabetes, asthma, COPD, heart disease, high blood pressure, etc.)

provide health education



Welcome Michelle Murray



Michelle Murray is the new PCN Registered Nurse at Bridge Care Virtual Clinic.

Michelle comes to the PNC with a wealth of knowledge and experience. She graduated from Sault College in Sault Ste. Marie, Ontario in 1992. Shortly after, she moved to BC where she worked in Williams Lake, mostly in the emergency room.

In 2018, Michelle left Interior Health and joined Doctors Without Borders. She worked in the Middle East for 20 months including in Lebanon for 10 months where she was the Nurse Supervisor for 6 primary care clinics.

In her role at Bridge Care, Michelle will support overall patient care through a wide range of services such as follow-up after a physician visit, patient referrals, ensuring results are reviewed, interpreted, and reported to patients in a timely manner, and so much more. Michelle intends to focus on chronic disease management, providing better longitudinal care and supporting health care with group projects such as wraparound care that looks at the whole patient.