

# CENTRAL INTERIOR RURAL PRIMARY CARE NETWORK

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

## MESSAGE FROM THE CO-CHAIRS

With the arrival of spring, we embrace not only a seasonal shift but also a pivotal moment in our Primary Care Network journey. Over the past four years, we've collaborated as partners to establish and build a PCN for our region. Now, we pivot towards the important task of maintaining and enhancing the system we've created.

Findings from the sustainability report and evaluation done over the last four years will soon be shared with the PCN Steering committee, partners and the public. These insights represent our collective teamwork and commitment to advancing primary care in our communities.

We're excited to announce the upcoming opening of the Williams Lake Primary Care Hub this spring. This clinic, owned and operated by IH and developed in collaboration with the Division, will serve as the new home for our PCN Allied Health Team. This milestone reflects our dedicated teamwork and signifies the culmination of our efforts during the implementation phase of PCN. Furthermore, it marks the transition into a phase of continuity and growth, with space for GPs, NPs and additional clinicians as we continue to recruit and fill our remaining PCN positions. The clinic's launch is a testament to our shared commitment to enhancing primary care services in the region. As always, let us continue this work together.

Jill & Kelly  
CIR PCN Steering Committee Co-Chairs

## WHAT'S INSIDE?

DAHOOJA / DZIN GUZUN / WEYT-KP / GOOD DAY!

DAKELH / TSILQOT'IN / SECWEPEMC / ENGLISH

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

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### REMINDER:

PLEASE USE THE ZERO-FEE ATTACHMENT CODE [97630](#) WHEN ATTACHING ANY NEW PATIENTS.

# PCN UPDATES



**1.** Hired the PCN RN for Atwood Clinic - started Jan 29th.

**2.** PCN Virtual Hub continues to average 50/60 referrals per week from FPs/NPs, CMH and 100M hospital, and community services.

**3.** IH & Division staff continue to plan for the Williams Lake Primary Care (WLPC) Hub implementation, opening this spring.

**4.** Hosting PCN support lunches with PCN AH Teams and FP Clinics. Goal: revisit PCN with clinics and explore how to use PCN, collaborate on ideas, and check on referral process.

**5.** Submitted and approved for 5 net new resource requests through PCN for additional NP positions. Postings are up for new NP positions in Foundry, Atwood, OMH - Clinic TBD, and WLPC Hub; work ongoing to post TNG position.

**6.** Supporting Secwepemc, TNG and Ulkatcho Nation Health Directors in PCN resource vacancies - including recruitment and hiring efforts and holding discussions on redistributing vacant Nation resources to the WLPC Hub.



# PCN STAFF CHANGES

## ROWAN BEAULIEU: THREE CORNERS CHILD & YOUTH MENTAL HEALTH CLINICIAN, RESIGNED



Rowan Beaulieu, the Three Corners Child & Youth Mental Health Clinician for the Secwepemc Nations, has resigned from his position. We are grateful for Rowan's contributions and wish him the best in the next chapter of his career.

# CIRD STAFF CHANGES

## ALLIE GREY: PCN & INTEGRATION PROJECT LEAD



After a great 4 years, Allie Grey has submitted her resignation. Most recently, Allie has been in the role of a Project Lead, supporting the integration of new providers and managing our PCN. She will be dearly missed by the team! Her last day is March 28th. She has taken on the role of Transformation Lead for IH West with Interior Health and we look forward to continuing to collaborate with her as a partner. Please help us wish her well in the next stage of her career.

# PCN SUPPORT LUNCHES



Division and IH PCN staff, with support from PCN Allied Health team members, are hosting support lunches with the family practice clinics in Williams Lake, 100 Mile House and Tatla Lake to reengage around our CIR PCN supports. These sessions are an opportunity to check-in, ask and discuss specific questions, and talk about team-based care. We've had great sessions with lots of dialogue and learning opportunities for both clinic and PCN staff with Cameron, Cariboo Mall and the West Chilcotin health centre. We're currently planning visits to the remaining FP clinics. and hope to visit all the clinics by the summer. .

# NURSE IN PRACTICE - APPLY NOW!

In our January newsletter, we highlighted the ministry's new Nurse in Practice (NinP) program, a component of the PCN refresh, offering family practice clinics the opportunity to build capacity through team-based care. For more details on the program and how to apply visit: <https://www2.gov.bc.ca/gov/content/health/nurse-in-practice-program>.

The CIR PCN currently has four PCN RNs working in clinics in 100 Mile House and Williams Lake. These positions were allocated for through the original PCN service plan prior to the NinP program. We hired our first PCN RN, Josephine Nicklin, in fall 2022, and as we wrapped up PCN implementation over the last year, we were able to expand the program and offer PCN RN positions to additional clinics. Through this expansion, we've successfully hired RNs for Atwood, Foundry and Cameron Clinics.

The PCN RNs are already having a positive impact and helping to address various clinic needs. Their scope of practice can be tailored to each clinic's needs, and priority patient groups can be identified for the RN to work with. Meet the CIR PCN RNs below, explore their various scopes of practice, and learn more about how a nurse can assist you in your clinic.



**JOSEPHINE NICKLIN**  
**CLINIC: CARIBOO**  
**MALL**

**Certified/Advanced Practice:** STI Management & Cervical Screening.

**Day-to-day:** "As needed, I assess patients prior to the practitioner seeing them and do any interventions/evaluations needed to facilitate their care needs. I also support the clinic with injections, staple and suture removals, ear syringe, wound care and simple dressings, immunizations, cryotherapy, STI management, Pap test and teaching for new self-screening, cognitive assessments (MOCA, MMSE), chronic disease management, assist w/ driver exams, form education, blood pressure monitoring, well baby checks, and more. I feel our clinic flow has improved along with patient satisfaction having a nurse present. I have time to spend with patients, do a BP or med check or spend a few extra minutes to see if they need anything. The patients seem to appreciate the extra attention."

**Favorite re-charge routine:** "I live on Lac La Hache, so I am very fortunate to wake up to the view of the lake every morning, which is a recharge itself. I enjoy getting out to walk or snowshoe on the lake in the winter and paddle in the summer. Can't get enough of going outside after work and enjoying the sunshine and getting my feet in the water or on the grass. Being grounded is very important to me."



**KATHRYN HADDEN**  
**CLINIC: ATWOOD**

**Certified/Advanced Practice:** Currently I am enrolled in the Primary Care Nursing course through UBCO and I am registered for BCIT's Pelvic and Dysrhythmia courses later this spring. In the future I want to take the wound care and STI courses through BCIT.

**Day-to-day:** Currently my day to day consists of calling unattached clients from the 811 list and attaching them to our new doctors that are arriving in the next few months. I also am working to help the clinic catch up on all their follow up phone calls for PAPs, Colonoscopies, and Mammograms. I find this piece of preventative medicine very rewarding! When I am not making phone calls, I am in the nursing lab working with patients.

**Favorite re-charge routine:** I am really focusing on creating healthy habits that can be incorporated into my full-time position at the clinic. Exercising, meal prepping, spending time with my three boys and husband helps me take time to relax and be ready for the work week.



AMANDA SIMPSON  
CLINIC: CAMERON

Certified/Advanced Practice: I am currently enrolled in a Diabetes Education course.

Day-to-day: Supporting the clinic for tasks such as injections, ear irrigation, immunization, wound care, cognitive assessments, new client health history, medication reconciliation, client education, connecting clients with community services and counselling through life transitions.

Favorite re-charge routine: Exploring the region through hiking, kayaking/paddle boarding or biking with my children.



TANYA TASCHUK  
CLINIC: FOUNDRY

Certified/Advanced Practice: Started the STI and Contraceptive management course.

Day-to-day: A lot of my day has been getting to know the clients and other staff. If the doctor is in, I usually sit in on appointments with him. Now that clients know I am here, I am starting to see them independently. So far there hasn't been limits on my time and I sometimes get to spend an hour with the clients. I triage clients to Foundry services and help them access information, assessment and referrals for other services.

# PATIENT STORY

As the PCN Social Worker, I deeply value the collaborative environment within our team and our ability to work together seamlessly to address the complex needs of patients. It's incredibly rewarding, and one aspect I particularly appreciate is our flexibility to adapt our approach to ensure patients receive the most appropriate care without unnecessary hurdles. Here are a few examples of how the PCN allied health team has worked together to care for patients and ensure they are receiving low barrier access to the most appropriate care:

Recently, I received a referral better suited for the Dietitian. Instead of referring back to the PCN HUB, I arranged for the Dietitian to join me during my visit with the patient, ensuring a smooth transition to the more appropriate service.

In another instance, a patient with English as a second language was referred needing both social work and mental health support. Instead of scheduling separate visits, the Mental Health Clinician and I collaborated, and met the patient together. The Mental Health Clinician was able to provide interpretation which resolved communication barriers, and we were able to address both the mental health and social issues during a single visit, streamlining the process for the patient.

This collaborative, proactive problem-solving approach is also extending beyond our PCN team, to other healthcare and community services. Recent collaboration between myself and Home Health and Seniors Mental Health services led to a positive outcome for a vulnerable senior. By pooling resources and expertise, we expedited the application process for a Temporary Rate Reduction, significantly enhancing the quality of life for this senior.

I believe a collaborative, team-based care approach is important to the success of our PCN allied health team and is integral to providing quality care to those we serve.



Barb Jones  
Williams Lake PCN Social Worker

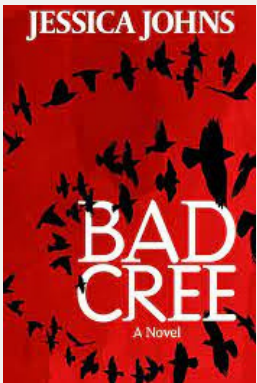
# CULTURAL SAFETY CORNER

## WATCH

**Sugarcane** directed by **Julian Brave NoiseCat** and **Emily Kassie**. This 2024 documentary follows an investigation into the St. Joseph's Mission residential school which ignites a reckoning in the lives of survivors and descendants on the nearby Sugarcane Reserve. It explores the lasting intergenerational legacy of trauma from the residential school system, including forced family separation, physical and sexual abuse, and the destruction of First Nations' culture and language. The documentary was bought by NatGeo coming out of the 2024 SunDance Festival and will be in theatres globally throughout the rest of the year, before it will be available for streaming on Disney+.



## READ



**Bad Cree** by **Jessica Johns**. **Bad Cree** is a horror-infused novel that centres around a young woman named Mackenzie, who is haunted by terrifying nightmares and wracked with guilt about her sister Sabrina's untimely death. The lines between her dreams and reality start to blur leading Mackenzie back to her hometown in rural Alberta where she finds her family still entrenched in their grief. With her dreams intensifying and getting more dangerous, Mackenzie must confront a violent family legacy and reconcile with the land and her community. **Bad Cree** was on contender on Canada Reads 2024.

## FOLLOW

@**brettstoise** and be prepared to laugh endlessly and maybe even shed a few tears (of joy) when you start watching Brett Mooswa's Tik Tok videos. The cultural impact he's making in online spaces is as on point as his comedic timing. Who knew educational content could be this entertaining? Follow him on Facebook, Instagram and TikTok.



## LISTEN

**The Bearhead Sisters**. The Bearhead Sisters are a musical trio from Paul First Nation, Alberta, Canada, who won the Juno Award for Traditional Indigenous Artist of the Year at the Juno Awards of 2023 for their album **Unbreakable**. The group, consisting of sisters Allie, Trina, and Carly Bearhead, perform traditional First Nations pow-wow music and they competed in the third season of Canada's Got Talent. You can find their music on Spotify, Apple Music and YouTube.