



# CENTRAL INTERIOR RURAL PRIMARY CARE NETWORK

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

## MESSAGE FROM THE CO-CHAIRS

In October, we took part in FPSC's Primary Care Partners Event co-chaired by Dr. Sari Cooper (DoBC) and Ted Patterson (MoH), celebrating the achievements of Primary Care Networks (PCNs) in BC to date. The event provided an opportunity for all primary care partners to come together, fostering learning, sharing, and the advancement of PCNs in BC.

During the event a high-level overview of the refreshed approach to PCNs was given, emphasizing five key components: empowering physician leadership and community connections, strengthening team-based care, creating opportunities for innovative PCN clinic models, engaging with First Nations, and reinforcing supports for patients.

As part of the province's commitment to strengthening team-based care, the Nurse in Practice (NiP) program enables family practice clinics to hire RNs and LPNs directly into their practices. The Expression of Interest (EOI) process begins this January, and you can learn more about the NiP program on page 5, including firsthand experiences from our very own PCN RN Tanya at the Foundry. Continued on page 3...

Jill & Kelly  
CIR PCN Steering Committee Co-Chairs

## WHAT'S INSIDE?

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

DAKELH / TSILQOT'IN / SECWEPEMC / ENGLISH

1. MESSAGE FROM THE CO-CHAIR 2. PCN UPDATES 3. NEW PCN CLINICIANS 4. NEW PCN CLINICIANS CONT. 5. PATIENT STORY 6. CULTURAL SAFETY CORNER

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

“

## REMINDER:

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

# PCN UPDATES



- 1.** Hired 1.0 FTE PCN Social Work position supporting Williams Lake (0.5 FTE) and 100 Mile (0.5 FTE).
- 2.** Hired 1.0 FTE PCN Clinic MOA supporting the Williams Lake and 100 Mile Allied Health Clinician team.
- 3.** Hired PCN Dietitian supporting 3 Corners Health Centre.
- 4.** Posted all PCN RN positions and hired for PCN RN postings in Atwood Clinic, Cameron Clinic, and Foundry.
- 5.** Hired and onboarded new Health Authority PCN Manager. Meet Deb Trampleasure on page 3.
- 6.** PCN Hub is averaging 50/60 referrals per week from family practice providers, CMH and OMH, and community stake holders.

**7.** Supported PCN Clinical Pharmacist transition from UBC support and integrated workflows into the PCN Clinic.

**8.** Continued to work with the Health Authority to build out the planning of the PCN Clinic implementation.

**9.** Continued planning for sustainability and looking at governance refresh post implementation.

**10.** Updated the structure of the PCN Change Management meeting to encompass Managers from each Health Center in community.





# CO-CHAIR MESSAGE CONT.

Continued from page 1...

The LFP payment model marked a significant milestone in BC's primary care transformation, changing how family practice physicians are compensated and deliver care. At the event, it was acknowledged that the new payment model introduced pay inequities between longitudinal care and other areas, such as facility-based care, maternity, long-term and inpatient care, and the unique needs of rural and remote communities. Doctors of BC and BC Family Doctors are working on expanding the model to address these areas soon.

Lastly, Deputy Minister of Health Stephen Brown spoke about the importance of collaboration, that can be both exciting and challenging, in primary care transformation, and the vision of comprehensive, well-funded team-based primary care that is linked to health authorities, community partners and local First Nations to serve all people in BC. PCNs are a foundational component to this transformation and creating a new well-functioning primary care system.

As we step into January, let's collectively embrace a renewed sense of purpose and excitement for primary care transformation in the region as we prepare to wrap up PCN implementation in April and look ahead to the PCN governance refresh. As always, let us continue this work together.

## WELCOME NEW PCN CLINICIANS!

### DEB TRAMPLEASURE: NEW IH PCN MANAGER



Deb joins us as the IH Manager for the Primary Care Network, Tatla Lake and Alexis Creek Health Centres from the regional Mental Health and Substance Use Network where she has worked both as a Practice Lead and most recently as the Manager of Aboriginal Mental Wellness. Prior to that, Deb held roles within IH Clinical Operations leadership, the Practice Support Program and the Division of Family Practice. Deb has worked extensively with the Secwépemc, Dākelh Dene and T̓silhqot'in Nations in rural clinical settings and in strategic health planning initiatives.

She is a long-term resident of the Cariboo with a 25+ year career as a Registered Psychiatric Nurse in multiple healthcare settings. Deb has a passion for building meaningful and reciprocal partnerships with the goal of learning, understanding and addressing complex issues in rural healthcare, supporting rural healthcare providers and elevating the strengths and distinct needs of First Nations and community led health systems and priorities. Deb is excited to be back focused on the Cariboo Chilcotin where she enjoys spending time with family, enjoying the beautiful outdoors and coordinating and enjoying live music with friends and artists in the vibrant community of Williams Lake.

### DEBBIE BEAULIEU: PCN CLINIC MOA

My name is Debbie Beaulieu, and I am excited to have joined the Central Interior Rural Primary Care Network. I am the Medical Office Assist (MOA) and will be working closely with the Patient Services Coordinator to support the PCN clinicians in the PCN Hub.



I have been with Interior Health for almost 9 years. Working for the Health Authority and closely with my colleagues, clients, and patients, continually inspires me. Being from Williams Lake First Nation (T'exelc) and having many role models in the community has provided me the mental tools to do my best, and to look after my physical and spiritual health. In saying this, I am truly blessed to be part of the Interior Health team supporting primary care for the many communities in the Cariboo.

# WELCOME NEW PCN CLINICIANS!

## ALISA WATTS: WL & 100 MILE HOUSE SOCIAL WORKER



I have over twenty years' experience working with individuals with complex needs, co-occurring disorders, and medical social work. My educational credentials are in Education, Special Education and Social Work. I have specialized therapeutic training in assessing learners with dyslexia, dysgraphia, dyscalculia, and various other learning disabilities. I also have training and experience in American Sign Language (ASL), to support to deaf and hard-of-hearing patients. Since 2017, I have intermittently shared my knowledge as a lecturer for the Education & Social Work Department at Thompson Rivers University in Williams Lake and Kamloops.

In 2004 I was publicly recognized at Provincial In-service Training in Vancouver by keynote speaker (Esk'et Head Start Coordinator and Elder) for my ongoing work in implementing a new collaborative alternate service delivery model of Early Intervention Services that meet the needs of Aboriginal children in community. I look forward to cultivating new networks within my role at the PCN to support vulnerable individuals. In my spare time I enjoy gardening, and yoga.

## TANYA TASCHUK: FOUNDRY PCN REGISTERED NURSE

I was born and raised in Williams Lake and I graduated from UNBC in 2003 with a BSN RN from UNBC with a special focus on rural healthcare. I worked two years in Med Surg and Gateway, and after a year of travel, went full-time into med/surg work before completing a critical care certification through Mount Royal in 2010. I worked in both the ER and HAU and love the quick pace of the ER, the variety of the work, and triage.



As the sole RN at Foundry, I am eager to contribute to the team's collaborative efforts and alleviate the workload for Dr. Fedor and Dr. Arani. I am learning a lot, and in the future, I will get certified in STI and contraceptive management. My vision is to be able to offer a wide range of nursing services, ensuring that youth have a reliable source of support when needed.

Outside of work, I have a passion for organizing spatial planning and flow. My husband and I are proud parents of two children who are involved in hockey and figure skating in the community. We enjoy getting outdoors to camp, boat and enjoy other fair weather outdoor activities.

## TATJANA BATES: THREE CORNERS REGISTERED DIETITIAN



Tatjana Bates has been practicing as a Registered Dietitian in Williams Lake and surrounding area for over 22 years. She completed a master's degree in human ecology in Halifax in 2000 and then ventured across Canada from the Atlantic Coast, Halifax to the Pacific Coast and then to Prince Rupert. Tatjana's adventures eventually landed her in Williams Lake in 2002, and she now considers Williams Lake home. Tatjana has worked in several capacities, including Certified Diabetes Educator, Acute Care, Long Term Care, Oncology, Home Enteral Nutrition, Public Health and leading Food Security initiatives.

She is passionate about growing local food opportunities and presenting nutrition in a personal and meaningful way. Tatjana is excited to be working with Three Corners and getting back out into First Nations communities to help make the connection to good food and our health. Tatjana enjoys gardening, hiking and cooking.



# PATIENT IMPACT STORY

## Enhancing Patient Care Through Collaboration: A Glimpse into Team-Based Primary Care at Foundry

Moving from acute care to a Primary Care Network Registered Nurse in Foundry was a big change for RN Tanya Taschuk, and this shift has brought about a unique perspective on patient care and team collaboration. Asked about her experience, Tanya notes, "The pace of Foundry is much different than acute care. I have time to sit with clients and not only address the need that brought them in but also ask about other areas and take a health promotion approach."

In the day-to-day routine of her role, Tanya emphasizes the significance of building connections. "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."

Foundry family doctor Glenn Fedor acknowledges Tanya's positive impact, stating, "Having the RN Tanya working in Foundry has been a great asset to the team. She brings skills and enthusiasm to the care of youth utilizing Foundry's services."

The Foundry team is a diverse mix of clinicians and support staff, and each play a pivotal role in creating a comprehensive approach to healthcare. "I'm still surprised at the number of different types of clinicians and team members that work through Foundry. From vocational, physical, cultural, emotional support... there is someone to help every situation. And because a lot of it is drop-in, there is less of a time barrier for the youth. It's so easy to just pop over and talk to a colleague for support or ask them to see a client."

Illustrating the impact of team-based care, Tanya shares two notable patient scenarios. "The first is a client that was referred from the school in crisis for assessment for depression. The counsellors weren't immediately available, so the client came to see me. I was able to spend time with them, determine their stressors, and reinforce some coping skills. Then I connected the client with the counsellors for follow-up, and at the end of their appointment they left smiling. The other was a client that came in with questions about gender care. I provided some medical information, but when they asked about where to buy binders, I was lost. I was able to refer them to a peer support who is competent in measuring binders, and the peer support helped the client access a binder."

Looking ahead, Tanya envisions her role as a crucial component in the Foundry's patient-centered approach. "I think I will be a big help for triaging clients to the services that are needed at Foundry. Especially for the doctors... many clients that come in don't necessarily need care from a doctor, more information, assessment, and referrals to services which is what I can provide. I hope I will also be able to ease the burden on other services such as the ER by providing nursing care when they have nowhere else to go. I hope to begin my STI management course in January so I can provide STI screening and treatment to youth in a safe and familiar setting."

Continued on page 6...



Tanya Taschuk  
Foundry PCN Registered Nurse

# PATIENT IMPACT STORY

Tanya's journey at Foundry highlights the potential of the primary care network nurse-in-practice initiative coming as part of the primary care network refresh happening in the new year, and showcases the impact of patient-centered, team-based care primary care clinics.

The "Nurse in Practice" initiative coming from the province as part of the PCN refresh offers an opportunity to integrate RNs and LPNs into family practices, enhancing team-based care, increasing support for patients, and building capacity for primary care providers. The RN or LPN role is meant to support practice staff in providing the best possible care for patients. The PCN RN also provides a strong connection to other allied health supports in PCNs.

The province will carefully manage the pace of implementation for the NiP initiative, and the Expression of Interest (EOI) process is set to begin in January. The program administration model is still under development, with the long-term goal of incorporating it into the Longitudinal Family Physician (LFP) model, and more information is expected in the coming weeks.

What are some of the benefits of having an RN in Practice?

- Improve patient care/outcomes
- Increase access
- Share workload and increase efficiency
- Increase attachment
- Reduce family doctors' burden, stress and burnout
- Allow physicians to utilize their medical skills to the maximum
- Improve provider satisfaction

What will the RN do in your practice?

The answer to this will be determined by you based on your panel/patient needs. Often a family physician will identify priority patient groups (i.e. diabetics) that the nurse will work with. Here are some examples:

- Works in collaboration with the family physician
- Prioritize referrals and screening of patient information
- Consults and collaborates with the interdisciplinary team
- Complex care and Chronic Disease Management visits (CDM)
- Performs comprehensive and focused assessments
- Prenatal, post-partum, and well-baby checks
- Vaccinations and injections
- Wound care and follow-up visits
- Supporting patient transitions and navigating services

# CULTURAL SAFETY CORNER

## WATCH

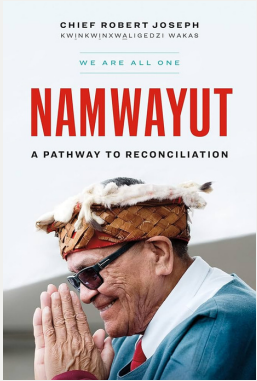
**The Grizzlies** by Miranda de Pencier. Based on an inspiring true story, *The Grizzlies* is a powerful film about the determination and resilience of a group of Inuit youth struggling with the legacy of colonization. When Russ Sheppard moves to Kugluktuk, NU, to be a teacher, he is shocked by the challenges facing the community, most especially the ongoing epidemic



of teen suicide. Russ introduces a lacrosse programme and gradually wins the trust of his students. Together, the youth find a sense of pride and purpose in themselves and their community. *The Grizzlies* was called “transcendently moving” by *The Hollywood Reporter* and has won multiple awards and has been screened to acclaim at film festivals around the world. \*Please note: this film has Indigenous producers, but not an Indigenous director. [ImagineNATIVE](#) defines an Indigenous-made film as one directed or co-directed by an Indigenous person. View a trailer [here](#) and is available to stream on Netflix or CBC Gem.

## READ

**Namwayut.** *We Are All One: A Pathway to Reconciliation* by Chief Robert Joseph. We all share a common humanity. No matter how long or difficult the path ahead, we are all one and reconciliation belongs to everyone. In this profound book, Chief Robert Joseph, Hereditary Chief of the Gwawaenuk People, and a leading voice on peacebuilding, traces his journey from his childhood surviving residential school to his present-day role as a leader who inspires individual hope, collective change, and global transformation. Before we get to know where we are going, we need to know where we came from. Reconciliation represents a long way forward, but it is a pathway towards our higher humanity, our highest selves, and an understanding that everybody matters. In this moving and inspiring book, Chief Joseph teaches us to transform our relationships with ourselves and each other.



## FOLLOW

**@dineaesthetics** Charlie Amáyá Scott is pushing the boundaries of what a social media influencer can be. As a Diné (person of the Navajos), trans-femme self-care advocate they aim to encourage joy and justice through their @dineaesthetics Instagram account. A scholar, educator, and blogger, they conduct workshops that focus on supporting Indigenous students in higher education and the colonising aspects of gender and sexuality. Informative and inspiring, their feed celebrates and advocates for Black, brown, and Indigenous Peoples, particularly those who are queer and trans.



## LISTEN

**Amanda Rheume.** Amanda Rheume’s rootsy, guitar-driven ballads introduce crucial dimensions to the world of Heartland Rock. In a genre characterized by anthems of underdogs, assumptions, and unfair advantages, Rheume’s sound and story crucially and radically expand the boundaries, geographic and cultural, to make space for new perspectives on resistance and resilience. A Citizen of the Métis Nation, and an active and proud member of the 2SLGBTQ+ community, Rheume’s music is indeed from the heart, and the land. Rheume has released 5 full-length albums over 15 years, and her 2013 *Keep a Fire* was nominated for a JUNO Award and won a Canadian Folk Music Award for Indigenous Songwriter of the Year. With her new single “100 Years,” a driving, surging Copperhead Road-esque journey through a wilfully, harmfully misrepresented chapter in a violent colonial timeline, Rheume makes a powerful statement about history and identity. Check out Amanda’s music on YouTube, Spotify, and Apple Music.

