



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 anticipated opening of the new Foundry and First Nations Wellness Centre in Williams Lake this Fall, our health care community is growing! The PCN Change Management team works closely with the GPs, NPs, and the allied health team in the integration, navigation, and support of new services into the existing health care landscape. A large focus is on figuring out how to all work together in providing quality care and access to the patients in the Cariboo-Chilcotin.

Building a strong partnership with our stakeholders requires good communication, trust, and a shared purpose or set of goals that are better achieved together. Using a team-based care model is one strategy to help with the ongoing challenges in healthcare. It is clear is that we must work together with partners who bring their own expertise and commitment to quality healthcare to the table. Let us continue this work together.

Warm regards,
Jill & Natalie
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.**

“

REMINDER:

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

PCN UPDATES



1. We interviewed a candidate for the PCN dietitian position for 100 Mile House with a potential start in September.

2. We held virtual meet and greets with 2 potential NP candidates and hosted 1 in person site visit for an interested NP.

3. We worked closely with IH and Exeter Clinic, to integrate new RN, Josephine, into their clinic.

4. We have integrated the primary care clinical pharmacist into two thirds of our clinics, with the remainder taking place throughout September.

5. We started an NP community of practice with monthly check-ins and quarterly events to increase collaboration among the CIR PCN NPs.

6. We have developed a PCN toolkit for clinics to help with integrating new PCN resources into their clinics.

7. We donated 5 iPads to the new Williams Lake Foundry* left over from an old CIRD project as a way to welcome them to the medical community!

*Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.



CULTURAL SAFETY TOOLKIT

The CIR PCN Cultural Safety Learning Opportunities for Providers Toolkit is here! The toolkit outlines the cultural safety education requirements for CIR PCN new hires and includes additional resources and training to further expand knowledge in our effort to support providers in providing culturally safe care.

Please note that the resources for Indigenous Cultural Safety is always evolving and that this resource list provides only a small fraction of the information that is available. To support ongoing learning the PCN Change Management Team is working on creating a cultural safety website that will have additional resources on cultural safety for providers. Keep your eyes on this space for more information to come on the website!

Central Interior Rural Primary Care Network Cultural Safety & Humility Learning Opportunities for Providers				
* Cultural safety training requirements for PCN hires can be found on www.cisatoolkit.ca				
LOCAL NATIONS				
The Central Interior Rural Division of Family Practice's health services area encompasses the traditional territories of 3 First Nations, the Tsilhqot'in, Secwepemc and Dakelh Dene and is comprised of 15 First Nations Communities.				
For more information on the 3 Nations please visit the following links:				
Secwepemc Nation: Secwepemc...sec-wep-emc Tsq'escw' (Canim Lake)...chess-ken Stswecem'c (Canoe Creek)...st-wet-lem Xat'lem (Dog Creek)...high-lem Xat'sull (Soda Creek)...hat-sull Xw'elc (Williams Lake First Nation)...teh-huwl Esk'etemc (Alkali Lake)...ess-ke-tem	Tsilhqot'in Nation: Tsilhqot'in...sil-ko-teen T'etl'itsh (Alexander)...ess-dey-la Tsi Del Del (Red Stone)...tsigh-dell-dell T'tetnoqox't'in (Anaham)...kleh-deen-ko-teen T'tesqox (Toosey)...kless-koh Xeni Gwet'in (Nemaiah Valley)...hon-ay-gwi-teen Yunesit'in (Stone)...hon-ay-gwi-teen	Dakelh Dene Nation: Dakelh Dene...da-kelh-de-nay Ukatcho (Anahim Lake)...uk-at-cho		
FOUNDATIONAL TRAINING	COURSE TYPE	COST	TIME	ACCRED
* REQUIRED FOR PCN HIRES	** ALL COURSES AVAILABLE ONLINE			
San'vas Indigenous Cultural Safety Training - BC Core Health	INTERACTIVE LEARNING SELF DIRECTED FACILITATED	\$300 *cost covered by IH	8 hrs approx. 5 modules; Access to course for 8 weeks	CCP Accredited 20 Mainpro+ credits
IH Aboriginal Cultural Safety & Humility (Learns: Course IDs 1844, 1843, 1845 & 1842)	SELF DIRECTED		4 hours per course; offered monthly on Wed from 1-5pm; Register via i-Learn through IH portal	8 USC CPD MOC 1 or Mainpro+ credits
SUGGESTED TRAINING				
FNHA Cultural Safety & Humility Webinars	SELF DIRECTED		11 webinars; 1 hr each; accessible at any time	
Deyen - An Invitation to Transform Canadian History through the lens of Indigenous Women	INTERACTIVE LEARNING SELF DIRECTED FACILITATED	\$297	8-12 hours over 7 wks; 4 modules; 2 hrs each + 2 Live Group Zoom calls; Access for 75 days	
ICS Collaborative: Indigenous Cultural Safety Collaborative Learning Series	SELF DIRECTED		14 webinars; 1.5 hrs each	
Indigenous Canada	SELF DIRECTED		21 hours approx.; MOOC (Massive Open Online Course)	
Indigenous Reconciliation Group: Indigenous Cultural Competence and Humility Course	SELF DIRECTED	\$249 + taxes	10 hrs + homework, complete by course expiry date	

You can find a copy with live links on the Division website [here](#). The toolkit will eventually live on the CIR PCN cultural safety website that is under development.



Smoking Salmon at the TNG Gathering, September 2022

NEW RN AT EXETER CLINIC

Josephine Nicklin joined the Exeter Clinic team in September as a new Primary Care Registered Nurse. She is excited to be back living in the Cariboo supporting primary care in 100 Mile House. She brings 27 years of nursing experience to this role from a variety of settings including ambulatory care, oncology, critical care, extended care, home health and, most recently, the Cancer Clinic at Royal Inland Hospital.

Josephine is looking forward to a new challenge in supporting longitudinal patient care in a primary care setting. At Exeter Clinic, Josephine will support overall patient care through a wide range of services. She is looking forward to helping the process of patient attachment and supporting Exeter's physicians and nurse practitioners with patient services.

The move to the Cariboo has fulfilled Josephine's dream of living on a lake in a cabin, and she is taking full advantage of lake life. When she isn't watching the sunset at the end of the day, she likes to keep active kayaking, hiking trails, and is looking forward to snowshoeing this winter.



PCCP VISITS TATLA LAKE

On September 9th Division staff took Nadheen, our Primary Care Clinical Pharmacist (PCCP), to visit the West Chilcotin Health Centre in Tatla Lake and chat with Dr. Rob Coetzee and his team about how the PCCP role can support his practice. Nadheen sees patients for comprehensive medication management focused on longitudinal care for his adult patients with complex conditions to both prevent and resolve any problems patients may be having with their medications. Nadheen's initial appointments are 60 minutes long, and she can work with patients to educate them about their medications and work through any barriers to access them.

In the CIRDC PCN the PCCP role is unique because it services all the communities in our health region supported by a prescriber, as far out as Ulkatcho. Our other PCN staff are designated to service a specific community – a decision made by the PCN Steering committee when creating the service plan for the CIR PCN. Nadheen will support our rural patients virtually or in person when patients travel into Williams Lake. At this time due to the high volume of referrals, we ask that referrals to Nadheen come from our family physicians and nurse practitioners only. For more information on referring to Nadheen and our other PCN staff, please refer to our [CIR PCN Toolkit](#) located on the Division website.



CULTURAL SAFETY CORNER

WATCH



[For Love](#) is a film of resilience and resurgence and seeks to illuminate the link between the residential school system and the over-representation of Indigenous children in the child welfare system. More importantly, it reveals how Indigenous Nations are revitalizing culture to strengthen children, families, and Nations. The film reveals how Indigenous communities are taking back jurisdictional control of their children to ensure that their unique and diverse cultures are preserved for generations to come. View a trailer [here](#) and stream on Netflix Canada after September 21.

FOLLOW

[@modern_warrior](#) Hey Colonizer! If you've seen any of Lance Tsosie's videos, you'll recognize this greeting. Lance is a Navajo TikToker who uses his platform to educate his 2.3 million followers on issues faced by Indigenous peoples and spotlight other creators within the community. We highly recommend watching his videos to self-educate. Find them on tiktok [here](#).

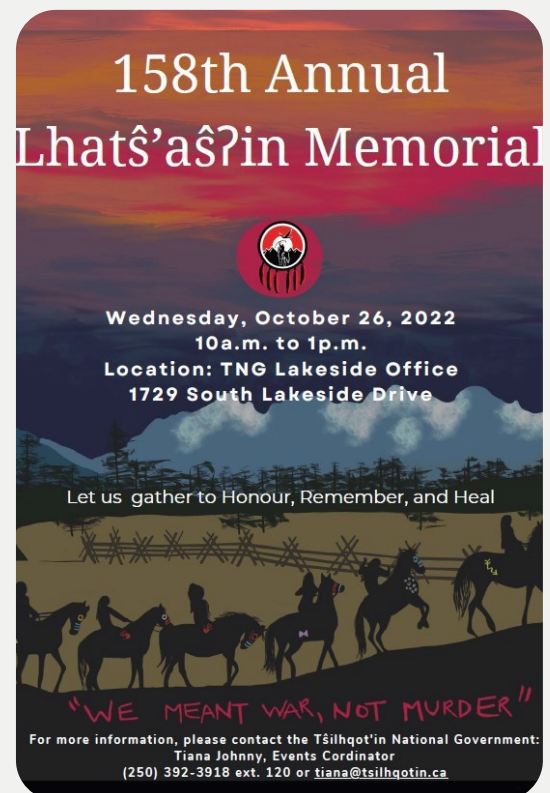


PODCAST

[Kuper Island](#) hosted by Duncan McCue is an 8-part CBC podcast series that tells the stories of four students: three who survived and one who didn't. They attended one of Canada's most notorious residential schools – where unsolved deaths, abuse, and lies haunt the community and the survivors to this day. Listen to a trailer [here](#) and find it wherever you get your favourite podcasts.



EVENTS



[Lhat's'aŝ'in Memorial Day](#) honours the six Tsilhqot'in chiefs who were hanged by the colonial government in 1864 and 1865 for defending their territory when a road crew entered the territory without permission of the Tsilhqot'in leadership. Find more information [here](#).

LISTEN



[George Leach](#) is a Juno award winning artist from the Sta'atl'imx Nation, and brings intense passion and dedication to every performance. His music covers soulful blues roots, slide guitar riffs on his double-neck Gibson, and traditional rhythms with a modern twist. His diversity and incredible vocal range touch on classic rock, balladry, funky and confident modern rock grooves. Streaming available on Spotify and YouTube. Listen to a sample on his website [here](#).