

- Celebrating Patient Partners
- PCN moves to K'ómoks First Nation
- PCN Dietitian
- TEAM UP! Free Webinar
- PCN Year in Review Lessons Learned
- Virtual Mental Health Treatment Groups
- Our Team - Comings & Goings

Celebrating Primary Care Network Patient Partners

The Comox Valley PCN is grateful to be able to engage with patient partners. The PCN patient partners guide us toward person and family-centred care - "an approach that fosters respectful, compassionate, culturally appropriate, and competent care that is responsive to the needs, values, beliefs and preferences of patients and their families". Patient partners have been involved in the service planning process, the design, and implementation of the PCN and we value their ongoing meeting attendance and input.

You will see patient partners present at our steering committee, most working groups and meetings providing us counsel on the experience of patients and their families. They also provide us with insight into patient centered communication. We extend our gratitude to our dedicated and wise patient partners seen here discussing the PCN Clinic Poster just this month.



Left: Ted Brooks, **Center L:** Jim Lyster, **Center R:** Edna Leask, **Right:** Kerren Shalanski



The PCN is pleased to announce that Indigenous Wellness Advocate Reina Thurmer and Indigenous Wellness Liaison Alex Jules have moved into offices on the K'ómoks First Nation in April 2022.

The PCN is working closely with the K'ómoks First Nation as they move to their own Health Services. We are privileged to be able to work and provide service to patients in this location.

Learn more here about Indigenous Wellness Advocate Services

PCN Dietitian

The PCN is adding a Registered Dietitian to the team.

During the week of April 13th, Family Physicians, local Elders, PCN Staff Members and Island Health staff will be holding interviews for the position of Registered Dietitian to join the PCN team.





The GPSC offers family physicians in BC incentives supporting them to work in a team-based care environment.

Physicians may choose to delegate tasks to a team member employed within or working within a family physician (FP) practice.

[Click here](#)



FREE WEBINAR

Team-Based Care

[Register Here](#)

April 21, 12-1pm

Reflections from the Field: Team-Based Care Networks & Communities of Practice

- Learn about different team-based care communities of practice and networks
 - Learn how communities of practice and networks support team-based care
 - Relate your experience(s) with team-based care to others working in primary and community care teams across BC.
- Identify opportunities for strengthening team-based care at your local sites.

Presenters

Dr. Sean Ebert, Rural BC Family Physician

Dr. Christie Newton, UBC Health
TBC@UBC Network

Lee Yeates - Registered Midwife, UBC
Health TBC@UBC Network

Nikita Soares, Doctors of BC

About Registered Dietitians

A registered Dietitian plays an important role within a primary care interprofessional team. They are a clinical resource on nutrition, chronic disease and dietary restrictions. They provide instruction and counselling to patients and groups on clinical diet regimens, appropriate foods, meal preparation and symptom management. They will assess patients/clients' nutritional needs and status, and develop nutritional care plans. Dietitians construct disease-specific diet plans, including carbohydrate counting and carbohydrate/insulin ratio instruction for insulin pump users, and for patients who use multiple daily insulin injection regimens.

The Dietitian will refer and provides expert advice and recommendations to agencies and community health services such as cardiac rehabilitation, home and community care, mental health, kidney care, and diabetes care.



Successes | Challenges | Relationships | Support | Team-based Care Lessons Learned

Share your valuable perspectives on the implementation of the Comox Valley PCN.

Your time will be funded for a 30-minute interview with PCN Evaluator, Jacque Kinney.

Please get in touch: jkinney@comoxvalleydivision.ca 250 650 4452

What we have heard so far.....

Successes

The expertise of AHPs – so nice to have someone with the time to support patients

Lessons Learned

Communication – we need to learn to communicate better

Time Commitments

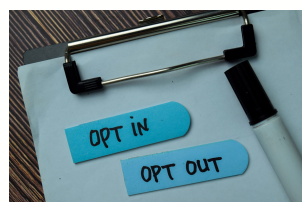
Scheduling for patients – leading to high work load for MOA

Challenges

Space and scheduling that works for all of us

Value to Clinic

Good value to the clinic – patients that see AHPs are the patients that really need care and support. When needs are met by going to the right person it allows clinic staff to invest in other things



Please contact us if you would like to **opt-out** of the PCN Update

comoxpcnadmin@comoxvalleydivision.ca

Relational Practice Session 2

SEATS AVAILABLE

Sat, April 23, Comox Marina Park
9-12.

Please email

comoxpcnadmin@comoxvalleydivision.ca
to register



SAVE THE DATE

Indigenous Diversity & Addressing Lateral Racism

TUES May 17- 6-9 pm

WED May 18 - 130-430 pm

THURS May 19- 9-12 pm

SAT May 28 - 9-12 p

Electronic Invitations will be coming out next week

Virtual Mental Health Treatment Groups

Tuesdays & Thursdays 10:30 - 12:00.



This is a two-part drop-in mindfulness & psychoeducational series. The series draws from the following modalities: Cognitive Behavioural Therapy (CBT), Dialectical Behavior Therapy (DBT), Mindfulness Practice, and Dr. Kristin Neff's Self- Compassion Practice.

Each day consists of a 20 minute Grounding/Mindfulness Exercise followed by a 10-minute break and a 60-minute Education Topic. Clients are encouraged to join in for the whole 90 minutes. Participants that are only able to take in the Education Topic can sign in 15 minutes before 11am. The schedule can be [found here](#)

Please [click here](#) for a letter from the MHSU Clinical Coordinator Arlene Hogan

PCN Welcomes Back... Audrey Jones

Audrey is excited to be back after a 9-month maternity leave (pictured here with her newest family member, Ava), and has been working on the handover of projects from her colleagues. Audrey will be supporting all Comox Valley practices following the handover from Seth Nanayakkara. Due to the transition the Practice Support Program (PSP) is undergoing this year, the team is running short-staffed, so response times may be a little slower. Audrey can support panel management or to test out any practice changes you'd like. , please don't hesitate to reach out to Audrey at audrey.jones@islandhealth.ca



Bonnie Bagdan - PCN Physician Lead - bbagdan@me.com

Leanne Frechette - Island Health, Director Comox Valley - Leanne.Frechette@islandhealth.ca

Destinée Barrow - Métis Nation BC, Reg. Health Coordinator - destineebarrowconsulting@shaw.ca

Tanille Johnston - FNHA, Reg. Primary Care Manager - tanille.johnston@fnha.ca

Gavin Arthur - PCN Manager - garthur@comoxvalleydivision.ca

Maureen Clarke - PCN Change Lead - mclarke@comoxvalleydivision.ca

Alex Jules - PCN Indigenous Wellness Liaison - alexander.jules@islandhealth.ca

Lisa McDougall-Lee - PCN Coordinator - lmcdougall@comoxvalleydivision.ca

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CONTACT US

