In an effort to reduce the volume of emails going out to our members, the Nanaimo Division has created this quarterly newsletter full of information we feel will be of interest to local Physicians. If you have content you would like to include in the next newsletter, please contact Karita Sedun at ksedun@divisionsbc.ca

NDoFP Newsletter - Fall 2016 Edition



A Letter from the Board Chair

Dear Division Members.

I hope you had an opportunity for some well-deserved rest and relaxation over the summer. With Fall approaching, there are some upcoming events and initiatives that I'd like to brief you about and as always, please feel free to connect with me if you have any questions moberholster@divisionsbc.ca.

Medical Assistance in Dying (MAiD)

Further to the June 7, 2016 letter regarding MAiD sent to Physicians from Dr. David Robertson, Executive Medical Director, Co-Chair Working Group on MAiD, I want to again provide you with contact information for patients requesting information on MAiD that you may be unable or unwilling to provide. They can contact Dr. Robertson directly at william.robertson@viha.ca or MAID@viha.ca. The flow sheet provided by Dr. Robertson can be found at this link for your reference.

Dr. Robertson will be attending the October 6, 2016 Division Board meeting to provide us with any updates on the MAiD. On **October 24, 2016**, 0830-1630 hrs., Island Health will be hosting a day long educational session on *Compassionate Care: Medical Assistance in Dying* at the Parksville Community Centre, 132 E. Jensen Avenue, Parksville. For further information or to register please email Bianca.cyr@viha.ca.

Please see the BC College of Physicians and Surgeons website for the College's MAiD standards of practice www.cpsbc.ca/files/pdf/PSG-Medical-Assistance-in-Dying.pdf. The required forms are available to GPs by contacting a Registrar at the BC College of Physicians and Surgeons 1-800-461-3008. Please note the forms are not available on the College's website.

iHealth

Following a July 20, 2016 meeting with the Minister of Health, Island Health's CEO and a number of

NRGH physicians and staff, Dr. Doug Cochrane, Chair of the BC Patient Safety & Quality Council, was appointed by the Ministry of Health to provide an 3rd party review of iHealth.

Dr. Cochrane's review will assess and make recommendations to address any workflow and patient-care quality concerns identified. It will also assess the implementation of iHealth at NRGH, Oceanside Health Centre and Dufferin Place and make recommendations on how to improve the implementation of electronic health records at other Island Health sites. The review may include recommendations for immediate, short-term and long-term actions and strategies and is expected to be complete by *September 30, 2016.* You have likely received similar information from the Medical Staff Association.

I was in attendance at the July meeting. I also want to let you know that Dr. Cochrane has a copy of the letter we sent to the Island Health CEO following our iHealth impact forum held June 1, 2016 with members and Specialists. You still have the ability to email Dr. Doug Cochrane (dcochrane@bcpsqc.ca) or his colleague Andrew Wray (awray@bcpsqc.ca) with any further concerns that arise. We'll continue to update you as we hear more.

Patient Medical Home and Primary Care Home

The General Practice Services Committee (GPSC) has been working on a vision and strategic plan to guide their work over the next few years. The GPSC's vision is a **patient medical home** for all BC residents that provides the highest quality of care and is seamlessly linked with the broader primary care and health care system services. To enable this, the Ministry of Health has mandated health authorities, to streamline their community health and Specialist services which are currently too fragmented and complex for patients to navigate. The movement to integrate these services and coordinate them with primary care providers is referred to as a **primary care home**.

Currently, it feels as though we have 2 separate systems in place that have resulted in:

- · Disjointed care;
- Patients disappearing from GPs' view when they enter health authority services, and;
- Health authorities challenged by connecting with GPs to either access or share information about their patients.

At the moment, this may sound like jargon to you. We'd like to provide an opportunity for GPs to come together to learn what this all means and gather some feedback from you. A dinner event will be held on **Tuesday, October 18th (1800-2000 hrs)**. at the Nanaimo Golf Club. A separate invitation will follow shortly.

Governance: Special General Meeting to Vote on Proposed Bylaws

Further to an email sent to you on September 7th, the Division will be holding a Special General Meeting and dinner on **Tuesday, September 27th (1800-2000 hrs)** at the Nanaimo Golf Club where members will be asked to vote on a new set of Bylaws for the Division. The Bylaws govern how the Division does business. At the event, I'll provide you with some background as to why the changes were necessary and the process we followed. I look forward to seeing you there.



Thank You!

Thank you to the Physicians, Partners and Families who helped make the 2016 Summer BBQ a huge success! An extra note of gratitude to Dr. David and Donata Sims for hosting the evening at their beautiful home.



BESTEMPLOYER

Thanks to our silver sponsors, MNP Financial, for supplying the BBQ gift basket, won by R1

Mathew Toom.

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To find out what MNP can do for you, contact Lynne Pankratz, CPA, CA, Regional Leader, Professionals Services at 250.734.4315 or lynne.pankratz@mnp.ca, or visit www.MNP.ca/en/professionals

New Member Profile



Welcome Dr. Chris Kwiatkowski!

Please join us in celebrating Dr.
Kwiatkowski's one year anniversary of
working in Nanaimo. Chris relocated from
Huntsville, Ontario, where he studied at
Western University and practiced full
spectrum Family Medicine for nearly 30
years.

He loves to explore new areas in medicine including collaborating with the First Nations

community in Nanoose, Locuming rurally, as well as continuing as a Peer Assessor through the College of Physicians and Surgeons. As an avid outdoorsman, Dr. Kwiatkowski was attracted to Nanaimo for its natural amenities, centrality on Vancouver Island, and the affordability of BC after doing a few Locum terms in the area. Through the Recruitment and Retention program, Chris has been able to settle in quickly making connections, and enjoying social events. Dr. Kwiatkowski especially appreciates CME events put on through the Division, and looks forward to getting more involved with the local Residents in Nanaimo.

Upcoming Division Events

Special General Meeting

The Division will be holding a Special General Meeting and dinner, where members will be asked to vote on a new set of Bylaws for the Division. The Bylaws govern how the Division does business.

Date: Tuesday, September 27, 2016

Time: 6:00 - 8:00pm

Location: Nanaimo Golf Club

RSVP by Friday, September 16, 2016 to Karita Sedun at: ksedun@divisionsbc.ca



Primary Care Home Event

The Division would like to provide an opportunity for GPs to come together to learn more about the Primary Care Home and Patient Medical Home and gather some feedback from you. A dinner event will be held:

Date: Tuesday, October 18, 2016

Time: 6:00 - 8:00pm

Location: Nanaimo Golf Club

Opioid Addiction: A staged approach to Addiction Treatment and Suboxone Prescribing

The Island Health Regional Support Team, in partnership with the Nanaimo, and Cowichan Divisions of Family Practice, is hosting a Physicians Forum to be held:

Date: Tuesday, November 1, 2016

Time: 6:00 - 9:00pm

Location: Vancouver Island Conference Centre, Nanaimo

The first half of the evening will be Dr. Evan Wood, MD, PhD, FRCPC, Dip. ABAM, Professor of Medicine at the University of British Columbia, Medical Director for Addiction Services at VCH, and Dr. Keith Ahamad, Clinical Assistant Professor, UBC, Division Lead for Addiction for Primary Care at Providence Health Care, Director of the Addiction Medicine Enhanced Skills Training Program at UBC, speaking about the new guidelines for opioid prescribing, and a staged approach to opioid addiction.

The second half of the evening will focus on Suboxone and the implications of the recent College of Physicians and Surgeons of BC statement on the uncoupling from Methadone. We have been very fortunate to secure the services of Dr. Diane Rothon, Medical Director for BC Correctional Services, and longstanding member of the College Opioid Maintenance Panel. This session will provide information about the new College regulations, and explain the practical application of prescribing Suboxone. This will be presented with context and scenarios, and provide tools and support to prescribe Suboxone to stable patients.

Attendance will be compensated at the Doctors of BC approved sessional rate. In addition, 2.5 Certified MainPro+ credits will be available for this session.

FORMAL INVITATIONS COMING SOON

Wound Care Knowledge Café

A Knowledge Café is a structured conversation designed to facilitate open and intimate discussion and to link ideas within a larger group to access the "collective intelligence" or collective wisdom in the room.

Date: Wednesday, November 2, 2016

Time: 6:00 - 8:30pm

Location: Vancouver Island Conference Centre, Nanaimo

The goal of the Wound Care Knowledge Café is to bring together Nanaimo Family Physicians, Specialists and other care providers who work with wound care patients to share information and knowledge.

FORMAL INVITATIONS COMING SOON

Family Medicine Forum, November 9-12, 2016



62nd Annual St. Paul's Hospital CME, November 14-18, 2016



Looking for Physicians! If you are attending either of the upcoming conferences above, please contact Myla directly (<u>mylaYR@divisionsbc.ca</u>) if you're willing to come by our recruitment booth during a break or at meal time.

Benefits to you - Supporting local recruitment efforts, a chance to boast about Nanaimo's medical community, an opportunity to increase awareness of your clinic opportunities and a you'll be the first to meet new and incoming colleagues!

Your Division at Work...

Partners in
Care:
Substance Use
Physician
Survey

The Shared Care Substance Use Project Team recently invited physicians to take part in a survey about Improving Access to Substance Use Services in Nanaimo.

All those who completed a survey were invited to enter a prize draw. We are pleased to announce the winner is... **Dr. Trish Caddy**, a Family Practice Resident, who chose a Fitbit Flex as her preferred prize!

Thank you to everyone who participated – the data will help inform a program of CME to empower Family Physicians to manage substance use patients within the



primary care setting. For more information about the project, contact <u>Beccy Robson</u> or visit our <u>website</u>.

PAID Opportunity - John Barsby Wellness Centre

PAID opportunity available to provide care at the John Barsby Wellness Centre and it's new sister site, Nanaimo District Secondary School. Three hour shifts are available throughout the fall and winter. If you are interested, please contact Dr. Sandy Barlow at sandygbarlow@gmail.com.



TEAM Based Care: Treating Teens at School

Doctors of BC recently featured the John Barsby Wellness Centre on their website. To read the story, click <u>here</u>.

Residential Care Initiative Update

The Residential Care Initiative in Nanaimo continues to grow its community of dedicated Residential Care Physicians, and we are pleased to announce more than 500 complex care residential patients now have a RCI physician.

As we enter the next phase of the project we will build a panel of named primary and support physicians to provide co-ordinated support for each facility.

Soon, we hope to announce details of CME support for RCI Physicians which will include an opportunity to attend the UBC 1 day Palliative and Geriatrics course in 2017. Meanwhile, we continue to work on removing barriers for physicians achieving the GPSC best practice expectations, and improve care for our vulnerable senior patients.

If you have any questions, please contact $\underline{RCI.Nanaimo@Divisionsbc.ca}$ or visit our website: $\underline{https://divisionsbc.ca/nanaimo/ourimpact}$

Partners in Care Project: Empowering Family
Physicians to Manage Substance Use Patients within
the Primary Care Setting

This initiative is focused on improving knowledge, tools, and processes to better enable Family Physicians to care for substance use patients at their clinic. In November there will be a GP forum on approaches to Opioid Addiction and use of Suboxone in a primary care setting. This will be followed by a planned series of CME events about key topics identified from our recent Physicians survey.

The project team is working collaboratively with Island Health and other partners on initiatives designed to improve services, and has representatives on the Nanaimo Overdose Prevention Working Group.

If you would like more information about becoming involved in this project, please contact Beccy Robson - Shared Care Project Manager

Nanaimo TeenFest, September 17, 2016

Child and Youth Mental Health and Substance Use (CYMHSU)

Collaborative: Improving Child and Youth MHSU Literacy. Click <u>here</u> for more information.

The Nanaimo Division of Family Practice will be supporting the Nanaimo and Gabriola Local Action Teams at Teenfest Nanaimo at Beban Park Social Centre, 2300 Bowen Rd, Nanaimo.

Website: http://teenfest.ca/nanaimo/

A GP For Me: Final Evaluation Report

The final evaluation report on Nanaimo's A GP for Me initiative is available for member review. If you're interested in reading the full report and learning more about the outcomes associated with each program, please contact:

Erin Hemmens: ehemmens@divisionsbc.ca

A GP For Me Video >

Continuing Medical Education & Learning Opportunities

Compassionate Care: Medical Assistance in Dying (MAiD)

Medical Assistance in Dying (MAiD) is a new health service in Canada. Clinical teams throughout British Columbia are collectively learning how to compassionately and effectively provide this service to patients and how to best support patients, family members and other team members throughout the MAiD process. Island Health is offering an educational event to further share learnings and knowledge. This session will

be of particular interest to Physicians, Nurse Practitioners and Pharmacists, but other providers are welcome too. The session will provide an opportunity for testing and a certificate for those wishing to be MAiD Assessors and/or Prescribers.

Date: October 24, 2016

Time: 8:30 am – 4:30 pm

Where: Parksville Community and Conference Centre

132 E. Jensen Avenue, Parksville BC

This session is offered in person only and registration is required. Please email:

<u>Bianca.cyr@viha.ca</u> to register by **September 30, 2016**.

http://www.viha.ca/maid





Webinars & Events

Optimizing Communication for Excellence in Patient Care workshop

When: Friday, September 23, 2016

Who Should Attend: Family physicians, specialists, IMGs, residents, nurse practitioners,

midwives and other healthcare providers

Workshop Summary & Format: Interactive 8.0-hour in-person workshop (including

lunch and breaks), 0.5 hour coaching call, and pre/post-workshop activities. **Accreditation:** 18.0 Mainpro+ credits and 9.5 MOC Section 1 credits

Course Page: Click here for the course page:

Click here to register:

10th Annual Pacific Psychopharmacology Conference

Website: http://ubccpd.ca/course/pppc2016

Date: Friday, September 23, 2016

Location: UBC Robson Square, Vancouver BC

Target audience: Psychiatrists, Primary Care Physicians, Pharmacists, Psychologists,

Nurses, and Social Workers

Credits: 5.75 Mainpro+/MOC Section 1 credits

<u>Caring for the world at home: Enhancing refugee health in primary are in British Columbia Webinar</u>

When: Wednesday, October 5, 2016 from 6:00pm-7:00pm PT

Where: Online webinar

Who should attend: Any community-based family physician and

specialist Vancouver Coastal Health Cost: This session is offered free of charge courtesy of Accreditation: up to 1.0 Mainpro+ credits

Course page:

http://ubccpd.ca/course/refugee-health

Allergy and Clinical Immunology Update 2016

Website: http://ubccpd.ca/course/Allergy2016

Date: Saturday, October 19, 2016

Location: SFU Segal Building, Vancouver BC

Target audience: Family physicians, pediatricians residents & students

Credits: 6.5 Mainpro+/MOC Section 1 credits

Looking Beyond Autism: Recognizing Mental Health Disorders in Children

& Youth with ASD

When: Thursday October 26, 2016 from 6:00pm-7:15pm PT Where: Option of in-person in Vancouver, BC or online webinar

Who should attend: Any provider offering care to children and youth with ASD **Cost:** This session is offered free of charge courtesy of ACT -Autism Community

Training **Accreditation:** up to 1.25 Mainpro+ & 1.25 MOC Section 1 credits **Course page:** http://ubccpd.ca/course/mental-health-asd

Improving Drug Therapy CME

Bringing Best Evidence to Clinicians: Combining Evidence and Clinical

Pharmacology to Improve Drug Therapy

Website: http://ubccpd.ca/course/BestEvidence2016

Date: Saturday, October 29, 2016

Location: Surrey Memorial Hospital, Surrey BC

Credits: Up to 7.0 Mainpro M1/MOC Section 1 credits

Oncology CME Listings

Oncology CME Webcasts Fall Season

The Family Practice Oncology Network hosts nationally accredited monthly oncology CME Webcasts with the University of British Columbia's Division of Continuing Professional Development. These complimentary sessions run from 8-9:00 a.m. and are accredited by the College of Family Physicians of Canada for *1 Mainpro+ credit* each.

September 15, 2016: Multiple Myeloma – Insight for Primary Care presented by Dr. Greg Dueck of the BC Cancer Agency Centre for the Southern Interior

October 20, 2016: HPV Vaccines and Cancer Prevention presented by Dr. Gina Ogilvie of Women's Health Research Institute

November 12, 2016: Febrile Neutropenia presented by Dr. Lee Ann Martin of the BC

Cancer Agency's Fraser Valley Centre

Register for these Fall Webcasts at http://ubccpd.ca/webinars

All Webcasts are recorded and available at www.fpon.ca. Family physicians have the option to earn an additional 5 Mainpro+ credits by taking part in the College's Linking Learning exercises: www.cfpc.ca/Linking_Learning_exercises/

Family Practice Oncology CME Day – 6.5 Mainpro+ credits The BC Cancer Agency's Family Practice Oncology Network invites you to take part in this year's Family Practice Oncology CME Day to be held **Saturday**, **November 19** at the Child & Family Research Institute at BC Children's/BC Women's Hospital. The event provides a great opportunity to gain the most up-to-date knowledge on in-demand oncology topics for primary care, and to build useful cancer care connections.

This Group Learning program has been certified by the College of Family Physicians of Canada and the BC chapter for up to 6.5 Mainpro+ credits. Contact Jennifer Wolfe at iennifer.wolfe@bccancer.bc.ca or 604.219.9579

Training Health Professionals to Treat Tobacco Dependance

QuitNow has workshops available for Healthcare professionals. These are free, 8 hour workshops with lunch included. Minimum 10 participants required.

Karen Alden | Health Promoter | Nanaimo Region
BC Lung Association- QuitNow

Email: aldenk11@gmail.com Direct Line: 250-667-3121



Workshop Poster

NEW Programs, Services & Resources

Shapedown BC

Central Island Healthy Lifestyles: Shapedown BC is a free family-based support for kids ages 6-17 and their families ready for a healthier lifestyle. Through age-based workshops and individualized support, the team helps families make positive changes in eating habits, activity level, parenting skills and self-esteem. Interdisciplinary team includes – a dietitian, fitness instructor, social worker, and physician. Please call (250) 755-7955.



NOW ACCEPTING
PHYSICIAN REFERRALS
FOR 2016/2017

Billing MSP - Common Billing Errors

Billing MSP for your services often requires a wealth of information and guidance. You can obtain information from an MSP Tutor HERE.

DoBC can also answer questions on the General Fee Guide: Contact Lea Harth at (604) 638-2827 or email her at: lharth@doctorsofbc.ca.





News articles are periodically published on the <u>DoBC website</u>, which address common billing & audit considerations.

Integrated Community Services (Central Island)

Effective July 25, 2016, Island Health has set a **single point of access for Nanaimo Community Services**. This applies to all services for seniors, home and community care, wound care, rehab, social work, chronic disease management, etc.



Bounce Back Program

Bounce Back is an evidence-based, supported self-management program led by CMHA BC designed to assist adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. To learn more about how to refer a patient to Bounce Back, visit www.bouncebackbc.ca or call 1-866-639-0522.







Self-help program with DVD, skill-building workbooks and felephone coaching for adults with mild to moderate depression. Coaching available in English, French and Cantonese.

Talk to your doctor. It's a free program.

Nanaimo Pain Clinic

Medical Director, Dr. Mark Greenspoon (FP) is a certified Diplomate of the American Academy of Pain Management with over 20 years experience in providing peripheral nerve blocks, trigger point injections and pharmacological pain management. The Nanaimo Pain Clinic is located at 495 Dunsmuir Street, Suite A (Inside Central Drug Pharmacy).

<u>Click here for the Referral Form.</u>
<u>Click here for Pain Program Referral Procedure.</u>

BC Cancer Agency



Two new cancer-care clinical practice

guidelines are available on the Family Practice Oncology Network (FPON)

website: www.fpon.ca

Click Here for Guidelines

MEND

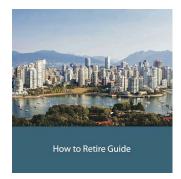
A fun, free, 10 week program for families with children ages 7-13 who are working together to become healthier and more active.

September 27 - December 1, 2016 Tuesdays and Thursdays 6:00-8:00pm

For Information and Registration:

Email: mend@nanaimo.ca
Phone: 250-756-5200





A GP's Guide to Retirement

The Vancouver Division of Family Practice has developed a new *How to Retire Guide*.

Click <u>here</u> for more information and an informative, 52-Page guide

Surgical Wound Care Clinic

A surgical wound care clinic is being held every 2 weeks at Nanaimo Regional General Hospital, where two of the four plastic surgeons each attend a 2 hour clinic.

The clinic runs Thursday AM every 2 weeks from 0800-1200, in the Polyclinic adjacent to the NRGH Lab.



Referral Form >

PTSD Support Group

Nanaimo has a new support group for patients with Post-Traumatic Stress Disorder. This is the first PTSD support group to be established under the auspices of the Mood

New Linked To Treatment Program (L2T) Program for patients for HIV and/or HCV

Part of a province wide initiative to link care and treatment for people living with HIV and/or HCV, L2T is community based and provides client centered support. Integrated, multidisciplinary case management functions include assessment, outreach, assistance in accessing needed community resources, and skill building to strengthen self management treatment adherence.

L2T is accepting new clients in the Nanaimo area and **does not currently have a waitlist.** Eligible clients are: over the age of 16; are newly diagnosed with HIV and/or HCV; HIV and/or HCV positive individuals who would benefit from re-engaging or strengthening their engagement with care; and/or those living with HIV who were unable to complete an ARV regime. Contact with referred patients can be made within 24 hours. For more information or to refer a patient please contact the L2T Care Coordinator Brooke Stephenson, R.C.C. at 250-753-6759 or bstephenson@narsf.org. or visit: http://www.narsf.org/harm-reduction-programs/l2t/

ED to HOME

The community team, ED team, and "ED2HOME" physicians are partnering to proactively identify and assess 70+ year old patients to go home safely, directly from the ED at NRGH. Patients are to be discharged safely with rapid (often same-day) community services in the home, with coordinated appointments with family physicians, and with team communication to ensure that appropriate follow up is in place to meet the client's ongoing needs. Click here for more information

Medimap

Medimap offers a free service for walk in clinics. Register <u>your clinic</u> to get started.



You Are Invited...

The BC Pediatric Society "Transition Supports for Community Pediatricians" invites you to a hosted dinner on **October 19th, 2016** in Nanaimo to provide feedback on the resources we have developed in response to those interviews (location TBA). More information <a href="https://example.com/here/bc/here

RSVP to:

Shahin Kassam, R.N., B.N., M.N. Coordinator

Phone: 778-228-8020

or Email:

Shahin.bcps@gmail.com

Your Input is Requested...

The Division often receives requests to survey our members from outside organizations. We respect that your time is limited, and that survey fatigue is very real. To that end, we vet each request carefully, and share only what we think might be of interest. In this month's edition, we're including a request from local Pediatricians, Dr. Cox & Dr. Ling, as well as a survey from the BC Centre for Palliative Care.

Pediatric Eating Disorders Survey

Eating disorders in children and youth is a complicated chronic disease requiring multidisciplinary services for optimal care. At present, Nanaimo lacks the adequate structure and support to properly serve this often marginalized population and their families. We are in the pilot phase of creating a Multidisciplinary Pediatric* Eating Disorder Clinic which would include a physician (Pediatrician and/or GP), dietitian and social worker, with options for staff expansion as community needs are identified. This information will be kept confidential and will be used to inform pediatric program development based on the needs expressed here from both physicians and families (previously surveyed). Our hope is to improve services and patient outcomes in this patient population.

CLICK HERE FOR SURVEY

On behalf of Pediatricians
Drs. Ling and Cox and
colleagues in the
Pediatric Ambulatory
Health Clinic, thank you
for participating in this
survey.

BC Centre for Palliative Care - Advance Care Planning Survey

For this baseline data, we want to hear your opinions and experiences as someone working in healthcare. We are looking at Advance Care Planning, Goals of Care Conversations and the Forms completed following these conversations (e.g. the MOST Form).

The deadline for completing this survey is **Wednesday September 21st.** Results will be made available through our <u>website</u>.

CLICK HERE FOR SURVEY

On behalf of the Division of Palliative Care
Department of Medicine,
University of British
Columbia, thank you for participating and contributing to improve the quality of personcentered care in BC.





Nanaimo Division of Family Practice #17 – 1601 Bowen Road, Nanaimo, BC V9S 1G5 P: 250-591-1200 | F: 250-591-1205

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