

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 - Spring 2017 Edition



A Letter from the Board Chair

Dear Division Members,

Welcome to the Spring issue of our quarterly newsletter. The articles included provide news about our programs but there are a few things I'd like to highlight for you.

For those who braved the snow, we had a wonderful time at our annual **Splash** event at the Golf Club on February 9th, 2017.



Dr. Roger Walmsley, Dr. Melissa Oberholster, Dr. Stuart Ockelford

I find the Winter social a great opportunity to relax with colleagues I know and welcome those new to the community. I'm sharing a photo from that evening that I believe represents the spirit and camaraderie we share as a Board. The bond we've formed is one of the reasons I enjoy working with the Division as much as I do. If you are interested, there are lots of fun **Splash** photos [here](#).

Onto some business. At the March 2, 2017 Board meeting, the Board of Directors approved the budget for the upcoming fiscal year which includes money set aside for the implementation of a software program for our members called **Pathways**. The program

was developed by Family Physicians in the Fraser Northwest Division of Family Practice and has spread to 20/35 Divisions in BC with 9 others in development, including Nanaimo. It's now governed and supported by a GPSC **Pathways** Committee.

The program is intended to improve the referral pathway between Family Physicians and Specialists. It contains a list of all Specialists, their sub-specialties, wait times, and pre-consultation work-ups required. GPs can filter Specialist searches by community and/or access Specialist listings for all BC Specialists in communities where **Pathways** is now active. The platform also contains clinical decision-making guidelines, assessment tools, and patient resources that can be printed or emailed to patients with a "do not reply" email address. It's currently active for members of the Victoria and South Island Divisions and in development with other Divisions on the island. The tool will be free for our Division members. We anticipate our community launch in October/November 2017 after collecting/inputting all of the Specialists' information. To access the **demo** site:

- Go to: <https://pathwaysbcdemo.herokuapp.com/login>
- Email address: Lkeenan@divisionsbc.ca
- Password: Bowen1601

At our Collaborative Services Committee meeting in June last year, we learned that 60% of our **Snuneymuxw community** members were unattached to a Family Physician. Along with the usual challenges this poses for people, it meant those dealing with complex mental health and substance use issues could not access support services in Nanaimo that require a GP referral.

Forward to January 15th of this year, seven Family Physicians are offering services two half-days per week at the Snuneymuxw Health Centre to complement the existing allied health service providers. Beginning March 21st, one of our Nurse Practitioner members from Public Health will be providing services on site one-half day every two weeks. To date, 53 distinct patients have been seen and positive feedback from the community reflects the significant difference this service is making in people's lives.

There's something else that's been happening in our community you may not be aware of which is making a difference in the lives of some of our vulnerable newcomers. Eighteen Family Physicians have come forward in the past year offering space to 119 **government assisted refugees** from Syria and Eritrea. The health supports the families need at this point in their journey is crucial and the capacity for physician heart in this community is humbling.

The **VIU Wellness Clinic** operates now with two Nurse Practitioners, weekly visits from a Family Physician, monthly visits by a Psychiatrist and six certified counsellors. Since August 31, 2016, the patient panel size has increased from 1,028 to 2310 students as of March 2017. The staff provides services to international students and local students with five hundred first year students moving to campus residence each year. The growth is a significant accomplishment for a relatively young clinic.

There are a couple more pieces of business I'd like to make you aware of. The **first** is our continuing support for patient medical homes, including strengthening links between GPs and Island Health community services. It's work that includes collaborating with our Island Health partners, Doctors of BC and the Ministry of Health and is unfolding as we receive more information from GPSC. We're in the process of forming an advisory committee (as we did with A GP For Me) to govern the work among the partners. Erin Hemmens is the Project Manager for this work and will be communicating with you to request feedback and as milestones are reached.

The **second** and last piece of news I'd like to share with you is about the evaluation process for Division work this year. The Board will be holding its annual planning retreat in May which will be informed by an evaluation of our work. To accomplish this, we've evaluated the work of our Executive Director, the Board, and the progress of Division work in the last year. Vital to the evaluation information is feedback from our members. To this end, we'd like to send out a survey in April. We hope you'll take part in completing it and of course we'll sweeten it with an imaginative draw prize.

My work with the Division has lasting appeal and I look forward to another year of very interesting work.

Regards,

Melissa Oberholster, MD

Board Chair

Member Profile



Please help us give a warm welcome to **Dr. Vera Lee** who has been living in Nanaimo for the past year and a half with her husband and 2 young children. Originally born in Hong Kong, Dr. Lee moved with her family to Vancouver when she was 9 years old. She attended UBC and completed her Residency through Dalhousie in New Brunswick, but was drawn back to Vancouver where she has been a locum for over 20 years. Recently inspired by a trip to the island, her family decided to make the move to Nanaimo to enjoy the slower island lifestyle.

Dr. Lee has volunteered on mission trips to both India and China as a part of an

Education, Medical Aid and Service program to provide for those in need. She has a passion for learning and feeds her curiosity with research on issues surrounding diet and westernization. Dr. Lee also enjoys playing music and is trying to find the time to learn how to play the mandolin!

Upcoming Division Events

YOU ARE INVITED TO A CME EVENT:

WOUND CARE KNOWLEDGE CAFE #2

WEDNESDAY, APRIL 5 2017
1800 - 2030 HRS.
NANAIMO GOLF CLUB
2800 HIGHLAND BLVD.
NANAIMO

THIS EVENT IS
ACCREDITED FOR 2.5
MAINPRO+ CREDITS

DINNER & SESSIONAL
PAYMENT PROVIDED

CLINICAL KNOWLEDGE
SHARING THROUGH
PRESENTATIONS AND SMALL
TABLE DISCUSSIONS LED BY:

VASCULAR SURGERY
ORTHOPEDIC SURGERY
WOUND CARE SPECIALIZED GP
ACUTE NURSING
COMMUNITY NURSING

LEARN ABOUT NEW TECHNOLOGY TO
SECURELY SHARE DIGITAL IMAGES FOR
SPECIALIST REFERRALS & CONSULTATIONS

A GREAT WAY TO MEET YOUR SPECIALIST COLLEAGUES

Limited seating. Register early as our last Cafe was fully booked
Please RSVP by Monday, March 27, 2017 to khenley@divisionsbc.ca



CME Event

CHRONIC PAIN

APPROPRIATE MANAGEMENT AND REFERRAL

DATE: APRIL 20, 2017 | TIME: 1800-2030 Hrs. (Dinner included)

LOCATION: NANAIMO GOLF CLUB, 2800 HIGHLAND BLVD., NANAIMO

THIS EVENT IS ACCREDITED FOR 2.5 MAINPRO+ CREDITS



Communicating with Chronic Pain Patients

- Recognizing patient personality types
- Developing honest relationships
- Strategies for managing Physician/patient relationship

**Dr. Derek Poteryko &
Dr. Graham Blackburn**



Realities of Managing Patients with Persistent Pain

- Prescribing within the standards and guidelines of the CPSBC
- Tapering strategies for Benzodiazepines and opioids
- If not opiates?
Medical & non-medical alternatives to prescribing opiates

Key Note Presentation by Dr. Launette Reib



Myth-busting the NRGH Pain Clinic

- Review of treatments offered and alternative treatment pathways
- Make a successful referral
- Intake process and therapeutic options available

Presenter TBA

Please RSVP by April 10, 2017 to Teresa.Dalman@viha.ca



Active for Life Expo

Bring your family and friends down to Sherry Field (550 Seventh St, Nanaimo) for some try-it stations, demonstrations, new activities and to connect with the Nanaimo community of health & wellness providers!

Saturday May 13, 2017

10am - 2pm
Sherry Field @ John Barsby School



FREE ADMISSION
All ages & abilities welcome!



Your Input is Requested...



[CLICK HERE
FOR CME
SURVEY](#)

Over the last several years, we have worked to bring relevant, member-driven and industry-free CME to our community. With some recent changes in credentialing, and a new CME partnership with the Practice Support Program, we thought it a good time to reconnect and gather input from our members as to their priorities for future CME offerings in Nanaimo.

This 5 minute survey will allow you to comment on topics of interest as well as share your preference for various CME formats.

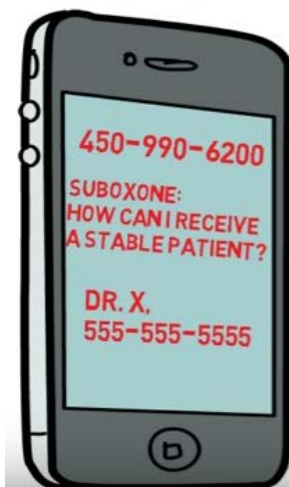
Thank you for your time.

Your Division at Work...

Suboxone Prescribing E-Mentor Initiative:

In response to feedback collected at the Mid-Island Opioid Forum (November 2016), the Nanaimo Division launched the Suboxone Physician E-Mentor text line as a direct link to Physicians specializing in addictions medicine. The text line, which operates during office hours, is for Physicians who are new to, or have questions regarding prescribing Suboxone. Simply text the helpline, **450-990-6200**, with any Suboxone related query, and an E-Mentor will respond via telephone within four hours. Please find below a 3-minute video detailing the service and how to use it.

HOW DOES IT WORK?



TEXT ANY SUBOXONE RELATED QUESTION TO:

WRITE SUBOXONE TO: [REDACTED] YOUR MESSAGE; THEN TYPE YOUR QUESTION

INCLUDE CONTACT INFORMATION (NAME, ADDRESS & PHONE NUMBER/EMAIL ADDRESS)

YOU WILL RECEIVE A TEXT CONFIRMATION IMMEDIATELY AND AN E-MENTOR WILL CALL/EMAIL BACK WITHIN 4 HOURS



Splash 2017

A big thank you to all who attended our **Splash into the New Year 2017** event. We had a blast seeing GPs, NPs, Residents, Specialists and spouses getting to know each other through games, photo booth fun, and a race to win some great prizes. Thank you to [Blue Moon Marquee](#) for providing wonderful entertainment and to YOU for making this year a memorable one. Lastly, thank you to our staff who will be looking forward to seeing you all again at the Summer BBQ!



OB Collaborative Event

On February 21st, Family Physicians, Obstetricians, Midwives and Clinical Nurse Leads came together for the third gathering of the Nanaimo Obstetrics Collaborative. The group, funded by DoBC and Shared Care, is working to improve communication and enhance

collaborative relationships, with the ultimate goal of providing the best care possible for women and babies. For information about the work of the Collaborative, please connect with Project Manager, Erin Hemmens at ehemmens@divisionsbc.ca



Wound Care Update

A lot has happened over the past several weeks on various initiatives related to patient care and treatment of complex wounds.

GP Decision Support Tool:

A working group comprising GPs, Specialists and wound care specialized Nurses is developing a decision support tool to better support GPs in making referrals for complex wound patients. The work is being led by Registered Nurses Teresa Stone and Linda Borza, and includes expert advice from Dr. Bruce Hobson who has done extensive work with the Practice Support Program (PSP) and GPSC in developing algorithms to support decision-making. You will be learning more about this in the coming weeks.

Physician Education Series:

Working in partnership with PSP and the Wound Care GP Lead – Dr. Derek Poteryko, a series of physician education sessions is being developed on complex wound care. These will be offered as both in-clinic sessions and as dine & learns over the coming months and will be led by key wound care Specialists and other expert clinicians. Stay tuned for more information on when these sessions will be available.

Patient Education:

The Division has made exciting progress on bringing together a comprehensive range of patient education resources to support wound care patients and their care providers. You can find these resources on [FETCH](#) Nanaimo by searching “Wound Care”. These clinically reviewed resources have been made available through a generous and supportive partnership with **NorthEast Health Line** in Ontario.

New Technology:

The Division is currently looking at testing new smartphone technology that allows physicians to safely and securely send medical digital images to Specialist colleagues to support an improved referral and consultation process concerning patients with complex wounds. [ShareSmart](#) is Canadian made technology that meets current BC and Canadian privacy and security requirements. We are planning to test it with a group of GPs and Specialists.

Retirement and Succession Planning Event

The Nanaimo and Cowichan Divisions of Family Practice would like to thank everyone who attended the successful Retirement & Succession Planning Event featuring Financials. We look forward to supporting Physicians as they transition out of practice, refocusing on a new purpose and/or goal. As always, we are looking for feedback as to how we can better support you.



"Scotiabank understands that for Physicians, finances play an important role in a rewarding and successful practice.

We are a proud gold sponsor of the Nanaimo and Cowichan Divisions of Family Practice's Retirement & Succession Planning event. Our teams are able to assist you with a complete financial picture to ensure you are supported as your life and needs change over time. Our strategic process includes investment management, succession and estate planning, customized financing options, and banking services tailored to you."

Thank you to our Gold Sponsor, Scotiabank, for supporting the Retirement & Succession Planning Event

For more information, please contact:

Jonathan Wur, Small Business Advisor at: jonathan.wur@scotiabank.com

Thank you to our Silver Sponsor, **MNP LLP**, for supporting the Retirement & Succession Planning Event

"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"



Visit www.MNP.ca/en/professionals to find out more...

Residential Care Initiative Update

The Nanaimo Residential Care Initiative (RCI) is pleased to welcome Board member **Dr. Stuart Ockelford** to the Advisory Committee. We look forward to Dr. Ockelford sharing his perspective and providing strategic direction. After a successful first year, the strategic aim of the RCI will now focus on supporting physicians with quality improvement and standardizing documentation. The RCI is facilitating projects with the Long Term Care Managers Working Group aimed at reducing barriers Physicians face when visiting their complex care patients. This WG is currently focused on standardizing documentation (including admission packages and transfer of care), piloting new technology for case conferences, and distributing facility information pamphlets for RCI Physicians.

RCI at a glance:

- **74% of long term care beds covered by RCI Physicians**

- 31 RCI Physicians supporting 631 complex care patients
- 10 Long Term Care Facilities engaged with the RCI

If you have any questions, please contact RCI.Nanaimo@Divisionsbc.ca or visit our website: <https://divisionsbc.ca/nanaimo/ourimpact>

Doctor's Hockey Tournament



The Vancouver Island Pylons (left to right), back row: Dr. Martin Ray, Dr. Jesse Gordon, Dr. Michael DePaoli, Dr. Jesse Wolfe, Dr. Ian Wishart, Dr. Paul Trepanier; front row: Dr. Derek Poteryko, Dr. Lorne DePaoli, Dr. Joe Foster, Dr. Tony Zuccaro, Dr. Blair Rudston-Brown



The Islanders (left to right) back row: Dr. Danielle Downe, Dr. Cameron King, Dr. Aujin Li, Dr. Don Propp, Dr. Rocky Moise; Front row: Dr. Ashley Karod, Dr. Brad the goalie, Dr. Scott Takeda, Dr. Kim King

On March 2-3, 2017, the 33rd annual Physicians' Hockey Tournament took place - the largest in Western Canada. Nanaimo Division members from the **Islanders** and the **Vancouver Island Pylons** competed in the tournament, with the **Pylons** winning their conference!

This competition is open to Physicians from any location who are practicing in any discipline, and is also open to Residents, medical students, and retired Physicians.

For more information visit: <http://www.vernondoctors hockey.ca/>



For Your Information...

Overdose Prevention Site

We are pleased to report that Nanaimo's Overdose Prevention Site, operated by Island Health, has been open for one month. According to Dr. Paul Hasselback, Chief Medical Health Officer, the site has been used approximately 370 times since opening. The Nanaimo Division's MHSU Advisory Committee will continue to align its efforts with the Nanaimo Overdose Prevention & Management Working Group to combat Nanaimo's growing opioid overdose crisis.

Read more here: <http://nanaimonewsnow.com/article/527319/nanaimos-overdose-prevention-site-marks-one-month-anniversary>



Join the Nanaimo Community Hospice Society for a Walk to Remember & Picnic in the Park:

May 7, 2017 at Maffeo Sutton Park (100 Comox Road, Nanaimo)

- ♥ **Individual & Group Support**
- ♥ **Professional Counselling**
- ♥ **Patient & Caregiver Support**
- ♥ **Child & Youth Programs**
- ♥ **Community Education**
- ♥ **Library Resources**
- ♥ **Advanced Care Planning**

For sponsorship opportunities and more information about the walk, click [here](#) or visit the website:

www.nanaimohospice.com

Continuing Medical Education & Learning Opportunities

14th Annual Geriatric Services Conference | April 7, 2017

As part of our continuing pathway to quality improvement in Seniors Care, the Nanaimo Residential Care Initiative is keen to support Nanaimo Physicians wishing to develop their knowledge of caring for seniors. If you have a patient in Long Term Care, you may be interested in the Geriatric Services Conference.

RCI Registered Physicians: 100% Registration fee

Non RCI Physicians with patient in LTC: 50% Registration fee

[>> Click here to register](#)

To receive reimbursement, submit your registration invoice to RCINanaimo@divisionsbc.ca. If you know of similar events that might be of interest to colleagues, please let us know so we can share, and similarly support the learning.

5th Annual BC Obesity Summit | Saturday, April 8, 2017

This meeting serves as a forum to connect health care practitioners who have a special

interest in caring for obese patients. Expert and guest speakers from the obesity discipline will review a broad range of topics on obesity and bariatrics.

>> Click here to register

Improving Risk Assessment & Management of Violence | Apr 27/17

IMPROVING RISK ASSESSMENT & MANAGEMENT OF VIOLENCE

Thursday, April 27, 2017

5:30 check-in and dinner (5:55-9:00 program)

Nanaimo Golf Club, 2800 Highland Blvd, Nanaimo

*Informative**

Learning Objectives:

*practical**

- Be more comfortable & confident in interviewing & assessment of violence risk
- Utilize principles and skills to help clients and clinicians be safer
- Apply violence risk management skills

Receive:

- *\$250 for participating & completing a short evaluation*
- *3 Mainpro+ or 3 MOC Credits*
- *dinner*

*excellent**

**comments received from attendees*

REGISTER online:

<http://viha.fluidsurveys.com/s/April27>

Or:

Email deborah.mcknight@viha.ca

Phone: 250-519-7700, ext 13353

Accredited by UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

FOR PHYSICIANS ONLY

Physician Lead: Dr. Laura Chapman MD FRCPC ABAM (laura.chapman@viha.ca)

Funding for this initiative was provided by the Specialist Services Committee (SSC), a joint collaborative committee of British Columbia Medical Association and BC Ministry of Health.

>> [Click here to register](#)

MAiD Education Opportunity



2017 Medical Assistance in Dying educational offering

>> [Click here to register](#)

As a follow-up to the foundational online module, this course provides comprehensive education for physicians who are considering offering medical assistance in dying to their patients. It is offered in two formats, online and in-house, to meet your individual needs or your team's needs.

**May 1 & September 18,
2017**

- Integrate and fulfill ethical principles and legal and regulatory requirements in the care of patients requesting medical assistance in dying
- Evaluate competency especially with vulnerable populations
- Engage in a complex conversation with patients and their families at end of life
- Provide the technical aspects of medical assistance in dying in a compassionate manner
- Self-monitor and reflect to assess impact in personal and professional life
- Access support around self-care

Note: Completion of the foundational online module is a pre-requisite for participation in this course.

For further information, please contact: education@cma.ca

Medical Assistance in Dying Conference | June 2-3, 2017



MAiD2017

CAMAP's National Conference on Medical Assistance in Dying

June 2 - 3

Registration is Open !

Victoria, BC

A year after the law has changed:
What has worked? What obstacles remain? How can we provide the best standards of
medical practice in the field? What's happening across the country and how can we
support each other?

>> Click here to register

UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

For information about
upcoming UBC CPD
conferences, workshops &
online Learning, please
visit: ubccpd.ca/courses

NEW Programs, Services & Resources

Addictions Resources

The Nanaimo Division [website](#) now houses resources
related to Alcohol, Opioid & Pain management, and links
to upcoming CME events. Resources include up to date
Guidelines, Assessment Tools, and community resources.

>> Addictions
Resources
webpage

<https://www.divisionsbc.ca/nanaimo/Addictions>

Run to Quit

Run to Quit can help your patients quit smoking by learning to walk or run 5 km!

The in-store clinic in Nanaimo begins **March 27, 2017**.
The Do-It-Yourself program is available anytime and registration closes **May 5, 2017**.

[>> RTQ Information Poster \(PDF\)](#)



WALK / RUN
TO A
Smoke-Free Life

Self-Management *British Columbia*

The UVIC Institute for Aging and Lifelong Health Self-Management Programs have been running in Nanaimo since 2002, with 150 volunteers supporting more than 3500 patients in our community. Trained facilitators guide groups through 6 free sessions aimed at living well with chronic disease, chronic pain, diabetes and cancer.

Please contact Senior Program Coordinator, Mark Davies for more information: Toll Free: 1-866-902-3767

www.selfmanagementbc.ca | 1-866-902-3767 (Toll Free) | selfmgmt@uvic.ca

FREE SELF-MANAGEMENT WORKSHOPS

Vancouver Island Regional
Library: North Nanaimo
6250 Hammond Bay Rd.,
**Mondays, Mar. 13 to
April 17, 2017**

1:00 pm to 3:30 pm

**Interested in training to
be one of our volunteer
leaders?** Chronic Pain Leader
Training

April 1, 8, 22 and 29, 2017
10:00 am to 4:00 pm

Healthy Lifestyles Program



For more information, call **250-755-7955**.

This program empowers children and teens 6-17 years old and their families to live their healthiest lifestyle possible.

[>> Letter from
Dr. Betty
Bartleman
\(PDF\)](#)

Free Worry

Workshops for Teens

This fun group program teaches cognitive behavioural therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Teens can drop-in after school or pre-register using barcode 152658.

Wednesdays,
April 5-26, 2017
3:30-4:30pm

STOP WORRYING ABOUT STRESS & ANXIETY for Teens

FREE!

Topics on chalkboard: Fitting In, School, Parents, Keeping Up, Bullying, Relationships, Scheduling, Self-Esteem, Peer Pressure, Exams.

www.nanaimo.ca • ireg.nanaimo.ca
250-756-5200

CITY OF NANAIMO
FOLLOW US: f t i

Nanaimo Youth Resource Guide

This guide is produced by the Nanaimo Youth Advocates Committee. For more information on the committee, or to request changes to future versions of the Youth Resource Guide, please contact youth@nanaimo.ca

>> Click here
for the Youth
Resource Guide
(PDF)

Billing MSP

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.

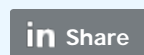


**doctors
of bc**

News articles are periodically published on the [DoBC website](#), which address common billing & audit considerations.



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P: 250-591-1200 | F: 250-591-1205



The email newsletter is sent to all members of Nanaimo Division of Family Practice. If you no longer wish to receive this newsletter, please click the unsubscribe link below.

[Unsubscribe](#)