

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 - Summer 2017 Edition



A Letter from the Board Chair

Dear Division Members,

Welcome to the June 2017 edition of our quarterly newsletter. After the very long, cold Winter we've had, the recent sunshine and warmth is a welcome reprieve. We're looking forward to celebrating with you and your families at our annual Summer BBQ on **Thursday, July 20th, 2017 (location TBD)**. For the first time, we're co-hosting the event with Specialists and other facility-based Physicians through the Nanaimo Medical Staff Engagement Society. Thinking about Fall is likely the last thing on anyone's mind right now but I'm going to ask you to indulge me for a few minutes. Would you please put a placeholder in your calendar for our **AGM** and dinner on Thursday, September 28th, 1800-2030 hrs at the Nanaimo Golf Club.

In keeping with the new *Society Act*, we need to **amend our governance (Board) structure**. To inform us on the best way to proceed, we invited Michael Blatchford LLP, to our May 19, 2017 Board retreat. Michael is the lawyer who wrote the Bylaws approved at September 2016 Special General Meeting. Based on the information provided at the retreat and keeping member interests central to our way forward, we're going to ask members to vote on a Special Resolution at the AGM. The resolution will propose changing the Board composition to a diversified model, including some business professionals, and changing the number of Directors from 5-9 to 7-9.

Dr. Sheila Findlay, who has served on the Board since the inception of the Division, is stepping down at September's AGM. Her vision, leadership and significant contributions are gifts that we're truly grateful for and will be sorely missed. Dr. Randal Mason will also be leaving the Board as he and his family are moving to Victoria. I've lost count of the number of Division initiatives that Randal has been involved with. He's a remarkable

Physician and colleague. We're thankful and proud of him for all he has accomplished in such a short time with us. If you're interested in joining the Board, a call for nominations will be coming out in August, prior to the AGM.

AGM business typically takes about 30 minutes and we're planning to hold a paid member discussion following. This will give us an opportunity to provide you with a summary of findings from a survey we sent to Division members about the impact of Division work and what your current priorities are for Nanaimo going forward. The last large-scale member event we held to prioritize work for the Division was in the Spring of 2012. At that time, members elected the following areas for the Division to focus on:

- Wound Care - at that time, this was thought to be low hanging fruit!
- Non-Pharma sponsored CME
- Physician Recruitment and Retention
- Communication and Transitions in Care
- Hospital working group (currently focused on maternity care)

It may be that all/some of these areas continue to be priorities for you and/or there may be new areas of focus you'd like the Division to consider. Your input will help us to plan within the financial and staff resources we have available to us. We're looking forward to your input.

I'd like to close on another topic, *Pathways* (***See login details below**) that was referenced in our March 2017 newsletter. Four other Divisions have agreed to join us in a regional approach to implementing *Pathways*: Cowichan, Oceanside, Port Alberni, and Rural Remote Divisions (Gabriola Island, Salt Spring Island and West Coast). We expect to have the regional leadership team, with GP representatives from these communities, in place by the end of June. Dr. Melissa Gillis has agreed to be the Nanaimo Division GP lead and Dr. Kelly Cox has agreed to be the Specialist lead. We've recently hired a *Pathways* administrator, Janice Schmidt and she along with the *Pathways* leadership team will be receiving training from the GPSC before we let them loose on our community! Based on experiences from other Divisions in BC, we expect the implementation process will take us 4-6 months before the log-in keys are available to our members.

We're very excited about providing this tool to our members and see it as a means to improve connections with our Specialist colleagues. See you at the BBQ!

Regards,

Melissa Oberholster, MD



* *Pathways Demo* login information:

Go to <https://pathwaysbcdemo.herokuapp.com/login>

- Email address: Lkeenan@divisionsbc.ca
- Password: Bowen1601

Member Profile - Dr. Kristy Williams



Please join us in giving a warm welcome and congratulations to Dr. Kristy Williams for completing her UBC Family Medicine Residency this year!

Originally from Coquitlam, Kristy is now enjoying life here in Nanaimo as she transitions into becoming a long-term member of our medical community. Kristy is filled with gratitude to the Snuneymuxw people for allowing her to live, play, and practice on their beautiful traditional territory. Prior to pursuing Medicine, she worked in Environmental Education, but eventually went on to graduate from UBC's Indigenous Family Medicine program. Kristy enjoys walks in the forest, swimming in the ocean, gardening, and literature.

As one of the Docs of the Snuneymuxw Health Centre Collaborative, she is deeply passionate about partnering with the Snuneymuxw community to provide and increase culturally sensitive, primary care. Kristy believes whole-heartedly in inter-professional, team based care, and the development of lasting long-term relationships.

Upcoming Division Events

Annual Summer BBQ

Thursday, July 20, 2017

Nanaimo Division AGM

Thursday, September 28, 2017



Your Division at Work...



Our current location has been good to us but we've outgrown the space. As of *August 1, 2017*, the Division office will be relocated to:

2137-A Bowen Road, Nanaimo.

The office phone and fax numbers remain the same.

Active for Life Expo 2017

The second annual Active for Life Expo took place on May 13th, 2017 at Sherry Fields and was sponsored by The Nanaimo Division of Family Practice and PacificSport Vancouver Island.

The event hosted 43 organizations who provided information booths, try it zones and demonstrations. Throughout the day we had over 700 community members attend the event. 650 Active for Life passports were given out during the event along with numerous prizes graciously donated by our community partners.

Congratulations to everyone who participated in making this year's Active for Life Expo a huge success.

Saturday May 13, 2017
10am - 2pm
Sherry Field @ John Barsby School

active for life expo
FREE ADMISSION
All ages & abilities welcome!



Patient Medical Home

We are happy to announce the **Paula Young** has joined our team to support the work on the Patient Medical Home. Paula started in May and will be working part time with us primarily on Mondays and Tuesdays. In her time with us so far, Paula has been focused on getting our proposal submission together for the GPSC and the MOH review and approval. It is expected that we will have approval for the requested funding by the end

of the first week of July. Paula can be contacted by email at Paula.Young@clearviewgroup.ca

Wound Care

A warm welcome to **Laura Loudon**, the Nanaimo Division's new Wound Care Project Manager. A huge thanks to our previous project manager, **Andrew Hume** who has moved into the next chapter of his life - retirement. We wish him well and are very grateful for all his work. Laura can be reached at LLoudon@divisionsbc.ca

Thank you for attending - Wound Care Knowledge Café #2

Thank you to all Physicians who attended the second installment of the Wound Care Knowledge Café (April 5, 2017). At another fully subscribed event, physicians and specialist colleagues discussed the particulars of wound care. These direct conversations resulted in **100%** of participants indicating they would change the approach to their work as a result of what was learned.

We look forward to bringing a third Knowledge Café in the Fall with physician-identified topics including Plastic Surgery, Infectious Disease, Dermatology, and GP with specialized wound care training.

[>> Wound Care Resource Pamphlet](#)

NEW! Lower Leg Wound Clinic Referral Form (formerly Foot, Leg and Ulcer Clinic)

[>> Click here for Referral Form](#)



Business of Family Practice Day

We would like to thank everyone who attended the 2017 Business of Family Practice Day. We had another successful event supporting the Family Medicine Residents as their UBC Residency years come to an end. We especially enjoyed the New Physician Discussion

panel implemented this year as the Residents heard first hand about various practice, hospital or locum opportunities in Nanaimo and Vancouver Island. Thank you to all presenters and sponsors, we are grateful for the ongoing support.



"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 Business of Family Practice Day*

For more information, please contact:

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



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Thank you to our Silver Sponsor, **MNP LLP**, for supporting the Business of Family Practice Day, 2 years in a row!

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



Thank you to our joint Silver Sponsor, **Doctors of BC & MD Financial Management**, for supporting the Business of Family Practice Day for the 2nd year in a row!



MD Financial Management
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"To find out what Doctors of BC can do for you, please contact [Chanelle Sawyer](mailto:csawyer@doctorsofbc.ca), Insurance Advisor T 604 638 2817 F 604 638 2909 TF 1 800 665 2262 E: csawyer@doctorsofbc.ca or www.doctorsofbc.ca"

"To find out what MD Financial Management can do for you, please contact May Whitson, Senior Financial Consultant, MD MedEd Counsel E: mwhitson@cma.ca T: (250) 480-5075 Ext 4328 F: (250) 480-5026 or www.Mdm.ca"

Residential Care Initiative (RCI) Update

Now in its second year, the Residential Care Initiative (RCI) has established a group of 32 physicians working towards delivering the GPSC Five Best Practice Expectations to residential care patients. The key strategies of the initiative going forward are standardizing documentation and supporting physicians to achieve an optimum patient panel. RCI Physicians have begun participating in Core Physician pilot sites, which involve 3-4 Physicians providing care at one facility, a model supported by Island Health. Other pilot projects include improvements to communication, new technology for case conferencing, and data collection.

If you are interested in becoming an RCI Core or Support Physician, please contact Myla Yeomans-Routledge – MylaYR@divisionsbc.ca

*** FUNDING AVAILABLE ***

RCI Facility-Based Quality Improvement Initiative (\$5,000)

Are you an RCI Physician with an idea to improve long term patient care and welfare? Support is available through a one-time funding grant of up to \$5,000. Projects can be used to support process or equipment and must be made through a joint-application with a facility managers. Projects must support the GPSC Best Practice Expectations and/or Improve System Level Outcomes. We look forward to supporting your innovative ideas.

[CLICK HERE FOR APPLICATION FORM](#)

Addictions Support

In response to the BC Public Health State of Emergency regarding drug overdoses and deaths, the Nanaimo Division Substance Use Initiative has consulted with local addictions sub-speciality physicians and community stakeholders to develop resources for family physicians interested in supporting addictions patients. From direct texting, to educational resources, and patient support, the Division is here to support you in managing your addictions patients.

Launched in January 2017, the [Suboxone E-Mentor Text Line](#) provides a direct link to

Nanaimo and Cowichan Physicians specializing in addiction medicine. Initially used to support physicians new to, or interested in, prescribing Suboxone, **the text line is now open to all Physicians with addictions related questions**, including advice and information on Suboxone prescribing. Oceanside and Fraser-Northwest Division are interested in replicating this model in their communities, and Nanaimo's efforts have been highlighted in the [BC Medical Journal](#). Drs. Paddy Mark, Marcus Barron, Ric Roe, and Paul Harris (Cowichan) are available during office hours to answer questions related to addictions/patient care and Suboxone prescribing. To access these physicians, simply text the helpline, **450-990-6200**, with 'Suboxone' at the beginning of your message (even if your question is not related to this), type your question, and provide your name and contact information to receive a reply within 2- 4 hours.

For Physicians who have not participated in any Suboxone training, the Practice Support Program offers on-line and in-person training modules. Additionally, the Nanaimo Division website has recently added an [Addictions Resource page](#) which includes Guidelines, Assessment Tools, and local resources related to Alcohol and Opioid/Pain. Upcoming Substance Use CMEs and past CME presentations are also available.

If you are a Family Physician interested in receiving a patient stabilized on Suboxone for continued Opioid Agonist Treatment (OAT), the Division is pleased to provide support in this transition. E-Mentors are available for a one-to-one meeting prior to the first appointment, billing advice is provided, and we will facilitate a connection to the referring physician, provide access to discounted UDT kits, as well as arrange for support from an Addictions Support Worker during the first appointment.

For more information on the above resources, or for any other questions related to the Substance Use initiative, please do not hesitate to contact Beccy Robson, Project Manager – brobson@divisionsbc.ca



CME Materials Available

Chronic Pain: Appropriate Management & Referral (April 20, 2017)

Thank you to those who attended the first of a two-part CME series, Chronic Pain: Appropriate Management and Referral (April 20, 2017). With nearly 40 physicians in attendance, participants enjoyed an overview of the NRGH Pain Clinic, an interactive performance on Communicating with Chronic Pain Patients, and keynote presentation by Dr. Launette Rieb, Management of Chronic Pain: Why the U-turn with Opioid Prescribing?

Dr. Rieb provided detailed tapering strategies for Benzodiazepines and opioids, prescribing within the standards and guidelines of the CPSBC, and medical and non-medical alternatives to prescribing opiates. Event evaluations indicated that **100%** of respondents had a greater understanding of the subject matter, with **81%** indicating they would change their approach to work as a result of what was learned.

Presentations from the event are available on the Nanaimo Division [Addictions Resources webpage](#). To view the video recording of the event, please [CLICK HERE](#) (please note, you will have to click the 'Download' button in the top right corner).

Stay tuned for the second installment of the series, Chronic Pain: Non-Pharmacological Management (date TBA); this session will include a follow-up with the NRGH Pain Clinic, presentation from Pain BC, and physician-identified topics including Mindfulness, Transformational Dialogue, and Patient Self-Management.

For Your Information...

Request for medical/sick note: Letter to employer

One of our Board members (Family Physician) recently raised the issue of patients visiting a clinic for the sole purpose of obtaining a sick note for their employer. Many of these notes place an unnecessary burden on the health care system and not necessarily an effective use of limited physician time. Borrowing from the Doctors of Nova Scotia, please see a template letter for your use as you wish, addressed to employers in an attempt to encourage them to find alternatives to current illness policies.

[>> Click here for letter](#)

Weekly Walks with your Docs

Ongoing *Walks with your Doc* occur every Saturday at 10:00am at Maffeo Sutton. Follow this link for more information: <http://nanaimo.whatsondigest.com/event/walk-doc-1>

PQI Recruiting for Fall 2017

For Physicians interested in **Quality Improvement**, Island Health has access to Specialist Services Committee (SSC) funds. Physician Quality Improvement (PQI) is recruiting physicians for a PQI Physician Cohort 2 starting in September 2017. The SSC introduced the Physician Quality Improvement (PQI) initiative in 2014. PQI provides funding to support physicians to attend QI educational workshops, identify QI opportunities, and lead QI projects within Island Health facilities and programs. PQI is building a community of engaged physicians working on QI projects across Island Health.

If you want to know more about joining the PQI Cohort 2 for Quality Improvement education and project support or you have training and interest in mentoring other physicians in QI, please see Island Health's website for Career Job Postings: Physician Opportunities:

http://www.viha.ca/careers/physicians/administration_management/physician_qi_advisor_ssc_physician_quality_improvement_100-0805.htm PQI Advisor (0.2 FTE 1 year contract for 7 hours/week; 2 vacancies)

http://www.viha.ca/careers/physicians/administration_management/physician_qi_leader_ssc_physician_quality_improvement_100-0806.htm PQI Leader (0.1 FTE 1 year contract for 3.5 hours/week; 10 vacancies)



Continuing Medical Education & Learning Opportunities

Planning is underway for:

- **Pain (2)**
- **First Nations Cultural Practices**
- **Residential Care**
- **P.I.E.C.E.S Training**
- **Wound Care Knowledge Cafe #3**
- **Advanced Care Planning**
- **Therapeutics Initiative**, a full day conference on **October 20th** featuring two Physicians from Johns Hopkins Medical School, Dr. Tom Finucane (Geriatrics) and Dr. Robin McKenzie (Infectious Diseases).

One of our aims through CMEs is to provide Physicians with enough Mainpro+ certified opportunities on the island as we can, to save you travelling to the Mainland. We're currently working with other Divisions across the island and Island Health on a communication strategy so that Physicians are also aware of CME opportunities outside of Nanaimo.

Geriatric Lecture Series

The Geriatric Lecture Series, sponsored by the Iowa Geriatric Education Center and the University of Iowa Roy J. and Lucille A. Carver College of Medicine, is presented online as a series of monthly lectures. Each lecture can be viewed for one month and is accessible exclusively during the month it is scheduled.

The series is devoted to topics in clinical geriatrics designed to teach important principles in the management of older adults.

Because of grant funding by the Bureau of Health Workforce of the U.S. Department of Health and Human Services, Health Resources and Services Administration, registration to view *the Geriatric Lecture Series is being offered at no cost to all to participants for this year only.*

For more information, please visit: <https://igec.uiowa.edu/glsb>

[>> Click here to register for and view the Geriatric Lecture Series](#)



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

NEW Programs, Services & Resources

Senior's Connect

Seniors Connect is a collaborative project focused on reducing the social isolation of adults age 55 and over in Nanaimo through participation in local activities, increased community connection and providing older adults meaningful opportunities for engagement. This project is funded in part by the [Government of Canada's New Horizons for Seniors Program](#).

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[>> Health and Wellness Directory](#)

Walk-In Counselling Service

As of June 19th- Walk-In Counselling Service ("single session" model same as the Walk-In Crisis Counselling Clinic at Brooks Landing) opens at Substance Use Services (aka Addiction Services)- MHSU- 3151 Barons Rd, Nanaimo

As it rolls out the initial hrs will be:

Monday Mornings - 0830-1200 hrs (last session starting 1100 hrs)

& Wednesday Afternoons - 1300-1630 hrs (last session starts at 1530 hrs)

The service continues to offer an array of Substance Use Treatment groups and related services at Barons site while piloting the new "walk In counselling service".

Neighbourhood Cluster Model - Nanaimo

On June 6, 2016, Island Health Community Services in Nanaimo introduced the new Neighbourhood Cluster Care model for Home Support. This patient-focused quality initiative is being implemented in a phased approach across Island Health.

This model of care is about increasing capacity to provide expanded hours of service, and support to a greater number of clients in the community. It will support more clients to come home from the hospital, to remain at home longer or to wait at home for placement in a care facility. The change will also provide more respite for families who are supporting palliative care clients in the community, and prevent avoidable hospital admissions.

Overall, in other areas where implemented, this change has shown evidence of consistency of care for clients, team-based service work, and increase in job satisfaction for those providing support. It has also allowed for more time spent with clients.

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

Upcoming Community Events

SNUNEYMUXW FIRST NATIONS HEALTH CENTRE



Annual Open House

"We want to share our appreciation for all our partners, please come and join us for lunch."

6688 Centre Street, Nanaimo

Thursday, June 22, 2017

11:30am - 1:30pm



Tillicum Lelum Aboriginal Friendship Centre Family Wellness Day

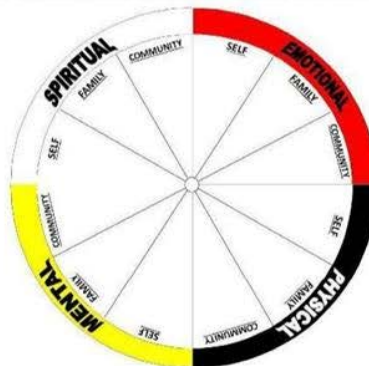


Date: June 27th, 2017
Time: 10:00 - 4:00pm
Location: 477 Tenth Street

**Join us for a day dedicated to wellness for the whole family!
Learn about western and holistic healing methods to ensure
your families health and wellbeing**

- Blood Pressure Checks
- Glucose Testing
- HIV Testing
- Health Education

Fill in a Health Passport for lots of Prizes! Draws every half hour!



- Pranic Healing
- Chair Massage
- Acupuncture
- Reiki
- Gong Meditation

Children's Wellness Area
Bouncy Castle
Face Painting



Funding Provided By:



Lunch Will Be Served

Please Call 250-753-6578 for More Information
or to Pre-register for a Ride by June 26th!

Limited Parking Available

FAMILY FUN NIGHTS



Enjoy games, music, crafts and other activities with your family in your neighbourhood parks.

Held Thursday evenings from 4-7 pm.

JUNE 29

"Welcome to Summer"

DEPARTURE BAY PARK

JULY 27

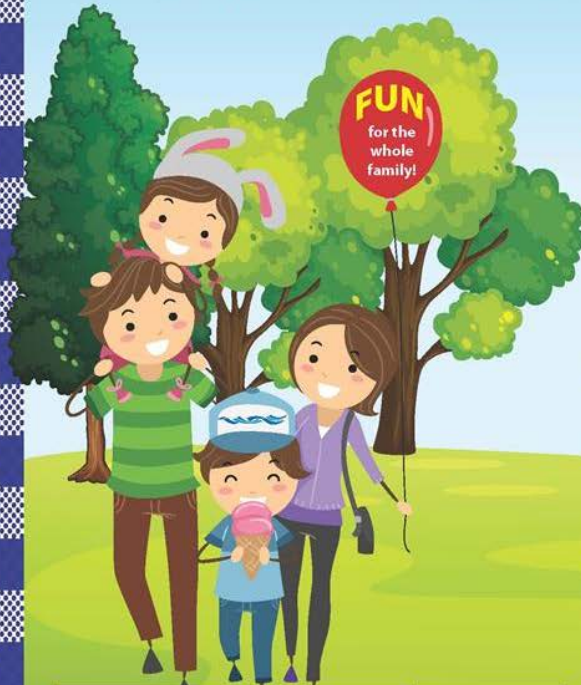
"Mid Summer Fun"

MANSFIELD PARK

AUGUST 31

"Summer Wrap Up"

HAREWOOD CENTENNIAL PARK



GET INFORMATION ON:

- Parks and Recreation programs and special events
- Harewood Neighbourhood Association Partnership projects
- Programs and special events offered by local community groups

JOIN US FOR:

- Games & Crafts, Science Fun & MORE!
- Musical Entertainment
 - Gerry Barnum (June)
 - Island Time Saxophone Quartet (July)
 - Ian Johnstone (August)
- Bouncy Castles courtesy of JumpAround Promotions. A new bouncy castle at each Family Fun Night from their 2017 collection!
- Salad bar, treats and more with Nanaimo Foodshare
- A BBQ hosted by Sunrise Kiwanis Club on June 29 (a minimum fee may apply)



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