

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 - Winter 2016 Edition



A Letter from the Board Chair

Dear Division Members,

I'd like to extend our sincere thanks and appreciation for your participation and suggestions around two significant areas that have recently impacted many of us at a functional, emotional and philosophical level – the Spring implementation of iHealth at NRGH and shortly thereafter, the enactment of legislation that supports Medical Assistance in Dying.

Since the implementation of **iHealth** at NRGH, we have witnessed the toll it has taken on our colleagues, both in acute and community. The iHealth Impact Forum with GPs and Specialists, hosted by the Division in June, provided the venue and medium to document concerns which were subsequently shared in a letter from the Board to the Island Health Board of Directors, CEO, Dr. Digney, Dr. Fyfe and Susanne Fox. The letter noted the professional concerns, unintended consequences and recommendations for moving forward in our community and for other BC communities slated to use a Cerner Electronic Health Record. We also sent a letter to the Board Chairs and Executive Directors in the other BC communities with our lessons learned and suggested they engage early with their respective Health Authorities around the Cerner planning and implementation process.

On the heels of the latter correspondence and the dialogue at a Health Authority Medical Advisory Committee meeting, the Minister of Health called for a third-party review of iHealth by Dr. Doug Cochrane. The latter was publicly available on November 17th. If you misplaced the email link to the report, it is available [here](#): You'll note that Dr. Cochrane's mandate was narrowed to specifically focus on computerized order entry and clinical documentation. While this serves the functional aspect of the tool, the weightier

cultural and relationship issues will need separate and equal attention along with concerted efforts toward healing and rebuilding relationships. The Division intends to keep this human element at the forefront of our ongoing discussions with Island Health.

In early October, we met with Dr. Brendan Carr and Dr. Jeremy Etherington as a follow up to our June correspondence to them. At the close of the meeting, we collectively agreed to take steps to rebuild relationships and trust between the Division, its Physician members and Island Health.

The most recent iHealth update I have is that Island Health has formed an oversight committee, co-chaired by the Ministry of Health to guide the implementation of some of Dr. Cochrane's more immediate recommendations. If you have any thoughts or suggestions you'd like to share about moving forward on our work with Island Health, please feel free to [email](#) me.

Legislation governing **Medical Assistance in Dying** (MAiD) was passed by the Federal Parliament on June 17, 2016. As many of you are aware, this means medical assistance in dying is now legal in Canada. Island Health has taken a lead role in providing education and making resources available. Their website provides further details www.viha.ca/maid. A section in this newsletter provides information about patient access on the island. Over and above these details however, I recognize the professional, ethical and philosophical questions this topic raises for Physicians. While some education has occurred, our members may want to gather for other levels of discussion. We would appreciate your input on this as we want the design to be meaningful.

In closing, I'd like to draw your attention to our new Bylaws that came into effect on November 28th per the new *Societies Act*. They are available on the Division [website](#). A key change in the Bylaws now provides for two classes of membership. GP membership continues to be reflected in the Bylaws as "General" members. "Associate" members include retired GPs, Family Medicine Residents, Specialists, and NPs. The new *Societies Act* provides us with a two-year period in which to adjust our governance (Board) structure and we'll keep you posted as we move along. We're delighted to welcome Dr. Randal Mason as our newest Board Director who in September, replaced outgoing Board Director, Dr. Peter Metrowich (not that anyone could replace Peter). Thank you Peter for your wisdom, thoughtful perspective and unique brand of humour.



On behalf of the Division, I'd like wish happy holidays to all of you and your families and hope you have some well-deserved celebrations (then rest).

Best wishes,

Melissa Oberholster, MD

Board Chair

The Nanaimo Division office will be closed from **December 24th - January 1st**. Regular office hours will resume on January 2, 2017.

Merry Christmas and Happy New Year!



Member Profile



Dr. Patricia (Paddy) Mark

Please join us in the celebration of Dr. Mark's retirement from Family Practice, though she is certainly not retiring from her work in the community!

Dr. Mark qualified from Trinity College in Dublin when she was 22, worked in

Northern Ireland for a year and then started to work in paediatrics in England. After a couple of years, she applied for and got the job of Fellow in Chest Disease at Toronto's Hospital for Sick Kids but didn't enjoy Toronto much and decided to head west. At this point, she moved into Family Medicine and with an old friend and Colleague, Dr. Mark opened the Sow's Ear Clinic in Lantzville. Dr. Mark is now working in Addictions Medicine in several roles: the health and methadone clinic downtown, Addictions Support Physician for NRGH, as well as in Corrections both in Nanaimo and on the mainland. She finds Addictions Medicine so rewarding in spite of the not infrequent tragedies.

"Primary care needs to embrace some changes if we are going to be able to do our job: we need Nurse Practitioners to help us, so that we can focus on the more complex and difficult patients and disease processes ... We need to understand the health care needs of men and women who trust us to keep them safe and well."

Paddy says Vancouver Island has been a wonderful place to live and work, to raise their kids and make many great friends. In her "spare time", she indulges in her passion for gardening and writing and she also volunteers for the SPCA.



SAVE THE DATE

Splash Event - February 9, 2017

It's almost that time again! Our Annual *Splash into the New Year* Social Event is being held on **Thursday, February 9, 2017** at the Nanaimo Golf Club. Bring a guest and come out for a fun, relaxing evening to enjoy some delicious finger foods, live music and time to mix and mingle with Specialists, colleagues and friends in the community. Further details and invitation coming soon.

Active for Life Expo - May 13, 2017

The Nanaimo Division of Family Practice and Pacific Sport are excited to bring you the 2nd Annual Active for Life Expo on **Saturday, May 13th, 2017** at Sherry Field @ John Barsby School. Come and try new activities and connect with local health & wellness providers. This is a free event for all ages.

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 Pediatrician, Dr. Kouwenberg, as well as a survey from the BC Centre for Disease Control.

Nanaimo Eating Disorder Clinic Survey

A message from Dr. Kouwenberg:

Through NRGH, an informal multidisciplinary Eating Disorder Clinic has been offered to patients felt to be at greatest need, following triage through dietician referral. Our multidisciplinary team consists of Social Work, Registered Dietician and Paediatric consultation. The team follows patients regularly, providing medical, social

[CLICK HERE
FOR SURVEY](#)

On behalf of the Eating Disorder Clinic Pilot Project and Dr. Jennifer Kouwenberg, MD. FRCPC (Pediatrics), thank you for your participation.

and nutrition support. We are operating currently under an informal arrangement, with the goal of creating a regular, fully funded team-based clinic to more fully serve community need for our Pediatric patients working through the many challenges of disordered eating. If you are able to respond to our 10-question survey to assist our plan for quantitative need evaluation, this will help as we seek to promote and provide this service widely to those in need in our community.

STI Partner Notification Survey - PAID

CLICK HERE
FOR SURVEY

You are invited to participate in a survey that will explore your views on partner notification for reportable bacterial STI in order to develop a toolkit aimed at Family Physicians. This survey is conducted with funding from the PHSA (Provincial Health Services Authority)/DBC (Drug Benefit Council), and organized through the BC Centre for Disease Control.

On behalf of the Faculty of Medicine, University of British Columbia and the BC Centre for Disease Control, thank you for your participation.

Time Commitment: The survey will take approximately 30 minutes to complete.

Your Division at Work...



STAYING HEALTHY



Congratulations JBWC!

Nanaimo's John Barsby Wellness Centre won BCPSQC's **Excellence in Quality: Staying Healthy** Award! The JBWC is the first multidisciplinary health centre located in a Vancouver Island high school, providing preventative services, treatments, and mental health supports to students. Click [here](#) to read more.



Wound Care Knowledge Café

Thank you to all Physicians who attended the Wound Care Knowledge Café (Nov.2/16). With over 30 Physicians, including 7 Specialists, in attendance, the evening was filled with meaningful discussions and information sharing between our members and all levels of wound care providers. Special thank you to Table Leads Dr. Philip Barnsley, Dr. George Sheppard, Dr. Richard Pistone, Dr. Rustom Guzder, Dr. Gabriele Weichert, Teresa Stone, and Linda Borza. Participants were highly satisfied with the format of the Knowledge Café in providing an intimate setting for clinical knowledge exchange. We look forward to bringing the second installment in **April 2017** with participant-identified topics including Vascular Surgery, GPs with specialized wound care training, Orthopedics, and the return of acute and home care nursing.

UPDATED December 2016 - [Wound Care Resource Pamphlet](#)

Great Learnings from Experts



Opioid Addiction: A staged approach to Addiction Treatment and Suboxone Prescribing - November 1st, 2016

Thank you to the Regional Support Team for their partnership in presenting the Mid Island Opioid Forum on November 1st. Approximately 100 physicians joined other healthcare and addictions professionals to hear Dr. Keith Ahamad speak about the new

Provincial guidelines. This followed excellent presentations from Dr. Diane Rotheron, and Dr. Paddy Mark, specifically designed to provide information to Family Physicians about the practicalities of prescribing Buprenorphine to stable patients – Thank you to all our speakers for making this happen.

Following the event **69%** of respondents reported they would feel more comfortable supporting a stable patient on Suboxone therapy. To help these Physicians develop their skills and confidence, the Nanaimo Division is introducing an *E-Mentor initiative* which will allow our Physicians new to Buprenorphine prescribing to access local addictions knowledge swiftly and easily. Details of this exciting initiative will be sent out in the New Year.

The Human Library

5 Nanaimo Physicians spent the day discussing a career in medicine with students -- its pluses, minuses, career path, challenges in achieving that goal, and what types of people are needed in medicine. The event was called the Human Library and the speaker guests were the "books". Speakers sat at a table with up to three students at a time to chat for 15 to 20 minutes. Then students then rotate to a new table with a different speaker. It was the brainchild of Liz Sansoucy-Jones, a Teacher-Librarian at Wellington. GP participation was sponsored by the Division in partnership with Coastal Community Credit Union.

Thank you to the following Physician participants:

- [Dr. Eric Grantner \(retired GP\)](#)
- [Dr. Peter Bowen-Roberts \(retired GP\)](#)
- [Dr. Glenn Keyes - Wellington](#)
- [Dr. Matt Toom \(R1 FM Resident\)](#)
- [Dr. Shaun van Pel – Medical Arts](#)



"Had a great time, and would definitely support it as a Division member in future!"

- Dr. Eric Grantner

Recruitment and Retention Mentorship Program

We are always looking for Physicians who are passionate about sharing their experience and enthusiasm of practicing in Nanaimo to our incoming Physicians and Family Medicine Residents. Nanaimo's Mentorship Program is a collaborative effort between UBC Residency and the Nanaimo Division, to help guide residents through their final 2 years by developing relationships they can utilize during their residency and into



If you would like participate, please connect with Myla:
MylaYR@divisionsbc.ca

their professional career.

UPDATE: We are expanding the Mentorship Program to include support for recently relocated Physicians and families.

If you're interested in becoming a mentor for a new to Nanaimo Physician, or a Family Medicine Resident, please contact Myla.

Residential Care Initiative Update

The Nanaimo Residential Care Initiative commenced in October 2015. Our first year was devoted to communication, and recruitment of Physicians to this exciting project. The RCI has been developed to improve care of complex patients in Residential Care by supporting Physicians to achieve the 5 GPSC Best Practice Expectations:

1. [Pro-active visiting](#)
2. [Meaningful Medication Reviews](#)
3. [Completed Documentation](#)
4. [24/7 Availability](#)
5. [Attendance at Case Conferences](#)

We are pleased to report that after our first year we have 3/4 of complex care patients supported by an RCI Physician – over 600 vulnerable people. As we enter our second year, our strategic emphasis will be on working with facilities and physicians to improve processes, and learn from areas of current best practice. We plan to help Physicians build patient profiles in facilities to make visiting patients more cost and time effective.

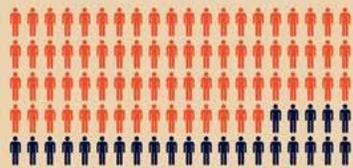
We will also be encouraging quality improvement projects led by physicians aimed at improving care for patients in residential care. If you would like to be involved in this work please contact [Beccy Robson](#)

Nanaimo Residential Care Initiative

Creating a community of Care

OUR FIRST YEAR

COMMUNICATION AND RECRUITMENT




10
RESIDENTIAL
HOMES WITH RCI
PHYSICIANS


32
PHYSICIANS
ENROLLED


8
PARTICIPATING
CLINICS


\$152K
REMUNERATED TO
PHYSICIANS

 RCINanaimo@Divisionsbc.ca

 www.divisionsbc.ca/nanaimo

Creating a Community of Care



Nanaimo Residential Care Initiative
A Nanaimo Division of Family Practice Initiative

2016

QUALITY IMPROVEMENT

Approximately \$137,000 surplus not reimbursed

Advisory committee agreement to invest funds in Physician support & Quality Improvement

MOU to be amended to reflect continuing QI commitment

PROPOSALS

 Video Case Conferences

Continuing Education 

 Process Improvement

Sustainability and support 

 Nanaimo
Division of Family Practice
A GPSC initiative

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

A Note of Congratulations...

Dr. Paul Hasselback (MHO, Public Health) and **Erin Coates** (Research Volunteer and Island Medical Program student) were awarded one of two national awards presented by the Collaborative Healthcare Improvement Partnerships Thematic Group of CAHSPR (The Canadian Association of Health Services and Policy Research) for their work on

Malnutrition in Older Adults. Dr. Hasselback and Ms. Coates presented the findings of their work: *From Coalition to Action Plan; Addressing Malnutrition in Older Adults Through Integrated Knowledge Translation* at the Knowledge to Action Event hosted by Vancouver Island University on November 10th.

For Your Information...

MAiD (Medical Assistance in Dying)

Dr. David Robertson, VIHA's Physician Lead for MAiD, attended the November Division Board meeting and shared the following updates:

Half of all assisted deaths in BC are happening on Vancouver Island: approx. **1-1.5** deaths per week since legislation, accounting for close to 20% of the national MAiD figures. **7 Physicians** on the Island are currently providing the service, 3 of whom will travel to other communities. **55%** of deaths are taking place in patient homes, **15%** in Palliative Units and **30%** in Acute Facilities.

A regional representative will be announced soon, to support local Physicians with all MAiD related matters and requests. The best place to get information on MAiD remains VIHA's intranet, or maid@viha.ca

Quality Improvement Support Available

Did you know?

...Island Health has support and resources available to Family Physicians who are interested in implementing small scale Quality Improvement Projects in their clinics? Experts from the Research and Capacity Building team at Island Health can help you define your research question, provide tools and support for data collection and report writing, as well as support you in navigating Island Health's Research Ethics process. To apply for support with your Quality Improvement Project, please fill out this form:

<https://redcap.viha.ca/redcap/surveys/?s=PENWKXWRAC>

If you have any questions, or would like more information, please contact Wendy Young at wendy.young@viha.ca.

Continuing Medical Education & Learning Opportunities

HIV Centre for Excellence Preceptorship Course

- *Are you interested in gaining additional expertise in primary care management of HIV?*
- *Are you committed to accepting new patients with HIV infection into your practices?*
- *Are you already providing HIV care to your patients and want to enhance your skills?*

Island Health, under the STOP HIV/AIDS Program, is offering funding for *3 Physicians* to participate in the HIV Centre for Excellence Preceptorship course at St. Paul's Hospital from **February 27 – March 3, 2017**.

The registration cost, travel and accommodation costs and the days spent training will be funded by Island Health, the latter at the current sessional rate. You will be part of a small cohort of 3 learners, so the session will be highly focused on your needs. This Program has been accredited by The College of Family Physicians of Canada for up to 25 *Mainpro-C credits*.

Please contact Sophie Bannar-Martin, Manager, STOP HIV and Bloodborne Disease, Island Health (sophie.bannarmartin@viha.ca) for course information. If you are interested, you will be asked to submit an expression of interest letter detailing your position, area of work, city, why you are interested in participating in the Preceptorship and how you plan on applying the knowledge gained to your future clinical practice.

Expressions of interest DEADLINE: **December 31, 2016**.



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

Residential Care Initiative: External Learning Opportunities for Nanaimo Physicians

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. In addition to Division CME events the RCI is helping fund Physicians to attend 2 external courses this Spring.

UBC Care of the Elderly Intensive Review Course

Feb 1-Feb 4, 2017 (Wednesday-Saturday) UBC Robson Square, 800 Robson Street, Vancouver, BC

This four day intensive course offers a unique small group learning opportunity for practitioners who wish to gain practical skills to take back to their communities. The days will include presentations from UBC faculty experts, case based discussions, interactive polls, self-reflection quizzes, and hands-on workshops.

Physicians wishing to develop their leadership skills in Seniors care may have their registration and travel costs reimbursed on approval by Shared Care, and the RCI Project

team will help with this process. Click [here](#) for Course Information

Please contact brobson@divisionsbc.ca if you are interested in attending.

CME ON THE RUN (Palliative Care and Geriatrics)

Friday April 28, 2017 Vancouver General Hospital, 899 West 12th Avenue,
Vancouver

The RCI has *8 bursaries* available for Physicians to attend the UBC 1 day CME in Palliative Care and Geriatrics. Course content includes: The RCI will subsidize the full cost of registration. In addition, RCI enrolled Physicians can receive up to \$200 towards travel costs.

To be eligible for financial support, places *must be booked through the RCI Administration* Team. Please contact RCINanaimo@divisionsbc.ca for more information.

Consent to Health Care in BC: A Course for Health Care Providers

In collaboration with the health authorities and other key stakeholders, the Ministry of Health has developed Consent to Health Care in BC: A Course for Health Care Providers. This course has been developed in response to a demand for a learning tool that clarifies the roles and responsibilities of health care providers in seeking consent to health care services.



Recognizing & Responding to Adult Abuse

Of interest to concerned individuals and anyone who acts in a caregiving or service-providing capacity, whether at home, in the community, or in a professional setting.

This easy to follow, eLearning training module was designed in collaboration with the health authorities and key stakeholders, and is intended to build awareness about recognizing, preventing and responding (including the duty to report, where relevant) to the abuse of adults.

For more information and to register, visit: <https://learninghub.phsa.ca/>

NEW Programs, Services & Resources

Self-Management *British Columbia*

Information for Chronic Pain

When: Mon, January 16, 2017, 1:00pm – 3:30pm

Where: Vancouver Island Regional Library:

Patients

The Chronic Pain Self-Management Program is a six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. This FREE, INCLUDING TEXTBOOK information and education program is hosted by Vancouver Island Regional Library: North Nanaimo.

6250 Hammond Bay Rd,
North Nanaimo, V9R 5N3

For more information,
please contact:

Mark Davies

Email: mvdavies@uvic.ca

Phone: 1-866-902-3767

www.selfmanagementbc.ca

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.

Heart Failure and COPD Referrals

Island Health is pleased to offer the Home Health Monitoring (HHM) Service for patients with heart failure and COPD

To refer your patients:

- HCC Central Intake at **250-739-5749**
- Oceanside Health Centre Intake at **250-951-9550**
- Complete an HCC or Oceanside referral form
- Patients may self-refer by calling the numbers above

For more information,
please contact:

Lisa Saffarek, RN BScN

Telehealth Specialist &
Lead for Home Health
Monitoring

250.716.6760 or

250.740.2644

Lisa.Saffarek@viha.ca

Improve Concussion Management

Implement an efficient multidisciplinary concussion management strategy in a primary care practice

Collaborate with parents, schools and sport/leisure environments to optimize concussion care

Integrate some of the expected updates from the Berlin



[Click here for FMF](#)

consensus conference (October 2016)

2016 Presentation

(PDF)

More Resources: <http://casem-acmse.org/education/ccf/>

New Recruitment Website

IslandDocs.com

Do you know a Physician who is curious about relocating to the Island? Pass along this new [website](#), or contact Myla Yeomans-Routledge at: MylaYR@divisionsbc.ca



Advance Care Planning Tools

60% of Canadians think it's important to talk about end-of-life care but only 5% have talked to their Physician.

<http://www.advancecareplanning.ca/>

You Are Invited...

Practitioners, working with clients who are struggling with eating disorders, are invited to attend this one day **BC Eating Disorders Practitioners Community of Practice** gathering, organized by VI practitioners for VI practitioners.

- **Date:** January 16, 2017
- **Time:** 9:00am - 4:30pm (registration begins: 8:30am)
- **Location:** Beban Social Centre (Lounge) 2300 Bowen Road, Nanaimo
- **Cost:** Free, and Lunch will be provided on site

RSVP:

Registration is on a first-come-first-served basis.

To register, send your name, team/affiliation, and any dietary needs to: Keely.Armstrong@viha.ca

FOR: PRACTITIONERS WHO WORK WITH PEOPLE WHO HAVE EATING DISORDERS ON VANCOUVER ISLAND



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