



Winter Newsletter  
December 2020  
Issue 15



## Inside this issue...

1. [Message from Dr. Nevin De Korompay, President, MSA & KGHPS Board of Directors](#)
2. [Meet the KGH Physicians Society Board of Directors and Working Group](#)
3. [Physician Recognition](#)
  - [Dr. Scott Smith, Co-Department Head, Department of Hospitalist Services](#)
  - [POPE Clinic - Enhancing Pre-Operative Care for Thoracic Surgery Patients](#)
4. [December 9th Physician & Staff Appreciation Day](#)
5. [Thank You for Your Support - It Meant a Lot](#)
6. [Resources for Difficult Times](#)
7. [Medical Staff Lounge](#)
8. [Doctors of BC Sessional Rates Adjusted](#)
9. [Get Paid for Your Work on COVID-19 Planning](#)
10. [Reminder - Funding Now Available:](#)
  - [Departmental Meetings and Rounds Meals](#)
  - [Departmental Physician Recruiting](#)
11. [Do You Have a Facility Engagement Funding Proposal?](#)
12. [We Need Your Feedback!](#)
13. [Seasons' Greetings](#)



### Message from Dr. Nevin De Korompay, President Medical Staff Association / KGH Physicians Society Board of Directors

Season's Greetings from the KGH Physicians Society!

This will no doubt be a strange Christmas to cap off an even stranger year. As we sit in the eye of the storm between an unprecedented 12 months and the challenges of the days ahead, I hope we all can take a moment to rest and reflect how far we have come together. Let the promise of a new year, new vaccines, and a "new new normal" fill us with hope over the holiday season and embolden us to continue to evolve, adapt and care for one another as we collectively weather the storm.

Like most things this year, our annual Holiday Cheer event was not spared from COVID. Although food and drink could not be served up to KGH staff, Merry Old Zeno and his adaptable team of KGHPS executive helpers were able to spread Christmas / Chanukah joy recently on December 9th with sweaters so ugly no virus would be caught alive on them.

In the newsletter you can also read about additional good cheer coming from the KGHPS, including staff donations to two great causes, the Central Okanagan Foodbank and the Kelowna Women's Shelter, a new tradition we'd like to carry on in the future.

As part of our ongoing series recognizing KGH physicians, we're shining the Christmas lights on the fantastic work of Scott Smith, head of a department whose hard work keeps our KGH wards going and puts Santa's Elves to shame, as well as Dr. Dominelli and his team working on the POPE initiative.

The nights may be a bit more silent than usual when we cannot gather with our loved ones, but knowing that we all feel the same way further establishes we are truly all in this together. We may be more apart this season, but we are certainly not alone. Let's continue to work together, so that we can all meet up again in 2021. I look forward to the time when we can celebrate together again.

Happy Holidays!  
Nevin

## Meet our Board of Directors

**Dr. Nevin De Korompay, *President***

**Dr. Maurice Blitz, *Vice President***

**Dr. Jeremy Harris, *Past President***

**Dr. Joey Podavin, *Secretary/Treasurer***

**Dr. Karen Meathrel, *Member-at-Large***

*(all are Members of the KGHP Working Group)*



## Working Group Members

**Dr. S. Sunderland, *Chair, KGHP Working Group, Department of Anesthesiology***

**Dr. V. Beck, *Department of Anesthesiology***

**Dr. M. Blitz, *Department of Surgery***

**Dr. U. Chetty, *Department of Psychiatry***

**Dr. N. De Korompay, *Department of Medical Imaging***

**Dr. M. Duncan, *Department of Pediatrics***

**Dr. A. Hadzic, *Department of Laboratory Medicine***

**Dr. J. Harris, *Department of Surgery***

**Dr. M. Hickman, *Department of Hospitalist Services***

**Dr. A. Kwan, *Department of Emergency Medicine***

**Dr. J. Mace, *Department of Family Practice***

**Dr. D. Manders, *Department of Medical Imaging***

**Dr. S. McGregor, *Department of OB/GYN***

**Dr. K. Meathrel, *Department of OB/GYN***

**Dr. K. Nikkel, *Resident***

**Dr. D. Patton, *Department of Cardiac Sciences***

**Dr. D. Plausinis, *Department of Surgery***

**Dr. J. Podavin, *Department of Hospitalist Services***

**Dr. J. Pritchard, *Department of Medicine***

**Dr. C. Wall, *Vice-Chair, KGHP Working Group, Department of Hospitalist Services***

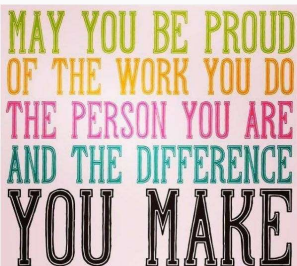


### Staff:

**Zeno Cescon, *Director, Facility Engagement***

**Helga Wendt, *Admin. Asst./Project Lead***

**Jillian Wong, *Doctors of BC Engagement Partner***



## Physician Recognition

Welcome to the third edition of Physician Recognition articles. Please read about some of the outstanding work done by your colleagues over the past few months. Be sure to email us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com) with the names and stories of other physicians who you feel should be recognized.



**Dr. Scott Smith (pictured left), co-Department Head of the Hospitalist physicians,** is an excellent leader and role model at KGH who has helped guide his fellow physicians through this unique and difficult year. Earlier this year, Dr. Smith helped organize our group for the coming COVID challenges, organizing a Hospitalist COVID committee, as well as engaging with other departments and Interior Health. Despite the pandemic, Dr. Smith has managed to keep morale high and the Hospitalist group steady, ensuring activities such as M&M rounds, scheduling, recruitment and retention all continue uninterrupted. Dr. Smith even found time to engage in quality improvement projects, working to improve relationships between physicians and PCC's on the wards.

Leading a group of doctors is like herding cats and Dr. Smith has helped lead the way for our group and the Kelowna General Hospital with his calm demeanor, ability to listen, and bridge building skills with other departments and Interior Health. This has led to a collegial and a low-drama work environment that is envied across Interior Health and has helped with recruitment and retention.

The KGH Hospitalist Department has expanded significantly under Dr. Smith's watch. It's not unusual for our patient census to exceed two hundred patients. The department has continuous learners, both residents and medical students.

When not at work, Dr. Smith can be found skiing with the family, swimming at a high level, or camping in his tent trailer.

As the Hospitalist team continues to act as MRP for most COVID-positive patients on medical wards, KGH can feel confident that with Dr. Smith we have a dedicated team player at the head of the Hospitalist group, calmly helping to steer us through these turbulent waters.



L to R: Nicole Brennan (RT), Dr. Giulio Dominelli, and Robin Carter (RT) with the CPET machine

#### **Enhancing Pre-Operative Care for Thoracic Surgery Patients, POPE Clinic**

The divisions of Respiriology and Thoracic Surgery, with support from the MSA, have collaborated on a trial project to enhance pre-operative care for patients who need thoracic surgery. The [Pre-Operative Pulmonary Evaluation \(POPE\)](#) clinic is being spearheaded by Dr. Giulio Dominelli, Department Head, Department of Medicine.

Thoracic surgery sees patients from all across IHA and NHA and these patients don't always have access to a local Respiriologist. Moreover, some of the tools needed, such as cardiopulmonary exercise testing, is only available at KGH. The KGH Respiratory group is capable of seeing these patients in person or virtually prior to the OR. As Dr. Dominelli summarizes, "We know that 90% of patients going for lung surgery have a smoking history, and addressing their

medical comorbidities in parallel with their surgical needs provides the best quality of care. The main goals of POPE are to optimize COPD management, promote long term smoking cessation and aid in the risk stratification of patients without compromising the tight timelines needed for lung cancer resection."

Given the success, the groups are keen to continue and potentially expand. According to Dr. Anand Jugnauth, Division Head of Thoracic surgery, "The addition of the preoperative pulmonary evaluation clinic is an invaluable resource for our lung cancer patients. Preoperative preparation and smoking cessation leads to shorter and less complicated stays for our complicated patients."

Special thanks to all RTs and PFT staff for keeping the lab running smoothly and safely during the COVID pandemic!



#### **December 9th Physician and Staff Appreciation Coffee Day was a hit!**

The KGH Physicians Society wanted to thank all those who help KGH care for the community so, on December 9th, the KGHPs distributed Thank You cards to all physicians and staff. The cards can be redeemed at the Perking Lot for a complimentary beverage and snack but be sure to use them before the expiration date on the back of the card.

Appreciation is also extended to Nancy Wells, Amanda Walker and all of the volunteers at The Perking Lot for helping to make this such a successful day. We could not have done it without you!



Stay tuned for the next Appreciation Day in March 2021.



As the community continues to deal with the effects of the COVID-19 pandemic, the Central Okanagan Foodbank and the Kelowna Women's Shelter are two of the organizations within Kelowna and surrounding area that are seeing an increase in the number of people who need their assistance, as the winter season approaches. The KGH Physicians Society set up a GoFundMe page in order to collect KGH physicians' donations in one central location, and, **thanks to your donations, \$10,000 was raised which will be split 50/50 and donated to these two organizations for Christmas.**



Did you know the Central Okanagan Food Bank currently provides food assistance to 5,773 local households and within those households there are over 1,800 registered children under the age of 15. **Every donation of \$1.00 allows them to purchase \$3.00 worth of food.** If you'd like



kelowna,  
women's  
**SHELTER**

ENDING ABUSE. BUILDING HOPE.

A signpost with six directional arrows pointing left and right, labeled with synonyms for help: HELP, TIPS, ASSISTANCE, GUIDANCE, SUPPORT, and ADVICE.

When you have anxiety or are under stress, it isn't always easy to figure out where to start or what to do in order to feel better. And it can be even more difficult to reach out to friends or family for support due to the stigma that sometimes surrounds mental health. But it's important to keep in mind there is help, as well as plenty of folks who are willing to help.

A doctor in a white lab coat is holding a white rectangular sign with the word "wellness" written in a teal, lowercase, sans-serif font. The doctor is also holding several red apples in their left hand. A stethoscope is visible around the doctor's neck.

**Canadian Medical Protective Association ([cmpa-acpm.ca](http://cmpa-acpm.ca))**. This website provides a link to physician wellness amid uncertainty.

#### Online Programs:

[Moodgym.com.au](https://moodgym.com.au) - online evidence- based CBT course.

[Starlingminds.com](https://starlingminds.com) - digital mental health therapy program.

#### Apps:

**Headspace** - a guided sleep, movement and meditation app.

**MindShift CBT** - free tool to manage anxiety

**Breathe2relax** - practice breathing exercises for stress management

**Calm or Aura** - for meditation and mindfulness

#### Webinars:

[Joulecma.ca](https://joulecma.ca) – COVID-19 series. An expert webinar series to provide support and guidance for physicians.



#### Medical Staff Lounge

The Medical Staff Lounge continues to be stocked and supported with beverages and snacks for those times when you need a quick bite to eat, to interact with colleagues or just to have a quiet moment during a busy day.

With the recent surge in COVID-19, please observe the safety protocols - hand sanitizers, sani-wipes and physical distancing. Please be safe, stay well.



#### Doctors of BC Advises Sessional Rate Adjustment

**Retroactive to April 1, 2019**, family and specialist physicians will be compensated at the same rate of **\$158.97 rather than \$134.77 for GPs and \$158.97 for Specialists**. Physicians who have been compensated through FEMS at the previous GP rate will see a 'top up' compensation based on the number of hours claimed.



#### Are You Working on a COVID-19 Planning Activity? Here's how to claim your sessionals.

Since the pandemic started, physicians have been working hard to actively plan and deliver patient care in their communities and facilities in order to successfully meet their patients' most pressing medical needs. As we move into the fall and winter, Doctors of BC recognized that new challenges will arise. In response to these evolving challenges, Doctors of BC has been

working and advocating on physicians' behalf, through the Joint Collaborative Committees and directly with the Ministry of Health, to provide necessary supports to enable physicians to continue to provide patients with quality care.

Here's what you need to know:

- Timeframe for active planning is **October 19, 2020 to March 31, 2021**.
- Log onto FEMS (<https://fems.facilityengagement.ca>) and access the activity "**Fall/Winter 2020-21 COVID Planning - KGH**". In the 'comments' section, be sure to provide a brief explanation of the activity or meeting.
- Physicians' active participation in meetings and planning work initiated through the Medical Staff Association and/or the Health Authority that are directly related to supporting the management of the MoH's COVID-19 Health-Sector Plan are eligible.
- Payment will not be provided for passive attendance at meetings.
- Meetings must be about service delivery planning, re-design and implementation related to provision of patient care at a community, facility, regional and/or provincial level in response to COVID-19.
- The planning work is extraordinary, and goes beyond usual department, DOFP or MSA meetings – planning for patient care in the outpatient physician office settings is not eligible.
- A maximum of 20 hours will be reimbursed at a rate (as per the Physician Master Agreement) of \$145.65 per hour for GPs and \$171.80 for Specialists.
- If the work is initiated by the Health Authority, the Chief of Staff or Dept. Head must submit your name to [claims@interiorhealth.ca](mailto:claims@interiorhealth.ca) indicating you are eligible to claim sessionals.

- **PLEASE NOTE:** Doctors of BC will be providing payment in May or June of 2021.

Please direct any questions you may have to us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com).



### Funding Now Available for Departmental Meetings and Rounds

The KGH Physicians Society Working Group approved a new policy which will allow each Department to spend \$20.00 per Department member per fiscal year (ending March 31, 2021) for snacks for your Departmental meetings or M&M Rounds. For more information, [click or tap here](#) to access the policy. If you have any questions, please email us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com). This information has been sent to all Department heads.



### Funding Now Available for Departmental Recruiting

The KGH Physicians Society Working Group approved a new policy which will assist each Department with costs associated with recruitment (sessional fees). Funding will be provided until the end of each fiscal year (March 31), dependent on funding, and a Facility Engagement application must be submitted to the KGHP Working Group for review. For more information, [click or tap here](#) to access the policy or [here for the application form](#). If you have any questions,

please email us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com).

IH is able to provide assistance as well. The pertinent policies can be found by [clicking or tapping](#) here or please email [physicianrecruitment@interiorhealth.ca](mailto:physicianrecruitment@interiorhealth.ca). **Please note** that the first step is for the recruiter and Department Head to connect to develop the recruitment strategy and work together on recruitment efforts.



### Do You Have a Facility Engagement Funding Proposal?

Do you have a Facility Engagement Activity you'd like to initiate? We'd love to hear from you. [Click here](#) for the online application form or [here](#) for more information about funding requirements which have just been updated.

If you have any questions, we're here to assist. Email us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com).

Looking forward to hearing from you.



### We Are Asking for Your Feedback!

We want to be sure we are providing up-to-date and pertinent information for our members. Please provide your input into our website content ([www.KelownaPhysiciansSociety.ca](http://www.KelownaPhysiciansSociety.ca)) or our quarterly newsletters. Do you have an article you'd like to highlight or a story you'd like to share? Please email us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com).

Thank you for your ongoing support!



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of bc**  
Better. Together.

**FE** **FACILITY  
ENGAGEMENT**  
An SSC Initiative

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