



Summer Newsletter

July 2021

Issue 17



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

We at the Kelowna General Hospital Physicians Society are looking forward to saying goodbye to pandemics and hello to summer!

There are a number of additional hellos and goodbyes we should note. Firstly, we say goodbye to our past president Jeremy Harris and welcome our new Chief of staff...also Jeremy Harris. Dr. Harris has been an amazing servant to the hospital through his work at the KGHPS and we count ourselves lucky to be able to work with him to improve the lives of physicians at KGH. For further context, please see Dr. Mostowy's quintessentially Mostowyan of tributes included in the newsletter.

On the topic of goodbyes and service to KGH, although we are saddened by the impending departure of Dr. Graeme McCauley, we are thrilled to have an opportunity to acknowledge his incredible body of work over 30 plus years. This has been a year of many bittersweet goodbyes to other pillars of KGH, such as Drs. Goplen, Carter, and

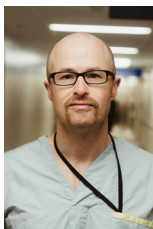
Hooper among others who will be recognized at an upcoming MSA meeting, but we are so appreciative of the mark they have left and wish them a well deserved retirement.

Finally, be sure to attend, virtually (or in person!) the semi annual meeting on Monday, September 27. I suspect the plates of delicious foods will be modified to meet current guidelines but it will be great to meet with colleagues again. Of note is the special guest speaker who will be joining us - **Dr. John Pereira, President-Elect of the Canadian Pain Society**, who will be speaking to us about the use of cannabis for chronic pain management

I will be saying goodbye to my role as KGHPs president in September but we will all get a chance to say hello to our new president, Dr. Maurice Blitz who is more than up for the challenges ahead.

Until then, I hope everyone can enjoy some fun in the sun.

Sincerely,  
-Nevin de Korompay



### **Ode to Dr. Jeremy Harris, KGH Chief of Staff**

The KGH Physicians Society extends congratulations to Dr. Harris on his appointment to the role of Chief of Staff. Dr. Harris has been a member of the KGH Physicians Society Working Group and Executive for a number of years and we have greatly appreciated his insight and leadership. We will miss you, Dr. Harris.

We wanted to pay a fitting tribute to Dr. Harris and who better to write an article than his friend and colleague, Dr. Stephan Mostowy. Here are his wise words:

*Dr. Harris, or 'call me Jeremy', arrived to KGH in 2013 equipped with his family and skills,*

*He hailed from his University position at Western in London, well trained and with a strong will.*

*An HBA business background before Medicine was indeed unique and profitable, And heading down to Arizona to supplement his Canadian Vascular training was applaudable.*

*Jeremy's kind demeanor provides that he opens his eyes to see and his ears to hear, He reflects before responding and reassures his colleagues and patients not to fear.*

*His Vascular surgical ability is unmatched, impressive, and decision making strong, He joined the KGH Vascular group with wonderful intentions and a plan to get along.*

*His delightful cheerful smile and warm New Brunswick heart greets everyone in the hall, And Jeremy's calming presence and hard work became an asset for us all.*

*Jeremy rose through the ranks within the KGH Physicians' Society to become President, Taking the position to ensure the Physician interaction with Administration was evident.*

*After this term, he wanted a new challenge and to grow more on his behalf, Desiring more than clinical work, Jeremy became our new KGH Chief of Staff.*

*Jeremy is clearly aware of this role that he is a reflection of his peers, Most importantly, his door is open for discussion - and he is all ears.*

*Jeremy is very much appreciative of our respect, trust, and shall do his absolute best, And he takes all sides' opinions, being 'quick to listen', which we know how we are blessed.*

*He gains his strength from the love, sacrifice, and support of his family- especially his wife, Teresa; Owen, Jacob, Eli, and Francesca are the pillars in Jeremy's life.*

*Running in full stride, feeling the wind, and trying to keep up with his kids' dust, They enjoy special times together on the golf course where the score is not a must.*

*We are a lucky group during these interesting and exciting times to have our Jeremy, A great person and Vascular Surgeon represents us as our Chief providing needed therapy!*

Thank you Dr. Mostowy and once again, Dr. Harris - congratulations!



### **Physician Recognition Spotlight - Dr. Graeme McCauley**

*(Thanks to Dr. Douglass Rolf for this insightful look at the career of Dr. McCauley)*

Graeme McCauley has had a great influence on many people's lives and the evolution of medical care in the Okanagan and Interior Health over more than 30 years.

Dr. McCauley grew up the son of a Duncan family practitioner. There he met his high school sweetheart and subsequently attended UBC Medicine. He went into Family Practice in Williams Lake where he "did it all" with GP anaesthesia, Midwifery and minor surgery. At some point he decided he wanted to do more. He left Williams Lake and his family practice and entered the University of Alberta Internal Medicine program in 1983 in Respiriology. He subsequently added Critical Care Medicine which was not yet a Royal College recognized program.

Once this was completed, this BC boy came home to the province and Kelowna, joining Doctors Anderton and Arkinstall in Practice. With his training he became the ICU Director and the Williams Lake pipeline appeared.

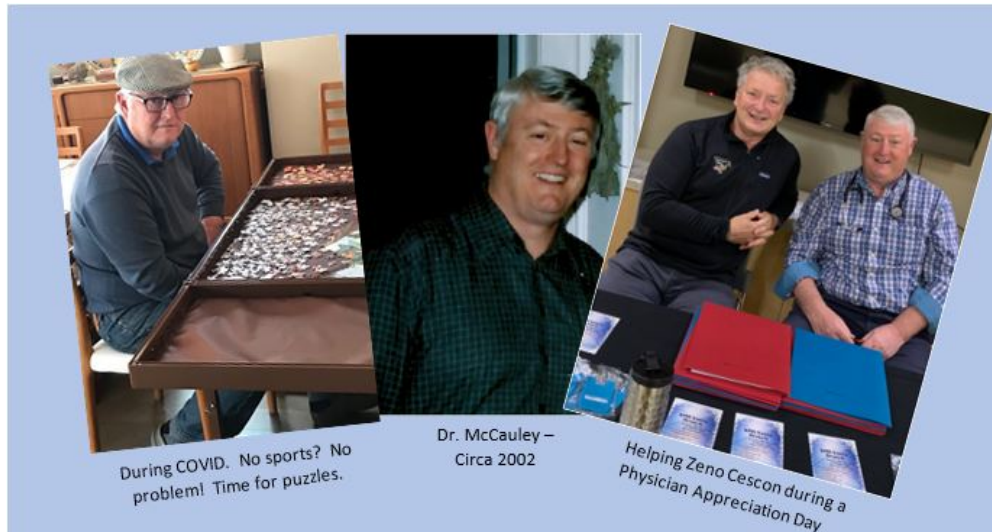
As time evolved so did his practice. He never left his family practice approach, or sense of duty and caring. When I met him a second time in 1991 he was practicing Respiriology, Critical Care medicine and was doing Nephrology Call. That did not change for many years.

He has been involved in a great many things these last 30 plus years. Aside from helping develop/evolve the ICU he has:

- Refereed local Rugby games
- Golfed every Wednesday
- Until recently, and for approximately 15 years, held the reins of the Chief of the Department of Medicine with all of its impacts during the growth of KGH
- Helped develop and support the UBC Southern Medicine Program
- Won awards for teaching in the UBC Medical Program
- Golfed every Wednesday
- Helped develop the Chronic ventilation complex Trach unit at Cotton Woods



- Supported Chronic ventilated patients and their families - which fed back to his family practice roots. This has and continues to include making House calls where needed.



After retirement from ICU, he continued for some time to attend morning sign over rounds – no one can ever forget the recommendation of ***“Stay the course”!***

With the evolution of MAID, Dr. McCauley became involved with the program for some of his selected home-ventilated patients that, like family practice, sometimes has included people he had cared for more than 20 years. Not to mention – did I say “it is Wednesday – time to golf”?

Through all those years he has never forgotten his roots. Caring, compassion, quality of care, and the importance of education. A retirement is a big change. He will leave a big hole with that step, though I am not sure that he, or we, are quite ready for it.



*Dr. McCauley with  
Respirology Dept -  
circa 1989*



### DocTalks: A Doctors of BC Podcast

Here is your link ([please click or tap here](#)) to DocTalks, a myriad of Podcasts aimed directly at providing physicians with relevant content such as:

[Burnout and COVID-19: Warning Signs and When to Act:](#) In this episode of DocTalks, psychiatrist Dr. Jennifer Russel and family doctor Dr.

Lawrence Yang share their perspectives about how burnout affects doctors, how to recognize it, and what steps to take to minimize the impact.

From personal coping strategies, to implementing leadership and QI methodology, and advocating for system-wide enhancements, our guests share what methods they've adopted – both in their personal and professional lives – to stay well, and discusses supports available to doctors that can really make a difference. Burnout impacts all of us, and Drs. Russel and Yang discuss some universal truths about burnout that can be applied to everyone in every walk of life.

**Vaccine hesitancy: Talking to Patients about the COVID-19 Vaccine:** As the COVID-19 vaccines roll out across BC and the rest of Canada, there are significant concerns about vaccine hesitancy. If too many people are unwilling to get the vaccine because of those concerns, everyone's safety is compromised.

In this episode of DocTalks, vaccine safety scientist, Dr Julie Bettinger, and family doctors, Dr Birinder Narang and Dr Baldev Sanghera, discuss the critical role doctors play in vaccine acceptance among patients. What are the best ways to approach patients about getting their shot? What are some of the issues that influence a patient's decision to get vaccinated or not? How does race, culture, and religion play a part in these decisions? How has media and misinformation informed people's view of the vaccine?

Our guests delve into the complex subject of vaccine hesitancy, and share evidence-based information to help doctors feel prepared to have productive conversations with their patients. Interested in this interview, but don't have time to listen to the podcast? A summary of the conversation can be found [here](#).

DocTalks is available on any podcasting platform, and the Doctors of BC website. Listen online - [click or tap here](#) for the link.



## Funding for Continuing Professional Development (CPD)

Do you or your Department/Division have a CPD session you'd like to host? We wanted to make you aware that the KGH Physicians Society will provide funding:

- Any Department wishing to hold an accredited CPD event may request reimbursement through FEMS for the CPD accreditation fee. An itemized receipt is required and should be submitted through FEMS by the lead physician.
- Any KGH physician who is speaking or presenting at a CPD event may claim sessional fees (up to 3 hours) for preparation prior to the event. As well, the Society will fund physician time to meet as a committee to review/approve topics for the CPD event.
- Funding can be used to provide payment for room rental charges and audiovisual support costs. Meal expenses (up to \$25 for breakfast, \$35 for lunch and \$55 for dinner per attendee, including taxes, gratuities and service fees) will also be funded. Alcohol will not be funded. An itemized receipt is required and should be submitted through FEMS by the lead physician.
- Funding cannot be used for payment of physicians' time to attend accredited or non-accredited clinical training or CPD events.
- Contact the KGH Physicians Society for the approval process by emailing us at [KGHPhysiciansSociety@gmail.com](mailto:KGHPhysiciansSociety@gmail.com).

For more information please [click or tap here](#) to read Guideline 005: Rounds and CPD.



## Resources for Difficult Times - Physician Health Programs

There is information forthcoming from Doctors of BC on resources that are in development for physician wellness. Tom

Rapanakis has been hired as the new VP for physician health and new resources will be shared in the near future.

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 are lots of ways to treat anxiety, as well as plenty of folks who are willing to help.

Perhaps some of these will assist (see below) or visit our website's home page ([www.KelownaPhysiciansSociety.ca](http://www.KelownaPhysiciansSociety.ca)) and look for the sign post (pictured above) for all of the easy-to-access links.



**Physician Health Program** ([physicianhealth.com](http://physicianhealth.com)) is an independent service funded by Doctors of BC and the Ministry of Health. Their service offers confidential support, counselling, referral and health system navigation for physicians, medical trainees and their families for a wide range of issues such as mental health concerns, relationship issues, life transitions, financial issues and more. Please check out the website or call the **24-hour helpline at 1-800-663-6729**.

**Drop-in and Share: COVID-19 Physician Peer Support Sessions** ([click or tap here](#) for the link): During this challenging time, physicians are working hard to care for patients, their families and communities. The burden of this responsibility is taking its toll, with increased stress, anxiety and risk of burnout. Talking to other physicians can help. This virtual drop-in program offer free sessions via Zoom every 2nd and 4th Wednesday of every month at 12:00pm. Sessions are hosted by PHP consulting psychiatrist Dr. Jennifer Russel and Manager, Clinical Services and Registered Clinical Counsellor, Roxanne Joyce..

**Canadian Psychological Association** ([cpa.ca](http://cpa.ca)) provides free psychology sessions for health care workers. The online list of volunteer psychologists in BC will help you choose a professional in your area. [Click or tap here](#) for a direct link to that information.

**Canadian Medical Association** ([cma.ca](http://cma.ca)). Check out the Physician Wellness Hub for a list of resources for wellness and virtual peer support groups. The [CMA Wellness Connection](#) provides a virtual, safe space for physicians and medical learners to gather to discuss shared experiences, get support, seek advice, and help each other.

**CMA Physician Wellness Hub** ([click or tap here](#)): Provides original CMA content and curated resources and information from trusted sources for physicians, residents and medical students seeking guidance and self-help.

**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](http://Moodgym.com.au) - online evidence- based CBT course.

[Starlingminds.com](http://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:**

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

**SAVE  
the  
DATE**

**ANNUAL GENERAL MEETING**

**MONDAY, SEPTEMBER 27, 2021**

**5:30pm - KGH Medical Staff Association Annual General Meeting**

**Guest Speaker:**

**Dr. John Pereira, President-Elect of the Canadian Pain Society**

***'Utilization of Cannabis for Effective Pain Management'***

**and**

**6:30pm - KGH Physicians Society Annual General Meeting \***

**VENUE TBC**

***\*Please note: Members participating in the KGHPs Semi-Annual Meeting are eligible to claim 1.0 hour of sessional time. Register in FEMS to process your claim.***

***More information to follow. Please watch your email inbox for further details.***



**Are You Planning to Retire.....Or Do You Know Someone Who Is?**

If so, the KGH Physicians Society would like to recognize you at this September's Annual General Meeting. As well, if you've been to the Medical Staff Lounge by the Medical Records Department, you will have seen the Wall of Fame entitled **1,000 Years of Caring** highlighting some of your colleagues. We'd love to add a third panel and include your photo. Let us know by emailing us at [KGHPPhysiciansSociety@gmail.com](mailto:KGHPPhysiciansSociety@gmail.com).

***National Physicians' Day - May 1, 2021***



KELOWNA GENERAL HOSPITAL  
Physicians Society

***Thank you for your  
contribution to  
patient care, teaching  
and research at KGH.***

**FACILITY  
ENGAGEMENT**

**May 1st - National  
Physician Appreciation Day**

In honour of National Physician Appreciation Day, Zeno Cescon, Director of Facility Engagement, KGH Physicians Society, was in the Centennial Lobby passing out Thank You cards to physicians. These cards could be redeemed at the Perking Lot for a

complimentary beverage and snack.



Appreciation is 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 your support.

Here are some pictures of the many physicians who were able to stop by. Do you recognize those smiling eyes?



### 3N Staff Lounge and Pumping Space

Are you a new Mom and breastfeeding your baby? KGH has a lounge and private pumping space for your use. The entry is beside the desk for 3W and your Chubb pass card will be needed to gain entry. This was the old NICU space.







## Vaccine Resource Page

Given the importance of the COVID-19 vaccine roll out, Doctors of BC has developed a [vaccine information hub link on our COVID -19 Resource page](#). There's a section for doctors who want to know more about receiving the vaccine and giving the vaccine, and for patients who have questions about the vaccine.

The information is updated regularly. If you have questions, please send them to [covid19@doctorsofbc.ca](mailto:covid19@doctorsofbc.ca)



## Apply Now for the IH PQI Cohort 4 - September 2021 to June 2022

Do you have an improvement idea, but don't know where to begin? Are you ready to move your idea from 'SOMEDAY' to 'TODAY'? Apply now to participate in IH PQI Cohort 4:

- Session 1: September 20-21 (virtual)
- Session 2: October 14-15 (virtual)
- Session 3: November 22-23 (virtual)
- Session 4: February 9-11, 2022 (TBD / virtual / in person)
- Graduation: June 3, 2022

[Click or tap here](#) for more information or contact [pqi@interiorhealth.ca](mailto:pqi@interiorhealth.ca).



## New NAVIG8 Cohort Announcement:

The Kelowna participants for Cohort 2 of the NAVIG8 Emerging Medical Leaders Program are noted in the table below. A visual representation can be viewed online [here](#). Congratulations to the 2021 cohort!

Name	Specialty	Location
Dr. Ryan Foster	Internal Medicine	Kelowna
Dr. Amir Hadzic	Medical Microbiology	Kelowna
Dr. Scott Martyna	Oral Surgery	Kelowna
Dr. Sarah Sunderland	Anesthesia	Kelowna
Dr. Amanda Wilmer	Medical Microbiology	Kelowna



## New to Interior Health?

IH has compiled a video for new / prospective medical staff. [Click or tap on this link](#) to view this great and informative video!



### 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.

A new feature is a recycling bin for your juice and pop containers (no trash please).

Please continue to observe the safety protocols - hand sanitizers, sani-wipes and physical distancing. Please be safe, stay well.



### Doctors of BC Is Asking for your Feedback

Facility Engagement (FE) has been undergoing a province-wide evaluation since March 2020, conducted by an external evaluation

consulting company, Ference & Company. Hearing about the initiative from your unique perspective will help us appropriately evaluate the value and impact of the initiative during the last phase of its provincial evaluation. It will also help determine how this engagement work moves forward at your local and regional levels and across the province. It is critical that Doctors of BC captures a wide variety of practical perspectives and longitudinal data for their collective learning.

A second province-wide survey was distributed to all FEI participants on July 8th and was sent from [noreply@interceptum.com](mailto:noreply@interceptum.com). Please check your junk mail if you did not get the email last week.

**Action #1:** Please tell FE about your experiences with FEI by answering the survey questions by **August 9th**. This should take about 10 minutes to complete. Aggregate data from the survey will be available to you to assist with learning, improvements, and planning at site, regional and provincial levels.

**Action #2:** Please share the survey with other physicians /medical staff and health authority leaders whether or not they have any role with the MSA and/or the physician engagement society. A public link will be sent to you that can be shared through your local communications channels.



[Click or tap here](#) if you would like to see an overview of the provincial evaluation and data collection process.

Thank you in advance!



### 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 [KGHPhysiciansSociety@gmail.com](mailto:KGHPhysiciansSociety@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 KGHPS Working Group for review. Please note:

- The number of FTEs that are being recruited should be noted on the Facility Engagement application.
- Sessionals for up to a maximum of 15 hours per FTE being recruited will be paid. The Project Lead will be responsible for appropriate allotment of the 15 hours amongst the recruitment team.
- Development of recruitment advertisements.
- Physician time spent recruiting and interviewing potential candidate(s). PLEASE NOTE: sessionals cannot be claimed if recruiting is part of the recruiter's role or job description, i.e., department head.
- Recruitment updates will be provided to the KGHPS Working Group by the Project Lead on a quarterly basis with a final report once the project is completed. -Please include in the report(s) the FTE recruitment numbers achieved and overall progress to date.
- Funding will not be provided to cover travel or meal/entertainment expenses.
- If all funding is utilized during the course of the fiscal year, another application will not be considered until the next fiscal year at which time another Facility Engagement project application must be submitted to the KGHPS Working Group for review/approval.
- Sessional claims should be entered into FEMS as the work progresses with an explanation of work done rather than one large claim at the end of the project.
- Applications should indicate how the Department is working collaboratively with IH/KGH recruitment (for assistance please contact [physicianrecruitment@interiorhealth.ca](mailto:physicianrecruitment@interiorhealth.ca) or [click/tap here](#) for IH recruiting guidelines); or in the midst of the recruitment process, supporting a potential recruit who has a partner who is a Family Physician, we suggest contacting [Central Okanagan Divisions of Family Practice](#) for any assistance in that regard.

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 [KGHPhysiciansSociety@gmail.com](mailto:KGHPhysiciansSociety@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.

KELOWNA GENERAL HOSPITAL  
Physicians Society



### FUNDING PROPOSAL



## 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 [KGHPhysiciansSociety@gmail.com](mailto:KGHPhysiciansSociety@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)), our quarterly newsletters or the eBulletin Board outside the Medical Staff Lounge. Do you have an article you'd like to highlight or a story you'd like to share? Please email us at [KGHPhysiciansSociety@gmail.com](mailto:KGHPhysiciansSociety@gmail.com).

Thank you for your ongoing support!



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Welcome to the Kelowna General Hospital Physicians Society. We will be providing relevant and engaging content on a regular basis.

[www.KelownaPhysiciansSociety.ca](http://www.KelownaPhysiciansSociety.ca)

### Our mailing address is:

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