



Fall Newsletter
October 2021

Issue 18



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Message from Dr. Maurice Blitz, President Medical Staff Association / KGH Physicians Society Board of Directors

The leaves are changing colour, Fall is upon us. Although it's been a long and difficult year, I hope we all have some friends and family as well as moments of joy and delight for which we can be grateful.

Amongst all of the seasonal events, we had our KGH Physicians Society / Medical Staff Association annual general meeting on September 27th. I

am very grateful to both [Pamela and Wilfred \(Grouse\) Barnes](#) for their participation in acknowledging the territorial land as well as for their meaningful words in conveying the importance of the land not only to the Syilx nation but to all of us. [Dr. John Pereira](#) offered some very thought-provoking insights in the use of cannabis for pain management. Finally, our CEO and President, [Susan Brown](#), was able to join us in what I trust will be the start on the road to building a better and stronger relationship with administration.

On that note I would like to congratulate [Dr. Cara Wall](#) on her new role as Site Medical Director, and of course thank [Dr. Bruce Povah](#) for his many years of dedicated service in that position. Personally, I heartily thank [Dr. Nevin de Korompay](#) for his excellent leadership as president of the MSA for the past year and for setting a great example for me to follow.

The upcoming year will continue to present us with challenges as the presence of COVID continues to affect us professionally and personally. My hope is that we are slowly but surely turning a corner as we head towards more and more normalcy.

We will continue to support our medical staff and their well being. The physicians lounge, which has been a great success, should see some improvements over the next few months, and we are putting increased efforts into finding space for a gym-like facility. If you have any thoughts or ideas about how we can continue making our workspace a more positive environment, please let me, or any of the other members of the MSA or KGHPs Working Group know. We are excited to hear any and all of your suggestions and ideas. Email us at KGHPPhysiciansSociety@gmail.com.

Finally, I would like to stress that we are here for you, and thus if there are ways we can assist you in your role as a physician at KGH, let us know and we will do our utmost to help.

Sincerely,
Maurice

Meet our Board of Directors

Dr. Maurice Blitz, *President*
Dr. Candace Creighton, *Vice President*
Dr. Nevin de Korompay, *Past President*
Dr. Joey Podavin, *Secretary/Treasurer*
Dr. Karen Meathrel, *Member-at-Large*



(all are Members of the KGHPs Working Group)

Appreciation is extended to Dr. Jeremy Harris, the outgoing member of the Board. Thank you so much for moving the work of the KGHPs forward, for your support, your valued judgement and sharing your views. We look forward to continuing to work with you in your new role as KGH Chief of Staff.

Working Group Members

Dr. S. Sunderland, *Chair, KGHPs Working Group, Department of Anesthesiology*
Dr. M. Blitz, *Department of Surgery*
Dr. C. Carlucci, *Department of Hospitalist Services*
Dr. C. Creighton, *Department of Pediatrics*
Dr. N. de Korompay, *Department of Medical Imaging*
Dr. C. Dennehy, *Residents*
Dr. M. Duncan, *Department of Pediatrics*
Dr. D. Goldie, *Department of Anesthesiology*
Dr. B. Johal, *Department of Laboratory Medicine*
Dr. A. Kwan, *Department of Emergency Medicine*
Dr. J. Mace, *Department of Family Practice*
Dr. S. McGregor, *Department of OB/GYN*
Dr. K. Meathrel, *Department of OB/GYN*
Dr. D. Patton, *Department of Cardiac Sciences*
Dr. D. Plausinis, *Department of Surgery*
Dr. J. Podavin, *Department of Hospitalist Services*

Appreciation extended to Dr. Mark Hickman, Dr. Cara Wall, Dr. David Manders, Dr. Julia Pritchard, Dr.



Karly Nikkel and Dr. Amir Hadzic for their contributions to the Working Group in 2020/21. Thank you so much for your participation, leadership and insight.

Staff:
Zeno Cescon, *Director, Facility Engagement*
Helga Wendt, *Admin. Asst./Project Lead*



Highlights from the Annual General Meetings

Thank you to those of you who were able to join us for our virtual Medical Staff Association and KGH Physicians Society Annual General Meetings on Monday, September 27! Lots of great content was shared.



Thank you to **Susan Brown, President & CEO of Interior Health Authority** for speaking with the MSA and to our special guest, **Dr. John Pereira, President-Elect of the Canadian Pain Society**, who spoke on the topic of *Medical Cannabis for Chronic Pain*. Unfortunately, we cannot share Dr. Pereira’s presentation as some of the material is copyrighted.



The MSA was also honored to have **Wilfred (Grouse) Barnes and Pamela Barnes** open the MSA AGM and welcome us to the traditional territory. Grouse and Pamela are Syilx knowledge keepers and elders of the Westbank First Nation as well as Honorary Fellows at Okanagan College who facilitate cultural teaching in partnership with Kelowna Heritage Museums, the Kelowna Art Gallery, Rotary Centre for the Arts and Regional Parks.



If you are interested in viewing the full presentations, please [tap or click here](#) for the Medical Staff Association AGM or [here](#) for the KGH Physicians Society AGM.



**Physician Recognition - Dr. Cara Wall
Superhero Amongst Superheroes**

We are surrounded by superheroes every day at KGH – these days more than ever. But one person stands out above the rest.

Dr. Cara Wall is a Hospitalist at Kelowna General, but that is just one of her many jobs. She wears so many hats it’s hard to keep track of them all. Cara’s newest role is the site Medical Director at Kelowna General taking over the position from Dr. Bruce Povah. She is also the past president of the Medical Staff Association, and the past Department head of the hospitalists.



Listing all her positions and titles is not only impressive, but exhaustive.

- Medical Director of Central Okanagan Diabetes Education Centre.
- Faculty Development Director SMP.
- Chair Pharmacy and Therapeutics Committee.

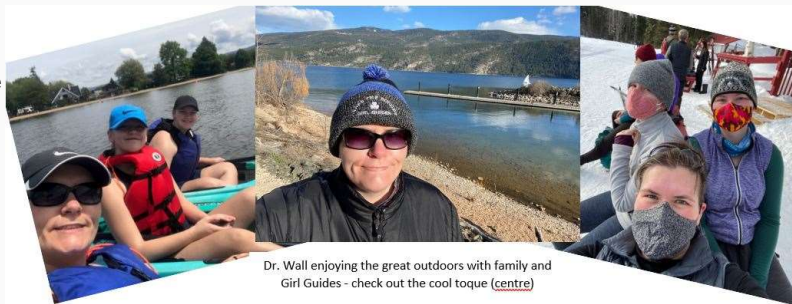
Cara always brings her level-headed, down-to-earth leadership skills to all her roles. Her upbeat, positive attitude and ever-present sense of humour is unwavering, even after a gruelling night shift – and she does a lot of them! So what does she do with all her “spare time” ?

Well, she is either helping her grandparents, or arranging Girl Guide camping trips for her two daughters - Emily and Robyn. She is also the Girl Guide Leader responsible for the Trex Extra Ops program, focusing on camping and outdoors!

And then there’s Gizmo the dog, Louis the tortoise and Jeff the snake to take care of! If you want to hear a good story, just ask Cara about the latest household animal antics.

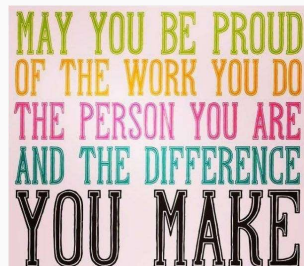
She truly is a superhero, and we are so lucky to have her as part of our medical community.

Thanks for EVERYTHING you do Cara!



Dr. Wall enjoying the great outdoors with family and Girl Guides - check out the cool toque ([centre](#))

Thank you to Dr. Mark Hickman and Dr. Scott Smith for this article.



Be sure to email us at KGHPhysiciansSociety@gmail.com with the names and stories of other physicians who you feel should be recognized.

PRESS RELEASE

Press Release from the KGH Physicians Society

At the September 27 AGM of the KGH Physicians Society, the membership approved issuing this press release.

FOR IMMEDIATE RELEASE

Kelowna General Hospital Physicians Society Asking For Community Support

KELOWNA, BC – SEPTEMBER 29, 2021 - The Kelowna General Hospital Physicians Society represents the doctors of our community. We, along with the many nurses, allied health, maintenance, housekeeping, food services, and all of the other members of KGH, have been diligently working 24/7 during the pandemic to keep our community safe and healthy.

The Kelowna General Hospital Physicians Society is asking members of our community to help us in this battle by getting vaccinated. If you've already received your vaccination, thank you.

If you have questions about the COVID-19 virus or vaccination, please speak to your doctor.

The press release was picked up by both Global News Okanagan ([Click or tap here](#)) and InfoTel ([click or tap here](#)). Thank you to Dr. Maurice Blitz and Dr. Nevin de Korompay, Past President (pictured right), for speaking with the media.

Follow us on Twitter ([@KGHphysicians1](#)).



Dr. Nevin de Korompay, Past President, MSA/KGHPS (above) and **Dr. Maurice Blitz**, President, MSA/KGHPS (right) talking with Klaudia Van Emmerik, Global News Okanagan

Help Those in Need This Holiday Season

In November of 2020, the KGHPs sent out a communiqué to all physicians suggesting that the Kelowna Community Foodbank and Kelowna Womens' Shelter be chosen as community organizations that the KGHPs would support during that season, and \$1,500 was raised through GoFundMe. However, GoFundMe takes a percentage of the donations for administration costs and does not provide individual tax receipts.



GIVING TO
THOSE IN
NEED THIS
YEAR

SUGGESTED COMMUNITY ORGANIZATIONS:

- KELOWNA COMMUNITY FOODBANK
- KELOWNA WOMENS' SHELTER
- MAMAS FOR MAMAS
- JUMPSTART (FOR KIDS)
- KELOWNA GOSPEL MISSION
- SALVATION ARMY
- UNITED WAY
- KI-LOW-NA FRIENDSHIP SOCIETY
- OTHERS? EMAIL US AT KGHPHYSICIANSOCIETY@GMAIL.COM

So, this year we want to do it differently. We are not suggesting these are the only ones to contribute to – we are only trying to raise awareness that there is a need out there and people need help. If we can narrow it down to 2 or 3 we'll be sure to spread the word as to how to make donations easily and so that you receive a tax receipt.

We'd really appreciate your feedback. Please [click or tap here](#) to take a quick survey. We'll share the results in the next few weeks.



Update on the Medical Staff Lounge

We hope you are continuing to enjoy the Medical Staff Lounge. Did you know.....in addition to the other snacks and beverages we provide approximately twice a week, **an average of 176kg of bananas is provided each month.** We are looking at bringing in water dispensers and a large coffee machine once the electrical wiring has been upgraded.

Please note that during the month of November, supplying the Lounge will be much more sporadic. We will do our best to provide supplies as often as we can - please be patient with us.



Look for the recycling opportunities in the Lounge. Thank you to the Girl Guides for taking away the recycled beverage containers - please don't put garbage in those bags. And the recently added plastic packaging waste recycling has clear guidelines noted on the box as to what can be included..



We look forward to seeing you in the Medical Staff Lounge which has become a welcoming area which has encouraged medical staff to stop by, especially after hours when the cafeteria and coffee shops at KGH are closed. Please enjoy a bite to eat, a relaxing moment and the opportunity to chat with your colleagues. House staff (learners) are welcome if accompanied by a physician but we ask that equipment reps not be given access to the Medical Staff Lounge.



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) and look for the sign post (pictured above) for all of the easy-to-access links.



Physician Health Program (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) 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). 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). This website provides a link to physician wellness amid uncertainty.

The Wellness Connection: The Wellness Connection is a virtual, safe space for physicians and medical learners to gather to discuss shared experiences, get support, seek advice and help each other. The Wellness Connection is available to all Canadian physicians and learners through the CMA Community Engagement Platform. **Virtual group support sessions**, led by [trained facilitators](#), are available each week. These sessions address a range of topics and themes, including critical needs and emerging strategies to support physicians and learners during the pandemic and beyond. Learn more about the types of sessions offered and [sign up for a session today](#).

If you're looking for advice on how to support your colleagues, you can also access a range of formal and informal [peer support resources](#), among other tools and information.

The Wellness Connection also offers a "**gratitude space**" where you can share your feelings, emotions and stories of gratitude with your peers.
Upcoming sessions:

- [Mindful Parenting: 12 Oct 2021 12:00 PM](#)
- [TBC 18 Oct 2021 7:30 PM](#)

Online Programs:

[Moodgym.com.au](#) - online evidence- based CBT course.

[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](#) – COVID-19 series. An expert webinar series to provide support and guidance for physicians.

FEELING WOBBLY?

NEEDING A QUIET PLACE TO REST AND REJUVENATE?

Experience a space designed especially for you to
relax and unwind

When: Starting September 20th - TBD

Where: IHSC main floor room 61426

Who: ALL KGH staff

Time: 24/7

**Also, check your emails for zoom links to
coaching sessions on the following topics:**

Grief & Loss - Clair Jantzen

Tuesday, Sept. 21st & Thursday, Sept. 23rd - 1:00pm - 2:00pm

Anxiety - Val Harbour

Wednesday, Sept. 29th and Oct 1st - 1:00pm - 2:00pm

Interpersonal Conflict – Clair Jantzen

Tuesday, Oct. 5th and Thursday, Oct. 7th - 1:00pm - 2:00pm

Compassion Fatigue – Susanna-Joy Schuilenberg

Tuesday, Oct. 12th and Thursday, Oct. 14th – 1:00pm - 2:00pm

Physical distancing rules remain in effect and wearing masks is required.
Max 10 people

Stroke Fundraiser a Success



Photo: Contributed
Money raised will fund Endovascular Thrombectomy (EVT) at KGH and related stroke health services

When it comes to stroke, every moment matters. And in those crucial moments Kelowna General Hospital will be more ready than ever.

Now, thanks to a stunningly successful fundraising campaign spearheaded by the Kelowna General Hospital Foundation, the level of stroke care available for Interior patients is about to become world-class.

Thanks to the generosity of hundreds of local donors, the \$8 million raised by the foundation's Every Moment Matters campaign will provide significant advancements, such as a state-of-the-art intervention room for stroke treatment at the hospital, advanced rehabilitation and service and funding for future innovations related to stroke care. [Click or tap here](#) for the full store (as published by Okanagan Edge).

"The impact will be absolutely life-changing for our regional stroke patients," said [Dr. Aleksander Tkach](#), a vascular neurologist at KGH and medical director for the IH Stroke Network. "I am so incredibly grateful to Mr. Eliuk and the people of this community for making this possible."



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) 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. 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. 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.

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. **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.



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 KGHPPhysiciansSociety@gmail.com.

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



Doctors of BC Update

Seeking Your Feedback: This fall, Doctors of BC is seeking feedback from its membership regarding their engagements and interactions with their health authority. Now in its sixth year, the Health Authority Engagement Survey plays a crucial part in helping Doctors of BC advocate for members, and

support doctors across the province.

The survey was emailed to Doctors of BC members on September 13, and will run until October 13. Members who complete the survey may enter into a draw to win one of two \$1000 gift cards to their choice of Staples or Canadian Tire. We encourage you to participate in this survey, which will only take 5 minutes of your time. By sharing your feedback, you can help Doctors of BC shape programs and policies that reflect your needs.

2021 Member Satisfaction Survey Results: This bi-annual survey is a key element in our commitment to better understand our members' needs and to identify what you think important. It allows us to determine the engagement areas where we provide excellent support and value, and conversely, the areas that need improvement – so that Doctors of BC is able to effectively advocate on your behalf, accurately represent you with stakeholders, and share relevant information in a responsive, expedient, and prompt manner. The 2021 Member Satisfaction Survey Results are available in this [What We Heard Report](#).

Guidance on Virtual Care: In 2020, the Joint Collaborative Committees (JCCs) convened a council to bring together Ministry of Health, Doctors of BC, several health authorities, the College of Physicians and Surgeons, and key experts from other jurisdictions with experience in virtual care to leverage and learn best practices. Following a year-long consultation, the [JCCs](#) have produced [a set of statements](#) that provide guidance for doctors on the use of virtual care for practices and in service delivery and decision-making.

Physician Advocacy for Change: This training session is being sponsored for physicians by DoBC and Joule CMA. There is no cost to physicians to attend. Please note, sessional pay is not available for physicians attending as they will receive 4 CME credits for this course (3 hours of time).

Some of the topics in this course include:

- Advocating effectively in your day-to-day work as a doctor.
- Preparing advocacy plans and frameworks to lead meaningful change in your workplace.

The session runs from 9:00 a.m.–12:15 p.m. PT - Friday, November 26 (registration deadline: October 27).

To register online: <https://shop.cma.ca/products/advocacy-for-change-doctors-of-bc>

Quality Forum 2022: Save the Date! Quality Forum 2022 is March 1 – 3

[The Quality Forum](#) is an annual conference that brings together British Columbia's health care community to share and discuss how to improve quality across the continuum of care. Organized by the [BC Patient Safety & Quality Council](#), Quality Forum 2022 will take place from March 1 -3, in Vancouver and in accordance with all provincial health guidelines. All updates will be posted to BCPSQC.ca/Quality-Forum.

UBC CPD Presents: The Therapeutics Initiative: Bringing Best Evidence to Clinicians 2021 Virtual Event - Oct 16 (Sat) 0800-1200 PDT

Keynote Speaker Julia Belluz, host of "Show Me the Evidence", a Canadian journalist and senior health correspondent for Vox, examines the science behind major headlines in health and medicine. Julia has covered topics including the anti-vaccine movement, shed light on major American health problems, and debunked popular pseudoscience media figures. <https://www.vox.com/authors/julia-belluz>. She will present "*Lessons from the trenches of evidence-based health journalism (How clinicians deal with patients that read medical journalism.)*"

Also featuring practical, evidence-based prescribing advice from TI Faculty and guests:

- Dr. Jamie Falk "A Deep Dive into SGLT2 inhibitors: What rises to the surface for individuals with diabetes"
- Dr. Aaron Tejani "Common Prescribing Cascades & Is there a dose response for efficacy and harm (Assessing the evidence for commonly prescribed medicines.)"
- Dr. Josh Levin "Exercise prescriptions: evidence and clinical applications"
- Dr. Tom Perry "How well do you know the drugs you prescribe? (Listening and observing thoughtfully can protect your patients from pointless adverse effects.)"

Target audience: family physicians, nurse practitioners, nurses, pharmacists, allied health professionals, specialists, residents, and students; patients, caregivers, policy-makers are also welcome. For more information and to register visit: <https://ubccpd.ca/learn/learning-activities/course?eventtemplate=143>.

KELOWNA GENERAL HOSPITAL
Physicians Society



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. **Please note:** Under the KGH Physicians Guidelines and those of Doctors of BC, retroactive

sessional claims cannot be paid except for 5 hours to the Project Lead for preparing for and completing the FE project application form.

If you have any questions, we're here to assist. Email us at 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) 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.

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



([@KGHPPhysicians1](https://twitter.com/KGHPPhysicians1))

Our mailing address is:

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Kelowna, BC V1W 4V5
Canada

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