



Winter Newsletter  
**December 2021**  
*Issue 19*



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#### **Message from Dr. Maurice Blitz, President Medical Staff Association / KGH Physicians Society**

During these holiday times at the end of the year, it is cliched and a bit of a lazy trope to reflect on the year that was.

So let me reflect on the year that was...

It is easy to focus on the struggles: those at work and those at home. To think of the prolonged and continued effect of COVID-19 on both our personal and professional lives. Instead, I would like to look at some of the great positives we have achieved over the year. We have taken a system already busy and what was thought to be at capacity and absorbed a pandemic. And although it hasn't been perfect, we have continued to work diligently and selflessly for our patients and our communities: local, provincial, and beyond.

We continue to work well together as a collective team to affect those that are sick as well as to improve the system caring for them. We have seen the burden of disease firsthand within our friends and families, and we continue to help others overcome.

The camaraderie encouraged through initiatives such as our well stocked and always available physicians lounge continues to grow and we continue working on enhancements such as the creation of physician gym space (whose initial form is getting closer to fruition). We also are using our momentum and building bridges with Interior Health. Everyone working together in an environment of trust and respect can do nothing but good.

Finally, I hope you are all able to reflect on your own positives during this time and that the joy your families and loved ones share recharges you for the new year.

Merry Christmas and seasons greetings and hope that the new year brings health and happiness to you and yours,  
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)*



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. I. Ephtimios, *Department of Medicine*  
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*



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



**Tour of Treats Highlights: A small token of appreciation for all that you do to help KGH care for the community**

On December 14th to 16th, the KGH Physicians Society and MSA had the pleasure of delivering seasonal treats prepared by FIXX Cafe in Kelowna to many of the wards and departments within KGH.



Treats prepared by FIXX Café

While it was not possible to connect with everyone at the hospital during our tour, we hope that we added a bright spot to your day - and the Christmas sweaters could not help but make you smile. Thanks to all who participated, and your positive feedback has been so greatly appreciated. Here are some of the smiling faces you may have seen during those 3 days. Thank you so much to **Zeno and Sandy Cescon** for organizing the hundreds of boxes received each day and to **Drs. Jeremy Harris, Maurice Blitz, Nevin de Korompay, Cara Wall, Sarah Sunderland and Mark Duncan** for delivering to the many physicians, staff, nurses and allied health workers over the course of the 3 days.



Zeno and Sandy Cescon

### The' Tour of Treats' Delivery Elves



Drs. Jeremy Harris, Nevin de Korompay and Kevin Pistawka and Sandy Cescon

Drs. Cara Wall and Maurice Blitz

Dr. Sarah Sunderland, Sandy Cescon and Dr. Mark Duncan

## Help Those in Need This Holiday Season

**Community-Based:** In a recent KGH Physicians Society survey, the **Central Okanagan Foodbank** and the **Kelowna Women's Shelter** were identified as two of the organizations within Kelowna and surrounding area that have a significant impact on the well-being of our community, especially as the holiday season approaches. Will you help us help them?



**Central Okanagan Food Bank**

Did you know the [Central Okanagan Food Bank](#) currently provides food assistance to over 18,360 hungry children and youth in the Central Okanagan? **Every donation of \$1.00 allows them to purchase \$3.00 worth of food.** It's easy to

donate: [click or tap here](#) for the direct link. In order to track the success of the program, please place the initials **KGP** (short for KGH Physician) behind your name. We will not receive any personal information, just an overall total of donations from KGH physicians.



**Kelowna Women's Shelter** provides free food, shelter, counseling, support and preventive education to women and their children who have experienced intimate partner violence. Your donation helps to break the cycle of abuse. [Click or tap here](#) for the direct donation link. In the 'Message' section, please note KGHPs.

devastation that has and Interior regions of BC scenes that we see 'How can I help?'. Here incredibly difficult time



**Disaster Relief:** The recent catastrophic impacted so many families in the Coastal is a disaster that needs our attention. The unfolding every day has led many to ask, are a few links that may assist you. This is an with so many needing so much.

On Wednesday, the **Canadian Red Cross** launched a donation page to help fund humanitarian assistance to those impacted by the flooding and landslides, which led to mass evacuations and cut off entire communities from the rest of the province. Donations made through the [British Columbia Floods and Extreme Weather Appeal](#) will be reserved for the current crisis, the charitable organization said, with no more than five per cent going toward fundraising costs.

Canadians can also donate to individual fundraisers through **GoFundMe**, though they should be wary of fraudulent campaigns designed to exploit public sympathy, the likes of which often emerge after major catastrophes. GoFundMe has set up a [centralized hub for verified fundraisers](#) for B.C. flooding victims, which include campaigns for a number of displaced families and affected businesses.

"GoFundMe has a dedicated Trust & Safety team reviewing all fundraisers related to the tragedy," the company said in an email. "We deploy proprietary technical tools and have multiple processes in place to verify the identity of organizers and the recipient of the fundraiser. Before money is transferred, an individual or organization's information, including their banking information, must be verified." Anyone who spots a campaign that appears questionable can report it to GoFundMe to prompt an investigation.

The **City of Abbotsford** is now taking donations to help residents in need. The Abbotsford Community Foundation have also established the [Abbotsford Disaster Relief Fund](#), which will support front-line agencies that are providing essential services to the families impacted by the disaster.

**Canadian Blood Services:** In many parts of the Fraser Valley, blood donations are needed. Donors can visit the [Canadian Blood Services website](#) for details.

The **B.C. SPCA** is also collecting donations to support its response to the floods, including emergency boarding services for pets from Abbotsford, Chilliwack, Langley and Cowichan. Senior protection officer Eileen Drever told CTV News the SPCA is also co-ordinating with the province's Emergency Support Services to provide pet food, crates and other urgent supplies to evacuees. Donations can be made through the [B.C. SPCA website](#).

**DH News:** There is also a general site ([click or tap here](#)) that has other great options, some more localized than



others. [BC Food Banks](#) also has links to directly assist impacted communities as does [United Way of BC](#). If you feel there are others you would like to personally donate to, we encourage you to do so.



### 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 once

the electrical wiring has been upgraded.

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. A couple of notes:



- **Maximum Capacity of 10 in the Lounge at any given time due to COVID restrictions.**
- **House staff (learners) are welcome if accompanied by a physician; learners also have their own exclusive lounge space provided by medical education. But we ask that equipment reps not be given access to the Medical Staff Lounge.**
- **During these times of increased COVID cases please be mindful, practice physical distancing, wear your mask except when eating and drinking, and practice hand washing before, during and after your visit.**



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 snack packaging waste recycling has clear guidelines noted on the bag as to what can be included.



### 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](#)). 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.

**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.



**Wobble Rooms Help Staff Unwind and Connect**

As the COVID-19 pandemic and toxic drug crisis continue to challenge health-care workers amidst day-to-day work, the question arises about how to protect your own psychological safety. A new concept is helping staff de-stress and connect with one another in a quiet environment. See below for details and check out this video ([click or tap here](#)).

**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



**Physician Quality Improvement Courses**

To register, apply or for more information, contact [pqi@interiorhealth.ca](mailto:pqi@interiorhealth.ca) or click on <https://www.interiorhealth.ca/AboutUs/Physicians/Pages/Resources.aspx>

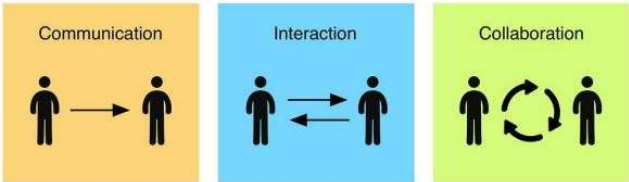
**Level 1: [Intro to QI: On-Line Learning](#): Institute for Healthcare Improvement (IHI) Open School:** Upon emailed request, IH PQI will provide a license code and instructions to access full IHI Open School course catalogue. We provide up to 6 hours of sessional funding upon the completion of six recommended introductory CME accredited QI courses.

**Level 2: [Intro to QI Workshops](#):** Education sessions facilitated by PQI Consultants provide an opportunity for participants to work with their peers, applying QI tools to improvement ideas brought forward by the group. The learning outlines the first steps in developing a project idea into a project plan. PQI staff provide coaching and support during the CME accredited workshops.

**Level 3: [IH PQI Advanced Learning Cohort](#):** This option provides participants more in-depth CME accredited QI education through scheduled sessions (in-person and virtual). You will learn key principles and techniques related to QI leadership, stakeholder engagement and supporting change. Each participant is allocated sessional hours to support both the time spent at the learning sessions and their independent project work. Cohort participants are supported by a PQI Consultant in their area, the PQI team, and IH technical staff.

# Components of PQI

- **PQI Physician Advisor & Mentors** to coach and mentor physician colleagues during their QI learning journey and project progression.
- **Dyad Partnerships** to foster collaboration between physicians and their IH partners to influence real change.



## 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 - **depending on funding availability**. 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).



## 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 (15 hours of sessional fees per FTE being hired) **depending on funding availability**. Funding will be provided until the end of each fiscal year (March 31), 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 [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.**



## 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 (**depending on funding availability**):

- 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.



### Doctors of BC Update

**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.

### 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](https://BCPSQC.ca/Quality-Forum).

Your health is our top priority.  
So is the safety of our staff.

**WE ALL  
DESERVE  
RESPECT.**

If you have respectful feedback or have any concerns that we can help with, let us know.

However, if you are treating anyone in an aggressive or verbally abusive manner, you may be asked to leave.

**We All Deserve Respect:** Doctors of BC, the College of Physicians and Surgeons of British Columbia, the Physician Health Program, and the Canadian Medical Protective Association are united in their concern for the safety of BC doctors and their staff, especially during the currently tense environment caused by the pandemic. In an effort to support doctors and remind BC patients that we all deserve respect, the group partnered in order to create a [downloadable sign](#) for doctors to display in their offices. The sign's purpose is to remind patients that verbally abusive or aggressive behaviour is not

acceptable and that anyone demonstrating this behaviour may be asked to leave.



### 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](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)) 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 [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)



(@KGHPphysicians1)

**Our mailing address is:**  
Kelowna General Hospital Physicians Society  
304-3330 Richter St  
Kelowna, BC V1W 4V5  
Canada

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You can [update your preferences](#) or [unsubscribe from this list](#)

