

#### Autumn 2022

Issue 21





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#### Meet our Newly Elected Board of Directors













- Dr. Joey Podavin, President
- Dr. Candace Creighton, Vice President
- Dr. Maurice Blitz, Past President
- Dr. Deema Jassi, Secretary/Treasurer
- Dr. Amber Burridge, Member-at-Large
- Dr. Neil Long, 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. A. Burridge, Department of Obstetrics & Gynecology
- Dr. M. Blitz, Department of Surgery
- Dr. L. Callan, BC Cancer Agency
- Dr. C. Carlucci, Department of Hospitalist Services
- Dr. V. Chaubey, Department of Critical Care
- Dr. C. Creighton, Department of Pediatrics
- Dr. N. de Korompay, Department of Medical Imaging
- Dr. I. Douziech, Department of Psychiatry

Dr. M. Duncan, Department of Pediatrics

Dr. I. Ephtimios, Department of Medicine

**Dr. D. Goldie**, Department of Anesthesiology

**Dr. D. Jassi**, Department of Hospitalist Services

Dr. B. Johal, Department of Laboratory Medicine

Dr. A. Kwan, Department of Emergency Medicine

**Dr. N. Long**, Department of Emergency Medicine

Dr. M. Lum, Residents

Dr. J. Mace, Department of Family Practice

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
Susan Cyr, Admin. Asst./Project Lead
Patti King, Engagement Partner, Doctors of BC Liaison (interim)



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



It's become so cliché to talk about how we have grown up with autumn really feeling like a time of change and the start of a new year. So let me start by saying how this time of year, yet again, is a time of transition. There are the usual changes: kids back to school, work schedules getting back to normal after summer disruptions, and holidays for those of us fortunate enough to be able to take them. All the fall sports leagues are starting, and of course, the thickness and layers of clothing are certainly increasing.

We are also able to reflect on the last 12 months and as difficult as they have been at KGH, I am very proud to say that the medical, as well as all hospital staff, have well risen to the challenge of these times. Seeing all of you go above and beyond so often in service of your patients and your community is truly inspiring.

The MSA and Physicians Society have tried hard to support the medical staff as best we can, and we will certainly do so going forward. The "lounge" continues to be a great success and I highly encourage all to drop in. The coffee is always ready to be brewed and there are lots of options to help a hungry belly. For those of us who go maybe a little too often, we continue to pursue a fitness space, and are getting closer to realizing that through access to the gym in Rehab. Similarly, a permanent Lactation Room should be available imminently. Throughout we have been fortunate to be able to fund most of the physician engagement projects we have received, and will continue to do so, allowing us to compensate physicians for their previously, only partially recognized, hard work and efforts. We continue to advocate for increased (or any) funding for division and department heads. I am confident that the new MSA exec will advance these efforts (as well as others) even further.

With new talent recently being voted in for our team, I would like to take this opportunity to thank our outgoing (in both sense of the word) past-president, Nevin de Korompay. His perspective and sage advice were always very welcome, and certainly appreciated by all, and especially by me.

It is with a bittersweet taste that we say goodbye to Helga Wendt, our incredible Administrative Assistant and Project Lead. She, along with Zeno, are what really make the MSA and Physician Society work as well as they do. Extra kudos to her for her expert dealing with my soft interpretations of the word "deadline". I wish her and her husband the very best in retirement, and hope they have days filled with laughter and adventure.

I would also like to welcome Susan Cyr as the new Administrative Assistant / Project lead, and although the shoes to fill are large, I am confident she will excel in her role.

As I transition to past-president, I would like to thank Joey Podavin and Candace Creighton for their work on the executive. They have great perspective and insight and always have physicians and the medical staff's best interest in mind. Working with them was a pleasure and incredibly rewarding.

Lastly, but most importantly, I would like to thank all of the medical staff for the continued hard work during these unprecedented times. Starting with the burden of COVID, now there are the added burdens of patients returning to the healthcare system, sustained hospital census that are well over capacity, on top of unprecedented difficulties with staffing and even equipment / supplies. The medical staff of KGH have risen and gone above and beyond in service to patients and the community. This has often come at a price - burnout, anxiety and depression are but a small smattering of the sequalae of these times. The MSA and Physicians Society will continue to work hard to help lessen the risk of these issues. For the many who are currently or may in the future, struggle with these as well as other difficulties, the MSA and Physicians Society will continue to advocate for you, and has access and directions to numerous resources to help. We are your society and aim to help in anyway we can.

Sincerely, Maurice

#### **Welcoming New KGHPS Members and In Thanks to Outgoing Members**



### Welcome to the Team!

- Dr. Amber Burridge, Department of Obstetrics and Gynecology
- Dr. Laura Callan, BC Cancer Agency Representative to the Working Group
- Dr. Vikas Chaubey, Department of Critical Care
- Dr. Ingrid Douziech, Department of Psychiatry Representative to the Working Group
- Dr. Deema Jassi, Department of Hospitalist Services, Secretary-Treasurer, KGH Physicians Society Board
- Dr. Neil Long, Department of Emergency Medicine, Member-at-Large, KGH Physicians Society Board



#### to Outgoing Members for their Leadership and Contribution

- Dr. Nevin de Korompay, Past-President
- Dr. Sumathi McGregor, Dept. of OB/GYN Representative
- Dr. Karen Meathrel, Member-at-Large

#### Helga Wendt, Retirement Notice

### WE BID FAREWELL to HELGA WENDT, Administrative Assistant / Project Lead



After a successful career in the executive administrative field including five years with the KGH Physicians Society, Helga has decided it's time to move onto the next stage of life and embrace retirement. Regarded by her peers as the core of the Society, Helga managed its administration with a high degree of professionalism and integrity. There was never any job too large for her to do.

"I've had the pleasure of working with Helga since I started with KGHPS in May of 2019. I could not have asked for a better partner. So efficient, so organized, so dedicated, so skilled, so...everything. Always willing to do what was asked of her and

even anticipated what was required. She pays attention to details and just makes it fun doing what we do for KGHPS. I wish her well as she takes more, well deserved time for herself. All the very best, my friend and thanks for the wonderful journey."

Zeno Cescon, Director, KGHPS Facility Engagement

#### Introducing Susan Cyr, Administrative Assistant/Project Lead



Susan has over 30 years of experience supporting the professional needs of various companies including a number of years at Interior Health. Her expertise includes facilitating meetings and providing support for various committees reporting to municipal city councils.

In her role as Administrative Assistant/Project Lead, Susan will provide assistance to the KGH Physicians Society Board of Directors and Working Group, as well as support facility-based physicians in order to achieve the project goals of their facility engagement initiatives.

"Since coming onboard with KGHPS in August I've had the pleasure of being coached by Helga and Zeno, and welcomed by its members. The work is interesting and rewarding, and am honoured to be Helga's successor."

## KGH Medical Staff Association /KGH Physicians Society Annual General Meeting Held on Monday, October 3, 2022

We were pleased to host this year's AGMs in the Lecture Theatre at the KGH Clinical Academic Centre. After 3 years attendees could interact with each other and enjoy a Gourmet Snack Box specially prepared by Wade and Melanie Siever from The Fixx Cafe.



Pamela and Wilfred (Grouse) Barnes with the Westbank First Nation welcomed attendees to the ancestral home and traditional territory of the syilx nation.



**Mayor Colin Basran** was our Guest Speaker for the AGM and thanked expressed his sincere gratitude to all medical professionals for their dedication particularly during the pandemic.

To view this year's MSA AGM presentation <u>click or tap here</u>. To view this year's KGH Physician Society's AGM <u>click or tap here</u>.

**New MSA Executive** were appointed for the upcoming term.

- President Dr. Joey Podavin
- Vice President Dr. Candace Creighton
- Past President Dr. Maurice Blitz
- Secretary-Treasurer Dr. Deema Jassi
- Member-at-Large Dr. Amber Burridge
- Member-at-Large Dr. Neil Long

Town Hall Meeting - October 25, 2022



Physicians Society

Is Pleased to Present a

## **Town Hall Meeting**

Tuesday, October 25, 2022 | 5:00pm - 6:00pm (open to all KGH Physicians and Medical Staff)
With Special Guest



Susan Brown, President & CEO

Clinical Academic Centre / Or Via Zoom (Watch your email for further details)

Please note: KGH Physicians attending the meeting are eligible to claim up to one hour of sessional time.

If you have not already done so, please register in FEMS to process your claim.

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www.KelownaPhysiciansSociety.ca



#### Reset 2022 Conference hosted by Vernon Physicians Society



Resetting Priorities,
Attitudes and Finding
Solutions to deal with one

Care Professionals.

An interactive Conference for Physicians and Health

of the industry's biggest challenges: BURNOUT

The Vernon Physician Society is extending an invitation to other regional Medical Staff Associations to attend the October 21st event. They have arranged a reduced registration cost for any regional physicians and

conference

For all the details and to register, visit the Vernon Physician Society

or dentist of \$130. This includes all

events

and meals.

BETH HANISHEWSKI FAITH W
PRACTICING RESILIENCY CIVILITY

This interactive conference is for **physicians** and **health care professionals** ready to **make positive changes** in the way they relate to their colleagues, patients, and how they take care of themselves. It's about **resetting priorities, attitudes** and **finding solutions** to one of the biggest challenges facing health care: **BURNOUT.** 

Questions: please email administrative@vernonphysiciansociety.ca.

website - click or tap here.

#### **Medical Mission**



**Dr. Issa Ephtimios, Medical Lead, Infectious Diseases** 

Dr. Ephtimios will be travelling to India in November/December and to East Africa in March 2023. He is in search of small medical

supplies to donate to the hospitals. In the past he has collected medical supplies for other hospitals and stethoscopes, in particular, are greatly appreciated. Does your Department have any supplies and/or medications that can be donated? If so, please reach out to <u>Dr. Ephtimios</u> or the <u>KGH Physicians Society</u>

#### KGH Physicians Society Annual Brunch with Santa



Kelowna Medical Society along with the Division of Family Practice and KGH Physicians Society are pleased to welcome back...





After 2 yeas of COVID restrictions we look forward to this year's event to be held at

The Harvest Golf Club Sunday, November 27, 2022

Bring the family for this festive event! Please bring a gift for your children.

#### **Medical Staff Lounge Update**



#### Oh those Bananas!

The KGHPS sponsored Medical Staff Lounge continues to be widely supported as a means to provide a welcoming venue to encourage Physicians to interact with each other. More amenities have been added including a coffee maker and water dispenser. The Lounge is stocked twice a week by Zeno Cescon with a wide variety of delicious options ranging from fruit to dairy plus refreshments. So, what's the favourite snack our docs like to indulge in? One may think a salty treat of Hawkins Cheesies, but no! The preferred nosh is the

beloved banana with a monthly average of 175 kg (2,100 kg/year) being consumed. A much needed potassium boost after a hard day!

#### KGH Physicians and Staff Appreciation Day - August 5, 2022



From the moment the Scooter's Ice Cream Truck arrived it was welcomed and the line up grew! What better way than to thank our hard working healthcare workers than to treat them to a cool treat on a hot summers day!



#### **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 (<a href="www.KelownaPhysiciansSociety.ca">www.KelownaPhysiciansSociety.ca</a>) 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** (<a href="mailto:cma.ca">cma.ca</a>). Check out the Physician Wellness Hub for a list of resources for wellness and virtual peer support groups. The <a href="CMA Wellness Connection">CMA Wellness Connection</a> 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** (<u>click or tap here</u>): Provides original CMA content and curated resources and information from trusted sources for physicians, residents and medical students seeking quidance and self-help.

**Canadian Medical Protective Association** (<a href="mailto:cmpa-acpm.ca">cmpa-acpm.ca</a>). 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 <u>trained facilitators</u>, 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 <u>sign up for a session today</u>.

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:

<u>Moodgym.com.au</u> - online evidence- based CBT course. <u>Starlingminds.com</u> - 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 - It's more than COVID - it's also clinical tools. An expert webinar series to provide support and guidance for physicians.

#### **Physician Quality Improvement (PQI)**



#### **Physician Quality Improvement Courses**

For questions or more information, please email PQI@InteriorHealth.ca.

Physician Leadership Training (Supports Physicians in the Development of their Leadership and Quality Improvement Skills): Maximum funding of up to \$10,000 per physician is available each fiscal year (April 1 to March 31) to cover actual tuition fees, accommodation and travel costs. For more information, click or tap here. Questions? Email JCCtraining@doctorsofbc.ca or call 1.604.638.5843.

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.





## Introduction to QI - Level 2

A Virtual Learning Session

Take the next step in your QI journey... Learn to apply fundamental QI tools and skills to improve patient care, teamwork and job satisfaction through this interactive and accredited learning session!

✓ Interested in Quality Improvement?



- Sessional Funding Available

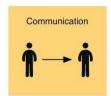
Level 2: Intro to QI Workshops: Education sessions facilitated by PQI Consultants provide an opportunity for participants to work with their peers, applying QI tools to improvement ideas brought forward by the IH Physician Quality Improvement group. The learning outlines the first steps in developing a project idea into a project plan. PQI staff provide coaching and support during the CME accredited workshops. To register, click or tap here.

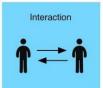
Level 3: IH PQI Advanced Learning Cohort: This option provides participants more in-depth CME accredited QI education through scheduled sessions (in-person and virtual). You will learn key principles and techniques related toe QI leadership, stakeholder engagement and Sign up for one of these dates - May  $5^{th}$ , June  $29^{th}$ , Sept  $21^{st}$ , Nov  $23^{sd}$  supporting change. Each participant is allocated Length of virtual session  $1 \, day \, (6 \, hrs)$ 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.











#### **Doctors of BC Update**



With the recent appointment of Jillian Wong to a new position within Doctors of BC, **Patti King** has been selected as **Interim Engagement Partner** with Doctors of BC. In her role, Patti provides advice and recommendations to facility and community-based physicians regarding support for engagement, and supports physicians and health authorities in their efforts to improve collaboration towards goals consistent with the Triple Aim.

#### FCHO Educational Series on Child and Youth Mental Health & Substance Use

- The Interior Health MHSU Network is excited to welcome all IH staff and medical staff to attend five case-based educational learning sessions designed with the goal of enhancing clinical skills and confidence to support children and youth with MHSU presentations.
- This educational series will be presented through Project ECHO (Extension for Community Healthcare Outcomes) a case-based learning approach that offers peer-to-peer learning through case discussions and recommendations with input from subject matter experts and an inter-professional team.
- The series is accredited through UBC and each session is eligible for 1 MOC Section 1 /1
  Mainpro+ Group Learning credit.
- All IH staff encouraged to attend, including ED, acute care, MHSU, medical staff and anyone else supporting children and youth.
- Sessions will be held virtually over Zoom. Topics, dates and times and links to registration
  can be found in the attached (individual sessions can be selected during the registration
  process)

#### \*NEW\* Interior Family Medicine/Emergency Medicine Resident Recruitment Website

• IH Division Leads have created a new website for Residents looking for Family Medicine or Emergency Medicine electives. It's a one-stop-shop to entice Residents to the Interior. Link here: Family Practice Residents | Iprr (practicehere.ca)

#### **Advocacy Update for Members**

Doctors of BC continues to actively advocate on behalf of our members and their patients. In recent weeks, we have:

- Posted a <u>statement</u> in support of more than 300 Specialists who sent a letter to the Minister
  of Health, drawing attention to the one million British Columbians who are on wait lists and/or
  are facing significant delays in accessing specialty care. We are working with Consulting
  Specialists of BC to further advocate on behalf of Specialist members directly with
  government to find solutions to the range of issues that are significantly impacting their ability
  to provide quality patient care.
- Continued to work steadfastly toward solutions to address the shortage of family doctors. This is progressing well and we hope to be able to announce details in a few weeks' time.
- Continued negotiations for a new Physician Master Agreement. These discussions are ramping
  up significantly as we move into October. Any agreement must be approved by the Board and
  then will go to members for a ratification vote.
- Met with leaders of the BC Radiological Society and are supporting their media campaign to
  draw attention to the issue of <u>delayed medical imaging</u>. The Society notes that hundreds of
  thousands of British Columbians are waiting for cancer testing, which will result in delayed
  diagnoses and treatment. We are working with the Society to further support them in their
  advocacy work with government.
- Formally communicated with government to share concerns expressed by anesthesiologists about the Ministry's intention to create nurse anesthetists. We will be following up on this issue.
- Expressed our concerns to government about planned expansion of the scope of practice for pharmacists announced by government this week as part of its <u>Health Human Resources</u> <u>Strategy</u>. We will continue to advocate with government on behalf of the profession and our patients in an upcoming consultation. A summary of our position can be found in the <u>submission</u> we made to the College in response to its request for feedback on proposed

changes to the policy on adapting prescriptions. Watch for more information and communications to our members on this issue.

These are just a few examples of our recent advocacy efforts. Watch for upcoming updates in the Chair's Board report next week. Questions or comments? Email <a href="mailto:communications@doctorsofbc.ca">communications@doctorsofbc.ca</a>.

Change to Payment of Sessionals Currently processing of claims is being performed by VersaPay. Due to some functionality issues, Doctors of BC will be changing to a new provider, "VoPay". A Vancouver-based company, VoPay offers a more user-friendly platform for registering and processing of claims. Updates on this

change will be forthcoming.

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 car help with, let us know However, if you are treating anyone in an aggressive or verbally abusive manner, you may 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 <u>downloadable sign</u> 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.

#### We Are Asking for Your Feedback!



#### 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 (<a href="www.KelownaPhysiciansSociety.ca">www.KelownaPhysiciansSociety.ca</a>) 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

Admin@KelownaPhysiciansSociety.ca

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



#### Our mailing address is:

Kelowna General Hospital Physicians Society 304-3330 Richter St Kelowna, BC V1W 4V5 Canada

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