



 *Seasons Greetings from the Kelowna General Hospital Physicians Society*

*A Message from Dr. Joey Podavin,
President Medical Staff Association / KGH Physicians Society*

The holiday season is a great time for embracing traditions. We at the Physicians Society are continuing the tradition of facilitating opportunities to create facility engagement projects. Look for exciting projects on improving how our trauma room functions, paediatric airway management, and the launch of a KGH Wellness website happening in the new year.

We are strengthening the culture of our having a welcoming physician's lounge by obtaining multiple sources of funding, and obtaining a strong mandate from physicians at our AGM to continue this initiative.

Lastly we look forward to creating new traditions. Our wellness committee is planning for a strong 2024, has great physician engagement and multiple events in the works for the new year. Similarly, we have a goal of reintroducing in-person, multidisciplinary grand rounds and CME. We also exceeded expectations for our first winter clothing drive. Special thanks to Dr. Tara Stratton for coming up with a great idea we can all support.

Whatever your traditions, thank you for being a part of the KGH family, and thank you for contributing to the success of our hospital. I wish you a season filled with plenty of happiness and tranquility.

Joey Podavin



Meet the KGHP Board of Directors

- Dr. Joey Podavin, President
- Dr. Amber Burrige, Vice-President
- Dr. Deema Jassi, Secretary-Treasurer
- Dr. Tara Stratton, Member-at-Large
- Dr. Neil Long, Member-at-Large

All Board Members are also members of the Working Group

2023/24 Working Group Members

- Dr. Sarah Sunderland, Chair KGHP Working Group, Department of Anesthesiology
- Dr. Helen Bibby, Laboratory Medicine
- Dr. Amber Burrige, Department of Obstetrics & Gynecology
- Dr. L. Callan, BC Cancer Agency
- Dr. C. Carlucci, Department of Hospitalist Services
- Dr. V. Chaubey, Department of Critical Care
- Dr. N. de Korompay, Department of Medical Imaging
- Dr. I. Douziech, Department of Psychiatry
- Dr. I. Ephtimios, Department of Medicine
- Dr. D. Goldie, Department of Anesthesiology
- Dr. D. Jassi, Department of Hospitalist Services
- Dr. N. Long, Department of Emergency Medicine
- Dr. Joey Podavin, Department of Hospitalist Department
- Dr. Marci Smit, Department of Palliative Care
- Dr. Tara Stratton, Department of Emergency Medicine
- Dr. Kathy Xie, Residents
- Dr. Gary Yang, Department of Surgery

Staff

- Zeno Cescon, Director, Facility Engagement
- Susan Cyr, Administrative Assistant / Project Lead
- Victoria Wilson, Engagement Partner, Doctors of BC Liaison

ANNUAL GENERAL MEETING: MONDAY, OCTOBER 16TH



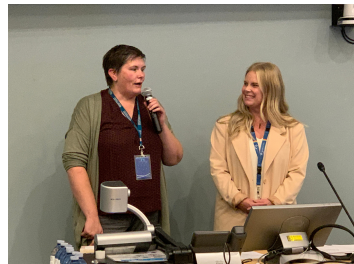
During this year's AGM, Dr. Joshua Greggain, the President of Doctors of BC, delivered a keynote address emphasizing his mission to foster trust, inspire hope and build community among colleagues in the profession, as well as with partners including indigenous communities and patients. His goal is to ensure physicians feel heard, supported, and represented.



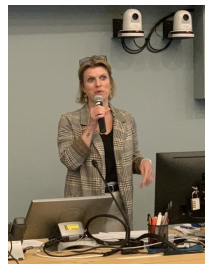
Left to right: Dr. Deema Jassi, Dr. Joey Podavin, Dr. Joshua Greggain, Dr. Neil Long



Dr. Joey Podavin, President KGH MSA / KGH Physicians Society



Left to right: Dr. Cara Wall KGH Chief of Staff Danielle Cameron, interim Executive Director, Clinical Operations



Allison Young, CEO KGH Foundation



Dr. Sarah McCorquodale, Regional Associate Dean Interior UBC Faculty of Medicine



Dr. Mike Humer



Left to right: Dr. Duncan DeSouza, Dr. Shawn Mawhinny, Dr. Gary Yang



Current and Former KGHPS Presidents Past Left to right: Dr. Maurice Blitz, Dr. Joey Podavin, Dr. Jeremy Harris

"Brunch with Santa"

Santa made his appearance again this year at the Kelowna Medical Society's Annual November 26th at The Harvest Golf & Country Club.



FIRST ANNUAL USED CLOTHING DRIVE, DECEMBER 13TH

It was a busy morning at the KGH Physicians Society 1st Annual Clothing Drive! Set up in the lobby at KGH, staff members donated bags of gently-used winter clothing they had purged from their closets. All of the items were contributed to the KGH Foundation's Rutland Thrift Store. As a thank-you, physicians & staff were presented with a gift card for a beverage and snack from The Perking Lot. Over 400 were handed out!



ED physician & KGHPS Board member Dr. Neil Long & KGH Chief of Staff Dr. Cara Wall asking radiologists when their scans will be reported after giving each a Physician Appreciation card for a beverage & snack of choice from the KGH Perking Lot Cafe.



KGHPS Director with a happy staff member.

Another full truckload was delivered to Rutland Thrift the next day as donations kept coming!





Launching in January 2024, a KGH Wellness and Peer Support Initiative.

Mark your calendars to attend this event hosted by the KGH Wellness Committee.

KGH Wellness Committee

Dr. Deema Jassi, Dr. Neil Long, Dr. Ainsley McCaskill, Dr. Helen Bibby, Dr. Stephan Mostowy, Dr. Ewelina Zaremba, Dr. Anna Wisniewska

WellnessatKGH@gmail.com

COMING SOON
KGH Wellness and Peer Support Website
www.medicalstaffmatter.ca



Stride & Glide for KGH is returning for its third iteration on Saturday, February 10, 2024 - and registration is now open! After the resounding success of the first three events, raising a total of over \$145,000, Kelowna Nordic is aiming to take the event to a new level and raise much-needed funds for cardiac care at Kelowna General Hospital. So, wax your skis, strap on your snowshoes, and join us in making an impact on regional cardiac care! For more information about the event, check out [all things Stride & Glide](#), or contact communications@kelownanordic.com.

PROGRAMS & “A REMINDER”

“KUDOS” A KGH COLLEAGUE

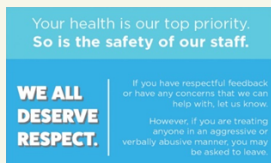


If you would like to recognize a member of the medical staff with “kudos”, please forward your kind message to WellnessatKGH@gmail.com.

Your message will be added on the monitor and the recognized colleague will be eligible for free coffee.



A new knowledge sharing website for MSAs, physicians, and health authority partners brings together engagement experiences from across BC. Search for strategies and ideas to adapt and support your engagement work. Contribute your good work to the knowledge collection!



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.

Reminder: Switch from Versapay to VoPay!

- Log into FEMS fems.facilityengagement.ca
- On the main page, select **“Change your method of payment”**
- In the “Payment Details” section, access **“Payment Method”** and select, **“Direct Deposit VoPay”**
- At the top of the page select, **“Link Bank Account”**
- Select your financial Institution and follow the prompts!



DON'T DELAY! The deadline for switching is JANUARY 31, 2024

RESOURCES FOR DIFFICULT TIMES - PHYSICIAN HEALTH PROGRAMS



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

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.

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 - It's more than COVID - it's also clinical tools. An expert webinar series to provide support and guidance for physicians.



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.

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. 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 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.

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 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

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