



Spring 2023

Issue 23



Welcome to Spring from your KGH Physicians Society

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Meet our Board of Directors



Dr. Joey Podavin, *President*

Dr. Candace Creighton, *Vice President*

Dr. Maurice Blitz, *Past President*

Dr. Deema Jassi, *Secretary/Treasurer*

Dr. Amber Burrridge, *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. Burrridge, *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. 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*

Victoria Wilson, *Engagement Partner, Doctors of BC Liaison*

Message from Dr. Joey Podavin, Past-President

Medical Staff Association / KGH Physicians Society Board of Directors



It has been a busy few months with the Kelowna Physicians Society. The facility engagement projects, which are entirely physician driven, continue coming in. If you are thinking of starting a project or have an idea for how things could be better in our hospital, please speak with one of us and we will help you get the ball rolling.

The Kelowna Medical Society BBQ is coming up on May 28th. Don't forget to register!

Physician wellness continues to be a top priority for us. We have dedicated funds and attention to improving our resiliency and are working to address moral injury and burnout. Dr. Neil Long is exploring the Doctors of BC opportunity to better establish a peer support initiative at our hospital.

Lastly, our team is excited to be strengthening of our relationship with KGH Foundation. The Working Group received an update on the forty million dollar, "Closer to Home Than You Think" campaign and are encouraged by the positive effects it will have in the hospital and across Interior Health.

On behalf of the Kelowna Physicians Society, I want to thank you for your engagement with the hospital and wish you an enjoyable summer.

Warmly, Joey Podavin

National Physicians Day, May 1st

High “5” and



to all our amazing
Medical Staff at KGH!



To commemorate our dedicated physicians and staff at KGH, Zeno Cescon, Director, Facility Engagement, handed out gift cards for a beverage and a snack at The Perking Lot. We can't thank you enough for the contribution you make!



Left: Dr. Maurice Blitz, KGH Thoracic Surgeon / Past-President KGH Physicians Society
Right: Dr. David Lesack KGH Pathologist

Left: Nancy Wells, Director of Business Enterprises
KGH Foundation

Right: Dr. Corne Du Toit, KGH Anesthesiologist



KGH Foundation News

Closer to **home** than you think.

What matters most is the health care that's being delivered right here, where we live. To support the changes we need in the interior of BC, the **KGH Foundation** is launching its most ambitious campaign in our 40-year history. A bold, \$40 million commitment to take action in addressing our community's most pressing needs, while taking steps to ensure that our health care partners have the support they need to re-imagine the system of care, and build sustainable, equitable and accessible care for all who call the southern interior home. It's time. The future of health care begins with us. The future of health care is [closer to home than you think](#).

The campaign will raise funds across multiple areas of care, with three core connecting themes: people, place and innovation. We will think beyond just funding capital purchases and equipment, and aim to support for new ways of thinking and doing to better serve patients. We have held space under each of the areas to support future projects and ideas in addition to already identified priorities.

\$40 million to support the change needed, right here at home.

\$10 MILLION CLINICAL & SURGICAL EXCELLENCE	\$2 MILLION WOMEN'S HEALTH	\$3.5 MILLION MENTAL HEALTH CARE	\$3 MILLION BONE & JOINT CARE
\$9 MILLION HEALTH SYSTEM INNOVATION	\$4 MILLION CARDIAC CARE	\$3.5 MILLION CANCER CARE	\$5 MILLION BRAIN HEALTH

Closer to **home** than you think.

There are many ways that we will engage physicians throughout the Closer to Home campaign, one of which is through participation and partnership at the KGHP table. One of our goals is to work together to fund projects so both the planning and facilitation phases are supported, or in situations where FE funding is declined at the KGHP table, then funding from the KGH Foundation could be explored. The KGH Foundation recently funded a declined FE project to improve the outcomes and patient experience for breast cancer surgery, submitted by Dr. Chris Baliski to research new technology, then trial them in order to identify quality improvements for breast cancer patients in the BC Interior. We are honoured to be a part of projects like this where advancements in healthcare will take shape and allow KGH to offer world class healthcare, closer to home.

To learn more from the KGH Foundation team, have them join a conversation at an upcoming departmental meeting, or discuss a potential idea or project, please reach out to Melina.Moran@interiorhealth.ca.

KGHFOUNDATION
Giving Changes Everything.

"Health Care Matters" KGH Day of Giving Raises just shy of \$800K for 3T MRI



"It was more than just a great day for health care. It was a true testament to the kind of community we live in and the people who live here."

Allison Young, CEO, KGH Foundation.

The one-day call to action began at 6 am yesterday. By 11:57 pm when the last donation was made online, over **\$794,606.36** had been collected. To read more on this successful event, [click or tap here](#).



Dr. Cara Wall, Chief of Staff, KGH

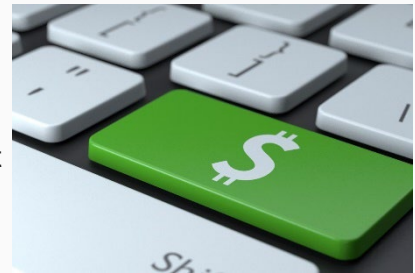


In April of this year Dr. Cara Wall was officially appointed as Chief of Staff of Kelowna General Hospital. Dr. Wall has had an impressive career with KGH. Prior to her appointment she was the site Medical Director at Kelowna General, and the past Department head of the hospitalists. She also served on the Board of the KGH Medical Staff Association. Listing all her positions and titles is certainly impressive, Medical Director of Central Okanagan Diabetes Education Centre, Faculty Development Director SMP, and Chair Pharmacy and Therapeutics Committee.

Dr. Wall completed her medical degree and residency training at the University of Saskatchewan.

Have you Registered with VoPay in FEMS?

When you log into FEMS a banner with a link to **VoPay** will appear. The link in the banner will take you to a sign-up page to identify the bank account to the new processor. One of the benefits of **VoPay** is that no banking information is saved. This new system uses a token to link to your bank account, making it both anonymous and secure.



The change process should take less than five minutes and must be done using the online version of FEMS rather than the app on your smartphone. All that is needed to complete registration is a linked bank account, which can be done within FEMS in as little as 2 minutes. **A FEMS account must already be in place.** [Click here for instructions.](#)

Physicians registered in FEMS at more than one site must ensure all their working sites have registered with VoPay before switching from VersaPay to VoPay.
KGHPS is registered with VoPay.

Medical Staff Lounge Update



The KGHPS' sponsored Medical Lounge continues to be a popular space for our docs to take a much-needed break, and interact with colleagues. Due to budgetary constraints (and in order to continue to fund FE projects), The KGH Physicians Society's Working Group made the difficult decision to reduce food choices in the lounge. Stocking the physician lounge started at the beginning of COVID when there was a need to provide food for on-service medical staff when nothing else in the hospital was open. KGHPS continued to fund the lounge because it has served as a fantastic way to

promote engagement and socialization amongst medical staff. At the current rate of consumption, however, it is not sustainable, and to continue to fund the lounge at its current rate takes away from other ways the Society can support the medical staff. The lounge will be restocked with current supplies until they run out, after which coffee, tea, condiments, water, and a weekly treat of baked goods (Eg: cookie Fridays). The Working Group is looking at the best ways to support all medical staff, and alternate ways to fund snacks in the lounge.

In fairness to all those who visit the Lounge, we ask everyone to please do their part and keep the area neat and tidy.



February 4th, 2023 - One Day Physicians Retreat

Mindfulness in Medicine- Building Resiliency and Finding Joy in Practice.



Dr. Sherman is a founder of the BC Association for Living Mindfully (BCALM) and has been instrumental in developing programs on mindfulness-based stress management, mindfulness in medicine, mindfulness in education, workplace wellness and mindful parenting. He has facilitated over 150 courses, workshops and retreats and is a popular speaker on mindfulness and wellness at conferences and workplaces.

The one day event held at the Kelowna Yacht Club and sponsored by the [KGH Foundation](#) and hosted by [Dr. Mark Sherman](#), was a success! Physicians attending the wellness retreat agreed it was time well spent so much so that another retreat geared towards well-being will be held next year.

Spring Barbeque, May 28th @ Sarsons Beach

Have you registered yet for this year's event?
To sign up, [click or tap here](#).

Meet the Kelowna Quacks Hockey Team!

KMS WOULD LIKE TO INVITE PHYSICIANS, RESIDENTS, MEDICAL STUDENTS AND THEIR FAMILIES TO THE...

KMS MEET & GREET 'BBQ'

SUNDAY, MAY 28, 23 | SARSONS BEACH HOUSE
11:00 AM TO 2:00PM
(RAIN OR SHINE)

WHAT: FREE BBQ FOR THE WHOLE FAMILY (HAMBURGERS, HOT DOGS, CONDIMENTS, DRINKS, CHIPS, AND ICE CREAM WILL BE PROVIDED)

BRING: YOUR OWN LAWN CHAIRS AND BLANKETS

ACTIVITIES: FUN FOR ALL AGES INCLUDING A BOUNCY CASTLE, GLITTER TATTOOS, MR. BROWN KNOWS THE CLOWN, GAMES AND ACTIVITIES

CO-SPONSORED BY KGH PHYSICIANS SOCIETY AND DIVISIONS

QUESTIONS: EMAIL: KELOWNAMEDICALSOCIETY@GMAIL.COM
TO REGISTER GO TO: KELOWNAMEDICALSOCIETY.COM/EVENTS/EVENT/2023-SPRING-MEET-AND-GREET-BBQ/

Kelowna was pleased to send a team to the annual Vernon Doctors Hockey Tournament on March 3rd and 4th. This is the largest physician's hockey tournament in Western Canada. The tournament is open to medical physicians currently practising in any discipline, medical residents, medical students and retired physicians. **The Kelowna Quacks** recruiting efforts paid off in a big way, resulting in the addition of Dr. Cameron Bridgman from Adelaide, Australia and three medical students: Rachel Geddings; Rylen Williamson; and Cody Berends.



Playing in Division C, the Quacks faced the Tofino Hawks, Kitsilano Whalers, Central Island Whalers and Pedihatricks. While falling short of expectations (0-4 record), the team began gel on day two of the tournament playing two competitive games. The post-mortem analysis is still underway but this could prove to be a fascinating offseason for the Quacks in terms of who returns for 2024. Any physicians interested in the 2024 tournament are encouraged to contact [Dr. Joey Podavin](#). All skill levels are welcome!

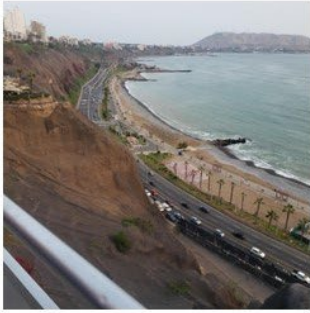
Back row L to R: Dr. Tim Kramer, Dr. Cameron Bridgman, Dr. Joey Podavin, Dr. Barry Sullivan, Dr. Kevin Pistawka, Dr. Amit Khosla, Cody Berends (student), Dr. Neal Badner, Dr. Grant Pagdin
Front row L to R: Dr. Cameron O'Conner, Dr Mark Soresstad, Dr. Brian Martin - goalie, Rylen Williamson (student), Rachel Geddings (student), Dr. Vincent Joanis

Cardiologists Dr. Amit Khosla, Dr. Kevin Pistawka and Dr. Cameron Bridgman cardiologist from Australia

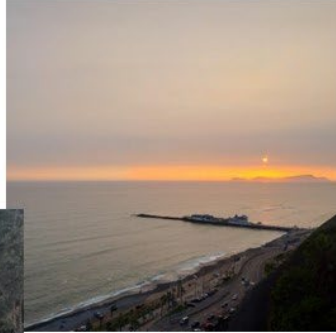


Dr. Issa Epthimios' Travels Abroad

Dr. Ephtimios has done some amazing travel in the past few months and has shared some of the photographs he took of the countries he visited and their people



LIMA, PERU



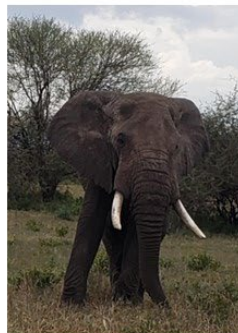
"I got into the habit of picking up small items and distribute them in the pediatric ward wherever I travel to a developing country, I donate them in the name of the group I am affiliated with. This time in Peru, in the name of all the ID group. See how happy the kids are!"
Dr. Issa Ephtimios



"It was in my heart to help a little because I was helped much."
Khalil Gibran, 1883- 1931."



TANZANIA, AFRICA



Dr. Amber Burrige visits Newfoundland!



Dr. Amber Burrridge, "enjoying the inclement climate of Newfoundland while iceberg hunting"!

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.

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 (PQI)

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.



IH Physician Quality Improvement
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?

Register today!

- Sign up for one of these dates - May 5th, June 29th, Sept 21st, Nov 23rd
- Length of virtual session 1 day (6 hrs)
- Sessional Funding Available

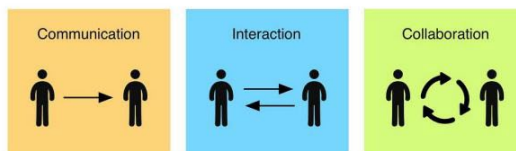
Level 2: [Intro to QI Workshops](#): Education sessions facilitated by PQI Consultants provide an opportunity for participants to work with their peers, applying QI tools to improvement ideas brought forward by the group. The learning outlines the first steps in developing a project idea into a project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

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...

IH PQI Cohort 6 Nominations now open

Cohort 6 launches October 2023.

The IH Physician Quality Improvement (PQI) initiative provides access to quality improvement (QI) education and training opportunities, expertise, and funding, to support the goal of increased physician involvement in QI and enhanced delivery of care.

You are invited to nominate up to 10 physicians who you feel have the potential to be the IH innovation leaders of the future.

For more information, please follow the links below.

[PQI Overview](#) and [Cohort 6 Online Nomination Form](#)

Joint Collaborative Committee (JCC) Pre-Forum Registration Now Open

- The Pre-Forum is part of the annual Quality Forum taking place June 6-8th, *sponsored by the BC Patient Safety and Quality Council*
- [Registration](#) for the JCC Pre-Forum, happening on **Tuesday, June 6th**, is now open
- The theme for this year's event is **Collaborative Compassion: The Power of Connectedness, and will highlight the diverse and varied work of the collaborative committees, and to recognize the work being accomplished by our partnerships with others in health care**
- Funding is available for physicians and covers the registration and expenses associated with attending the Pre-Forum and Quality Forum
- To access this funding, physicians should add the discount code QF23-JCC at registration, as well as their MSP number to verify
- Please see the attached email for more information
- **Contact:** Please contact [JCC Communications](#) with any questions.

Questions or comments? Email communications@doctorsofbc.ca.

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.



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 (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

Our mailing address is:

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**doctors
of bc**
Better Together.

**FE FACILITY
ENGAGEMENT**
An SSC Initiative