



KELOWNA GENERAL HOSPITAL

Physicians Society



April 2024

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

It has been a busy start for 2024 for 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 Sunday, May 26th. Don't forget to register!

Physician wellness continues to be a top priority for us. We continue to dedicate funds and attention to improving our resiliency and are working to address moral injury and burnout. Dr. Neil Long was successful in obtaining funding to establish a KGH Peer Support Program for Medical Staff who may need to reach out to a colleague for emotional well-being. Together with Dr. Deema Jassi the website "MedicalStaffMatter.ca" was introduced in January of this year.

MSA annual dues for KGH Medical Staff were "resurrected" this year to assist with funding various programs and events. This month we introduced the online payment system to make it a quick and easy process. Dues will be concentrated in areas that benefit YOU! CME accreditation programs, Wellness & Social Events, and refreshments for the Medical Staff Lounge will all benefit through KGH MSA dues, and we're excited that CME Grand Rounds at KGH are commencing. The first one is being held on April 17th at 11:45-12:45 in the CAC Lecture Theatre. Dr. Edith Blondel-Hill is the presenter on the topic of "Antibiotic Stewardship". More Grand Rounds are scheduled and are posted on the KGHPS' website.

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

Joey Podavin



Meet the KGHPS Board of Directors

- Dr. Joey Podavin, President
- Dr. Amber Burrridge, 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

KGHPS Working Group Members

- Dr. Sarah Sunderland, Chair KGHPS Working Group, Department of Anesthesiology
- Dr. Helen Bibby, Laboratory Medicine
- Dr. Amber Burrridge, Department of Obstetrics & Gynecology
- Dr. L. Callan, BC Cancer Agency
- Dr. C. Carlucci, Department of Hospitalist Services
- Dr. N. de Korompay, Department of Medical Imaging
- 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. J. Mackenzie-Feder Department of Critical Care
- Dr. Joey Podavin, Department of Hospitalist Services
- 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, KGH Physicians Society
- Helga Wendt, Administrator - KGH Medical Staff Association
- Victoria Wilson, Engagement Partner, Doctors of BC Liaison

KGH PEER SUPPORT PROGRAM & WELLNESS EVENT - JANUARY 31ST



On January 31st KGH Medical Staff attended the launch of the KGH Peer Support Program and Wellness. Attendees were introduced to the new website, www.MedicalStaffMatter.ca where you can access information on upcoming events and resources including a new initiative for KGH, the Peer Support Program. Dr. Neil Long successfully obtained project funding through a one-time opportunity offered by Facility Engagement to create this program. Dr. Deema Jassi worked with Dr. Long to bring this to fruition. The Peer Support Program is a way for those needing emotional support to reach out to a colleague. A Peer Support team made up of 6 physicians are there to provide "a hand up" when life gets overwhelming and you don't know where else to turn. Attendees were treated to healthy smoothies and participated in a Mindfulness and Meditation session hosted by Dr. Alysha Mackenzie-Feder.



KGH Wellness and Peer Support Website
www.medicalstaffmatter.ca



The first CME Grand Rounds Wednesday, April 17th featuring Dr. Edith Blondel-Hill. Refer to the KGH Physicians Society's website for future events!

Online payment now available for KGH Medical Staff Dues!

For Your Information

CME/CPD Program Returns to KGH

GRAND ROUND

KGH Medical Staff Association is pleased to present the first in a series of Grand Rounds *

WHEN: Wednesday, April 17, 2024

WHERE: CAC Lecture Theatre / Zoom (<https://ubc.zoom.us> - ID 91512 289258)

TIME: 11:45am - 12:45pm

PRESENTER: Edith Blondel-Hill, MD, FRCPC, Co-Chair, Antibiotics Stewardship Program, IHA

TOPIC: ANTIBIOTIC STEWARDSHIP – CHOOSING THE SAFEST ANTIBIOTIC AT THE RIGHT DOSE FOR THE SHORTEST DURATION

Upcoming Dates:

Wednesday, May 15, 2024 (11:45am - 12:45pm) (Topic: Delirium)

Wednesday, June 19, 2024 (11:45am - 12:45pm) (Topic TBC)

*CPD Credits through College of Family Physicians of Canada and Royal College of Physicians and Surgeons

Questions? Contact Helga Wendt, KGH Medical Staff Association Administrator at KGH.MSA.CME@gmail.com or visit KelownaPhysiciansSociety.ca

Important Update

KGH Medical Staff Association Annual Dues Are Now Payable

Dues will be used to support:

- Wellness Events / Retreats
- Annual Events, i.e., social events
- CME / CPD sessions
- Medical Staff Lounge

The dues, payable by May 15, are:

- Active/Provisional Physicians \$200
- Dentists \$200
- Midwives \$100
- Nurse Practitioners (Active at KGH) \$100

Associate, locum, consulting, and temporary physicians are not required to pay dues.

How to pay your dues:

- Access KelownaPhysiciansSociety.ca – Medical Staff Dues
- Scan the QR code (posters located throughout KGH)

You will receive a confirmation email upon payment.

Questions? Email Helga Wendt, KGH MSA Administrator, at KGH.MSA.CME@gmail.com

On April 15th the KGH Foundation launched their efforts to raise \$3.5 million for Cancer Care at KGH as part of the "Closer to home than you think" campaign. Your donation will help to advance diagnostics, pathology & surgical oncology at KGH. Join us in building world-class cancer care, right here at KGH. This journey takes all of us.

KGH FOUNDATION

Giving Changes Everything.

A Future Member?!
 Not wanting to miss a KGHPs Working Group monthly meeting, our awesome Chairperson, Dr. Sarah Sunderland, arrived with baby son, Torin, in hand. A welcomed addition to the meeting!

A QUICK GUIDE

Opportunities and resources for KGH physicians

Health System Redesign (HSR) Funding for Physician Engagement



Jointly supported by:



Funding to engage physicians in health authority redesign projects.
Contact: SSCLeader@interiorhealth.ca

PQI PHYSICIAN QUALITY IMPROVEMENT



QI learning opportunity through an action learning project for individual physicians. Exciting opportunities for PQI Alum emerging.

See [Overview](#).
Contact: PQI@interiorhealth.ca

SharedCare Partners for Patients



Project funding for coordination/transition of care with community-focus.
See [Funding Guidelines](#).

Contact Sarah Forster, Shared Care Liaison at SForster@doctorsofbc.ca

FACILITY ENGAGEMENT



Supports physician engagement at the local facility level. Project resources may be available.

Visit [KGH Physician Society](#).

KGHFUNDATION



Grants to support priority equipment needs, research projects and innovation/QI projects to enhance the delivery of care and patient experience.

Contact Melina Moran, the Director of Partnerships & Grants at KGHFGrants@interiorhealth.ca

JCC Physician Leadership Scholarship Program



Jointly supported by:



QI and leadership training funding. See [overview](#). Apply via online application form linked on the overview page.



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!

*Information as of April 2024.

Contact SSCLeader@interiorhealth.ca for most up-to-date resources.



“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.

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.

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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