

KELOWNA GENERAL HOSPITAL

Physicians Society



Autumn 2024

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

When I first joined the KGH Physicians Society Board of Directors four years ago, it was as Secretary-Treasurer. After two years of learning the ropes I stepped into the role of President with great trepidation, inheriting the position from Dr. Maurice Blitz. In 2022 I understood how important the Physicians Society was to the hospital and I felt that as long as I could contribute to running the operation smoothly, all would be well. Now as I transition to Past President I'm happy to report that not only were we able to maintain existing activities, we successfully went on to reinvigorate our Medical Staff Association.

The MSA and Physicians Society are supporting the Medical Staff in new ways with the reinstatement of MSA dues. We are able to fund new programs and events such as:

- Additional snacks in the Medical Staff Lounge.
- Monthly accredited Grand Rounds and a CME half-day event taking place on October 25th.
- With thanks to the KGH Medical Staff Wellness Committee, its members have organized social events to enjoy with your colleagues and their families

I would like to thank the Working Group, the Board of Directors, our administration team of Susan, Zeno and Helga, the Foundation, Chief of Staff, Dr. Cara Wall, Executive Director, Lindsay Taberner, and incoming President Elect, Dr. Deema Jassi. It has been a pleasure to work with you all and has been a great learning experience and incredibly rewarding. Everyone above has great perspective and insight with the inner mechanisms of our hospital.

Lastly, for those interested in leadership roles, the Physicians Society and MSA offer a wealth of opportunities to interact with your colleagues from other departments and gain a broader perspective of our hospital. Please consider reaching out to us to learn more.

*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. C. Carlucci, Department of Hospitalist Services

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. Yousef Shahin, Residents

Dr. Marci Smit, Department of Palliative Care

Dr. Tara Stratton, Department of Emergency Medicine

Dr. G. Watson, Department of Medical Imaging

Dr. Frans van der Westhuizen, Department of Pediatrics

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

Tara McClary, interim Engagement Partner, Doctors of BC Liaison



*A Message from Dr. Deema Jassi,  
President Elect, Medical Staff Association / KGH Physicians Society*

As autumn settles in, it brings a range of emotions: the joy of leaving fire season behind and the hope that the coming year will be filled with promise. Yet, alongside this optimism, there is the familiar undercurrent of uncertainty—what challenges will the winter months hold? This year, that uncertainty feels even more pronounced as we look ahead to the upcoming election.

In these moments of joy, hope, and uncertainty, the MSA and Physicians Society remain steadfast in our commitment to support our Medical Staff. Our mission is to foster an environment of integrity, inclusivity, compassion, and quality for all KGH medical professionals.

One way we fulfill this mission is through continued support for Facility Engagement projects, which have had a lasting and positive impact on various departments at KGH. We're also committed to maintaining the physician lounge as a space where colleagues can connect, collaborate, and enjoy a welcoming, collegial atmosphere. Continuous Medical Education remains a top priority, as evidenced by the return of monthly grand rounds and the upcoming CME half-day session on October 25 at the CAC, beginning at 12:00 noon. We encourage all medical staff to join us.

Additionally, the Wellness Committee is dedicated to fostering a sustainable culture where physician well-being is prioritized. Their work includes initiatives like the Regional Civility Tour, which will hold a local event on November 15th at the CAC and a regional event at the Sheraton Four Points on November 16th. These efforts are creating meaningful cultural change, promoting gender equality, and addressing critical challenges faced by KGH medical staff.

None of these remarkable initiatives would be possible without the unwavering support, collaboration, and dedication of our outgoing Board of Directors. We extend our deepest gratitude for their service. At the same time, I am thrilled to welcome our incoming Board and dive into the work ahead. Our aim is to be your advocates, ensuring that your hard work is recognized, your challenges are addressed, and your successes—both clinical and academic—are celebrated. We are your Society, and we are here to assist in any way we can.

*Deema Jassi, MD*

**KGHF** FOUNDATION  
Giving Changes Everything.



*The team from CSICU stands in one of two newly operational rooms in the Coronary Care Unit, made possible with funding from the KGH Foundation's current campaign.*

KGH Foundation Reaches \$26 Million, 60% of Campaign Goal. The KGH Foundation's largest fundraising campaign ever, Closer to Home Than You Think, has now surpassed the \$26 million mark towards their \$40 million goal to help support both immediate needs and system innovation at Kelowna General Hospital and in community health care programs.

This campaign differs from others in that funds are disbursed as needed, without having to wait until the full goal is reached. Key accomplishments made possible thus far include: the operationalization of two new rooms in the CSICU and two new rooms in the Coronary Care Unit; the purchase of a new 3T MRI; the seed funding to establish a Centre for Health Systems Learning & Innovation at KGH; the establishment of the EVOLVE awards to fund physician-led initiatives focused on advancing the Brain Health at KGH; funding for The Humphreys Family Movement Disorder Clinic to support the growing number of patients in the area living with Parkinson's disease; the creation of the 'Thrive Okanagan' mental health initiative, bringing community organizations and leaders together to address the complex mental health crisis; and funding to support early intervention and responsive mental health programs with community care providers including CMHA Kelowna, the Child & Youth Advocacy Centre and Kelowna Community Resources.



**The KGH Physicians Society has recently introduced a new Recruitment Application form for those wishing to apply for FE funding to assist with their efforts. This is a one-page document that is available on the [KGHPS website](#). Send the completed application to the Society's support staff for approval and your project funding will be set up in FEMS. This new method is designed to streamline and speed up the approval process! Questions? Email [Admin@KelownaPhysiciansSociety.ca](mailto:Admin@KelownaPhysiciansSociety.ca)**



Mark  
YOUR  
Calendar

## UPCOMING EVENTS

**KGH Medical Staff  
Association &  
KGH Physicians  
Society Annual  
General Meetings**

**Monday, October 21, 2024 5:30-6:30 (KGH MSA)  
6:30-7:30 (KGHPS)  
C.A.C. Lecture Theatre (or by Zoom)  
Guest Speaker: Dr. Ahmir Kharmuddin, President  
Refreshments will be served in the foyer at 5:00pm**



**Dr. Kharmuddin will be available for a Q&A Session on October 21st in the  
Medical Staff Lounge October 21st. TBA**

### Grand Rounds

**Wednesday, October 16, 2024  
12:00pm – 1:00pm PDT**

**C.A.C. Lecture Theatre (or by Zoom)  
Point of Care Ultrasound (PoCUS) – Dr. Greg Costello  
Lunch will be served in the foyer at 11:45am**

**[Click or tap here for more information](#)**

### Special CME Half Day Event

**Friday, October 25, 2024  
1:00pm – 5:00pm**

**C.A.C. Lecture Theatre (or by Zoom)  
A series of KGH Medical Staff on a variety  
of topics**

**Lunch will be served in the foyer at 12:30  
[Click or tap here for more information](#)**



**CIVILITY SAVES  
LIVES**

### One-Day Conference

**Saturday, November 16, 2024 8:00 am – 5:00 pm  
Four Points Sheraton, Kelowna Airport  
Chris Turner - TED speaker and founder of Civility Saves Lives**

**[Click or tap here for more  
information](#)**



### National Awareness Events

**October:** Canadian Islamic History Month, German Heritage Month, Latin American Heritage Month, Women's History Month, ADHD & Autism Awareness Month

**November:** Indigenous Disability Awareness Month, National Domestic Violence Awareness Month

**November 25th to December 10th - 16 Days of Activism Against Gender-Based Violence**





# Past Events

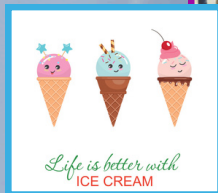
## KELOWNA MEDICAL SOCIETY ANNUAL MEET 'N GREET BARBEQUE MAY 26, 2024



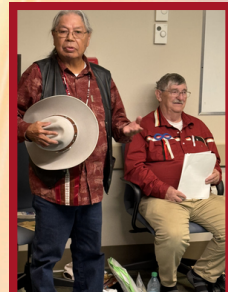
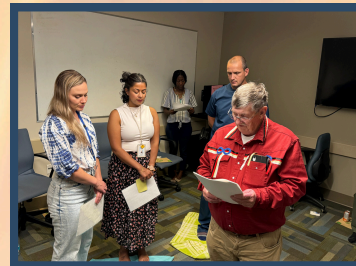
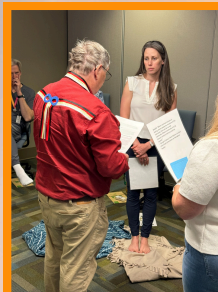
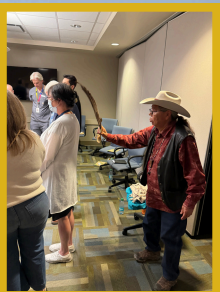
## MYRA CANYON ADVENTURE PARK EVENT, HOSTED BY THE KGH WELLNESS COMMITTEE JULY 20TH



## KGHS ANNUAL ICE CREAM SOCIAL EVENT AUGUST 15TH



## KGHS ANTI-RACISM BLANKET EXERCISE AUGUST 22ND WITH ELDER LEON LOUIS AND ELDER JOHN DUFF





## MSA DUES FUND A VARIETY OF PROGRAMS AND OPPORTUNITIES:

- ✓ ADDITIONAL SNACKS IN THE MEDICAL STAFF LOUNGE
- ✓ CME ACCREDITATION GRAND ROUNDS AND EVENTS
- ✓ WELLNESS PROGRAMS AND EVENTS

Scan to pay  
your  
annual  
MSA Dues



### “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](mailto:WellnessatKGH@gmail.com).

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



Dr. Issa Ephthimios travelled to the Scandinavian countries



where in the world  
HAVE YOU BEEN?



Susan Cyr, KGHPS Admin Assistant visited Europe taking in a day trip to Stone Henge.



Zeno Cescon, Director - Facility Engagement visited our capital city of Ottawa.

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](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.

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](http://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](http://Moodgym.com.au) - online evidence-based CBT course.

[Starlingminds.com](http://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](http://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](mailto: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](mailto: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](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 [Admin@KelownaPhysiciansSociety.ca](mailto: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](http://www.KelownaPhysiciansSociety.ca)

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304-3330 Richter Street, Kelowna, BC V1W 4V5 Canada

