

**AUGUST/SEPT 2016**

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## Kootenay Boundary Division Dispatch

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### WELCOME

The Division offers a warm welcome to Dr. Tom Newth (Kootenay Lake Medical), Dr. Joseph Yo (Columbia Family Medicine), Dr. Oyegoke Oyetola (Saddle Mountain Medical Clinic) and Dr. Dale Dhaliwal (Riverside Medical Clinic) who have arrived and begun practicing in the Kootenay Boundary in recent weeks.

### CLINICAL SUPPORTS

**Top 3 Physician Resources accessed through Pathways over the summer months:**

- Driver Medical Fitness Standards BC Guide
- Anxiety: GAD-7 Score
- Depression: PHQ-9

If you want to see a specific resource on Pathways or have a short tutorial session on the use of Pathways for your clinic, please contact Paul - [pedney@divisionsbc.ca](mailto:pedney@divisionsbc.ca)

### Upcoming Events

**Division AGM Thursday, October 27**

**Keynote Speaker, CMA President Dr. Granger Avery**

Dr. Granger Avery has confirmed as our keynote speaker for the Division of Family Practice AGM, 27 Oct, 2016. [Click here to save the date to your calendar](#). Official invitation and registration site coming in September.

**Mindfulness Based Stress Reduction for Care Providers**

Another MBSR course for medical professionals is being held at Kalein by **Dr. Devon Christie** starting Sept 22: "Through participation in this course you can harness your brain's innate neuroplasticity to rewire how you meet and

respond to everyday challenges that could otherwise easily wear you down and lead to burnout and illness."

For more information and to register click [here](#).

**FREE Pizza & Pool Party for Children and Families Dealing with Diabetes**

**Castlegar Community Complex Pool, September 17, 1-3pm.**

Please download and share this [leaflet](#) with children and families in your clinic dealing with diabetes.

**Child Health BC and BC Guidelines - Sept 20th 12:00-12:45pm**

Webinar showcasing the updated provincial pediatric asthma clinical practice guidelines for primary care practitioners. [Download it to your calendar](#) or go directly to the [webinar page](#) on the 20th.

**KBRH and KLH Hospital Rounds Start September 15**

Want rounds to be streamed to your remote site? [Ask Sylvain!](#)

**Update on Lyme Disease Dr. Liz Zubek**

Dine & Learn, Castlegar, September 29, 6:00-8:30pm

## EMPOWERING PATIENTS

### Top 3 Patient Resources accessed through Pathways over the summer months

- Opioid Withdrawal Management Patient Handout
- Mental Health Resources in BC
- Chronic Pain Patient Resources

If you want to see a specific resource on Pathways or have a short tutorial session on the use of Pathways for your clinic, please contact Paul - [pedney@divisionsbc.ca](mailto:pedney@divisionsbc.ca)

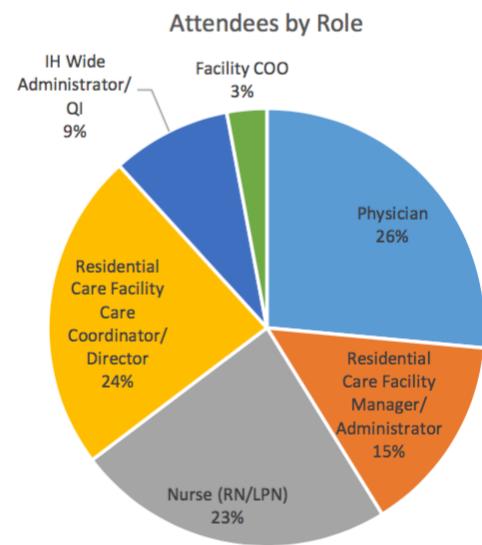
# SYSTEM IMPROVEMENT

## Health Care Teams Improving Residential Care at First Regional QI Meeting

In late spring, a group of 36 physicians, residential care facility managers & providers, nurses and Interior Health administrators from nine residential care facilities across seven Kootenay Boundary communities came together for the first ever residential care regional quality improvement meeting led by Dr. Trevor Janz – "We know that great ideas come when the full team is together," said Dr. Janz.

"The Quality improvement meetings bring care teams together at the region-wide level, and use statistics and data to compare our facilities with each other, Interior Health as a whole, and the provincial averages. Armed with this information, we can work together, sharing leading practices, ideas for dealing with specific challenges and continuously improving the care we give."

[Read the full article](#)



## New Nelson ED <-> ICU video conferencing improving patient care

The ED to ICU video conferencing facilities were recently used between Nelson and the ICU in Trail with the result of helping ensure the patient was not intubated.

"This is a significant advance in the way we provide care. It speeds up the delivery of care to critically ill patients, and has the potential to significantly improve outcomes for critically ill patients. If we can make this work effectively and routinely, it could definitely save lives in the long run.". Video conferencing facilities have also been installed at Arrow Lakes Hospital. The pilot is continuing with ongoing evaluation throughout the fall.

Questions? Contact Mona at [mmattei@divisionsbc.ca](mailto:mmattei@divisionsbc.ca)

## Help Improve Office Based Driver Evaluations

Victoria based Dr. Ian Bekker is looking for physicians interested in driver's fitness who would be willing to give their opinion occasionally on process/policy from the Superintendent of Motor Vehicles. Every 3 months Dr. Bekker will contact you by email with a question and will collect replies by phone or email. [Please send Ian Bekker \(iansbekker@icloud.com\) an email](mailto:iansbekker@icloud.com) if you are interested in contributing.