

:: WORK ::



## ACUTE CARE INFORMATION

### Comox Valley Hospital

101 Lerwick Road, Courtenay, BC  
V9N 0B9

**Phone:** (250) 331-5900 ext. 65500

**Website:** [http://www.viha.ca/locations/north\\_island\\_hospital\\_comox\\_valley.html](http://www.viha.ca/locations/north_island_hospital_comox_valley.html)

#### Site Director

Cathie Sturam

#### Administrative Support

Annette Moore

(250) 331-5900 ext. 65214

#### Site Medical Director & Chief of Staff

Dr. Phil Luke

#### Privileges & Credentialing

**For full privileges:**

Contact: [Credentialing\\_Office@viha.ca](mailto:Credentialing_Office@viha.ca)

Visit VIHA website for more information:

[http://www.viha.ca/physicians/medical\\_affairs/credentials/](http://www.viha.ca/physicians/medical_affairs/credentials/)

**For access to PowerChart only:**

Contact: Lisa Schofield – [MOApowerchart@viha.ca](mailto:MOApowerchart@viha.ca)

### What's where in the Hospital:

#### Level 0

- Administration
- Health Records
- Gym – Staff
- Food Services
- MDRD
- Morgue/ Autopsy

#### Level 1

- Central Registration
- Emergency Medicine & Overflow
- Outpatient Lab
- Rehabilitation
- Medical Imaging
- Wellness Centre
- Medical Daycare
- Cancer Care
- Diabetes Education
- Outpatient Nutrition
- Telehealth
- Wellness Outpatient
- Procedures
- Ophthalmology Clinic
- Ostomy
- Wound Care
- Adolescent Outreach Services
- North Island Eating Disorders
- Psychiatric Collaborative Care Clinic
- Geriatric Specialty Services
- Rocky Mountain Cafe

#### Level 2

- Obstetrics, Maternity, Pediatrics
- ICU
- Operation Rooms / Bookings
- Lab
- Bio-Medical Engineering
- Doctors' Lounge
- UBC Simulation Lab
- UBC Dept of Family Medicine – Strathcona Site

#### Level 3

- Medical / Surgical

#### Level 4

- MHSU – Inpatient
- Transitional Care Unit

### Emergency Department

#### ER Physicians

- Jennifer Laurence, Lead Physician
- Albert Houlgrave
- Charles Huisamen
- Louise Young
- Patricia Murphy
- William Papenfus
- Esther Stubbs
- Davina Kraubner
- Louis Huisamen

#### Aboriginal Liaison Nurse

Laurel Anderson

#### CVH Laboratory

Open Mon – Fri – 630am – 5pm ; Saturday – 9am – 1pm ;  
Sunday – closed

#### Medical Day Care Booking

#### Take Note

For outpatient IV treatments, transfusions, etc. FP needs to fill out the MDC form. Signed consent form required for blood transfusions.

#### Medical Imaging

CT & x-ray scan  
Nuclear Medicine  
Ultrasound  
Breast Imaging (booking)

#### Take Note

- Hospital Outpatient X-Ray hours **Monday to Friday 7:30 to 6:30pm | Saturdays 8:00-4:00pm | Closed Sundays and Holidays**
- Private MRI scanner (Comox Valley MRI)
- Public MRIs done in Comox Valley Hospital

## **Radiologists**

- Valerie Astrope
- Kevin Irish
- Jennifer Waterhouse
- Stefan Kriegler
- Michael O'Reilly
- Grant Larsen

## **Rehabilitation**

### Hospital Physiotherapy/Occupational Therapy

- Order "REHAB TO ASSESS" for inpatients. This will allow the team to assess patient's therapy needs and assist with discharge planning.
- OT is available for patients with arthritis, CTS, tendinitis and tendon injuries, walker boots, braces and splinting etc. (not for spine or knee braces – use community orthotist)
- Outpatient physio available for knee and hip replacements
- Outpatient OT available for hands and stroke treatment
- **Post-stroke Rehab Unit** - is in Nanaimo Regional General Hospital. Complete Referral form.

## **Information Technology and Support**

Island Health Intranet

Source for much hospital info, e.g. GP / House Doctor / Specialist call schedules, pharmacy information, etc. Login obtained through Medical Admin upon approval of hospital privileges. Access Intranet through Cerner "Powerchart" or through Internet Explorer while at the hospital.

<https://intranet.viha.ca/nihtransition/Pages/default.aspx>

## **Pharmanet**

Provincial medication database administered by MoHS. Lists all patient medications dispensed by BC Pharmacies.

## **Psychiatry**

Includes both in-patient and out-patient services and has a strong liaison with Island Health Mental Health and Substance Use (MHSU) Services in the community. Include psychiatrists specializing in geriatric, adult and child and adolescent care as well as general practitioners with sub-specialties in psychiatry.

## **PICU (Psychiatric Intensive Care Unit)**

For patients detained under the Mental Health Act in secure conditions, who are in an acutely disturbed phase of a serious mental disorder which does not allow safe management in a general open acute ward. St. Joseph's General Hospital has a policy in place for admitting patients into the PICU and this is available on the ward.

## **Adult Outpatient Services**

Wellness Center, Comox Valley Hospital

## **Adult Group Therapy Program (AGTP)**

The Adult Group Therapy Program (AGTP) is for adults 19 years of age and older. The AGTP serves those struggling with mood disorders, anxiety disorders, personality disorders, trauma, chronic pain, grief and loss and interpersonal difficulties. The AGTP is primarily a group program with 1:1 support offered as needed. The interdisciplinary team includes Nurses, Psychiatric Nurses, Social Workers, Occupational Therapists and Clinical Counsellors as well as a consulting Psychiatrist.

## **Adolescent Outpatient Services**

Wellness Centre, Comox Valley Hospital

This service provides individual and family therapy, as well as education, to prevent or shorten admission of adolescents to the Inpatient Psychiatric Unit. It is intended for clients 14 to 18 years of age requiring assessment and treatment of psychiatric disorders such as depression, anxiety disorders, eating disorders or thought disorders. The service can provide psycho-education, counseling and therapy to adolescents and their families. The therapeutic team includes registered nurses and or registered psychiatric nurses as well as consulting psychiatrists. This service also offers a six session stress and depression management group in conjunction with the Ministry for Children and Families.

## **Addiction Services**

Contact Mental Health & Addictions Services - North Island, 941 England Ave, Courtenay, BC V9N 2N7,

A group program aimed at people 19 years and older to introduce individuals to services and supports is available.

### **Take Note**

**There is a hospital policy regarding**  
[Avoiding Dangerous Abbreviations.](#)

**Blood Transfusions - [Signed consent form required.](#)**

**Post-stroke Rehab Unit is in Nanaimo Regional General Hospital. [Complete Referral form.](#)**

## CLINICS IN THE COMOX VALLEY

### Family Practice

#### Comox

##### **Comox Medical Clinic** (250) 339-3223

- Rick Potter-Cogan
- Michael Neufeld
- Doug Anderson
- Brad Harris
- Ed Howard
- Tsveta Nikova
- Maria Smit
- Dustin Falk
- Stephanie Slemko

##### **Highland Medical Clinic** (250) 890-0919

- Jennifer Cortez
- Daria Davyduke
- Carol Galway
- Patricia Johnson
- Glenn Kisman
- Trevor Shoesmith (Sports Med)
- Theresa Wilson
- Johann Nel

##### **Sea Cove Medical Clinic** (250) 339-5467

- David Brailey
- Eva Hemmerich
- Carol Ostry
- Bonnie Bagdan
- Jonathon Kerr

##### **Town Circle Medical** (250) 339-5780

- Lissa Bensen
- Erin Gregory
- Dan Wainberg
- Colin Bullock

##### **White Wave Medical Clinic** (250) 941-3344

- Genevieve Allen
- Daniel Lewis
- Annalaine Grobber

#### Courtenay

##### **Cottage Medical** (250) 338-1391

- Steve Matous
- Itta Winter
- Sara Sandwith

##### **Courtenay Medical Associates** (250) 334-4411

- Amitabh Bakshi
- Rachel McKenzie
- Janet Green
- Peter Gee
- Desmond Konway
- Nancy McFadden
- Jonathan Reggler
- Adam Thompson
- André Brais
- Graham Hatlelid

##### **Crown Isle Clinic** (250) 338 1333

- James Ingrey
- Stephen Burgess
- Sharmeen Mazaheri
- Charuka Maheswaran
- Karen Nishio
- Sand Russell-Atkinson
- Lucia Ma

##### **Courtenay Medical Clinic** (250) 334-2445

- Wayne Crowe (Circumcisions, Vasectomies)
- Tanja Daws
- Olga Lamykina
- David Kenny (locum, Dive Medicine)
- John Law (Dive Medicine, Aviation Medicine, Marine Medicals)
- Kevin Swanson

#### **Health Connections Clinic - a team-based care clinic**

(250) 331 8502 (Open Tues/Thurs 1-430pm)

- Jack Bryant
- Peter Moosbrugger
- Katie Barker
- Danielle Froese
- Suzanne Watters
- Bonnie Bagdan
- Eva Hemmerich
- Working with nurses at the Nursing Centre

##### **Southwood Medical** (250) 334-2212

- Laura Bell
- Kirsten Emmott
- Rishad Usmani
- Asmaa Abulkader

##### **ValleyCare Medical** (250) 331-0500

- Dana Burry
- Marcus Langhans
- Janice McLaughlin
- Stephen Nap
- Matt Robertson
- Tyler Falk
- Stuart Gray
- Marika Galik
- Lily Edelson

#### Cumberland

##### **Dunsmuir Medical Clinic** (250) 336-2208

- Mark Woldnik
- Stephen Fox
- Alsoon Brine

#### Denman

##### **Denman Island Clinic** (250) 335-2260

- Stephen Malthouse
- Ron Wilson

#### Hornby

##### **Hornby Island Clinic** (250) 335-3036

- Laura Chalfin

### Walk-in Clinics

##### **Washington Park Medical Clinic** (250) 334-9241

Superstore Mall, Courtenay

##### **Comox Valley Medical Clinic** (250) 898-0202

Walmart, Courtenay

- Paul Herselman
- Megan Spring
- Louis Huisamen
- Rob Silcox

#### Other Family Physicians / Locums

- Dianne Bohonis
- Suzanne Watters
- Alfredo Tura
- Daniela Chifor
- Danielle Froese
- Don Fockler
- Peter Moosbrugger
- Shannon Jones
- Wai Ling Dan
- Christie Kimber
- Zeke Steve
- Janis McCallum
- Jessie Flear
- Maria Chow
- Nancy MacPherson
- Minnie Ho
- Shannon Marshall
- Jack Bryant
- Dave Jarman
- Tanya Austin

## UBC Dept of Family Medicine

The Strathcona Site is our local Family Medicine Residency teaching site. The Strathcona Residency Site currently has Residents placed with preceptors in the Comox Valley and Campbell River and is involved in Comox Valley Hospital care.

**Site Director:** Dr. Peter Gee

**Site Co-ordinator:** Pam Blake. [pam.blake@familymed.ubc.ca](mailto:pam.blake@familymed.ubc.ca)

## LOCAL SPECIALISTS

### Specialist On Call List

<https://medicalaffairs.viha.ca/oncall/BrowseSchedules/>

(need a VIHA log-on)

### ANAESTHESIA

- Blake Richardson  
Driftwood Dental
- Johnathon Watson
- Stuart Holmes 250 702 6077
- Wayne Gornall 250 339 2242
- Andrew Cook
- Robert Lyall 250 702 7128

### COMMUNITY MEDICINE (Medical Officer of Health)

- Charmaine Enns (250) 331-8591

### DENTAL MAXILLOFACIAL SURGERY

- A. Conradi (250) 890-0055

### DERMATOLOGY

- Donald Jenkins (250) 334-4172

### ENT

- Lodewyk De Jager (250) 338-1314
- Charles H. Van Rooy (Campbell River) (250) 830-0707

## INTAL – Internal Medical Advice Line

1-877-370-8699

Advice on your patients, what tests to order (Int Med., Nephrology, Endocrine, GI, Oncology, Hematology)

### FP/ GERIATRIC MEDICINE

- Malcolm Man-Son-Hing (through Seniors Health referral)

### GENERAL SURGERY

- Nick Kimberley 250 890 0632 Campbell River
- Kathryn Lanuke 250 339 7115
- Roger "Rocky" Moise 250 339 1002
- Willis T'ien 250 339 7115
- David James
- Roy Minaar 250 850 1104
- Leanne Wood 250 850 1104

### INTERNAL MEDICINE

- Pedro Camacho 250 339 1110 (Hematology, Anticoagulation issues)
- Sudhakar Dawadi (Respirology)
- Pierre Nel (Gastroenterology) 250 339 7300
- Trace Thomas (General) 250 339 9500
- Sam Kohen
- Leanne Gutierrez 250 339 1110 (Endocrinology)

### OBS/GYN

- Matthew Bagdan (250) 339 3114
- Tracy Rodgers 250 871 7373
- Chad Van Tongeren 250 339 3114

### OPHTHALMOLOGY

- Peter Claasen 250 703 2055
- Elizabeth "Libby" Cornock 250 890 0089
- Glen Hoar 250 890 0089
- Steve Shaver 250 334 4030
- Sadhana Kulkarni

### ORTHOPEDIC SURGERY

- Kirk Sundby 250 941 0080
- Tom Woods
- Jacobus "Kooos" Van Sittert 250 890 3361

### PATHOLOGY Results: (250) 890-3700 Bookings: (250) 890-3029

- Chris Bellamy
- Wayne Donn
- Stephania Giobbe

### PEDIATRICS

- Natalie Aird (250) 339 5254
- Jan Theron (250) 941 0042

### PSYCHIATRY (250) 339-1495

- Carol Coxon 250 890 3712 (Peds/adolescent)
- Natasha Frolic (Geriatric Psychiatry)
- Carl Graves
- Stuart Lamon
- Frank Wernicke
- Lauren Lupton (Peds/ Adolescent)
- Stephan Schovanek (Geriatric Psychiatry)
- Kevin Whetter
- Rob Countess
- Jeff Barber 250 331 9200

### RADIOLOGY/ MEDICAL IMAGING (250) 339-1400

- Valerie Astrope
- Grant Larsen
- Dave McKeown
- Michael O'Reilly
- Stef Kriegler
- Nivmand Khorrami-Arani

### UROLOGY (250) 338 7763

- Aaron Clark
- William Tinmouth
- Jeffrey Zorn

## OUT OF TOWN SPECIALISTS

### CARDIOLOGY (Victoria)

Western Cardiology Associates (250) 595-1551

### DERMATOLOGY (Victoria)

Gordon Telford (Eczema Clinic) 250-595-3424

### ENDOCRINOLOGY (Campbell River)

Randolph Lee 250-923-4049

### MEDICAL GENETICS CLINIC

Victoria Gen'l Hospital (250) 727-4461 Fax (250) 727-4295

**NEPHROLOGY (Nanaimo)**

- Rachel Carson (250) 591-1895
- Alison Croome (250) 591-1898
- Anthony Booth (250) 753-6288 (holds clinics in Cumberland - GP may request this site on referral letter)

**NEUROLOGY**

- Kimberley Waterman (Nanaimo) (250) 591-2490
- Peter Boulton (Victoria/Comox) (778) 265-6533

**NEUROSURGERY (Victoria)**

- Richard Reid (250) 383-3638
- John Sun (250) 391-7850
- Stephen Hentschell (250) 383-3638

**ORAL SURGERY / MAXILLOFACIAL (Nanaimo)**

Robert Sorochan (250) 753-6671

**PEDIATRIC CARDIOLOGY (Vancouver)**

Marion Tipple (604) 875-3233

**PEDIATRIC ORTHOPEDIC DOCTOR (Victoria - travels to Courtenay)**

Brent Weatherhead (250) 940-4444

**PHYSIATRY / REHAB (Nanaimo)**

- Tim Deutscher 250-741-0755
- Andrew Willmott
- John Hawkeswood (778) 441-2880

**PLASTIC SURGERY (Campbell River)**

- Peter Fowler (250) 287-8077
- Peter Olesen (250) 287-8077
- Robin Evans (250) 830-0053

**RHEUMATOLOGY (Nanaimo)**

- Maqbool Sheriff (250) 754-8012
- Nicole Baur (250) 591-4293
- Alison Kydd (250) 591-4293

**STROKE RAPID ASSESSMENT UNIT (SRAU) (Victoria)**

(250) 727-4056

Acute assessment for TIA's/ mild stroke.

Referral required.

Open M-F 08:00-18:00

**THORACIC SURGERY (Victoria) (250) 595-2820**

BC Thoracic Surgery

- Gary Dewar
- John Samphire

**VASCULAR SURGERY (Victoria) (250) 220-8931**

- James Dooner
- Shung Lee
- Peter Kueschler

Full contact info available on College Website

www.cops.bc under "find a physician"

**COMOX VALLEY DIVISION OF FAMILY PRACTICE INITIATIVES**

**CENTRAL REFERRAL MECHANISM**

The CRM assists patients with complex needs and/or age 70+ in finding a family physician. Patients referred may be frail elderly in the community/in care, moms and babies, people with MHSU challenges and/or complex physical and medical needs. Referrals can be made from community agencies, the emergency department, as well as walk-in clinics and DOD doctors to a dedicated administrator, who matches patients with Physicians who are accepting patients in our community. If you have availability to take new patients, please email [crm.comoxvalley@divisionsbc.ca](mailto:crm.comoxvalley@divisionsbc.ca)

**DOCTOR OF THE DAY PROGRAM**

The Division of Family practice supports the Doctor of the Day program (Unassigned Inpatient Program) at the Comox Valley Hospital. If you would like more information about the Doctor of the Day program, please contact Dr. Steve Matous at [ssnwi@shaw.ca](mailto:ssnwi@shaw.ca)

**PHYSICIAN SEEKING LOCUMS LIST**

Share your locum coverage requests through a bi-weekly mail out to local and out-of-town locums. To share your dates with the list fill out this online form <https://surveys.divisionsbc.ca/Comox-Valley-Locum-Coverage-Request-Form.aspx>

**RECRUITMENT, RETENTION OR SUCCESSION SERVICES**

Please contact Catherine Browne, Comox Valley Physician Recruitment Coordinator at [cbrowne@divisionsbc.ca](mailto:cbrowne@divisionsbc.ca)

**MENTAL HEALTH AND SUBSTANCE USE (MHSU) SUPPORT IN PRIMARY CARE**

In partnership with Island Health, the Division supports the role of the MHSU Health Consultant in primary care clinics. Through referral, a masters-level MHSU Health Consultant provides in-clinic coordinated care to moderate/ complex MHSU patients through consultation with primary care providers, brief treatment interventions, and connections to resources as needed. Currently, seven clinics have this service in our community: Southwood Medical, Courtenay Medical Associates, Crown Isle Medical Clinic, Highland Family Practice, Comox Medical Clinic, Town Circle Medical and Sea Cove Medical. For more information on this service, please contact Catherine Browne, Project Coordinator at [cbrowne@divisionsbc.ca](mailto:cbrowne@divisionsbc.ca).

## COMMUNITY RESOURCES

For more information on available community resources, visit the Division's website <https://divisionsbc.ca/comox/mydashboard> (login required) or <https://divisionsbc.ca/comox/resources> (public)

**AMBULANCE** services. Local 911 service. 911 response fee is \$50, if transported, fee is \$80.

### AUDIOLOGY Services

- Island Health Pediatric Audiology Clinic  
(250) 339-6543 / (250) 338-6555
- Connect Hearing (Courtenay) (250) 338-7978
- Beltone (Comox) (250) 339-1180, (Courtenay) (250) 334-4044
- Gordon Hearing (Comox) (250) 941-8378

**BCCA - British Columbia Cancer Agency** - Vancouver Island Centre (Victoria) 1-800-670-3322

### CHILD AND YOUTH SERVICES

- Child / Adolescent Psychiatry (Dr Lupton, Dr Coxon)
- Child and Youth Mental Health Intake. Patient / families may self-refer. 250 334 5820
- Comox Valley Child Development Association  
<https://valleychild.ca/>
- Comox Valley Family Services  
<http://comoxvalleyfamilyservices.com/resources.html>

CDA Infant Development Program –includes:

- Speech and Language Development assessments.
- Physical Therapy, OT programs (250) 338 4288
- Autism programs

**COMMUNITY MEDICINE** Medical Officer of Health - Charmaine Enns

### COMOX BAY CARE SOCIETY

Operates the Care-A-Van, a volunteer-run mobile health clinic serving the homeless. Provide nursing, GP, dental, denture, pharmacy and optometry services. [careavan@telus.net](mailto:careavan@telus.net)

### COMOX VALLEY SOCIAL PLANNING SOCIETY

<http://cvsocialplanning.ca/>

**CONTINUING MEDICAL EDUCATION** locally is sponsored by Island Health and the Division.

### CV TRANSITION SOCIETY

**Lilli House Shelter:** Safe shelter, counselling and support for female victims of abuse and their children. Provide Detox and Supportive Recovery for women.

Access via Crisis Line – (250) 338-1227

### EVERYWOMAN'S HEALTH CENTRE

#210-2525 Commercial Drive, Vancouver, - [www.ewhc.ca](http://www.ewhc.ca)  
(604)322-6692

### HAND CLINIC (250) 850.2664

Campbell River Hospital - provides treatment and splints for hand and upper extremity injuries including WorkSafeBC Hand Program.

### HEAD INJURY ASSOCIATION (250) 339-9225

### HEART FUNCTION CLINIC

Assistance with management of CHF  
Campbell River (250) 850-2193 fax (250) 850-2935

### HOME CARE

- *St. Joseph's Extended Care*  
2137 Comox Ave. Comox (250) 338-5453
- *Home and Community Care Services (Island Health)*  
941 England Ave, Courtenay (250) 331-8530  
Central Intake Fax (250) 331 8569. (Private Doctor's Lines)  
Central Intake fax line 1-877-754-2967  
<http://www.viha.ca/hcc>  
*Includes:*
  - Home Nursing care, Long Term Care Assessments, Rehab Services, Social Work
  - Home Support assists with personal care - dressing, bathing, showering, grooming, hygiene, medication assistance. Does not cover meal preparation or housecleaning

*Private Home Care Companies*

- Nurse Next Door – Courtenay – (250) 336-8606
- OmniCare for People at Home – (250) 890-7535
- We Care – Courtenay – 1-888-334-8531

### HOSPICE

Comox Valley Hospice Society [www.comoxhospice.com](http://www.comoxhospice.com)  
(250) 339-5533

- Supports individuals/families with end-of-life issues.
- A Hospice and Palliative Care Unit is planned for the hospital.

### JOB SHOP Community Services Directory

Get connected to the wealth of resources and services in the Comox Valley. Comprehensive- Social Health Determinant Focused Resources  
<http://www.thejobshop.ca/csdirectory.php>

### LABS

- Laboratory (250) 339-1451  
Mon-Fri 0730-1800, Sat 0900- 1500
- St Joseph's Courtenay Lab (at Cliffe & 14th) (250) 890-3042  
Mon-Fri - 0730-1700
- Cumberland Health Centre (250) 331-8510  
2696 Windermere Ave - Mon-Fri - 0730-1100
- Lifelabs (250) 334-4745  
12-1599 Cliffe Ave, Courtenay  
Mon-Fri - 0730-1600, Sat 0730-1130

### LANGUAGE SERVICES

For telephone-based language interpretation, Provincial Language Services: 1-888-603-5087. Comox Valley physician access code: 3560.

**LUSH VALLEY FOOD ACTION SOCIETY**

<http://www.lushvalley.org/>

**MATERNITY / MIDWIFERY**

Primary Care Obstetric Services. This group of Family Doctors in the Comox Valley provide prenatal, labour and delivery care. They accept referrals from primary care physicians in the community. They are happy to provide care starting in the first trimester. (See Town Circle, Highland Medical Clinic, or Courtenay Medical Associates).

- “Right from the Start” Program  
Island Health Public Health program for pregnant women, new mom’s, babies and children.  
Visit <http://www.rightfromthestart.viha.ca> to register

**MIDWIFERY**

- Comox Valley Midwifery (250) 338-4810
- Plum Midwifery (250) 890-0832

**MEAL ASSISTANCE**

- Meals on Wheels 250 339-2625,
- Valley Home Meals - 250 331-8522

**MEDICAL EQUIPMENT**

- Red Cross Loan Cupboard - crutches, canes etc. (250) 334-1557
- The Home Medical Shop – (250) 338-0903  
*Crutches / braces may be rented from some community pharmacies*

**COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE**

(ISLAND HEALTH) 941C England Ave, Courtenay V9N 2N7.  
Phone 331-8524; fax 331-8525. Serves adults aged 19 and above.  
Services Include:

- **Intake – assessment; consultation;** connection of individuals with the most appropriate service MHSU team or community resource; connection to crisis services (accessed via St. Joseph’s Hospital).
- **Substance Use Outpatient Treatment** - individual and group forms of support and treatment; education, support and treatment for clients and families; linking clients to other appropriate services.
- **Substance Use Outreach (ICMT)** - an inter-disciplinary, outreach team that practices from a harm reduction, strengths based philosophy and partners with individuals who are actively using substances.
- **Withdrawal Management Service (formally SAIN)** – withdrawal management (social detoxification); screening and assessment; brief intervention. Contact via phone: 250-339-1573 or pager: 250-703-9102 (during office hours only).
- **ACSS** – case management for adults with severe and persistent mental illness.
- **ASTAT** – short term individual therapy; group psycho-education; psychiatric assessment; connecting individuals to other appropriate services.

*Please see also Adult Group Therapy Program on page 9.*

**Crisis Line (Public) 1-888-494-3888**

**NORTH ISLAND LIVER SERVICE (NILS) / POSITIVE WELLNESS**

**NORTH ISLAND** 1 877 215-7005

- Provides information and treatment services to patients with chronic liver disease eg Hep C.

**NURSING - CV NURSING CENTER (250) 331 8502**

VIHA services include

- Pain Assessment and Management Service
- Eating Disorders
- Health Library
- Support Groups, etc
- Health Connections Clinic (See page 13 - Clinics)

**NUTRITION**

Dietician Services. Fax form to (250) 339 1439.  
Phone (250) 890 3022.

**OPT – OPTIONS FOR SEXUAL HEALTH**

961 England Avenue, Courtenay (250) 331-8572

Drop-In clinics Tues 6-8 pm, Thurs 4-6 pm

Services include reduced cost contraception, emergency contraception, pregnancy tests, education, options counseling and referrals, HIV, STI testing, Hep B immunization, PAPs, physical exams  
<http://www.optionsforsexualhealth.org>

**ORTHOTICS / FOOT CARE**

*includes spine / knee braces and foot orthoses*

- BD Mitchell - Comox (250) 339 2262
- SOS Orthotics - Comox (250) 339 5852.

*Foot Care*

- Feet First (250) 338 1702, (250) 335 2349.
- This Little Piggy Foot Care Services (250) 792 3885
- Happy Soles Foot and Nail Care  
Paul Kurucz, Podologist (250) 871 2279 or (250) 871 6484

**PHARMACIES** - See page 18

**PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY**

1-877-657-1188

**PHYSIOTHERAPY** - See page 19

**PRENATAL CLASSES (PUBLIC HEALTH NURSING) (250) 331-8520**

**PSYCHOLOGISTS /COUNSELLING (PRIVATE)**

- Strathcona Counseling – Courtenay (250) 338-0311
- Grunberg-Patterson Counseling – Comox (250) 339-3269
- Pacific Therapy and Counselling - Courtenay (250) 338-2700



## PUBLIC HEALTH

- Comox Valley Health Unit (250) 331-8520  
961 England Avenue, Courtenay, V9N 2N7  
Offer routine immunizations and Prenatal Classes

## QUITNOW SERVICES - Smoking Cessation program

<http://www.quitnow.ca> 1-877-455-2233

## ROYAL CANADIAN AIR FORCE RESOURCE CENTRE - COMOX

<http://www.familynavigator.ca/index.php/bases/content/comox>

The Comox MFRC provides information to families with special needs & responsibilities on what is available in the community. This website lists resources related to a variety of special needs and disabilities issues.

## SALVATION ARMY SHELTER

Pidcock House, 632 Pidcock Ave, Courtenay (250) 338-2533

## SENIORS SERVICES

- **Island Health Geriatric Outreach Program (250) 339-1440**  
Geriatric Psychiatry and Geriatric Medical services are available through this program. The team assists with seniors with:
  - Complex medical or psychiatric problems.
  - Cognitive / functional assessments of seniors in their homes.
  - Assistance is provided with the management of seniors with dementia or behavioural symptoms.
  - Facilitate transition to Assisted Living, Residential Care/ Complex Care
  - Arrange Respite Care for easing caregiver burden.
- **A Seniors Health Referral form (VIHA) must be faxed to (250) 339-1529.**
- **Extended Care Unit (ECU) at "The Views"**  
Two units :
  - EagleView (250) 339-1556
  - OceanView (250) 339-1514
- **Glacier View Lodge - Complex Care Facility**  
2450 Back Rd, Courtenay, BC (250) 338-1451
- **Comox Valley Seniors Village**  
4640 Headquarters Road, Courtenay, BC  
1st flr (250) 331 1183 #1902  
2nd flr (250) 331 4113 #1902
- **Senior Peer Counseling (250) 334-9917**
- **Evergreen Seniors Club**  
411 Anderton Ave Courtenay, BC V9N 6C6 (250) 338-1000  
*For ages 55+ years, \$20 annual fee. Under the direction of the Courtenay Recreational Association, the club provides a wide range of activities and programs at the Florence Filberg Centre in downtown Courtenay.*
- **Lifeline (250) 338-4255**
- **HandiDart service** (for patients not capable of using public transit)  
(250) 339-5442

## SLEEP APNEA - OVERNIGHT OXIMETRY/CPAP

- Pacific Sleep Care [www.pacificsleepcare.ca](http://www.pacificsleepcare.ca) (250) 334-0789

## SPEECH PATHOLOGY

- Island Health Pediatric Speech Services (250) 338-6555
- Cathy Silversides (250) 792-3466

## TRAVEL MEDICINE

- Travel Medicine & Vaccination Centre  
[www.tmvc.com](http://www.tmvc.com) | (250) 244 1044

## TRANSITION TOWN

<http://transitiontownvc.org/>

## THE F.O.R.C.E CHILD, YOUTH & FAMILY MENTAL HEALTH AND SUBSTANCE USE SERVICES ORIENTATION GUIDE

<http://www.forcesociety.com/resources>

Families now have access to an important information guide to child and youth mental health services in their area. Island Health has partnered with the FORCE Society for Kids' Mental Health to publish the "Orientation to Child, Youth & Family Mental Health and Substance Use Services".

## VALLEY CHILD

<https://valleychild.ca/>

- The new Early Years project connects parents, caregivers and service providers in the Comox Valley with tools and resources to help kids find success. It's put together by local early years specialists.

## VANCOUVER ISLAND COMMUNITY CONNECTIONS

Online directory of services for people with developmental disabilities (Community Living BC, The Job Shop, Triumph Vocational Services, Community Living Resource Centre) – <http://www.vicc.cc>

## WORKSAFE BC

<http://www.worksafefbc.com>

- Courtenay office (250) 334-8701

## WOUND CARE

- Nursing clinic is available through Home and Community Care referral

## COMMUNITY PHARMACIES

### Receive Pharmacy Communication Tip Sheet!

To reduce the amount of faxes with pharmacies visit the **Member Resources** section of the Division website

<https://www.divisionsbc.ca/comox>

Complete the Physician Profile for Pharmacy Communication to ensure you get the info you need, in the format of your choice.

When:	Strategies to avoid unnecessary faxes:
<b>Urgent Issues</b>	
Pharmacist needs clarification for urgent prescription errors /clarifications	Physicians can ensure personalized preferences are followed by completing the Physician Communication Profile. Pharmacists will tailor communication to the preferences you identify on the profile.
<b>Non-Urgent Issues</b>	
Prescriptions are available in different strengths	Helpful if physician includes all strengths/doses on prescription
Physician discontinues a prescription	Handwritten notes from physicians are required by pharmacists for discontinued prescriptions
Homebound/Palliative Patients	Notify pharmacist
Physician completes Narcotics prescription	Pharmacists can support the patient counselling process if physicians Provide copy of narcotics contract to pharmacist (with patient approval) By calling Pharmicare, patients can be restricted to specific pharmacy to prevent abuse
Physician requires Prescription Changes	Clarification faxes will be prevented if physician indicates that it is a change on prescription and identifies urgent prescription changes
Recall Intervals	Specify recall intervals (e.g. 30 vs 90 days)
Special Authority (SA)	Potential to access Pharmicare and Blue Cross - Call 1 800 663-7100 to request copy of Special Authority Status

### Pharmacies & Direct Lines

#### Comox

- **Drug Store at John's Independent Grocer** – (250) 339-6626
- **Medicine Shoppe** – (250) 339-5050
- **Comox Pharmasave** - (250) 339-9879
- **Comox Rexall** – (250) 339-2235
- **Shoppers Drug Mart** – (250) 890-9327

#### Cumberland

- **Cumberland Pharmacy** (250) 331-8510

#### Oyster River

- **Bridge Pharmacy** 1-778-420-4311

#### Courtenay

- **Costco Pharmacy** – (250) 331-8700
- **Living Room Pharmacy** – (250) 338-5665
- **London Drugs** – (250) 703-2838  
Physician direct (250) 703-2395 (Offers 24 hour BP testing.)
- **Courtenay Rexall** – (250) 334-2481
- **Superstore** – (250) 334-6935
- **Walmart Pharmacy** – (250) 898-8955
- **People's Pharmacy** - (250) 334-9311
- **Courtenay Pharmacy** – (250) 871-8405
- **Thrifty's** – (250) 331-5101
- **Marigold Natural Pharmacy** – (250) 338-9623
- **Shoppers Drug Mart** – (250) 334-3134

### SAFE OPIOID PRESCRIBING ALGORITHM



A community-wide algorithm that supports the safe and effective management protocol of chronic non-cancer pain through optimal opioid prescribing practices. Utilizes a protocol with pharmacies for the prescription of opioids by faxing a treatment agreement to pharmacies with the focus of *"one pharmacy, one physician, one patient"*

To access this algorithm and resources you must be a member of the Comox Valley Division of Family Practice. The toolkit can be found at <https://divisionsbc.ca/comox/mentalhealth> (Division login required)

\*\*Physician Direct Line numbers have been removed to protect privacy. For a complete version, please visit the members login section of the Comox Valley Division of Family Practice <https://divisionsbc.ca/comox/recruitmentresources> (login required)

\*\*Note – Shoppers Health Care Portal provides access to several useful web tools for doctors – DrugCoverage, Best Practices BMJ, LexiComp, patient handouts etc – requires registering at [www.shoppershealthcareportal.org](http://www.shoppershealthcareportal.org)

## EXTENDED HEALTH SERVICES

### Massage Therapy

#### Comox

- BodyWorx - (250) 339-5540
- Bowyer Massage Clinic – (250) 339-3444
- Coastal Physiotherapy – (250) 890-9142
- Comox Valley Therapeutic Massage – (250) 339-9912
- Guthrie Acupuncture – (250) 339-3394
- Harbourview Therapeutic Massage – (250) 339-2233

#### Courtenay

- Brenda Hall - (250) 334-8854
- Comox Valley Acupuncture - (250) 334-3630
- Jennifer Crichton – (250) 218-3065  
Rehabilitation in Motion (RIM) - (250) 334-9670
- Joanie Chestnut - (250) 331-0994  
Summit Massage - (250) 897-3431
- W Studio Massage Therapy Clinic - (250) 792-3575

#### Cumberland

- Integral Balance - (250) 336-8284

### Physiotherapy

#### Comox

- Ascent Physiotherapy – (250) 339-1039  
Manual/Manipulative Therapy
- BodyWorx Physiotherapy – (250) 339-5540
- Coastal Physiotherapy and Sports Rehabilitation – (250) 890-9142 - Vestibular Rehab, Acupuncture, Manual/Manipulative therapy, Pelvic Floor Rehabilitation)
- Comox Physiotherapy (250) 339-6221. Vestibular Rehab, Pelvic Floor Rehabilitation, Physio for breast cancer recovery

#### Courtenay

- Courtenay Physiotherapy - (250) 338-8754  
Offers Vestibular Rehab (BPPV, balance problems, falls) David da Silva – (250) 338-8121
- Gentle Hands (Jennifer Bird) – (250) 897-0010
- The Joint - (250) 331-1200
- Rehabilitation in Motion (RIM) – (250) 334-9670  
Member of WorkSafeBC network of providers for structured rehab programs. Massage therapy available.

### Acupuncture

#### Comox

- BodyWorx Physiotherapy – (250) 339-5540
- Coastal Physiotherapy and Sports Rehabilitation - (250) 890-9142
- Guthrie Acupuncture

#### Courtenay

- Dr. Barb Fehlau – Acupuncture, prolotherapy (250) 898-0202
- Serenity Acupuncture (Hsiu-Chen Lin) – (250) 871 8899, cell 334 7657

### Psychiatrist

- Dr. Tanya Wulff - practicing part-time in Comox, accepting non-urgent referrals of children, adolescents and adults for assessment and treatment planning. Have over 25 years experience with child and youth consultations for Vancouver Coastal Mental Health Services and 30 years of private practice experience in Vancouver.  
Please fax referrals to 1 604 222-2045 or phone 1 604 222-2083 for further information.

### Psychologists/Counselling (Private)

- Strathcona Counselling – Courtenay (250) 338 0311
- Grunberg – Patterson Counselling – Comox (250) 339 3269
- Pacific Therapy and Counselling - Courtenay (250) 338-2700