

Upcoming KBPA Events

October 26 – Come by the Physicians Lounge 2:30pm – 4:30pm for cheese, charcuterie and good conversation. A Physician Wellness Event.

October 31 – Drop by the Grind in the KBRH lobby for our “Appreciation Café” for a free coffee/tea on us.

November 8 – Kootenay Boundary Physicians and IH leadership team building workshop.

November 29 – Save the date for our next KBPA CAFÉ.

February 8 – “Red Family Retreat” An opportunity to gather with physician colleagues and their families from across Kootenay Boundary.

KBPA Projects Abound

Updated KBPA project list is live at on the KBPA website: 16 projects that aim to improve working life and patient care at KBRH. Visit kbpa.ca

And thanks to all who submitted new project ideas through our ‘Back of a Napkin’ webpage.

Submit your idea at kbpa.ca

It’s a Wellness Fact!

Did you know that if, for a period of two weeks, you jot down the three best things of your day and note the positive emotions, you can reduce burnout symptoms by 15%-20% for a full year? (Source: American Conference on Physician Health, October 13, 2017)

Welcome KBRH’s New Physicians, There’s Much to Look Forward To

The smoke of summer has cleared and I’m feeling grateful to welcome the fall colours and crisp fall air.

There are other things to appreciate at KBRH this fall as well. We have welcomed several new physicians to the area over the last several months and it’s great to see some of these new faces getting settled into “Kootenay Life”. I would like to extend warm welcomes to:

Dr Jennifer Cutting (Pediatrician)

Dr David Edwards (Pathology)

Dr Wendy Hurdle (Family Practice)

Dr Bilal Khalil (Radiology)

Dr Ryan Truant (Anesthesia)



APPRECIATION

Café



Your KBPA continues to support various committee work and a multitude of physician projects aimed at improving patient care and physician life at KBRH.

Come by the Grind in the hospital lobby on October 31 for a coffee on us at the ‘Appreciation Café’.

Also make sure you put November 29 on your calendar for our next CAFÉ at the Old Firehall in Rossland. The last two CAFÉ evenings have been great opportunities to relax and catch up as colleagues.

Lastly, I’m looking forward to our “Red Family Retreat” that is planned for February 8 at the new Josie Hotel at Red Mountain. The focus for this event is Physician Wellness, but more than this, it is an opportunity to gather with our physician colleagues from across Kootenay Boundary (families welcome) and get to know one another a little better over some fresh pow and après ski.

I’m looking forward to seeing you at these events and encourage you to come to our (**your**) KBPA meetings to have your say on how your KBPA can contribute to your life, your work, and your patient care.

— Mike Robinson, President

Project Spotlights

Mindfulness Based Stress Reduction

Facilitated by Dr. Cynthia Neil, the Mindfulness Stress Reduction Program was a 4-week pilot program to help reduce stress and burnout amongst physicians. Participants were led through a series of teachings that focused on tools to bring awareness to their stimulus, responses, and reactions.



Through a safe and trusting environment, participants were able to take time for themselves and recognize that they already have all the tools that they need.

Sexual Assault Information Session

SEXUAL ASSAULT
AWARE RESPECT
EMPOWER
COMMUNICATE
WHAT IT IS
REPORT
WHERE TO GO
SUPPORT

The KBRH Sexual Assault Team held an Information Session on October 2 at Redstone Golf Resort. 11 participants and two presenters reviewed the processes and procedures for the care of sexual assault victims.

The care of both adult and child sexual assault victims is a skill set that requires training and support. We hope to achieve our goal of meeting best practice guidelines within the Kootenay Boundary. Nattana is actively looking for a colleague to take her place leading this project. For more information about the position, joining, or more training, please contact Nattana at nattana@telus.net

Coming Soon: KBone Project is (almost) On the Move

Led by Sam Segal, the Knee Bone project team will soon launch a survey to gather information from people living with this type of pain.



This is the first step in developing a local, community-based exercise program for people with knee and hip pain. Please help the team explore these issues by promoting and disseminating our region-wide survey to your patients when it lands in your inbox!

Focus on Physician Wellness



KBPA's Physician Wellness team, led by Sue Benzer has a number of great initiatives on the go:

1. The KBRH bike cage will be completed soon!
2. Our proposal for a KBRH gym has been approved and a space has been allocated.
3. Our first "cheese, charcuterie and good conversation meet&greet" will take place in the Physician's Lounge 2:30 - 4:30pm, Friday Oct 26.
4. Finally, all physicians are invited to add their thoughts regarding what concerns them about physician burnout — write your comment on the post-it-notes provided and stick them up in the Physicians Lounge.

Contact

We're at your service!
 Contact us — support@kbpa.ca

Back of a Napkin Idea?



Thanks to all physicians who used the "Back of a Napkin" feature on our website to submit their project ideas — it works!

More ideas welcome at kbpa.ca

Facility Engagement Working Group

Dr. Ralph Behrens

Dr. Sue Benzer

Dr. Ian Grant

Dr. Kathryn Hale

Dr. Jeff Hussey

Dr. Scot Mountain

Dr. Jeremy Prenger

Dr. Mike Robinson

Dr. Dennis Small

Dr. David Williams

Dr. Chi Zhang

Selena Davis – Project Director
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Next Facility Group Working Meeting:

December 10