

Upcoming KBPA Events

June 12 – KBPA's next Physician Wellness Social - 3-5pm in the doctor's lounge at KBRH. Nibbles, drinks and great conversation!

June 22 – Join your colleagues and their families from all across the Kootenay Boundary for a fun biking trip on the Rails to Trails from Paulson Pass to Christina Lake – Picnic provided by the Division of Family Practice when you arrive!

Visit bit.ly/kbbikes for details and to register.



It's a Wellness Fact!

Did you know that laughing is good for the heart and can increase blood flow by 20 percent?



Fun times at the KBPA Café in May! Can you name these three mummified colleagues?

President's Report

What an exciting year we have had so far!

Thanks to all of you who continue to engage in the process to improve health care delivery in KBRH. Having physician involvement in system change and growth is paramount to a strong health care system. We need open and healthy relationships with all who work in this hospital.



Our bike cage project which launched in late May is a great example! Luc Senechal, our maintenance supervisor, was one of the key players in getting the bike cage built along with Tara Howse, KBPA project coordinator, and Mandy Lowery, hospital administrator.

There are many ongoing projects that continue to open opportunities for more relationship building, including:

- Todd Owatz's Surgical Assist project
- Kathryn Hale's Physician Wellness project
- Gisele Adam's Physician Exchange project
- Sam Segal's K-Bone project
- Mike Hjelkrem's Surgical Optimization project
- Katie Forman's Oncology project
- TheICU Integrated EMR project
- The Code Orange project
- and Ralph Behren's Recruitment and Retention video project

This list doesn't include the many other projects which have already been completed and others that have been picked up at a regional level. New project ideas are always welcome! Visit our 'back of a napkin' webpage to submit your ideas – bit.ly/kb-bon

Finally, I would like to take this opportunity to thank Tara Howse for all the amazing work she has done on our projects as she moves on to other opportunities and also to Selena Davis who will be leaving us to go on sabbatical/world travel with her family for the next year.



Have a wonderful summer everyone!

— Sue Benzer, President

Project Spotlight

K-BONE Kootenay Boundary Osteoarthritis Needs Exploration

The K-BONE survey has closed with 546 public and 36 physician completed responses

Key findings from the public survey:

- 80% of participants are over 50 years of age
- 60% of the people who responded are overweight but 22% are very active
- 56% reported moderate to severe joint pain
- 2 in 10 participants used daily pain medications to help with their pain
 - 4% of these people were struggling with addiction issues
 - 20% use marijuana products for pain relief
- Allied health treatments were widely used but 30% of people report cost as a barrier
- The most frequent comment was frustration with not being able to get the needed help

Key findings from the practitioner survey:

- 37% of physicians reported that OA patients make up 10-20% of their practice, with an additional 31% of physicians citing more than 20% of their practice present with OA as a significant complaint
- 94% of physicians reported that the cost of physiotherapy was problematic for effective use of this modality by patients
- 70% of physicians reported that they did not have adequate tools to support their OA patients
- 100% of physicians prescribed physiotherapy, yet less than 1:5 patients had received it.

The program continues to move forward with a well-received presentation at HAMAC May 24th, 2019. The award of a phase II FE grant, as well as Columbia Basin Trust RDCK funding, will enable us to start a prototype for neuromuscular training and education. Coming soon!

Finally, a few more pictures from our KBPA Café in May



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 bit.ly/kb-bon

Visit KBPA.ca

Updated KBPA project list is live at on the KBPA website: 20 projects that aim to improve working life and patient care at KBRH. Visit kbpa.ca

Contact

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

Facility Engagement Working Group

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Next Facility Group Working Meeting:

June 10, 2019 - Get your project ideas in ASAP so they can be considered by the group: bit.ly/kb-bon