

## From the Board Chair

We need champions!

It has been a challenging time at KBRH. As we start to emerge from the worst of the stress placed on our health care system, the pandemic has exposed significant holes and weaknesses, stretching nearly all areas to its limits, bursting them in others. The most important thing we can do is ensure our work environment continues to provide a protective factor through community and culture. We can and must continue to be supportive to our colleagues in all parts of the hospital, whether it be other physicians, nurses, lab staff, housekeeping, administrators or any of the other invaluable parts of the health care team. Everyone needs their colleagues as we collectively push through the challenging work environment.

We at KBPA, in conjunction with the hospital admin team are committed to creating more opportunities and a meaningful process to allow you to champion your ideas. There will be multiple avenues for you to communicate these with us (the board), including whiteboards or suggestion boxes in the new physician lounge (see below), online, or through your [working group representative](#). The goal is to provide avenues for those of you with great ideas (small or large) to be supported in creating these positive changes to improve our workplace. The process will be designed to be circular, where you as the idea champion are actively updated regarding your suggested improvement. We want you to be empowered to put your energy into your ideas, ones that you feel strongly can help. We and administration will try to provide support and links to the right people to get change made in an efficient way.

Ideas and suggestions can be submitted online [here](#), or emailed to any [KBPA staff member](#). All submitted items will be discussed by the KBPA board and administration at their regular monthly meetings.

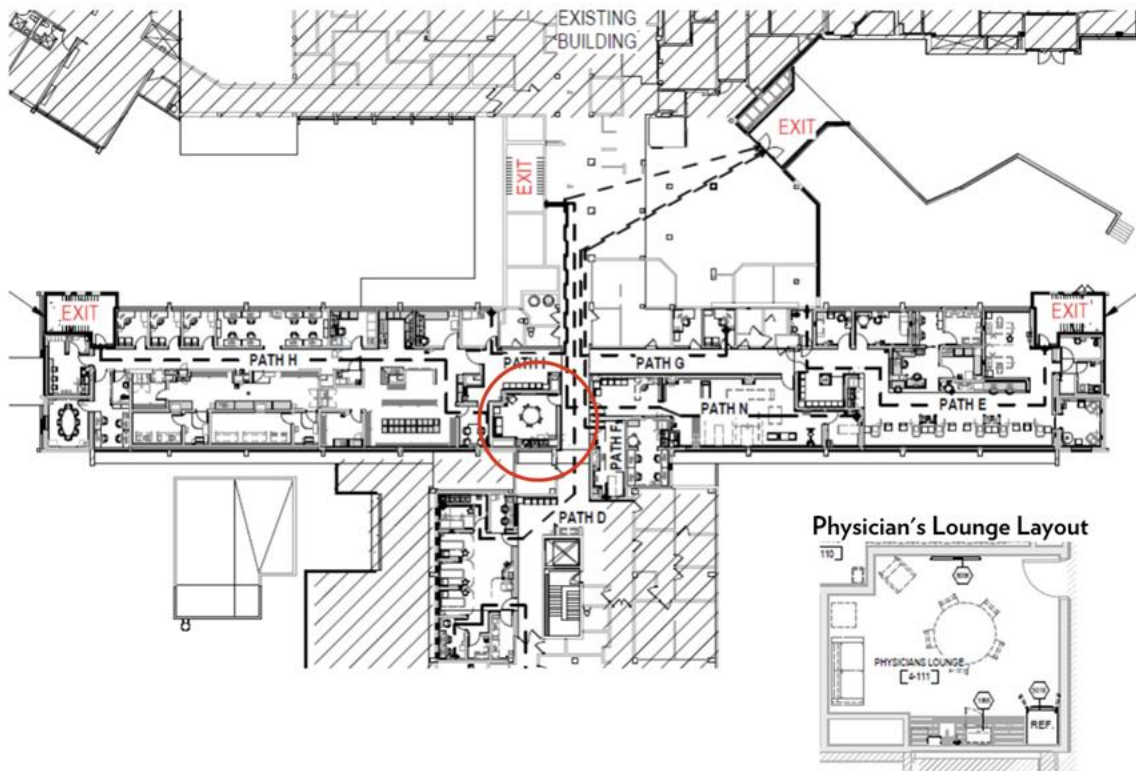
*Enjoy the summer!!*

**Dr. Ian Sibbald**, KBPA Chair and Vice-President

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## KBRH New Physician Lounge location and layout

The below is a snip-it of the main floor with a red circle showing location of new physician lounge.



The new Physicians Lounge is expected to be finished by July 2022. Dr. Carolyn Stark has put forward a project to the KBPA Board (that has been approved) to provide some food and coffee/tea to be available in the Physicians Lounge, especially for those Physicians working overnight and on weekends when food and drink is extremely limited in house. This project aims to enhance Physician Wellness at KBRH by creating a comfortable space to collaborate with colleagues from different disciplines and simultaneously offering nourishment.

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### Reminder:

Back in December 2021, the KBPA gifted the physicians who attended the KBPA Zoom AGM on 7<sup>th</sup> December, with a \$10 digital gift card to the Alpine Grind (KBRH or Rossland). Please look back in your phone and use it next time you are at the Grind.

Also, back in December 2021, the MSA gifted all MSA physicians at KBRH a \$10 gift card to Mountain Nugget Chocolates; Trish and her team have a list at the shop - please go in and redeem your \$10 gift card.

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## Up and Coming Events

### 6th April, 2022 ICU/GIM/Hospitalist Dinner Discussion

**Lead Physician:** Dr. John Peachell "How can we improve patient flow and continuity of care for the patient discharged from the ICU to the ward" at Gabriella's.

PLEASE JOIN US FOR  
REGIONAL ROUNDS ON  
APRIL 7TH

BETH  
EBERS

7  
APRIL  
12:30 pm

COMPASSION  
FATIGUE:  
What's in the way of Compassion? An Exploration using  
Dr. Gabor Maté's Compassionate Inquiry Approach

**7th April, 2022**  
**COMPASSION FATIGUE:**  
**What's in the way of**  
**Compassion? An**  
**Exploration using Dr.**  
**Gabor Maté's**  
**Compassionate Inquiry**  
**Approach 12.30pm**

This is the official launch of a new 6 part Trauma-Informed Care Series at KLH, hosted by Facility Engagement and lead by Beth Ebers. The first session is a trauma informed exploration of the origins of and approaches to managing Compassion Fatigue in care providers.

### Zoom link:

[https://rccbc.zoom.us/webinar/register/WN\\_BAzhmFPFR5GU1FgtyebqYw](https://rccbc.zoom.us/webinar/register/WN_BAzhmFPFR5GU1FgtyebqYw)

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## 11th and 17th June, 2022 Physicians Professional Headshots

Dr. Carolyn Stark leads this project. With a make-up artist and professional photographer plus tips sent out prior, this project will be held at KBRH on Friday 11th and 17th June, 2022.

Meanwhile - mark you calendar and we will update you with all the details soon.

The aim of this project is to provide all KBRH Physicians with a head shot that can be utilized from a professional standpoint. As physicians we are often called upon to provide pictures for various professional and educational purposes, and having a high grade photograph available as an entire physician collective will be of great use. Most physicians have old outdated headshot photographs, and every physician needs an updated headshot that showcases the professionalism of the physician.

## Project Spotlights

### Cultural Sensitivity Event - Heeding the Call

**Lead Physician:** Dr. Sue Babensee.

Health care practitioners in Canada are aware of the pressing need to deliver culturally safe care. This presentation on 24th February, 2022 at Gabriellas offered a case study to discuss and introduce some valuable resources developed in the Kootenay Boundary to support the delivery of culturally safe care.

Christy Anderson put together this document especially for the Kootenay Boundary Physicians. [Click to download "Creating Welcoming and](#)



*Educational Cultural Sensitivity Presentation, Dinner and Discussion with Dr. Leah Seaman, Family Medicine Expert, Christy Anderson, Aboriginal Health Liaison and Bev Gillard COINS Elder and Physician Lead Dr. Sue Babensee held at the Gabriellas, The Prestige, Rossland*

*Culturally Safe Environments Throughout the Kootenay Boundary Health Care Region"*

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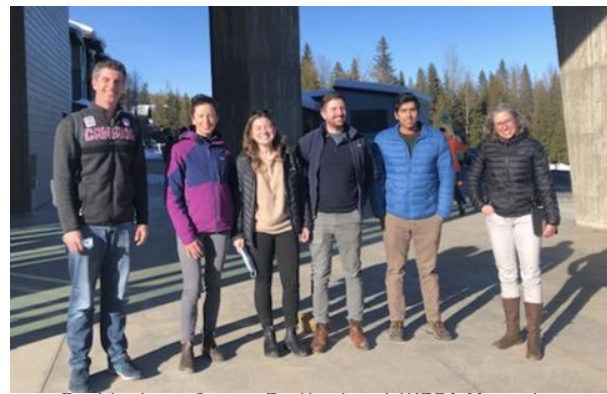
## Recruitment and Retention Focus Group; Residents and Medical Students

**Physician Lead: Dr. Tara Gill & Dr. Megan Taylor**

Conversations with R1's and R2's on February 11th 12-2pm and Residents 17th February, 2022 and the KB Doctors Recruitment Team served both as a recruitment session and a focus group to ensure our broader recruitment efforts are optimally informed and strategic.



*Med Students - Lionel Jensen, Brian Hayes, Brenna Mackay, James Brotherhood (KBPA Managing Director), Dr. Tara Gill (Lead Physician) The Aurum Room at The Josie, Rossland*



*Residents - James Brotherhood (KBPA Managing Director), Dr. Amy Rudkoski, Dr. Cassia Tremblay, Dr. Andy Deans, Dr. Narain Verma, Dr. Kelsey Furk at The Josie, Rossland*

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## Hot Chocolate Apres Ski Social

On March 5th, 2022 physicians and their families enjoyed an afternoon of hot chocolate, poutine and coffee at the Josie, at the foot of Red Resort. Games were available for the kids and good old fashion face-to-face talking was enjoyed by the adults! Approx 45 physicians and their families attended.

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## Reducing Overwhelm in Parenting for physicians I Workshop with Myla Leinweber

10th March, 2022 Myla Leinweber B.Ed, M.Ed, PCI Certified Parent Coach and Parent Educator gave a parenting presentation via Zoom for physicians



*Plain, curl and waffle chips were served with pulled pork and gravy creating really tasty poutine*

(parents and their co-parents) with children 18 months to 7 years old. Sponsored by CME and KBPA. 21 Physicians signed up for the event. Myla is also doing a follow up event in April with participants who have particular questions.

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## Equity, Diversity and Inclusion (EDI) What does EDI at KBRH look like?

A group of 6 KBRH physicians started the discussion, drafted out a project proposal to form a committee with next steps on this important subject and now are awaiting approval from the KBPA Working Group.

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## Recap | 2022 Kootenay Conference

A big **THANK YOU** to all who attended the virtual event on February 18th! We had almost 70 attendees including Family Physicians, Specialists, Nurse Practitioners, Midwives and RNs from all across the KB! Accreditation certificates will be emailed to all attendees in the coming weeks. Below are some highlights & resources from our panel of guest speakers:

- Harsh Hundal: The (Un)Joy at Work - [Recording](#) & [Slides](#)
- Dr. Kevin Lee: Who Says Doctors Can't Be Good With Money! - [Slides](#)
- Dr. Dharma McBride: Code Red: The Impact of Wildfires on Our Health - [Recording](#)
- Suzanne Simard: Saving the Mother Trees: Implications for Human Health - [Recording](#)
- **\*Bonus\*** A special shout-out from Dr. Glaucomflecken to KB practitioners - [watch here](#)

Access more recordings & resources in the [CPD Recordings Library](#), and stay tuned to the [CPD Calendar](#) for all upcoming KB CPD/CME events

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## KB Doctors Social Media

Please get your phone out and .....

- Like us on [Facebook](#) and [Instagram](#) and [LinkedIn](#) #kbdoctors #sweetlifefordocs
- Share our posts [@kbdoctors.ca](#)
- Share our [website](#)
- Share our new KBPA/KBRH recruitment [video](#)
- Subscribe to our channel at [youtube](#)

## KBPA Project List

Do you have a great idea for a project?

We can help! Download the [project proposal template](#) and then contact us for support. You can also submit ideas online at <http://bit.ly/kb-bon>. We have a significant amount of funds to use over the winter, this is a great opportunity to make positive change at our hospital!

Many more projects on the go - [click here for more details on our website!](#)



Click on the "The Rock in My Shoe" button, to share your thoughts on the small (or big) things that we (KBPA) can do to help make KBRH a great place to work. All comments will be read and discussed by the MSA board.

### Example:

There are never any pens in the OR lounge or the work cubbies. Can we just stock them, low cost, high impact.

KBPA Board - let's do another order of KBPA pens and distribute to physician spaces throughout the hospital.

## Facility Engagement Working Group

Dr. Ian Reid - Anesthesia

Dr. Sue Babensee - Diagnostic Imaging

Dr. Jeff Hussey - Emergency Medicine

Dr. Stef Houde - Hospitalist

Dr. Stef Houde - Family Practice

Dr. John Peachell - ICU

Dr. Chi Zhang - Internal Medicine  
Dr. Dennis Small - Laboratory Medicine  
Dr. Kathryn Hale - Obs/Gyn/Peds  
Dr. Carolyn Stark - Psychiatry  
Dr. Hilary Brotherhood - Surgery  
Dr. Sam Segal - Member at Large  
Dr. Susan Benzer - Past President  
Dr. Melissa Herr - CME Coordinator

#### **Directors and Officers**

Dr. Kristen Edge - President  
Dr. Ian Sibbald - Vice President

Dr. Carolyn Stark - Treasurer  
Dr. Sue Babensee - Board Member

Dr. Anne Marie Baribeau - Board Member  
Tara McClary (Outgoing) Leah Jackson (Incoming) - Drs of BC  
James Brotherhood - Managing Director

## **Questions? Feedback?**

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[pedney@kbpa.ca](mailto:pedney@kbpa.ca)

