

Medical Staff News

Providing updates for dentists, midwives, nurse practitioners and physicians

Winter 2023

MEDICAL LEADERSHIP MESSAGE



Dr. Chad Kim Sing
Interim Vice President,
Medicine, VCH

Every day, I try to purposefully take moments to stop, think, and reset. Whether it is thinking about what just happened or what is coming next, I deliberately switch off autopilot and reflect and also focus on the present. It's not necessarily easy but it is becoming more habitual and necessary. I suppose it's also part of my curious mind and as some of you know I am a sense-maker.

I encourage you to do the same and notice the positive impact. Being so busy and caring for others, I believe this can reduce stress, bring a break from routine and be uplifting—for yourself and those around you. Our patients and their families certainly appreciate you for the large and small interactions they have with our teams. Have a read of the heartwarming patient experiences in [the real stories by real patients story series](#)?

As the winter holiday season is upon us, I am reflecting on the year with gratitude. I remain proud of and humbled by our team of medical staff and medical leaders for supporting quality patient outcomes and access to equitable care and creativeness with initiatives such as:

- [Improving perinatal care with cultural practices.](#)
- [Being an ally.](#)
- Modernizing the health-care system with [a new way to deliver surgical care](#) and [inspiring innovation.](#)

What also stands out and important is seeing your recognition and appreciation for each other with the [2023 oneVCH awards.](#)

Thank you for your hard work and dedication this year. I appreciate being part of this team and working alongside you.

Wishing you a safe and restorative holiday season filled with peace, laughter, and reflection. Whatever is meaningful, whatever brings you happiness, may it be yours this holiday season and throughout the new year.

HEALTH SYSTEM TRANSFORMATION

Support and training key to CST at UBC Hospital

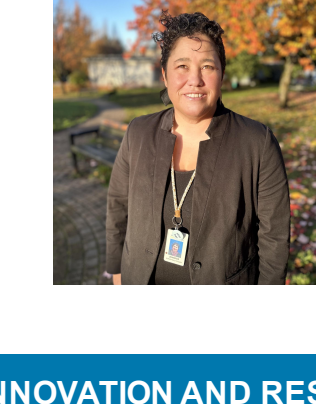
CST Cerner went live on the UBC Hospital campus and three long-term care sites on October 28. Staff and providers are using the new electronic health records system effectively and related practice changes are firmly taking hold. While several factors contributed to the project's success, support and training were undoubtedly instrumental. [Read more.](#)

INDIGENOUS CULTURAL SAFETY



The spirit of Hałcístut: Renewing commitment to Indigenous cultural safety in leadership

Indigenous Cultural Safety is foundational for delivering exceptional care. The Health Authority Medical Advisory Committee (HAMAC) has been taking steps to help their members embed cultural safety at a system and individual level. The members acknowledge that the journey towards Indigenous cultural safety commences with self-reflection. While this practice may evoke strong emotions, it also provides a renewed sense of hope for the members, as it remains a fundamental catalyst for positive change in delivering care to Indigenous patients, clients and their families. [Read more.](#)



Being an ally means doing what you can to support change

Hummingbirds (or P'esk'a is the Halq'emeyem word for hummingbird) symbolize powerful messengers and knowledge spreaders in Indigenous mythology. A retelling of a traditional Flight of the Hummingbird story by Salish First Nations depicts a hummingbird bravely fighting a forest fire with one drop of water at a time. The story highlights that many small things combined have a larger impact, and that has been the focus of a group of nurse practitioners and Indigenous Cultural Safety. [Read more.](#)

INNOVATION AND RESEARCH

A newly developed health literacy tool is helping to bridge barriers between patients and care providers

Proper disease management for people with chronic airway conditions can be the difference between staying symptom-free and needing an emergency visit to the hospital. Research led by VCH Research Institute (VCHRI) researcher Dr. Iraj Poureslami underscores the crucial role of health literacy in supporting patient adherence to prescription medications and treatment regimen suggested by respiratory doctors. [Read more.](#)

Let's talk about innovation at VCH

The VCH Innovation team is launching a organization-wide engagement to understand how they can help make it easier for medical staff to bring their ideas to life. To understand how they can best support medical staff—innovators all across VCH—fill out the five-minute survey at [Let's talk about innovation at VCH.](#) The survey will be online until February 1, 2024.

Innovation Pathway Program 2024 intake

The Ministry of Health's Innovation Pathway Program's winter 2024 intake is coming up. Medical staff can apply for funding for up to \$50,000 with a promising idea for a clinical innovation that addresses an existing gap or problem, aligns with health system's core priorities and has potential for broad system impact. Applications can be submitted to the VCH innovation team by January 19, 2024. Get the full details at [Funding for Innovation Projects.](#)

Workplace health and safety support for medical professionals

The VCH Medical Practitioners Occupational Safety and Health (mPOSH) service has become an invaluable resource for health care workers since it was introduced during the COVID-19 pandemic. It is a confidential, rapid response line for medical professionals with workplace-related health and safety questions and concerns. Medically trained individuals, including medical students, physicians and specialists, triage requests to mPOSH and aim to reply with a phone call or email within two hours. In addition, mPOSH promotes and offers important information about COVID-19 vaccination, monitors exposures to other infectious diseases, including tuberculosis, and connects health care professionals with workplace violence supports. [Read more](#) from the VCH Research Institute.

LEADERSHIP

Leadership Fundamentals Program provides practical skills to new medical leaders

Twenty-four medical leaders graduated from the newly launched VCH Leadership Fundamentals this month, a cohort program equipping new leaders with practical skills and knowledge that will make a big difference as they navigate their journey of leading others, both colleagues and patients. Skills that are expected of leaders, but not taught in medical school, the curriculum follows the LEADS framework and is designed to build effective leadership habits and to sustain confidence. A hybrid of in-person and virtual delivery, the program requires a commitment of 20 hours over 12 weeks, including nine hours of in-class sessions. Intake is through nomination, with the program being offered twice a year. [Learn more.](#)

MENTAL HEALTH AND SUBSTANCE USE



New program creates access to more specialized mental health care

This fall, VCH launched a new Ketamine Intervention Program at UBC Hospital and Squamish General Hospital, delivering safe, specialized care to eligible individuals from nurses and physicians.



With this pilot, the program expands VCH's continuum of care for depression, which already includes Electroconvulsive Therapy and Transcranial Magnetic Stimulation Therapy, with ketamine as another evidence-based treatment. [Read more](#) from psychiatrists and a nurse who are part of the program.



VCH launches mental health awareness campaign for children and youth

On World Mental Health Day, VCH announced the launch of [On Your Mind](#), a child and youth mental health public awareness campaign. The campaign focuses on early intervention, like identifying signs and symptoms of mental health challenges, as well as providing families, caregivers and other involved adults with access to relevant mental health information, supports and resources. Tips and resources regarding child and youth mental health have been translated into multiple languages, to be shared across various communities. [Learn more.](#)

OCCUPATIONAL HEALTH AND SAFETY

Returning to work after viral respiratory infection (VRI)

During respiratory illness season, it is a crucial to limit the spread of VRI in our care settings. Medical staff are advised to update their protection by getting the current influenza and XBB.1.5 COVID-19 vaccines. If medical staff have a VRI and feel unwell, it is recommended to stay home, rest and inform their teams of their unavailability. COVID-19 testing is advised only for those eligible for treatment. Medical staff can return to work when symptoms are improving, they can work and they have been fever-free for at least 24 hours without fever-reducing medicines. They can return to work with some lingering symptoms (like cough or runny nose) are acceptable. Immunocompromised staff or those working with such patients are asked to delay returning to work. Reach out with questions for more information to the [VCH Medical Practitioners Occupational Safety and Health \(mPOSH\) service.](#)

POLICY AND PRACTICE

Mental Health Act (MHA) Form 4.1 and 4.2: New four-hour maximum

In February 2023, the Ministry of Health replaced the MHA Form 4 with Form 4.1 (Certification for 48 hours, valid for up to 14 days after assessment), and Form 4.2 (Certification extended for up to one month, if applicable). Involuntary Admission occurs when a person is certified and transported or is already within a Designated Facility.

The Director/Delegate must review the completeness of Section 1 of the form, seeking clarification from the physician as required (note: Nurse Practitioners can only certify in community and non-Designated Facilities at this time). Section 2 of Form 4.1 must be completed within four hours of the person being certified in a Designated Facility, or within 4 hours of the person being triaged in a Designated Facility's Emergency Department. Form 4.2 - Section 2A must also be completed by the Director/Delegate within four hours of the Physician completing Section 1 of the form. If the Form 4.2 is not complete by both the physician and Director/Delegate within 48 hours, the patient is considered discharged from involuntary admission under the MHA and must be treated on a voluntary basis if they are consenting to ongoing treatment. [Learn more.](#)

Nurse practitioners and physicians are encouraged to take this [new Learning Hub module](#) to get informed.

Reminder: Reporting influenza vaccine status

[Book an appointment online](#) for an influenza and/or COVID-19 vaccine at a staff and medical staff immunization clinic. All medical staff are reminded to self-report their influenza vaccination status through the [B.C. health-care portal](#); only self-report once and not for multiple sites. COVID-19 vaccination does not need to be self-reported.

QUALITY AND SAFETY

Celebrating our successful 2023 Accreditation

Many months of hard work by medical staff and their teams has paid off with a successful experience during the November visit by Accreditation Canada Surveyors. Read the latest [Accreditation Update #11.](#)

Call for applications: Physician Quality Improvement (PQI) Advanced Cohort Training

Physicians from VCH, Providence Health Care and those working in the community are encouraged to apply. Level three advanced training offers in-depth QI training, support on a Learning Action Project of your choosing and mentorship from advisors. Eligible physicians can receive up to \$30,000 in funding. [Learn more and apply](#) by January 19, 2024.



Seasonal tips for winter health and wellness

This week, the 2023-24 Winter Care campaign launches with a series of essential health-care tips for the community to navigate health and wellness during the winter season. Focusing on prevention and self-care, the tips emphasize the importance of flu and COVID-19 vaccinations, cold weather safety adherence and home management of common winter ailments. The goal of the campaign is to inspire individuals to proactively maintain their health and reduce unnecessary health-care visits.

Resources, including informative posters and pamphlets, are now available across regional health-care and community facilities and on the [campaign website](#), which offers health and wellness information in multiple languages, along with specific guidance for accessing medical care in each community of care.

Please consider sharing these valuable resources with patients/clients, offering them reliable advice for staying healthy this winter.

Running until March 31, 2024, the Winter Care campaign is a collaboration between VCH, BC Pharmacy Association, Divisions of Family Practice, Doctors of BC, LifeLabs and Providence Health Care.

UPCOMING EVENTS AND TRAINING

Research Article Introductions in STEM: Mind the Gap

On January 10 from 12:00 p.m. to 1:30 p.m., the VCHRI Education is hosting a hybrid evidence-based, interactive seminar to learn about the typical organizational structure of the Introduction to a research article in STEM. Includes dedicated writing time for drafting or revising a research article Introduction. [Register.](#)

CASCADES' Leadership for Change: Toward Sustainable Health Systems course

On January 23 from 9:00 a.m. to 12:00 p.m., Canadian health leaders are invited to join the first of a four-part weekly virtual series designed to strengthen capacity to provide enhanced health system leadership in the face of profound environmental and sustainability challenges. [Register.](#)

Virtual Medical Staff Forum: Planetary Health

On January 24 from 5:30 p.m. to 6:30 p.m., all medical staff are welcome to join us to learn about the new planetary health engagement strategy for medical staff. [Register.](#)

CME on the Run! Psychiatry and Mental Health

On January 26 from 1:00 p.m. to 5:00 p.m., join the virtual conference for a short and focused session on the latest evidence and best practices in patient care regarding Psychiatry and Mental Health. [Register.](#)

[Find more opportunities](#)

The VCH medical staff newsletter shares timely and relevant information including upcoming events and opportunities, innovative projects led by medical staff and organizational news and updates. Let us know about what you want to read about at MedicalStaff@vch.ca.