

## Rural Continuing Medical Education Community Program Newsletter

AN INITIATIVE OF THE JOINT STANDING COMMITTEE ON RURAL ISSUES (JSC) | SPRING 2024



## RCME Community Fund Implementation 🎉

The Rural Continuing Medical Education (RCME) team is thrilled to announce the team has officially implemented the 103rd and final eligible RSA community into the program. Now that the team has helped every eligible community gain access to new funding, the RCME team will begin to shift our focus toward building and maintaining relationships with rural health care providers, communities, and partners using a customer service approach to make connections between educational opportunities and communities.

[Connect with the team to learn more](#)



## New Staff Introductions



**Meet Julia  
Bougourd: RCME  
Liaison for  
Coastal Health**

My name is Julia Bougourd and I'm excited to introduce myself as the new Rural Continuing Medical Education Liaison, I also hold the position of the Rural Program Liaison within Vancouver Coastal. I am taking these roles over from Eva Jackson who has created a significant foundation for me to build upon.

I'm originally from Liverpool in the UK and settled in Vancouver just over two years ago. Prior to my move to Canada, I spent a few years working and travelling around Australia and New Zealand. I have a passion for supporting health care in rural communities and joined Vancouver Coastal Health from the Rural Coordination Centre of BC, where I previously worked as a Senior Finance Coordinator. I'm excited to bring with me a key knowledge of finance and rural experience.

I am looking forward to making connections with each RSA community within Vancouver Coastal, and deepening my knowledge and understanding of how I can best support each community.

[Connect with Julia Bougourd](#)



**Leanne Ruston:**  
RCME Liaison for  
Island Health

Hello! My name is Leanne Ruston and I am excited to introduce myself as the new Rural Continuing Medical Education (RCME) Liaison for Vancouver Island, recently vacated by Linda Young. Originally from Ontario, I'm glad to call Victoria home for the past 16 years. Prior to joining the RCCbc team, I worked as a Coordinator for UBC Postgrad Medicine for 15 years where I built strong relationships with physician groups.

Outside of work I enjoy nature walks, travelling to warm destinations, stand-up comedy, baking and cheering on the Toronto Raptors.

I am looking forward to building strong networks within our rural communities, and will continue to support our community physicians with their educational needs.

[Connect with Leanne Ruston](#)



## RCME Community Updates

### Northern Doctors Day – Practical Strategies for Better Patient Outcomes (by Shar McCrory)



Pictured left to right: Drew Baird, Charlene Hazelton, Santaya Garnot

On November 26, 2023, the 47th Annual Northern Doctors Day was held at the House of Ancestors “Uda Dune Baiyoh” in Prince George. With a goal of bringing specialists, family physicians and residents together to share practical strategies focused on improved patient outcomes while also improving provider satisfaction, this professional development day welcomed care providers from across the NH regions.

## Northern Doctors Day

During a full day of diverse plenary and world café presentations, participants gained insight on some topics such as:

- Urinary Tract Infection (UTI) / Asymptomatic Bacteriuria in long term care – review of morbidity associated, outline of the evaluation and therapeutic management of UTI in Long Term Care patients.
- Medical Assistance in Dying (MAiD) – legislation changes, practical considerations and limitations, organ donation.
- Northern Health Indigenous Health team and strategic priorities.
- Winter vaccines – epidemiology of the common respiratory viruses, outline of available vaccines and recommendations for immunizing at risk populations.
- Wound care – management and dressing types.
- Northern Health Ethics Practice Model and its application.

Additional topics were covered in sessions on support for children and youth with mental health and substance use concerns, Expansion of the Northern Medical Program, Psoriasis, and Terminations of Pregnancy. Several exhibitors attended the event and provided information on a variety of areas including Northern Health Cancer Screening, Physician Quality Improvement, Northern Medical Program, Northern Interior Rural Division, Rural Coordination Centre of BC, Spreading Quality Improvement, Child Health BC and the Northern Health Child and Youth Health Program, Northern Health Recruitment, and Facility Engagement. Thank you to the exhibitors for sharing resources and information.

To round out the event, there was an evening celebration gala for participants recognizing their dedication and commitment to the North. At the gala, participants enjoyed facilitated country line dancing by Dr. Dymond and a live band called The Schokketails which included some of our very own physicians from UHNBC! A heartfelt thank you to everyone who contributed to making the 47th Annual Northern Doctors Day a success!

## Cultural Safety CME Events – East Kootenay Region (by Nicole Hochleitner-Wain)

Creston and Fernie each recently held a CME-accredited Cultural Safety workshop. This workshop was a partnership with the EK PCN and Facility Engagement and was developed and facilitated by local physicians and the cultural educator from Ktunaxa Nation. The workshop included an introduction to cultural safety and humility and took participants through a patient's journey to illustrate frequent pain points experienced by Indigenous peoples when seeking healthcare. The session concluded with a Q&A panel of Ktunaxa representatives and guests and a physician who provides care to the local band.





## Cultural Safety CME Events – East Kootenay Region



In Creston, 100% of the survey respondents indicated that they learned how to be more trauma informed in their work at this workshop, that they were more open to seeing things from a different perspective and were more confident in their ability to deliver culturally safe care. When asked what they liked most about the workshop, responses were: “case studies make it more relatable”, “the realistic application” and “that it offered an authentic perspective into the healthcare journey of an Indigenous person in our local health care authority.” In Fernie, one respondent commented: “Thank you. This was original and heartfelt. It was one of the most meaningful CME experiences to listen to these gentlemen speak so beautifully and compassionately about our patients and their experiences.”

Attached are some photos from the Creston session. It was held outside at the beautiful Baillie-Grohman winery on September 30th. It was significant to hold it on this day as it was Truth and Reconciliation Day and being outside helped connect the participants closer to the land and nature, which Ktunaxa highly values.

Kimberley also hosted two Cultural Safety sessions, which were not CME accredited. Local cultural educator Jared Basil from Ktunaxa Nation presented to the Kimberley physicians, MOAs and PCN staff. An AboriginalCare Navigator from Ktunaxa also presented to provide real cases of problems faced by Indigenous peoples accessing health care and what resources and support he could provide.

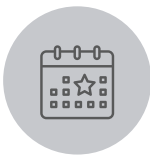


## Gabriola Island Violence Prevention CME — Arete training



The Gabriola Island Medical Clinic successfully hosted a violence prevention workshop attended by the full complement of local physicians, nurse practitioners and medical office assistant staff.

This course focused on workplace violence prevention and de-escalation in a clinical environment. Training provided staff and practitioners with practical skills needed to effectively respond to and safely manage a full range of behaviours, from low-level agitation, and verbal abuse through to escalated behaviours, threats, and acts of violence. This education was provided in-person and included education regarding behaviour escalations and hands on practice in de-escalation. Staff learned how to assume greater responsibility for their own safety, while recognizing their critical role in responding to situations and behaviours. This training is part of a broader violence prevention strategy implemented at the Gabriola Medical Clinic to ensure the safety of staff and patients.



## RCCbc Updates and Events

Come attend the BC Rural Health Conference on May 24-26, 2024 in Whistler at the Whistler Conference Centre



[Register Now](#)

There's something special about the **BC Rural Health Conference** on May 24-26, 2024. It's not just the knowledge you gain, but also the friendships you form. Embrace the excitement, the learning, and the camaraderie that makes this event so exceptional!

BRITISH COLUMBIA  
**RHC** Rural Health  
CONFERENCE

May 24 - 26, 2024

Whistler Conference Centre  
On the ancestral and traditional  
territory of the Skwxwú7mesh and  
Lilwat7úl peoples

[Register for BC RHC!](#)