

December 2022

MESSAGE FROM VCH LEADERSHIP



Dr. Dean Chittock
Vice President,
Medicine, Quality and Safety

We know you have a lot on your plates right now, and we remain grateful for your efforts and sacrifices.

We are responding to two public health emergencies, undergoing clinical systems transformation, navigating a complex healthcare system and innovating transformational systemic changes. All this during a time when we are dealing with staffing shortages, which are not new.

We continue to see and feel the compounding impact of all of these factors and issues. Trying to cope with all of these coming together at the same time is wearing.

Throughout it all, you keep doing your best to care for patients/clients and their families, and each other's wellbeing. There are meaningful efforts underway by various communities of care to support the unique challenges related to your wellbeing, and those you serve and care for.

In this issue, we feature some examples:

- [Blossom Birth Program](#) helps to fill gaps that help the system as a whole.
- [Home-VIVE](#) initiative enables colleagues work as a team to share responsibilities.
- [Physician Peer Support Program](#) offers safe conversations to cope with stressors.

These set a solid foundation for the efforts to continue to evolve and build upon one another—locally and regionally.

It is very clear to us that health human resource issues span our communities; there are not enough team members to keep up with the increasing population and their healthcare needs. We need to work differently and together.

An organization-wide approach is required to transform the system. We know that feeling seen, heard and valued at work contributes to your wellbeing. Some of the areas we are working on include increasing development and support to leaders in their roles, enhancing diversity, equity and inclusion, and engaging more meaningfully with you. Regionally, we welcomed the inaugural Regional Medical Director of Wellness at Vancouver Coastal Health. [Read more about Dr. Ashok Krishnamoorthy.](#)

We encourage you to continue to take care of yourselves and one another – brief check-ins can make a significant impact. In parallel, we continue to improve workplace health and that of our complex system. Your health matters.

We wish you a joyful, safe and peaceful holiday season, and a healthy and fulfilling 2023.



Dr. Chad Kim Sing
Associate Vice President,
Medicine, Quality and Safety

IN THE SPOTLIGHT

VCH appoints workplace wellness ambassador

These are indeed challenging times for healthcare workers.

The pandemic, among other factors, has caused unprecedented levels of stress and anxiety amongst VCH staff and medical staff, putting a renewed spotlight on the importance of wellness.

And one VCH medical leader in particular is deeply in tune with the concept of wellness, so much so, in fact, that he has made it his calling.

Meet Dr. Ashok Krishnamoorthy, the newly appointed (and inaugural) VCH Regional Medical Director, Wellness, who says he is thankful for the opportunity to help spearhead wellness initiatives at VCH.

[Read more about Dr. Krishnamoorthy.](#)



NEWS

Home Care program helps Vancouver elders live, and die, with dignity



A group of allied health professionals has made it their calling to support Vancouver seniors wanting to remain in their homes. Since 2008, VCH's Home-VIVE (Home Visits to Vancouver's Elders) initiative has provided primary care, nursing and rehabilitation services to frail homebound elders. Dr. Conrad Rusnak, Home-VIVE Physician Coordinator and Vancouver Family Physician, says what he enjoys most is building longitudinal relationships with patients.

[Read more.](#)

Taking care of each other: physicians offer support to colleagues

Working as a physician is greatly fulfilling but working tirelessly for others can affect one's own health including burnout, job satisfaction and work-life balance. Offering safe, confidential, one-on-one support, there are more than 40 physicians with lived experiences who volunteer as peer supporters and peer champions across all communities of care.

[Read more.](#)

No challenge too great: small midwifery practice steps up in big ways

Midwives and business partners Lori Miller and Sara Povey operate Blossom Birth Program (Blossom) in Richmond. Just between the two of them, they provide pregnancy, birth and intensive postpartum care for roughly 12 families per month. With what little extra time they had in their already busy schedules to help women in search of postpartum care.

[Read more.](#)

RESOURCES: HEALTH & WELLNESS FOR MEDICAL STAFF

Calm app

VCH has once again partnered with TELUS Health to generously offer VCH staff and medical staff a free 12-month premium subscription to the Calm app. [Learn more.](#)

VCH Physician Peer Support Program

The program offers physicians the opportunity to connect with a physician peer from within VCH, one-on-one, in a confidential, non-judgmental environment. [Learn more.](#)

Physician Health Program

The program is a responsive, high quality care provider and community services navigator for physicians, trainees and their families. [Learn more.](#)

Lifeworks Digital Platform

Provided by VCH, the platform offers personalized digital wellness resources available 24/7 from anywhere on mobile or web at no cost to medical staff. [Learn more.](#)

UPCOMING EVENTS & TRAINING

Virtual medical staff forum: health human resources (HHR) and wellness

On January 18, 2023, join a presentation on the latest HHR and wellness status updates at VCH, including staffing challenges and wellness resources and initiatives for medical staff. There will also be a COVID-19 update and live Q&A session. [Register here.](#)

Physician Quality Improvement (PQI) Training

Do you want to help lead change and innovation? Apply for QI training and project funding as part of PQI Level 3 Advanced Cohort Training. Applications accepted until January 20, 2023. [Learn more.](#)

Long service season is approaching

Each year, VCH acknowledges and honours the staff, medical staff and volunteers who have achieved long service milestones in the previous calendar year. Medical staff who have reached a career or long service milestone year in 2022 will receive a congratulatory email and event invitation in the coming weeks. Events will take place across VCH between February and April 2023, and the gift catalogue opens for eligible 10+ year recipients in February 2023. [Learn more.](#)

[Find more opportunities.](#)

IN CASE YOU MISSED IT ON ONEVCH: NURSE PRACTITIONERS WEEK 2022



Looking after her community: meet Indigenous NP Mino Cotter

Being a care provider is in Mino Takosi Akwantethkwe's blood. Mino's grandmother graduated from the Fort Qu'Appelle Industrial School and became a RN and midwife and balanced Indigenous ways and a Western health care system.

[Read the full story.](#)

NPs provide life-altering treatment during opioid crisis

NP Sherry Katz has seen the effects of the toxic drug crisis firsthand, as she prescribes opioid agonist treatment to vulnerable populations dealing with addiction. As an experienced NP providing OAT, she assists and mentors NPs who are newer to it.

[Read the full story.](#)

The importance of lifelong learning for NP Ranbir Atwal

Ranbir has always been drawn to working in tertiary care centres, learning how teams work together to treat patients and manage medical issues, and taking advantage of opportunities to work with others who are motivated to learn and grow.

[Read the full story.](#)

DID YOU KNOW?

How to log into the oneVCH staff intranet

[Watch this short video](#) for a refresher on how to log in to oneVCH from a smartphone or desktop computer.

Health Authority Medical Advisory Committee (HAMAC) Highlights

In follow up from the discussion at the September meeting, HAMAC revisited the ADKAR model (Awareness Desire Knowledge Ability Reinforcement) for change management and how medical staff leaders can apply ADKAR principles to increase Mental Health Act form completion. [Read the October 2022 HAMAC Highlights.](#)

Health Emergency Management BC (HEMBC) launches new Code Silver procedure

A new HEMBC code provides guidance for all staff and medical staff to follow in the event of an active attacker situation. [Read more on oneVCH.](#)

Updated Liver Transplant Guidelines and Alcohol Abstinence

The VGH Liver Transplant Program and BC Transplant have recently completed a full review and update of the Clinical Guidelines for Liver Transplantation. The updated guidelines provide clinical guidance to clinicians involved in the continuum of transplant care. [Learn more.](#)

Update: COVID-19 therapeutics in B.C.

In November, B.C.'s COVID-19 Therapeutics Committee and COVID-19 Treatment Review and Advisory Group published new recommendations around the prescribing of monoclonal antibodies. All VCH and PHC physicians and pharmacy staff are encouraged to review the new guidance. [Learn more.](#)

Helping patients afford the medication they need

With the rising prices of food, housing and other necessities, many patients may find it impossible to afford much-needed prescription medicine. There are several programs and resources available to help patients understand the cost of their medication before filling a prescription and find cost-effective options. [Learn more](#)

How can we help you innovate at VCH?

As staff and medical staff, you are in a unique position to see opportunities for change and to offer solutions. Do you have an idea about how we can make innovating easier? We want to hear from you. [Learn more.](#)

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. [Meet the VCH Medical Staff Editorial Board.](#)

VCH is strongly committed to diversity within its community and especially welcomes input from racialized persons, women, Indigenous People, persons with disabilities, 2SLGBTQIA+ and others who may contribute to the further diversification of ideas.