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e-News

June 2015



BC COLLEGE OF
FAMILY PHYSICIANS
The home of family medicine

Special General Meeting Results

The BCCFP held a Special General Meeting on May 23rd for members to vote on a proposed new set of bylaws. The membership voted in support of the bylaws, which are now in effect. Thank you and congratulations to the task force that enabled this update: Drs. Lisa Gaede, Christie Newton, Marjorie Docherty, and Len Roy.

[Read the new bylaws](#)



BCCFP Does the Landscaping for BC

Patients' Medical Home

On April 29th, 2015, the BCCFP hosted the Patient's Medical Home Model Symposium, bringing together 75 health care stakeholders, from patients to Ministry of Health representatives, to discuss and create a unified implementation plan for the Patient's Medical Home model of care in our province. Working together, these stakeholders talked about what BC needs to improve health services and health outcomes for its patients—and the symposium helped spark some innovative ideas.

Discussions revealed that improvements in BC's health care system need to achieve effective and efficient service delivery and doctor-patient engagement. The Patient's Medical Home will address these goals by creating a patient-centred family practice model that patients recognize as the home base or central hub for the timely provision and coordination of all their health needs. The model strives to provide patients with timely access to care that is continuous and personalized with a family physician who understands the patient's history, health goals, and lifestyle.

After a full day of discussion, all stakeholder needs were addressed, and the following next steps were identified as actionable priorities for the BCCFP:

- Develop a business model that considers a variety of funding sources
- Align all sectors to a unified vision for the model
- Develop innovative prototypes for the model with evaluation metrics that can be shared across the province

By addressing the needs of our patients directly and structuring health care around collaboration and continuity of care, better health outcomes can be achieved in a cost-effective way.

Find out more about the discussions of the day by reading the **[full symposium report.](#)**

Upcoming Opportunities

Save the Date! This year's BCCFP Fall Family Medicine Conference will be held on October 24th and 25th at the Westin Bayshore in Vancouver.

Get ready to grab your spot. Registration opens in July and sells out quickly. To receive an early bird registration reminder, email office@bccfp.bc.ca.

Some preliminary conference topics include:

- Assisted Suicide Legislation: What a Family Physician Needs to Know
- Dermoscopy for the Non-Dermoscopist
- Therapeutics Education with James McCormack
- Insomnia: Clinical Pearls
- The Aging Athlete
- Chronic Pain Management
- Review of Complex Care Billing
- Simple Skin Care Advice in the Office: What Works and Is Least Expensive
- Anxiety & Depression in Children and Adolescents
- Mild Cognitive Impairment / Office Assessment for Dementia
- An Approach to Genitourinary Prolapse
- Hands-On Injection Workshops

Mainpro+ Coming in 2016

We're excited for all the upcoming benefits of MAINPRO+ and we hope you are too. As you get ready to transition from MAINPRO to MAINPRO+, please note that the MAINPRO+ release is now expected in 2016, with the exact release date to be determined.

To help facilitate a smooth transition, please continue to enter your credits into the current MAINPRO system as usual. These credits will automatically be transferred to MAINPRO+ in 2016, and your credit reporting schedule will remain unchanged. Please check the [BCCFP](#)

[website](#) regularly for more information about upcoming changes and timeframes.

What improvements can you expect from Mainpro+?

As part of the BCCFP's ongoing commitment to providing quality continuous professional development (CPD), Mainpro+ will:

- Be easier and more intuitive to use
- Include new reporting categories so you can earn credit for more practice activities
- Be more accessible through your smartphone or tablet

Should you need help transitioning from Mainpro to Mainpro+, contact the BC Regional Mainpro+ Educator, Dr. Jim Thorsteinson, with any questions you may have at jthorsteinson@cfpc.ca.

BCCFP Resident Award Winners Announced

The results are in! After another year of inspiring nominations and phenomenal candidates, three new award winners have been announced.

Dr. Stuart Gray from Comox is the 2015 recipient of the BCCFP Resident Leadership Award to a UBC Family Medicine graduate. Dr. Gray is the Chief Resident of the Strathcona Family Medicine Residency Site, encompassing Comox, Courtney, and Campbell River. He strives to help residents achieve work-life balance and to take advantage of the great outdoor activities the site has to offer. He has also been a leader in creating the Strathcona Family Practice program, a program that enables residents to choose the focus of their rotations and enjoy the skills and challenges they're looking for. Congratulations Dr. Gray!

Dr. Adam Jones-Delcorde from Chilliwack is this year's Dr. Manoo and Jean Gurjar Award winner. Each year, the Dr. Manoo and Jen Gurjar Award is presented to a first or second year Family Medicine Resident who has demonstrated excellence in the field. Dr. Jones-Delcorde is Co-

Chief Resident of the Chilliwack Family Medicine Residency Site, which boasts a coveted balance between rural and urban family practice. Dr. Jones-Delcorde always makes an effort to help his residents gain responsibility and make fast friends.

My Family Doctor Award Winner Announced

Dr. Anthon Meyer from Fort St. James was nominated by Dorothy and Jim Wasylenko and others to be the 2015 My Family Doctor Award recipient. Dr. Meyer has been the Wasylenkos' family doctor since he moved to Fort St. James in 2012. Since then, he has helped the family overcome difficult health obstacles with a patient-centered approach to which Jim now attributes his life. Read the whole nominating story [here](#).

Doctor's Corner: Dr. Anthon Meyer

Dr. Meyer is a family physician in Fort St. James whose passion for seeing patients overcome health obstacles has made him this year's recipient of the My Family Doctor Award. Three years ago, Dr. Meyer began practicing in the small rural town of Fort St. James to help meet the urgent medical needs of this under-served community and to live close to his daughter and son-in-law, both of whom are also family physicians in Fort St. James.

Dr. Meyer's practice revolves around a key maxim: "The greatest gift I have as a family physician is to touch the soul of my patients. This allows me to engage patients as active partners in their healing journey."

Receiving the 2015 My Family Doctor Award has left Dr. Meyer feeling both humbled and invigorated. This award confirms the benefits of a patient-centered approach and signifies his patient's wide-spread appreciation for this approach. In fact, Dr. Meyer and the Fort St. James community have striven to implement integrated, collaborative, patient-centered care since 2012—shortly after the Patient's Medical Home model of care was first publicized in Canada. Dr. Meyer is eager to share that this model has created a very positive shift in mentality for

his patients from a “revolving door mentality”, in which doctors come and go without continuity, to active participation and partnership in health maintenance.

“The most important lesson I’ve learned from my patients is that it’s not patients who need to change. Doctors need to change the way we treat patients because every patient responds well to being respected and supported.”

Dr. Meyer also humbly recognizes that he too has an invaluable support system enabling him to better help his patients—his colleagues, clinic staff, and especially his wife and family have stood by him throughout his often-isolated, sometimes-taxing rural community practice, and he couldn’t have done it without them.

APPS for Docs

MindShift is an app designed to help teens and young adults deal with anxiety. It can help your patients learn how to relax, develop more helpful ways of thinking, and identify active steps that will enable them to control their anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

Download MindShift for [Apple](#) or [Android](#).

Diagnosaurus is a reference tool to help health care professionals perform differential diagnosis with speed and confidence at the point of care. Use this app to quickly search over 1000 diagnoses by organ system, symptom, disease, or view all entries.

Download Diagnosaurus.

Epocrates is a very comprehensive medical app. Use this app to look up drug information and interactions, find other providers of consults and referrals, and quickly calculate patient measurements like BMI.

Download Epocrates for [Apple](#) or [Android](#).



In the News: Doctors Introduce Telehealth

Technology

In BC's Cariboo-Chilcotin region, unsafe driving conditions and long distances between homes and hospitals can make doctor's appointments difficult to keep. Find out how doctors in the region are solving this issue:

<http://www.wltribune.com/news/306790651.html>



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