



SPECIALISTS SYMPOSIUM 2023 LEARN. SHARE. IMPROVE.

WELCOME TO THE SPECIALISTS SYMPOSIUM 2023

On behalf of the Specialist Services Committee's Specialists Symposium Planning Committee, we are thrilled to welcome you to this exciting event. We appreciate you taking the time from your busy schedule to participate. We would like to acknowledge that this event is taking place on the traditional, ancestral, and unceded territories of the Musqueam, Squamish, and Tsleil-Waututh First Nations.

Today's objective is to **learn** from one another, to **share** experiences and expertise, and to work together to **improve** our health care system by taking individual and collective action. The breakout sessions were selected by the Symposium Planning Committee based on a shared understanding of the pertinent issues facing specialists today. Our three sessions - Specialists response to primary care challenges, Staying balanced against the odds, and Cultures, communities, and relationships focus on topics that cut across the BC health care system. Our objective is to surface challenges, but also to articulate solutions. The Planning Committee sought to design a day that will allow for participants to identify strategies that can be put into action immediately at the individual level. Additionally, the feedback and ideas you share will help inform future SSC planning, and will assist the SSC in keeping our work highly relevant to the physicians and patients we aim to serve. In addition to specialists and family physicians, we also have representatives from Doctors of BC, the Ministry of Health, the health authorities, and other strategic partners. Improving the health care system for physicians and patients requires rigor, dedication, and innovation. Above all, it requires us to work collaboratively towards a shared vision.

As the Ministry of Health and Doctors of BC co-chairs for the SSC we would like to thank you for participating and for your dedication in helping to improve the health system for both patients and providers. We also wish to thank the patient representatives, presenters, members of the Specialists Symposium planning committee, and staff who are contributing to the success of today's event.



DR JASON KUR
Co-Chair, Doctors of BC



RYAN MURRAY
Co-Chair, Ministry of Health



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AGENDA

7:30 – 8:30am	Breakfast and Registration	
8:30 – 9:00am	Traditional Welcome and Opening Remarks from Doctors of BC President, Specialist Services Committee Co-Chairs and Consultant Specialists of BC	
9:00 – 9:45am	Keynote Address: DR ROBERT MCDERMID	
9:45 – 10:00am	Transition Break - 15 minutes	
10:00 – 12:30pm	SPECIALISTS' RESPONSE TO PRIMARY CARE CHALLENGES Discussing challenges of specialist care for patients without primary care. What can I do for the patients in my care? What can I do for patients that need my care?	SESSION 1
12:30 – 1:15pm	Lunch and Networking - 45 minutes	
1:15 – 2:30pm	STAYING BALANCED AGAINST THE ODDS Learning and motivating for change: exploring three dimensions of physician health through storytelling and conversation	SESSION 2
2:30 – 2:40pm	Transition Break - 10 minutes	
2:40 – 4:10pm	CULTURE, COMMUNITIES, AND RELATIONSHIPS Understanding the strengths and resources Indigenous communities bring to their members' health care. Exploring ways to work together and foster relationships between doctors, communities, and community members.	SESSION 3
4:10 – 4:30pm	Closing	

Symposium evaluation link | Participants can submit their expenses and time (physicians only) using [this online portal](#). Physician sessional forms must be submitted within three (3) months of the session. Eligible expenses are limited to those specified on the **JCC Expense Claim Policy** and **must be accompanied by an itemized receipt**. Only one (1) claim should be submitted per participants per event.

Non-physician attendees please submit your expenses by completing the **JCC Expense Claim form** and emailing the completed form with all itemized receipts to sscbc@doctorsofbc.ca. Forms may be obtained from the registration desk. Eligible expenses are limited to those specified on the **JCC Expense Claim Policy** and must be accompanied by itemized bills/receipts. All claims must be submitted within three (3) months of the session.

Accredited by UBC CPD



THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Professional Development
Faculty of Medicine

This event is UBC CPD accredited. The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and has been approved by UBC CPD for up to 5.75 MOC Section 1 Group Learning credits. Each physician should claim only those credits accrued through participation in the activity.

This program was co-developed by a working group, comprised of members of the SSC and a representative from Consultant Specialists of BC, and was planned to achieve scientific integrity, objectivity and balance.

SPECIALISTS' RESPONSE TO THE PRIMARY CARE CHALLENGES

Discussing challenges of specialist care for patients without primary care. What can I do for the patients in my care? What can I do for patients that need my care?



DR FRANK ERVIN | Dr Frank Ervin is a respirologist in Maple Ridge BC. He has held several leadership roles including Head of Division of Respirology, Local Head of Medicine, Vice-President of the Society of Specialists of BC. A committed quality improver, Frank is a cohort 2 member of the Frase health PQI Improvement Advisor program, a Lead Faculty member and the co-chair of the provincial Quality Improvement and Spread Working Group of the Specialist Services Committee (SSC). He has served on the SSC for the past 6 years and on the Shared Care Committee for the past 2 years as a Doctors of BC/SSC representative. He served on the DoBC Representative assembly for the past 6 years. His improvement interests include access to spirometry for inpatients and outpatients and COPD length of stay. He has participated in over 20 clinical research projects and is a Clinical Assistant Professor of Medicine at the University of British Columbia.



DR IAN SCHOKKING | Dr Ian Schokking is a full Service Longitudinal family physician in Prince George with OB, ER, hospital, house calls & geriatric consultations. He has prior experience as an Ontario fly-in physician, and has also working in Nepal & Pakistan. Dr Schokking is the Co-chair of Shared Care, is on the Rep Assembly, is the Prince George Facility Engagement Physician Lead, and is also the Prince George Division of Family Practice & RCCBC RCME & Evaluation Physician Lead.

STAYING BALANCED AGAINST THE ODDS

Learning and motivating for change: Exploring three dimensions of physician health through storytelling and conversation.

Hear three stories sharing different experiences and perspectives of physician physical and mental health challenges, then participate in an open Q&A discussion to discuss the resources available to physicians in dealing with the challenges they face.

SESSION HOST



TOM RAPANAKIS | Tom Rapanakis came to Doctors of BC from the UK in 2021, where he worked as the Head of Wellbeing Support for the British Medical Association's physician health program serving over 160,000 members. During this time he created and maintained various support systems for physicians and medical students including a nation-wide peer support program, dedicated psychotherapy service and a support program specifically for physicians undergoing procedures with their regulator. He also worked as a Supporter Services Executive for Cancer Research UK, the UK's largest charity. He is now the Vice President and Executive Director of the BC Physician Health Program, offering health-related support services to all of Doctors of BC's members including counselling, peer support and health system navigation.

SPEAKERS



DR ELIZABETH THOMPSON | Dr Elizabeth Thompson completed her medical school and general surgery residency at the University of Manitoba in 2015. As a rural general surgeon in Manitoba, Dr Thompson focused on providing care closer to home by implementing a breast surgery program with an interest in oncoplastic breast conserving techniques. In 2022 she obtained her Certified Health Executive designation following completion of the Schulich mini-MBA course for physician leaders. Dr Thompson also has interest in medical education and will complete a Post-Graduate Certificate in Education through the University of Dundee in spring 2023. She practices a full range of rural general surgery and enjoys showing off the rural lifestyle to all levels of medical learners.

Dr Thompson relocated to Comox, BC in December 2022 with her husband, two daughters ages 3 and 5, and two dogs. It has been a much warmer winter than in Manitoba!! - one of the many reasons to make the move to the West Coast. The general surgery team in Comox is working hard to implement a central referral system to improve patient wait times. Dr Thompson is quite excited to be part of this amazing team and looks forward to many years of serving the Comox Valley.



DR ASHOK KRISHNAMOORTHY | Dr Ashok Krishnamoorthy works as a psychiatrist in Vancouver coastal health with a special interest in rural outreach psychiatry. He is currently the regional medical director for wellness at Vancouver coastal health. He is a wellness advocate, as well as a provider for physician health program. He set up the physician peer support program at Vancouver personal health. With other leaders in Richmond, during his tenure as the president of a medical staff association, he was instrumental in setting up a strategic plan for wellness through Richmond MSA. He has keen interest in incorporating system level changes to minimize burnout as well as creating better access to clinical services for physicians with mental health needs.



KRISTY WOLFE | Kristy is an engaging, open, and honest Common Language DST Level 2 trained digital storytelling facilitator. She has been speaking and teaching workshops on both photography & digital storytelling for 5 years. With a background in the education, healthcare, and non-profit sectors, she works with diverse audiences, prioritizing ethics in storytelling and storyteller well-being.

PANELISTS



DR ELISABETH BAERG HALL | Dr Elisabeth Baerg Hall, psychiatrist, specializes in treating physicians with ADHD. She develops and delivers ADHD Executive Function Groups for professionals and the public through CBT Skills Society. She is physician advisor to the BC Physician Health Program.

Dr Baerg Hall is Clinical Professor in the Department of Psychiatry at UBC and Executive Director of The ADHD Centre, specialising in education, strategic consultation, and capacity building for health care professionals to improve adult ADHD services.

She is a Board member of CADDRA (Canadian ADHD Resource Alliance) and Education Committee co-chair. Dr Baerg Hall acknowledges she is a settler on the unceded ancestral homelands of the x̣ṃəθkwə'yəm (Musqueam), Skwxwú 7mesh (Squamish), and Sə́ɪlwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

Previously, Dr Baerg Hall has worked as psychiatrist consultant to Physician Health Program, peer support group facilitator CMA and co-lead of the Adult Mental Health Substance Use Network, supported by Shared Care Committee (SCC), of Doctors of BC. She was founding Medical Director of the Vancouver Coastal Health Adult ADHD Clinic.



DR ANNE NGUYEN | As a family physician and addiction medicine specialist, Dr Anne Nguyen spent the first ten years of her career providing low barrier primary and hospital based care in Northwestern Ontario and Victoria, BC. As well as joining PHP as Physician Lead, she works as an addiction medicine consultant in Victoria hospitals. Anne is deeply grateful for the opportunity to work directly with physician colleagues and partner organizations to promote the health of BC's doctors, and feels privileged to walk alongside her peers on their journeys to healthful personal and professional lives during these challenging times for the profession.



DR DAISY DULAY | Dr Daisy Dulay (she/her) is a cardiologist, health care wellbeing advocate, and quality improvement and EDI enthusiast. She is a mother of two lovely daughters and has a supportive husband, gratefully living in Victoria, as a second generation South Asian settler on the beautiful unceded ancestral territory of the Lewkungen speaking peoples, the Esquimalt and Songhees First Nation peoples. Her professional values are grounded by compassion and guided by the Institute of Healthcare Improvement's Quintuple Aim. She is the provincial co-medical lead for Doctors of BC on Spreading Quality Improvement (SQI), an initiative to expand local successful projects for a greater population impact. She is also the Medical Director of Patient Safety and Quality at Island Health on Vancouver Island.

CULTURE, COMMUNITIES, AND RELATIONSHIPS

Understanding the strengths and resources Indigenous communities bring to their members' health care. Exploring ways to work together and foster relationships between doctors, communities, and community members.

Hear from Indigenous leaders representing different communities then participate in a discussion about the strengths and resources the communities have and how specialists can best engage and support.

PANELISTS



STELLA JOHNSON | Stella Erasmus Johnson is a Métis Elder and Northern Michif speaker from McLennan, Alberta. Stella currently lives in Nanaimo and works at Vancouver Island University where she is lovingly known as Auntie Stella. Stella's focus is promoting education and teaching the Michif language to all ages. "I truly believe it has the power to ground us and contribute to personal success no matter our ambitions or age; there are no limitations in self-discovery. My advice to all Métis people is to cling to your roots, discover your rich heritage, learn the language of our people and pass it to our next generations, legacy is important!"



COREEN PAUL | I am a proud member of the Musqueam Indian Band, and was born and raised on-reserve at Musqueam IR#2. I was married at a very young age (16!) to a non-native person, at which time I lost my status, was disenfranchised and left the reserve. After 10 years away from home; in 1985 the Charter of Rights and Freedoms was passed – and Bill C31 was introduced, which was new legislation that allowed me to apply for, and regain my Indian Status; and also that of my four (4) sons. I returned home to Musqueam; and it was at that time I became aware of the huge health disparities for people living on-reserve.

I worked for the Musqueam Indian Band for 32 years; first as a NNADAP worker, then Health Manager, and finally as Health Director. I created & developed over 35 programs along with policies and staff to build our health program; and slowly began the pendulum swing from remedial care to health prevention & promotion – along with Elders and peer educators, and by ever encouraging, supporting and empowering our Band & Community members to take charge and be in control of their own health. I wrote proposals and applied for grants and personally negotiated and liaised with private organizations, corporations, the federal, provincial and municipal governments, and more in an effort to provide our resident-on-reserve band members with every service that would be available to them if they lived off-reserve.

My crowning achievement was the MST Joint Project Board where we worked together each for our own endemic, unique Community's needs. I applied for a Nurse Practitioners, a Medical Office Assistants along with GP sessionals to create an Urban Aboriginal Primary Care Clinic here on the Musqueam Reserve which would be Nation-Based & Community-Driven Primary Health Care.

A few years ago I broke thru a personal barrier & strengthened my soul by starting my personal journey of learning my own x̣ṃəθḳ̄əỵəm language hə́ḥə́ṃíḥə́ṛq̣ə́n which is our own Coast Salish Language - by registering at UBC in the First Nations Endangered Language course. This has helped me to work thru my own personal lifelong trauma and grounded me immeasurably in its richness.

My personal mandate has always been that Indigenous people should have access to; and are entitled to the same programs and services that every person in British Columbia receives. Not only that but, that the Province of British Columbia has a fiduciary responsibility to ensure that; and to have that delivered to them in a culturally safe and appropriate manner as well. Continually striving towards that and accomplishing much of it has been my life long mission.



CORRINE MCKAY | Corinne McKay is the Chief Executive Officer of Nisga'a Valley Health Authority. She has held several senior administrative positions as a General Manager, Director of Health Programs, Human Resources Manager, and Project Analyst. She has previously served in the elected officer position of Secretary Treasurer of the Nisga'a Nation and lead the negotiations of the most recent Fiscal Financing Agreement. She lives in Laxgalts'ap (Greenville), one of the four Nisga'a Villages. She has a Bachelor of Commerce degree, major in Accounting and Masters of Business Administration with specialization in Executive Management. Corinne was elected President and Chairperson of I-SPARC (Indigenous Sport, Physical Activity & Recreation Council). Corinne has been part of I-SPARC's leadership group since its inception, originally serving as the elected Regional Lead for the Northwest. Corinne has played an instrumental role supporting the organization's growth and its successes developing and implementing the Indigenous Sport, Physical Activity, and Recreation Strategy (BC), the first Strategy of its kind in Canada.



DR MICHAEL DUMONT | Bozhoo, my name is Michael Dumont. I am Anishinaabe (Marten Clan), and a member of Shawanaga First Nation. I am honoured to live as a guest on the unceded land of the Musqueam, Squamish and Tsleil-Waututh peoples.

As a family physician, I am privileged to work both on and off reserve in community primary care. I helped to establish Lu'ma Medical Centre in 2016, where I currently serve as Medical Director. We incorporate traditional Indigenous and Western medical approaches in our two-eyed seeing model of care, with Elders and Traditional Healers working alongside Indigenous physicians, nurses, counselors and social navigators. We are a core learning site for the Indigenous Family Medicine Residency program at UBC, where I also do some teaching with the undergraduate and postgraduate medical programs.

I am proud to partner with Musqueam First Nation to deliver primary care on-reserve, and I currently serve as spokesperson for the First Nations and Aboriginal Primary Care Network (a partnership of 8 Indigenous owned/operated clinics across Metro Vancouver).

I am honoured to serve as a board member for the Indigenous Physicians Association of Canada, in the role of Vice President since July 2022. Our organization advocates for and represents Indigenous physicians, residents and medical students on a national level, with strong focuses on mentorship, wellness, anti-racism, medical education and Indigenous self-determination.



KEN EDZERZA | I am the past leader of the Tahltan Central Government where I served the Nation for the last 3 years as Vice President. I have served as the President of Aboriginal Sports of BC and have lead the systems building process for the past 30 years. I was also the Chair of the governance committee for our National organization called the Aboriginal Sports Circle and was one of the key leaders in BC to assist in the restructuring of the National organization in 2014. I have a Master of Arts in Leadership from the Royal Roads University where my key findings in my research was designing Cultural Governance.

RESOURCES | Northern Health: <https://www.indigenoushealthnh.ca/>

Fraser Health: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenoushealth#.ZC7dgnbMJD8>

Island Health: <https://www.islandhealth.ca/learn-about-health/aboriginal-health>

Vancouver Coastal Health: <https://www.vch.ca/en/about-us/indigenous-health>

PHSA: <http://www.phsa.ca/our-services/programs-services/indigenous-health>

Interior Health: <https://www.interiorhealth.ca/information-for/aboriginal-communities>

Indigenous Territory Guide: <https://sscbc.ca/sites/default/files/indigenous-territory-guide.pdf>

Metis Nation British Columbia: <https://www.mnbc.ca/citizens-culture/chartered-communities>

OPENING REMARKS



DR JOSH GREGGAIN | Dr Josh Greggain is a family physician who spent most of his career caring for rural, Indigenous, and under-served populations. For 17 years, he worked as a full-service family doctor in Hope, BC where he had the opportunity to provide office-based, emergency, in-hospital, and palliative care, as well as outreach to Indigenous communities in the Fraser Canyon. During that time, he helped to partner with the *n̓łeʔkəpmx* Nation in the development of the House of *Sexwnaʔm*, an Indigenous-led primary care outreach clinic on reserve in Anderson Creek. He currently resides as a settler of European descent in Victoria, BC, on *Lək̓ʷəŋən* traditional territory. Dr Greggain has served as president of Doctors of BC since January 2023.



DR JASON KUR | Dr Jason Kur has a Bachelor of Science and Doctor of Medicine from the University of Alberta and completed internal medicine and rheumatology training at the University of British Columbia. He is a medical director of the Artus Health Centre in Vancouver, and also sees outreach patients in Whistler and previously Terrace, British Columbia for 13 years. He is a member of the clinical staff of Vancouver General Hospital and a Clinical Associate Professor at the University of British Columbia. He has a busy general rheumatology practice with a focus on inflammatory arthritis and autoimmune diseases. He is the President of the BC Society of Rheumatologists and co-chair of the Specialist Services Committee with an interest in physician resource and nursing models of care.



DR CHRIS HOAG | Dr Chris Hoag completed his undergraduate training at the University of Guelph in Biomedical Sciences, followed by medical school at the University of Ottawa. He completed his urology residency in 2008 at the University of British Columbia, followed by a 1 year fellowship in advanced minimally invasive surgery at Monash Medical Centre in Melbourne Australia. He runs a general urology practice in North Vancouver with a focus on advanced minimally invasive surgery and surgical oncology. He does outreach consultation and operates as a Visiting Specialist through the NITAOP program at Sechelt Hospital on the Sunshine Coast since 2010. Since 2018, he has been the President of the BC Urological Society. Since 2021, he has been President of Consultant Specialists of BC.

KEYNOTE PRESENTATION



DR ROBERT MCDERMID | Dr Robert McDermid is an intensive care physician, the former Site Medical Director of the Surrey Memorial Hospital in Surrey, BC and the current chair of the Health Authority Medical Advisory Committee for British Columbia's Fraser Health. He is a Clinical Professor at the University of British Columbia and is an author on more than 40 scientific publications and book chapters. Rob has participated in committees and presented at conferences nationally and internationally. Being both a front-line clinician and administrative leader has tested his resilience, taught him humility, and highlighted for him the importance of servant leadership, self-compassion, and selfcare. His TEDx talk "Why Talking About Dying Matters" illustrates his belief that healing occurs at the intersection of the art and the science of medicine, and that being able to talk compassionately about death and dying is the key that puts "care" into health care.

Rob and his wife Yvonne have been married for more than 20 years. They live in Vancouver with their two children, Matthew and Kathryn, who continue to teach him to have fun, embrace wonder, and not take himself too seriously.

CLOSING REMARKS



DR SAM BUGIS | Dr Sam Bugis is the Vice President, Physician Affairs and Specialist Practice. As a General and Endocrine Surgeon, he brings 30 years of leadership, teaching and clinical experience to his role that involves almost every aspect of Doctors of BC activities. In his spare time, he still maintains a small clinical role, volunteers in Global Surgery by teaching surgical skills in low and middle income countries and is a Fellowship Examiner in General Surgery in the College of Surgeons of East, Central and Southern Africa (COSECSA).