

# MOA NEWSLETTER

## 2024 IN REVIEW: SCIENTIFIC ADVANCES

2024 proved to be a very productive year where medical breakthroughs were made.

The Research Institute of the McGill University Health Centre (RI-MUHC) has made major breakthroughs, including a world-first penicillin allergy trial, new pancreatic cancer screenings, and insights into the BCG vaccine's potential against lung infections. Other advances include using Viagra for oxygen-deprived newborns, studying dehydration, and uncovering genetic causes of cerebral palsy

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Submit News Letter  
Suggestions  
to  
Connie @  
[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)

# MOA Lounge

## For Consideration

News Letters

Mayo Clinic [NewsLetter](#)

Canada [Health Watch](#)

Spark [NewsLetter](#)  
(Children's Health Care)

[CCSMH](#)  
(Canadian [Coalition for Seniors](#)  
[Mental Health](#))

## Websites

[Pharmacy Compass](#)  
*Use Pharmacy Compass to  
compare prescription prices of  
pills and tablets at pharmacies  
in British Columbia*

[Drugs.com](#)  
*accurate, up-to-date drug  
information*

## Podcast

Best Medical Podcasts by  
Specialty for  
[physician assistants](#)



We are all very excited about the new and  
"improved" Meditech  
I have some information to share and I hope  
it will help in your Meditech adventures.

**USER GUIDE - PDF**

**Basic Chart Walkthrough-[VIDEO](#)**

See all learning videos [HERE](#)  
(if you are so inclined)

Having Trouble Printing/saving  
to your desk top ?  
Click here for a  
[MEDITECH Print/Save Option](#)

# Celebrating MOAs

## Sheila West Gaarden



I am married and have a 23-year-old daughter. Our family includes two dogs, Boo and Bella, as well as a grandpuppy named Yogi.

Professionally, I spent 25 years working in a mission-based healthcare setting, collaborating with a team of 10 doctors, nurse practitioners, and 1-2 residents. Our facility served as a teaching institution, where I gained valuable experience in patient care and mentoring healthcare professionals.



After the challenges of the COVID-19 pandemic, I decided it was time for a change and relocated to Kamloops in September 2021. I am currently working with Dr. P. Farrell on St. Paul, where I continue to contribute to patient care.

Outside of work, I enjoy camping with our travel trailer, ATVing, and spending sunny days getting towed around the lake. I also cherish gathering with friends around the campfire. For the past 25 years, I've participated in an annual bocce tournament, which has become a beloved tradition with many beloved friends.

We love celebrating our fellow MOAs! Feel free to email me your bio, and/or encourage your coworkers to join in. It's always great to put a face to the voice on the other end of the phone

[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)

*Celebrate*

# Coach's Corner

## Thompson Region Division of Family Practice

Happy New Year!

As we welcome a fresh start, we approach the new year with renewed energy and optimism. This presents an excellent opportunity to build on the momentum of our past year's successes while planning exciting events and further enhancing learning opportunities.

In collaboration with our Practice Support partners, Chesley Mckinney and Sara Becker, and MOA Connie Walker, we organized a Very Merry MOA Appreciation and Learning Engagement event on November 26, 2025, at the Paramount Theatre. This event provided an opportunity for us to delve deeper into the Primary Care Network (PCN). Makenzi Irwin, our Attachment Coordinator, guided us through an interactive presentation, incorporating trivia and fostering a sense of friendly competition. Our top trivia champions were rewarded with some fantastic prizes. We topped off this fun evening with a holiday movie while we munched on popcorn and treats from our "PCN concession cash".

For new Division staff members like Sarah Graham (PCN Manager), Makenzi Irwin (Attachment Coordinator), and myself, Marcy Matthew (Project Lead), it was an opportunity to meet new colleagues, engage in discussions about our work, address any concerns, and exchange ideas.

We are so thankful to those who were able to attend and to those who had previous engagements, we are really looking forward to meeting you next time! If you haven't had an opportunity to be part of these events and learning opportunities, we invite you to come out and check it out! We recognize the important role of MOAs in supporting primary care and want you to feel appreciated, valued and empowered.

Stay tuned for more appreciation events and learning opportunities! We are also in the development of a new TRDFP website which will feature an updated MOA Corner- more to come soon!

Thank you!  
Marcy Matthew  
TRDFP Project Lead

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Kamloops, BC V2C 2P5 (250) 372-1621  
Email: [thompsonregion@thompsondivision.ca](mailto:thompsonregion@thompsondivision.ca)

# Doc Toc

## B.C. family doctors call for sick days, and pensions

*Representatives of **family doctors** in British Columbia say giving physicians paid sick days, vacation coverage, extended health and dental benefits and a pension plan is one way to help attract more doctors to work in the province.*

PHYSICIAN'S GUIDE  
TO ELECTRONIC  
MEDICAL RECORDS  
(EMR) FREQUENTLY  
ASKED QUESTIONS

## UpToDate

What is UpToDate?

UpToDate is an award-winning online clinical decision support resource, available to Divisions of Family Practice members for use in individual practices at no cost to the individual physician.

Visit your local Division website to become a division member and access more than 10,000 peer-reviewed topics in 21 specialties from international and Canadian authors, as well as drug information, medical calculators, and patient information sheets. All UpToDate topic searches are CME eligible for registered users.

How to access UpToDate, go to [www.divisionsbc.ca](http://www.divisionsbc.ca) or to your local division homepage, log in and click on the UpToDate menu item on the top navigation bar.

## What a concept!!

B.C. city puts doctor on municipal payroll in bid to attract more physicians

The five-year pilot project aims to hire eight doctors and connect thousands of local residents with a physician. Physicians will receive full medical benefits, vacation and a pension!

**Read about it**  
**CTV News**

# In Case You Missed It

## Webinar

Keeping Your Cool:  
Dealing With a Difficult  
Client or Patient



## Canadian Dental Care Plan

*(it's about time!)*

Do You Qualify?

When To apply.

What's Covered?

## STRONGER BC FUTURE SKILLS GRANT

The StrongerBC future skills grant is open to British Columbians aged 19 years or older – regardless of financial need – and covers up to \$3,500 per person for eligible short-term skills training at public post-secondary institutions.

## SIGN UP FOR THE MOA NEWSLETTER

We'll send you regular news about events, educational sessions, job opportunities, ect

Previous  
MOA  
News Letters

# Clinic Notes

## Kamloops North Shore Urgent Primary Care Centre (UPCC)

7:30 a.m. to 6:30 p.m., seven days a week, including statutory holidays.

Phone lines opens at 10 a.m. To make an appointment call 250-314-2256

The North Shore Urgent and Primary Care Centre (UPCC) provides team-based care for non-emergency health concerns for those who require same-day attention.

Care is available for concerns such as:

Minor injuries, Sprains and strains, Infections  
Less serious child illness and injury , High fever,  
Cuts, wounds, or skin conditions

### AVAILABLE PROFESSIONALS:

- Family physician (FP)
- Nurse practitioner (Np)
- Registered nurse (RN)
- Licensed Practical Nurse (LPN)
- Social Work
- Mental health and substance use clinicians.
- Physiotherapist

Private phone number: Doctor's Only  
Line: 250-314-2667

For additional information visit the UPCC web page [HERE](#) - [REFERRAL FORM](#)

## Travel Medicine and Vaccine Centre

As the next few months are a favorite time to travel abroad, be sure to check out the TMVC for all your travel vaccine needs

- [Travel Vaccines & Medicine](#)
- [Travel By Destination](#)
- [Travel Consultations](#)
- [Occupational Health Services](#)
- [TB Skin Testing](#)
- [Workplace Flu Clinic](#)
- [Non-travel Vaccines & Medicine](#)
- [Price List](#)

1-888-288--8682

**[BOOK NOW](#)**



# Lab Updates

## LIFELABS

- **Microbiology Swab and Collection Containers**  
*(Most Recent May 2024) - Printable PDF*
- **Preserving Specimens for Urine Culture**
- **Supply Order Form**
- **Forms & Requisitions for LifeLabs Genetics' Tests**
- **Maternity Requisition**
- **HUMAN PAPILLOMA VIRUS (HPV) TESTING**
- **At-home Collection Kits**

### CONTACT

Ph: **604-431-7206**  
**or toll-free at**  
**1-800-431-7206**

## Royal Inland Hospital Lab

- Sample Collection Protocols
- Body Fluid Sample Collection Guidelines
- Interior Health Lab Requisition Form
- Laboratory Sample Labelling

### CONTACT

Ph: 250-314-2689  
Fax: 250-314-2328



## Public Health Lab (BCCDC)

- Supply Order form
- Sample Collection and Transport
- Form Search

### CONTACT INFORMATION

# Billing Buzz

## New Provider #'s upcoming

To expand the availability of codes, new practitioner/payee numbers will start to be assigned with 'Q' as the initial alpha character (e.g., Q1234, Q9876). Please be advised that the first character placement within this field will be updated to another alpha character again in future, as needed.

There will be no impact to the following:

- Practitioner or Payee Numbers that have already been issued.
- Practitioner or Payee Numbers within the 90000 to 99999 series will remain reserved and will not be distributed.

[Read the entire broadcast here](#)

## Don't Forget your Locum!!!

To continue enrolment, an LFP Locum who meets the Locum Eligibility Criteria must submit the following between January 1 and March 31 in each calendar year they provide LFP Locum Services:

- 98005 Locum Enrolment Code to HIBC via Teleplan; and
- an LFP Locum registration form.

[Get the Goods Here](#)

## Payment Schedules & Fee Guides

- [MSP Payment Schedule](#)
- [LFP Payment Model](#)

1-866-456-6950

- [ICBC Fee Guide](#)

1-800-717-7150

- [Worksafe BC](#)

1-888-422-2228

### JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <b>Close Off</b>	4
29	30	31				
5	6	7	8	9	10	11
			15 <b>Payment</b>	16	17	18
		21 <b>Close Off</b>	22	23	24	25
					31 <b>Payment</b>	1
26	27	28	29	30		

### FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 <b>Close Off</b>	5	6	7	8
9	10	11	12	13	14 <b>Payment</b>	15
16	17	18 <b>Close Off</b>	19	20	21	22
					28 <b>Payment</b>	1
23	24	25	26	27		

### MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	1	2
3	4 <b>Close Off</b>	5	6	7	8	9
10	11	12	13	14 <b>Payment</b>	15	16
17	18	19 <b>Close off</b>	20	21	22	23
24	25	26	27	28	29	30
31 <b>Payment</b>	1	2	3	4	5	6

# Employment Opportunities

Dr Hubert Lee - Neurosurgeon  
Seeking Permanent, Full - Time  
MOA

**Full Job Description and Apply**

North Hills Care Centre  
seeking Casual MOA  
**Read More & APPLY**

STEPS: Sun Peaks  
Seeking Part-time MOA  
**See the FULL add Here**

Kamloops Regional  
Correctional Centre – BC  
Mental Health and  
Substance Use Services,  
Kamloops BC  
seeking Administrative Clerk  
**Full Description and  
APPLY**

**Free Resume  
Builder**

WEBINARS  
FOR A SUCCESSFUL JOB SEARCH

# Educational Opportunities

## **Infection Control in Health Care**

Become an indispensable asset in preventing and controlling infections in health care with this **free** online course.

*(Allison)*

\*\*

## **CPR, AED and First Aid**

This **free** online certificate course teaches you how to use CPR, AED, and first aid to save lives. *(Allison)*

\*\*

## **TeamSTEPPS Canada Essentials Course** *(40 min mini course)*

A self-directed program that helps you optimize patient care by improving communication and teamwork skills.

FREE - *(HealthCare Excellence)*

\*\*

## **6-Week Plan For Healthy Eating***(Harvard)*

\$30-\$40

**Learn More**

# Sites of Interest

MSP Financial Statement  
(2023/2024)  
includes Healthcare /  
Practitioner Services  
Payments



**Canadian Institute  
for Health Information**

The Canadian Institute for **Health Information (CIHI)** provides comparable and actionable data and information that are used to accelerate improvements in health care, health system performance and population health across Canada.



**2024 Data Tables**  
**2024 National Survey of  
Canadian Physicians**



## MOA Podcasts

- **All Things Medical Assistant**
- **The Everyday MA**
- **Let's Talk Medical Assisting**

# Know the News

## Study finds stem cell therapy is safe and may benefit people with spinal cord injuries

Mayo Clinic researchers have demonstrated the safety and potential benefit of stem cell regenerative medicine therapy for patients with subacute and chronic spinal cord injury.



READ THE  
REPORT  
[HERE](#)

MAYO CLINIC

## Bird Flu H5N1

Despite billions spent to contain H5N1, the virus rages on due to failures in oversight, and short-term financial incentives at odds with stopping it. Experts warn unanimously that the virus could mutate to spread between people, resulting in another pandemic. The more it spreads on farms, the more likely this becomes.

California has declared a state of emergency, and a Louisiana patient is critically ill with the same strain that infected a B.C. teen.

Early effects on food security are starting to be seen. Yesterday, H5N1 was detected on two Ontario poultry farms

[CURRENT SITUATION](#)

4 or 5-minute bouts of intense exercise may slash cardiovascular risk

*(Medical News Today)*

Colorectal cancer keeps rising among younger adults.

*(NPR News)*

Dr. Theresa Tam shares her top health concerns for Canada in 2025

# Hospitals and Health Centres

## INTERIOR HEALTH AUTHORITY

- 100 Mile District General Hospital  
Ph: 250-395-7600 Fax: 250-395-7607
- Ashcroft Community Health Centre  
Ph: 250-453-22111 Fax: 250-453-1926
- Barrier Health Centre  
Ph: 250-672-9731 Fax: 250-672-5144
- Blue River Health Centre  
Ph: 250-673-8311 Fax: 250-673-2380
- Chase General Hospital  
Ph: 250-679-3312 Fax: 250-679-5329
- Clearwater "Dr Helmcken Memorial" Hospital  
Ph: 250-674-2244 Fax: 250-674-2477
- Kelowna General Hospital  
Ph: 250-862-4000 Fax: 250-862-4020
- Lillooet Hospital & Health Centre  
Ph: 250-256-4233 Fax: 250-256-1336
- Logan Lake Health Centre  
Ph: 250-523-941 Fax: : 250-523-6869
- Nicola Valley Hospital and Health Centre Ph:  
250-378-2242 Fax: 250-378-3287
- Royal Inland Hospital  
Ph: 250-314-2100 Fax:
- Shuswap Lake General Hospital  
Ph: 250-833-3600 Fax: 250-833-3604
- Sun Peaks Health Centre  
Ph: 778-644-0635 Fax: 250-469-9516
- Vernon Jubilee Hospital  
Ph: 250-545-2211 Fax: 250-542-0369

## VANCOUVER AND AREA

- BC Children's Hospital
- BC Women's Hospital & Health Centre
- GF Strong
- Vancouver General
- St Paul's Hospital
- UBC Hospital
- Lions Gate

## Private Centre's of Interest

### **Specialist Referral Clinic**

*(The Specialist Referral Clinic provides a variety of private pay services)*

### **Cambie Surgery Centre**

*(private options for orthopaedic and general surgery).*

### **Advanced Concussion Centre**

### **Dwyer Immigration Medical Services**

# Classifieds

**PRESTIGE STETHOSCOPE**  
\$50.00



**NON -BREATHER  
OXYGEN \$40.00  
Mask w/ reservoir**  
(complete set)  
\*includes CPR Shield  
w/ 1 way valve barrier  
filter \*CPR mask x 2 (1  
for a helper [if  
applicable]).



for contact  
information - email  
[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)



**SCALE**  
\$25.00

FOR  
MORE  
INFO

EMAIL:  
[MOA.PEDIATRICALS546@G  
MAIL.COM](mailto:MOA.PEDIATRICALS546@GMAIL.COM)

**WALL MOUNT  
DIAGNOSTIC STATION**



# “your” Health Matters

## Heart Health

Get up and get moving! Your heart is always at work, but prolonged sitting doesn't help it grow stronger. Even standing or pacing can make your heart work harder. Switching from a sedentary to an active lifestyle can strengthen your heart and cut your risk of heart disease in half. Just 30 minutes of mild to moderate activity daily, such as a single 30-minute walk or three 10-minute walks, can significantly benefit your heart health.

- Aim for 150 minutes of moderate exercise per week (*Alternatively, and depending on your fitness level and your doctor's advice, 75 minutes of vigorous exercise per week will achieve the same results*)
- Supplement your routine with strength training.
- Embrace a heart-healthy diet.
- Drink alcohol in moderation.
- Get adequate sleep.
- Reduce elevated LDL cholesterol, blood pressure, and/or blood sugar levels.
- Stop Smoking
- lower your stress level
- Shed a few pounds

## SELF - IMPROVMENT

- STRESS RELIEF STRATEGIES
- BEST MEDITATION APPS
- BALANCING WORK AND FAMILY
- SLEEP TIPS



UNDERSTAND YOURSELF BETTER:

Big 5 Personality Test  
(its quick, its easy and it  
doesn't even hurt a bit)

**TAKE THE QUIZ**

# Health Awareness

## ALCOHOL & CANCER

Alcohol consumption is linked to significant health risks, particularly cancer. The International Agency for Research on Cancer (IARC) classifies alcohol as a Group 1 carcinogen, known to cause cancer in humans. In 2020, alcohol contributed to over 741,000 new cancer cases globally, including 7,000 in Canada. While heavy drinking had the largest impact, light to moderate drinking (1-2 drinks daily) also led to over 100,000 cases worldwide. Despite these dangers, many Canadians are unaware of alcohol's cancer risks. A 2022 B.C. survey revealed that 70% of adults believed small amounts of alcohol were beneficial, 61% saw moderate drinking as harmless, and only 56% acknowledged that any alcohol could be harmful.



Drinking alcohol causes cancers of the breast, colon, rectum, liver and more.



Alcohol use was linked to 7,000 new cancer cases in Canada in 2020.



Only 1 in 4 Canadians who drink alcohol are aware it can cause cancer.



[The Proof](#)

[Information Sheet](#)

[Frequently asked](#)

# Health Awareness

## ARFID

Avoidant/restrictive food intake disorder (ARFID) is a relatively new term, that was introduced in 2013 when it first appeared in the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association, 2013). It has also previously been known as Selective Eating Disorder.

Research has shown that **ARFID and autism** frequently co-exist, and people with ARFID are more likely to have autism than those who don't struggle with this eating disorder.

ARFID & OTHER DISORDERS

DIAGNOSIS AND SYMPTOMS

TREATMENT

RESOURCES

**PSYCHOLOGICAL SIGNS of ARFID**

- 1 Worsening picky eating
- 2 Avoiding or refusing an entire food group
- 3 Sensitive to smell, texture and temperature
- 4 Only eating food of a similar colour or brand
- 5 Anxiety around new foods
- 6 Lack of interest in food
- 7 Fears around food like fear of vomiting, choking, allergy
- 8 Avoid social events

@SimpleBalanceNutrition

# Why Not?

## Just so you know

Wearing a tie can reduce blood flow to the brain by 7.5 per cent. A study in 2018 found that wearing a necktie can reduce the blood flow to your brain by up to 7.5 per cent, which can make you feel dizzy, nauseous, and cause headaches. They can also increase the pressure in your eyes if on too tight and are great at carrying germs.

You can actually die laughing. And a number of people have, typically due to intense laughter causing a heart attack or suffocation. Comedy shows should come with a warning.

Bacteria on your skin cause your itches. Specifically, bacteria known as Staphylococcus aureus can release a chemical that activates a protein in our nerves. This sends a signal from our skin to our brains, which our brain perceives as an itch.

Mr. Cooper is the doctor.

There are 4 people: Mr. Cooper, his wife, their son and Mr. Cooper's mother. One is a doctor and another is a lawyer.

- 1) If the doctor is younger than the lawyer, then the doctor and the lawyer are not blood relatives.
- 2) If the doctor is a woman then the doctor and the lawyer are blood relatives.
- 3) If the lawyer is a man, then the doctor is a man.

Whose occupation do you know?  
(Answer at the bottom of the page)

## The Correct Way to Spell Potato

If GH can stand for P as in 'hiccough,'

If OUGH can stand for O as in 'dough,'

If PHTH can stand for T as in 'phthisis,'

If EIGH can stand for A as in 'neighbour,'

If TTE can stand for T as in 'gazette,'

If EAU can stand for O as in 'plateau,'

Then the correct way to spell potato would be

GHOUGHPHTHEIGHTTEEAU.

Created By Connie Walker in collaboration  
with the Division of Family Practice  
Suggestions can be emailed to  
[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)