

MOA NewsLetter



Tranquille Sanatorium Sorted and Hopeful

Unveiling the Mysteries

The Tranquille Sanatorium, established in 1907 in the remote foothills of Kamloops, was a key treatment center during the tuberculosis epidemic. Isolated and lacking modern medical treatments, patients and caregivers faced harsh conditions, relying on rest, fresh air, and limited resources to combat the disease. Despite the difficulties, a sense of community and hope prevailed, with patients finding solace in shared experiences and caregivers providing essential emotional and physical support. This article offers a glimpse into the early days of the sanatorium and the lives of those who lived and worked there. [Read the Story](#)



Drone Flight - Tranquille Sanatorium
(Padova), Kamloops BC - Feb 2021

*Submit your suggestions to
almostanything.cw@gmail.com*

*created by Connie Walker
in Conjunction
with the Thompson Region
Division of Family Practice*

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Coach's Corner

Thompson Region Division of Family Practice



MOA Appreciation Night!

MOA APPRECIATION NIGHT!

TRDFP, PSP and PCN Network invite you to join us at for
Spring into Connection: Cheers to MOAs!

Where: Bright Eye Brewing
292 Tranquille Road

When: Thursday, April 10

Time: 5:00 PM to 7:00PM

We'll be in the lounge area with high tables and the arcade. The event will be catered, so please make sure and [CLICK HERE](#) to make your meal selections. Plus, it's trivia night—so get ready for a fun-filled evening of learning and laughter with colleagues! |
More details to come!



MOA NETWORK LUNCH DROP-IN RAPID FIRE LEARNING SESSION

Please join us for our next MOA Network Drop-In Lunch Time Session

When: Wednesday, April 2

Time: Noon - 1pm

PLEASE [CLICK HERE](#) TO PRE-REGISTER FOR THIS DROP-IN LEARNING ACTIVITY.
ONCE YOU HAVE REGISTERED YOU WILL BE SENT A ZOOM INVITE.

Doctors of BC

Docs of BC has a
NEW WEBSITE including:

- [Recorded Webinars](#)
- [Human resources](#) for efficient clinic management
- [UptoDate](#): Clinical Information Online

AI Scribe Practice Support Webinar

AI Scribe Practice Supports Webinar

Facilitator:
Kaitlyn Shaw, Senior Manager, Practice Transformation

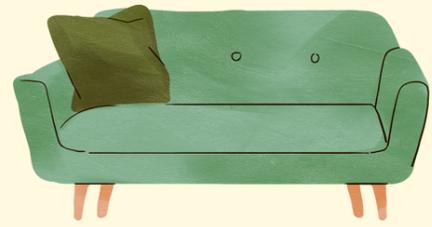
Presenters:
Michelle Okwundu, Health Informatics Liaison, DTO
Dawn Lake, VP, Digital Health and Privacy Officer
Dr. Chinmay Dalal, Family Physician
Dr. Jaco Strydom, Family Physician

DTO Doctors Technology Office
PSP Practice Support Program

Subscribe

LFP and PAS mailing list, and stay informed on the latest updates from Doctors of BC

MOA Lounge



Social Media Centre

- MOA Network Working Group
- Kamloops MOA Discussion Board
- Kamloops MOA Bulletin Board
- BC Centre for Disease Control
- BC College of Family Physicians
- College of Physicians and Surgeons
- Doctors of BC
- Thompson Region Division of Family Practice
- Medical Questions & Answers
- Medical Knowledge
- Healthy Life, Food & Fitness Tips
- Healthy Food Recipes

NewsLetters of interest

- Doctors of BC
- MOA NetWork
- Kamloops General Surgery. Bi Annual
- College Connector (College of physicians & Surgeons)
- Canada Health Watch
- Echo NewsLetter (Medical Council of Canada)
- Mayo Clinic NewsLetter
- PharmaCare Newsletter
- Division Dispatch

Access all of the previous MOA NewsLetters at the Division website

Did you know?? There is an MOA community Portal

This is a great space where you can connect with other MedAccess users across the Kamloops area. You can share ideas, ask questions, share & request specific templates easily! There is already many great resources uploaded for you to benefit from. You can also turn on notifications to receive updates when new posts are added.

Click [this link](#) to find out more about the MedAccess Community Portal and add start connecting!

MOA Feature

Meet the Team at Kamloops Respiriology Associates Katherine and Avani!

Katherine

Katherine has been the Medical Office Assistant (MOA) for Dr. Kambo, Dr. Nair, and Dr. Varma for the past five years, bringing a total of 10 years of experience in the field. Before joining Kamloops Respiriology, she worked as a secretary for a CPAP company, gaining valuable knowledge in respiratory care.

Born and raised in Kamloops, Katherine is deeply connected to the community. She has been happily married for 20 years and has been with her husband since high school—an amazing 29 years together! They have two children, ages 20 and 17.

Outside of work, Katherine enjoys camping, paddleboarding, and golfing in the summer. When winter arrives, she happily embraces “hibernation mode.” Most of all, she loves her job and the people she works with, saying, “It’s a great team—I love working with Avani and the doctors!”

Avani

Avani is a third-year Political Science student at Thompson Rivers University, with the ambitious goal of becoming a lawyer. She has been part of the Kamloops Respiriology team for the past year, working part-time while balancing her studies. Also raised in Kamloops, Avani enjoys spending time with friends, golfing, reading, skiing, and traveling. She appreciates the supportive and friendly atmosphere at the clinic, saying, “I love my job and working with the guys and Katherine!”

Monday - Friday 9am to 4:00pm
Phones are answered between
9:30am and 3:30pm with a break
between 12-1 for lunch.

Referral letters are preferred to
include: demographics and patient
history.

1-436 Lorne St,
Kamloops, BC, V2C 1W3,
Ph: (250) 372-8622
Fsx: (250)-372-8665



Avani Sharma & Katherine Swaine

Laboratory Details

Interior Health Labs

book online @

www.labonlinebooking.ca
(including surrounding area)

Tudor Village

Walk-ins:

- Monday to Friday 7:30am - 2:00pm

Appointments:

- Monday to Friday 7:30am- 3:00pm

IHA Royal Inland Hospital

Walkins

- Monday to Friday 7:00am-2:30pm

Appointments

- Monday to Friday: 3:00pm-5pm
- Saturdays 10:00am-11:00am

IHA North Shore

Appointments only

- Monday To Friday 8:00am- 3:30pm

Processing and ordering Tests
including Requisitions

Lifelabs

1-800-431-7206

book on line @

appointments.lifelabs.com

St Paul St

- 24-Hour Holter Monitoring
- Ambulatory Blood Pressure Monitoring
- ECG
- Monday to Friday 8:00am to 4:00pm

Nicola St

- Monday to Friday 8:00am-12: pm

Tranquille

- 24-Hour Holter Monitoring
- Ambulatory Blood Pressure Monitoring
- ECG
- 7am-3:00pm Monday to Friday
- 7am-12:00 pm Saturdays

Harrison Way

- 24-Hour Holter Monitoring
- Does ECG
- 8am-3:30pm Mon to Friday

Requisitions and forms

Requisitions expire in 1 year , however Standing orders may be valid UP TO 2 years , if indicated on requisitions

Educational Opportunities

CMPA:

Documentation :

Understanding the principles and elements of medical documentation 15-20 Minutes
Online

Infection Prevention and Control Masterclass:

Learn about infections, their transmission methods, symptoms and preventive techniques in this free online course.

Communicating with

Presence:

Strengthen Patient Connections

FPSC Protecting Patient Information Course

April-June 2025

New course provides MOAs with patient privacy knowledge and tools

To be eligible for this course, you need to be currently employed as an MOA in practice, This virtual course will be held weekly on Tuesday evenings from 6:30-8:30pm from April 8, 2025 - June 10, 2025 (no classes between May 7 - June 9, 2025)

Webinars:

AI Scribe Practice Supports Webinar (*Doctors of BC*)

frequently asked questions

Ethical Principles

Recording Clinical Encounters

Expert Knowledge. Real-life Insights. (MedWeb)

Join a **free webinar** – live or on demand – to hear from leading medical experts on a variety of health conditions and topics. WebMD has teamed with specialty physicians and researchers

Job Opportunities

Provincial Health Services Authority (PHSA)

Admin Assistant Position

Job Type: Regular, Full-Time

Wage: \$30.54 / Hour
Closing Date: April 1, 2025

Hours of Work: 0800-1600 (Monday to Friday)

Your Search Begins Here

SimplyHired

Glass Door

Jooble

Workopolis

Bing.Jobs

Billing Briefs

REMINDER

Physicians enrolled in the LFP Payment Model need to re-enrol in order to continue billing under the LFP Payment Model.

If an enrolment code is not submitted by March 31, no payments will occur until it is submitted.

Please review the eligibility criteria, required services, and enrolment information in the [LFP Payment Schedule](#) prior to submitting

MSP LINKS

- [MSC Payment Schedule](#)
- [MSC Longitudinal Family Physician Payment Schedule](#)
- [Diagnostic Codes](#)
- [Explanatory Codes](#)
- [Designated Holidays & Close off dates](#)

[Clarifying the existing referral process](#)

*Central access point for information on claims, payments, patient status, third party payments, registration, billing, locum and rural programs, out of country claims, and info-by-fax. Includes the Billing Support, Benefit Services, Provider Services and Out of Country Claims departments. When calling, please have the appropriate information ready (e.g. **patient name, PHN, data centre/sequence number, date of service, practitioner number and payment number**)*

MSP Contact Info

Medical Services Plan
PO Box 9480 Stn Prov
Govt
Victoria, B.C. V8W 9E7
For practitioner
assistance and
inquiries
Ph: .1-866-456-6950
Fax: (250) 405-3593

April						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

May						
S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Close Off



Load Remittance



Billing News

At time of distribution, description of these codes were only available at BC Family Doctors and have not yet been added to the MSC Payment Schedule

New Surgical Assist Fee

This new fee code (13197) is effective for dates of service on or after

March 1, 2025.

The surgical assist fee code is based on the total operative fee for the surgical procedure is payable for providing surgical assistance at a surgery that has a fee value of \$869.01 or more

Billing Tips:

13197 is payable for providing surgical assistance at a surgery that has a fee value of \$869.01 or more.

00197 is payable for providing surgical assistance at a surgery that has a fee value between \$529.01 and \$869.00 inclusive.

13194 First Surgical Assist of the Day is payable in addition to 13197, if applicable.

13003 Body Mass Index Surgical Assist Surcharge is payable in addition to 13197, if applicable.

After 3 hours of continuous surgical assistance for one patient, you can also bill 00198. Bill one unit of time for each 15 minutes or fraction thereof.

New Long term Care Fee Code

This new fee code is effective for dates of service on or after March 1, 2025 and is to recognize the time and effort required to admit a patient to long-term care

13115 Long-Term Care Admission - \$120.63

Billing Tips:

13115 cannot be billed on the same day as 00114 or 00115, unless you submit a claim note record explaining the medical necessity.

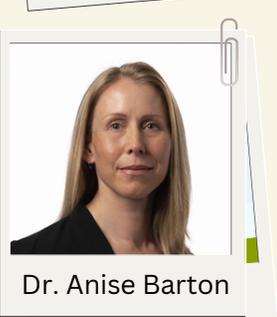
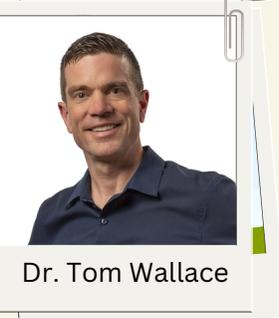
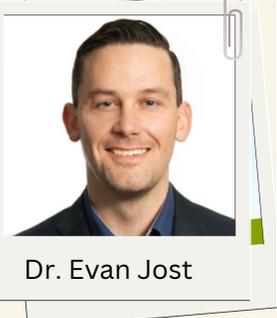
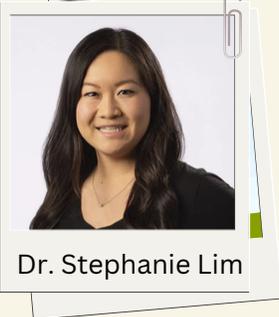
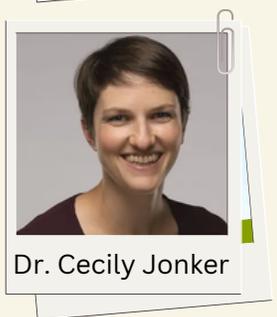
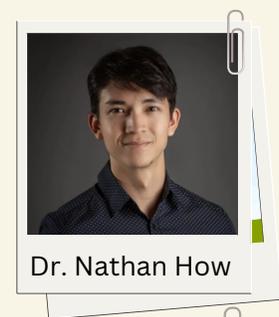
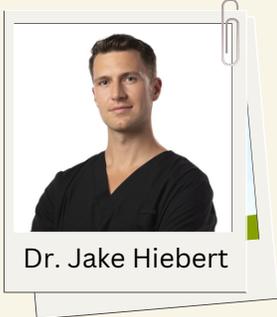
In some circumstances, the date that the patient is admitted to long-term care may not be the same date as when you bill the admission fee. For example, you may speak to the nurse and complete admission paperwork the evening before seeing the patient for an in-person admission visit.

13115 is not payable when a patient is readmitted to long-term care from hospital. It is only payable for the initial admission to the long-term care facility.

13115 is payable when the patient is transferred and admitted to a new long-term care facility under the care of a new physician.

Kamloops General Surgeons

Referrals are triaged based on urgency. Patients will be referred to the first available surgeon who offers the requested service. Relevant investigations are important to assure proper triaging.



Meet the Doctors

- Anorectal
- Breast
- Colorectal / GI
- Hepatobiliary Pancreatic
- Hernia
- Skin / Subcutaneous Lesions
- Stomach and Esophagus
- Head and Neck
- Spleen
- Adrenal
- Vascular / Renal Access
- Birth Control
- Endoscopy

Full List of Services

Resources

Referral Form

P: 250.319.2354
F: 250.469-9410
kamloopsgeneralsurgery.ca



Supplier Connections

CANADA MEDICAL :

- [Website](#)
- [Catalog](#)



CAN MED DIRECT :

- [Website](#)
- [Catalog](#)



HENRY SCHEIN :

- [Website](#)
- [Catalog](#)



MEDLINE:

- [Website](#)
- [Catalog](#)



STEVENS :

- [Website](#)
- [Catalog](#)



Pharmanet

PharmaNet Data Quality Services Team

1-844-660-3200 Monday - Friday, 8:00 am - 4:00 pm
(leave a voicemail message outside of hours).

To report a lost or stolen duplicate/controlled prescription pad, a prescriber must contact the team and provide:

- Prescriber's name
- location
- contact information
- Prescriber's licence number
- Folio numbers involved
- Additional information

as required Contact the team if you find an error in a PharmaNet profile (e.g., duplicate prescription, dispenses on the wrong PHN), or for support with a prescription reversal.

PharmaNet for practitioners

Help Desk : 1-800-554-0225

Medical Practitioner Line: 1-866-905-4912 (toll-free)

- Benefits covered through Plan G, also SA (incl. RDP)
Ext 1 - Monday - Friday 8:00 am - 4:30 pm
- Benefits covered through Plan P -Ext 2 -24/7
- Restricted claimant program -Ext 3 - 24/7

S/A

Special Authority [Web Page](#)

Special Authority E-Form [WebPage](#)

Urgent SA requests are usually processed within one business day. The current turnaround for faxed requests is 10 weeks. Turnaround is often quicker through

SA eForms

[eForm Quick Reference Guide \(PDF\)](#)

Plan W

First Nations Drug Plan
[PDF list of Drugs](#)

Plan C

Income Assistance

Plan B

Long-term Care

Plan G

Psychiatric Medications

Plan P

Palliative Care

Plan S

Smoking Cessation

Plan D

Cystic Fibrosis

Plan F

Children in the At Home Program

Plan X

HIV/AIDS

Plan M

Medication Management

Plan Z

Contraceptives

MAID

Mifegymiso

Opioid agonist treatment

Paxlovid

Tecovirimat

Transportation Services

Kami Cabs: (250) 374-9999 [WebPage](#)
Yellow Cabs :(250) 554-0570 [WebPage](#)

Uride : Kamloops :
email for info: support@uridetech.com.
[website](#): schedule a ride, more info

Travel Easy, call a cab,
schedule a Uride , take a
bus, ride the transit

Health Connections

Health Connections provides communities with accessible transportation options to non-emergency medical appointments.

Kamloops to and From

- Logan Lake
- Kelowna
- Merritt
- Chase
- Lytton
- Lillooet
- Williams Lake
- Revelstoke

[Schedules / locations](#)

Yellowhead Community Transit Services -Valley Connector

The Transit buses for The Clearwater & Area and Ashcroft-Clinton-Lillooet transit services are available Monday through to Friday, with the exception of Statutory Holidays. . The Clearwater - Kamloops Tuesday/Thursday route currently does not have a bike rack.

[Information](#)

Kamloops City Transit

[Schedules and Maps](#)

handyDART

handyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. handyDART picks up at an accessible door and drops off at the accessible door of the destination : [Read More Here](#)

BC Bus North

BC Bus North is your intercity bus service . West to Prince Rupert, East to Valemount, North to Fort Nelson and South to Kamloops and many communities in between.

Travelling around beautiful British Columbia is easy for the residents and visitors to Northern BC.

Whether to visit friends and family, access employment and educational opportunities, or to simply check out one of the other Northern BC Communities

[Find more Information Here](#)

Interior Medical Transport (IMT)

The IMT provides transportation for appointments, medical coverage for events, and we are based out of the Kootenay region of BC. Paramedics are highly trained and fully licensed healthcare professionals. [Read More Here](#)

News to Know

B.C. trying to recruit U.S. doctors

Facing severe shortages of physicians and nurses, several provinces are recruiting U.S. health professionals to fill gaps in primary care and staff rural ERs.

The government promised it would look to attract U.S. health-care professionals to help fill staffing gaps.

As part of that, it also promised to make it easier for trained health-care workers from other countries to get their credentials recognized.

- **Read On**
- **Paging Canada**: Your future doctors are fleeing the U.S.

(Canada Health Watch)

MEASLES- Making a comeback?

Health authorities in B.C.'s Lower Mainland have confirmed a **new case of a person infected with measles**

.Measles cases in Canada are increasing, Canada's chief **public health officer warns**

Ensure you're **vaccinated against measles**: B.C. health minister

The British Columbia and federal governments have signed a four-year, \$670-million pharmacare (**Global News**) agreement, giving universal access to contraceptive and diabetes medications

BC residents will receive public coverage for a range of contraceptives and diabetes medications at little to no cost. B.C. residents can expect to begin receiving coverage for these products in **March 2026. (yes! 2026)**

GOVERNMENT OF CANADA
News Release



Metabolic Syndrome

Metabolic syndrome is a group of conditions that increase the risk of heart disease, stroke, and type 2 diabetes. These conditions include high blood pressure, high blood sugar, excess abdominal fat, and abnormal cholesterol or triglyceride levels. While most symptoms are not obvious, a large waist circumference and signs of diabetes (e.g., increased thirst, fatigue, and blurred vision) may occur.

Causes

It is primarily linked to obesity, physical inactivity, and insulin resistance—where the body's cells don't respond properly to insulin, causing elevated blood sugar levels.

Risk Factors

- Age: Risk increases with age.
- Ethnicity: In the U.S., Hispanic women are at the highest risk.
- Obesity: Especially abdominal fat.
- Diabetes: Personal or family history of type 2 diabetes or gestational diabetes.
- Other Conditions: Nonalcoholic fatty liver disease, polycystic ovary syndrome, and sleep apnea.

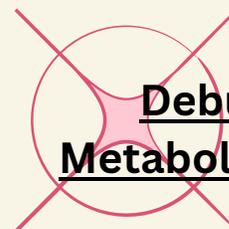
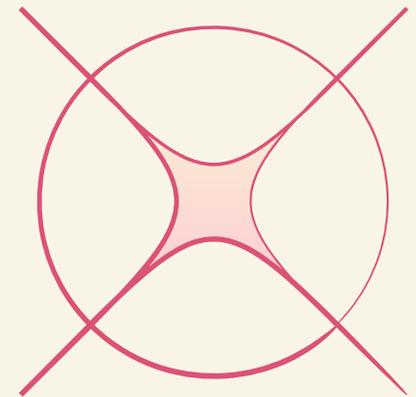
Complications

- Type 2 Diabetes: Caused by insulin resistance.
- Heart Disease & Stroke: Due to plaque buildup from high cholesterol and blood pressure.

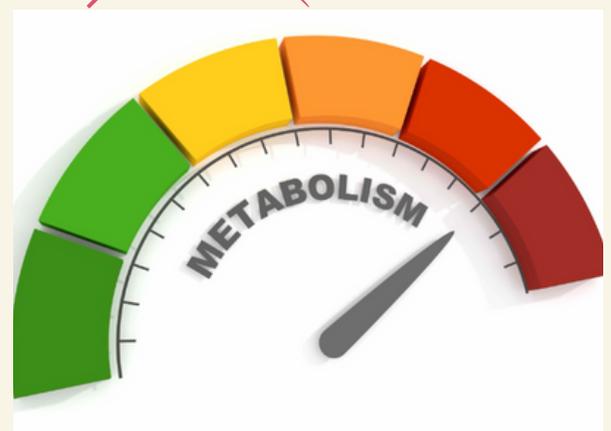
Prevention

- Engage in at least 30 minutes of daily physical activity.
- Eat a balanced diet rich in fruits, vegetables, lean protein, and whole grains.
- Limit saturated fats and salt.
- Maintain a healthy weight.
- Avoid smoking.

What is Metabolism?

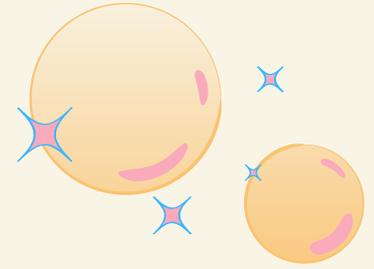


Debunking Metabolism Myths



Read More @ [MAYO CLINIC](#)

Allergies



Allergies occur when the immune system overreacts to a foreign substance, called an allergen, that is typically harmless. Common allergens include pollen, bee venom, pet dander, certain foods, and medications.

Normally, the immune system produces antibodies to fight harmful invaders like germs. However, in allergies, it mistakenly identifies an allergen as dangerous, triggering a response that can cause inflammation in the skin, sinuses, airways, or digestive system.

Causes and Risk Factors

Doctors don't fully understand why some people develop allergies. However, allergies tend to run in families, meaning they can be inherited. If a close family member has allergies, your risk of developing them is higher.

While the exact reasons for allergy development remain unclear, common allergens include:

- Pet dander (from cats or dogs)
- Bee stings or insect bites
- Certain foods (e.g., nuts and shellfish)
- Medications (e.g., penicillin and aspirin)
- Plants
- Pollen
- Mold
- Dust mites

Symptoms

Allergy symptoms vary depending on the allergen and can affect the:

Airways and nasal passages

Sinuses

Skin

Digestive system

Reactions can range from mild irritation to anaphylaxis, a severe, life-threatening emergency.

Treatment

While most allergies cannot be cured, treatments are available to help relieve symptoms and manage allergic reactions.

Rare Allergies *strange but true!*

- **Semen Allergy:**
- **Sesame Seeds Allergy**
- **Cold Temperatures Allergy**
- **Exercise Allergy**
- **Electricity Allergy**
- **Water Allergy**
- **Being Touched**
- **Your Own Child**
- **Vacuumping**
- **Bean Bags**

[Read all about them](#) (and more)

A severe and sudden allergic reaction known as anaphylaxis can develop just seconds after exposure to an allergen. This type of reaction results in life threatening symptoms, including:
swelling of the airway
an inability to breathe
a sudden and severe drop in blood pressure

Classifieds

Office Space for Rent

is your Doc looking for a space?

Office space available for family physician or specialist

Private office space and exam room in the Nicola Medical Building available for rent. This unit is ready to be set up however you like. The office and exam room are furnished. The reception area, waiting room, kitchen, and bathroom are shared with a specialist's office. There are two shared reserved parking spots. nicolamedical@drhudson.ca

Central Clinic for GP or a Specialist

Centrally located West Columbia Medical has an opportunity for a family physician or specialist. There are two fully furnished exam rooms, a communal waiting area, a large office, a kitchenette, built-in storage, and the option to use the boardroom downstairs that fits up to 10 people. 788 square feet plus shared space for washrooms and waiting area. This co-located office is perfect for a solo practice or two part-time physicians.

For additional information

For Sale



250-372-3223

2, 5-drawer filing cabinets and 1 7-drawer filing cabinet, as well as an older autoclave that has passed inspection. Open to offers. Dr Jacoby's office. (250) 377-4949

2 brand new Jabra headsets@ Dr Ross's office. 778-471-7997..



Model Jabra engage 75 stereo



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]).

Emergency Preparedness

Using 9-1-1

Prepare your family for an emergency before it happens by teaching children what to do, including how to use 9-1-1.

Making a plan for emergencies

Learn what to do before an emergency happens by making a plan.

Making a kit for emergencies

Put together a kit that you and your family can survive on in an emergency. This includes times when there is no power or running water.

Helping kids cope when emergencies happen

Learn how to help your children cope in a stressful situation like an emergency.

Helping kids prepare for emergencies

Help prepare your children for a potential emergency, such as a natural disaster.

Preparing for dealing with extreme weather

Learn how to prepare for and keep your family safe during a natural disaster like a storm, flood, wildfire or tornado.

Preparing an emergency food kit

Use these practical tips for storing, handling and preparing food in an emergency to protect your family from food-borne illnesses.

Emergency App

ALERTABLE

- **Google Play**
- **APP Store**

Find emergencies near you

Emergency evacuation and recovery information

PreparedBC emergency guides and resources

YOUR emergency preparedness guide (PDF)

PRINTABLE Household Member Information Sheet

Absolutely not related

Facts you may or may not need to know

Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.

It's impossible to hum while holding your nose (just try it!).

There are no muscles in your fingers: Their function is controlled by muscles in your palms and arms.

In some Canadian provinces (like Ontario), saying "sorry" after an accident can't be used as an admission of guilt in court.

The stomach's lining replaces itself every 3–4 days to prevent it from digesting itself with its own acid.

Mosquitos are attracted to people who just ate bananas

