

# Canadian Health Breakthroughs

Canada is renowned for numerous health breakthroughs and inventions that have significantly impacted global medicine.

## Key contributions include:

- The discovery of insulin (Banting and Best).
- The invention of the artificial cardiac pacemaker (John Hopps).
- Identification of the gene responsible for cystic fibrosis (Lap-Chee Tsui).
- The development of the child-resistant medicine cap (Henri J. Breault).

Other major Canadian advancements involve research into the

- Polio vaccine and HIV, pioneering transplant surgery, the use of Cobalt-60 radiation therapy for cancer, and the creation of Pablum, the first vitamin-fortified baby cereal.

- [JUMP TO THE ARTICLE](#)

- [PUBLIC HEALTH: - A CANADIAN HISTORY](#)



# NEWSLETTER

Winter 2025/2026

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*Created by Connie Walker in collaboration with the  
Division of family Practice  
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# MOA APPRECIATION EVENT

Winter 2025/2026

THOMPSON REGION  
MEDICAL  
OFFICE  
ASSISTANTS



**SAVE  
THE  
DATE!**

WINTER APPRECIATION EVENT

22 JANUARY 2026



[REGISTER HERE!](#)

# COACH'S CORNER

Winter 2025/2026



Thompson Region  
Division of Family Practice  
An FPSC initiative

## **Panel Management Course with the University of the Fraser Valley**

\*Registration for the January 2026 cohort is now open\*

### **Course cost:**

- Free. The costs of this course are covered by the FPSC.

### **Course overview and benefits:**

During this 12-week course, medical office staff will learn panel management skills that will enhance their clinic's panel management process and workflows.

### **Participants will learn:**

- The basic abilities of a panel manager
- The basics of the patient medical home and primary care networks
- How to assign patients to a specific primary care provider
- The principles of registry-based care
- Proactive and preventative care through quality improvement
- The course includes a capstone AIM statement, which is supported by an FPSC Practice Improvement Coach and a Panel Management Coach.

### **Course dates:**

The course runs two virtual cohorts per year.

- Thursday, January 29, 2026, to Thursday, April 16, 2026 (6:30 -8:30 p.m.)
- September 2026 cohort TBC

### **Course eligibility:**

- You are a medical office assistant or office manager
- You currently work in a clinic
- Your clinic provides longitudinal care to patients
- The clinic you work at must be on an EMR
- You have a clinic physician's approval to participate

### **How to register**

**Complete the Panel Management Course with the University of the Fraser Valley [Registration Form here](#). Deadline to apply for the January 2026 cohort is December 12, 2025.**



# MOA NOTES

WINTER 2025/2026

## EMR SKILL BUILDING

EMR Skill Building Sessions are designed to help family physicians, medical office assistants (MOAs), Nurse Practitioners (NPs), and other practice team members expand their expertise in using their Electronic Medical Record (EMR)

### Past recordings

Past sessions are clipped into short videos by topic on the Doctors of BC Youtube channel. Explore playlists for the following:

- [Med Access](#)(external link)
- [OSCAR](#)(external link)
- [Intrahealth Profile](#)(external link)

### Upcoming sessions

To hear about upcoming offerings,

[register for our mailing list](#)(external link).

Note: if you are not currently using MedAccess, OSCAR or Intrahealth Profile EMRs, you can still register your interest.

## LINKS

- [MOA DISCUSSION BOARD](#)
- [MOA BULLETIN BOARD](#)
- [PUBLIC HEALTH](#)

## NEWSLETTERS

[Divisions Dispatch](#)-[subscribe](#)

[BC Cancer Screening](#)

[Newsletter](#)- [subscribe](#)



**Congratulations  
to our surprise  
give away  
winners!**

### CASH PRIZES: (\$75.00)

MARISA LENTZ  
ANDREA WHITE  
LEAH ALLEN  
KELLY SAMILA

### CONSOLATION PRIZES:

TIA BERGMAN  
BEKKI SRALA

[Check out the consolation  
prizes here](#)

# MOA FEATURE

WINTER 2025/2026

## DOMINIQUE KIP

I have 15 years of experience as a Medical Office Assistant (MOA), having worked alongside Dr. Swart since the start of my career. The past three years have involved an exciting transition; we relocated our practice downtown and joined the Thompson Rivers Medical team. Outside of my professional duties, I find immense joy and perspective in my family life. Spending quality time with my family—particularly experiencing the wonder of my seven-month-old granddaughter. This personal fulfilment fuels my positive, compassionate approach to both my professional duties and my interactions with colleagues.



## KRISZTINE FUR

My journey with Thompson Rivers Medical commenced in September 2013, where I initially served as a part-time Medical Office Assistant (MOA). I was pleased to transition into a full-time capacity in 2014, taking on greater responsibility within the practice. When I'm not focused on my work, my personal time is dedicated to a blend of relaxation and activity: I'm an avid reader and enjoy immersing myself in films, but my greatest pleasure comes from taking long walks with Kimber, our lively Aussie Shepherd, and cherishing time with family and friends.







# DOK TOK

Winter 2025/2026



[Stay Informed - Get Involved](#)  
[Podcast - News - Blog](#)

As of Jan 1<sup>st</sup>, 2026 **Dr Kozic has moved** and will be at Suite 206-300 Columbia St "Directly accross from rih" phone and fax will remain the same  
Ph: 778-471-0611  
Fax: 778-471-0613

## **DR ROD MCLAREN HAS RETIRED**

2 new family physician have taken his practice

Dr Teghan Moon and Dr Memoona Akram  
(are not at this time accepting new patients)

## **The Sun Peaks Mountain Resort Municipality**

has accepted a request for proposal from Dr. Catherine Nowierski to run the Sun Peaks Health Centre.

[Catch the article here](#)  
[UPDATE \(Dec 8th\)](#)

## **CHAMPAIGN DERMATOLOGY**

NOW OFFERING PHOTO THERAPY  
MSP covered- Referral required  
Fax referral to 250-434-1328

**BC Health Care Matters** began in January 2022 as a grassroots patient advocacy group and has grown into a provincial social movement. Our purpose was to advance and support all activities and actions that foster timely access to appropriate health services for every resident of British Columbia. Our mission was to campaign for timely access to a Family Doctor for every resident of British Columbia.

[FACEBOOK](#)

## **New rules on sick notes eliminate unnecessary paperwork**

Effective immediately, new rules limit when employers can ask for sick notes and will allow more time for health-care providers to spend with patients.

Under the new employment standards regulations, employers cannot ask for a sick note for a worker's first two health-related, short-term absences of five consecutive days or fewer in a calendar year.

[MORE INFO](#)

# MEET A DOC

Winter 2025/2026



Dr. Rebecca Afford MD FRCSC

PHONE: 250.879.0345

FAX: 250.828.2948

A Canadian scholar through her education, Dr. Rebecca Afford earned her undergraduate degree in Life Sciences from Queen's University. She then journeyed to the West Coast, completing her medical degree through the University of British Columbia's Northern Medical Program and her subsequent General Surgery Residency at UBC.

Dr. Afford established her broad General Surgery practice at Royal Inland Hospital in 2025. She has a strong clinical focus on the complex interaction between social determinants of health and surgical care, alongside her work in emergency general surgery.

After receiving her MD from the University of Calgary and completing her General Surgery residency at the University of Manitoba, Dr. Michelle Au furthered her expertise by obtaining a Masters of Global Surgical Care from the University of British Columbia.

Dr. Au joined the Kamloops General Surgery group in 2025. Her clinical practice focuses on a wide range of general surgery areas, notably minimally invasive GI surgery, hernia repairs, trauma, and comprehensive breast cancer care. She is eager to get to know the Kamloops community and enjoy the superb outdoor opportunities available throughout the Interior of British Columbia.



Dr. Michelle Au MD FRCSC

PHONE: 778.471.8266

FAX: 778.471.0105

# CLINICAL FINDINGS

Winter 2025/2026

## Generation Health Clinic

The Generation Health Clinic is a comprehensive, multidisciplinary program focused on improving the overall health and development of children and teens, with a core goal that is not weight loss.

- The Generation Health Clinic uses an evidence-based, multidisciplinary approach to support the physical and emotional development of children and teens. By collaborating with families—and offering culturally adapted care for South Asian and Chinese communities—the clinic focuses on enhancing overall quality of life and healthy functioning rather than weight loss, ensuring a positive transition into adulthood.



## **BC Cervical Cancer Screening Supply Ordering**

To register your clinic in British Columbia for the online ordering of cervical cancer screening supplies (like Pap test vials and requisition pads), follow these steps: Complete the [Online Registration](#): Visit the BC Cancer website for health professionals and fill out the Cervix Screening [Supplies](#) registration form. This is required if your clinic is new to the online ordering system. Receive Log-in Details: Your clinic will receive the necessary log-in credentials via email, usually within one business day.

For questions about the online system or your order, contact Screening Promotions at **[promotions@bccancer.bc.ca](mailto:promotions@bccancer.bc.ca)**. For general inquiries or to update existing provider information, contact the Cervical Cancer Screening Lab at

**[CCSLClerical@bccancer.bc.ca](mailto:CCSLClerical@bccancer.bc.ca)** or 1-877-747-2522, and you may need to complete the Provincial Laboratory Medicine Services provider update form.

Specimen packaging Guidelines [Lifelabs](#)

[Sample Labeling](#)



# DONT'S

Winter 2025/2026

## Downtown X-ray and Ultrasound

### X-RAYS: WE DO NOT DO

- SCOLIOSIS SERIES,
- LONG-LEG VIEW,
- HIND-FOOT ALIGNMENT VIEW,
- PANOREX MANDIBLE,
- SURGICAL TEMPLATE HIP
- SURGICAL TEMPLATE KNEE X-RAYS.

### ULTRASOUNDS: WE DO NOT DO

- DOPPLERS
- -BREAST OR AXILLAR,
- DVT DOPPLER
- COROTID
- BABY SKULL, SPINES, HIPS OR HEADS
- PED APPENDIX OR DOPPLER

## Aberdeen x-ray and ultrasound

### X-RAYS : WE DO NOT DO

- KNEE TEMPLATE SERIES  
STANDING: LONG  
LEG(SOMETIMES CALLED  
3FT STANDING
- HIP TEMPLATE SERIES
- DUNN VIEW
- FALSE PROFILE
- CROSS-TABLE
- RECENT HIP  
REPLACEMENT/H(DONE AT  
RIH)
- NAU TRAUMA RELATED TO  
PELVIS/HIP FALLS, MVA ECT
- DECUB ABD
- SCOLIOSIS VIVIEW
- MANIDBLE
- SKELETAL SURVEYS FOR  
CHILDRENARWARE CHECK

### ULTRASOUNDS: WE DO NOT DO

- BREAST & AXILLA((ARMPIT)
- DVT
- CAROTID
- ECHOCARDIOGRAMS
- ANYTHING VASCULAR: PAD, RAS,  
PORTAL OUTFLOW
- ABD FOR CIRRHOSIS (NEEDS  
DOPPLER)
- FIBROSCAN OF LIVER
- NUCHAL TRANSLUCENCY (DONE  
AT RIH)
- HYPERTROPHIC PYLORIC  
STENOSIS IN BABIES
- PENILE(DONE AT RIH)
- ELBOW(MSK):  
TENDONS/LIGAMENTS
- OPE WOUNDS/ABSCCESS
- MAMMOGRAMS

# EXPLORE THE MUSTARD SEED

Winter 2025/2026

♥ The Mustard Seed Caring for People in Western Canada The Mustard Seed is a Christian non-profit organization established in 1984, dedicated to supporting individuals experiencing homelessness and poverty across seven cities in Western Canada. It serves as a supportive haven addressing physical, mental, and spiritual needs to foster greater health and independence.

## ★ Programs and Services

The organization offers a comprehensive range of supports:

- **Basic Needs:** Emergency shelter, meals, clothing, and hygiene items.
- **Support Services:** Health and Wellness, Housing, Employment, and Spiritual Care.
- **Community:** Community Engagement and Community Impact Centres.

## 🏠 Kamloops Shelter Locations ([learn More](#))

(Community Impact Centres) The Mustard Seed operates two 24/7 emergency shelters at the same location in Kamloops, BC, at 181 West Victoria Street. Both provide immediate relief and long-term supportive services.

### • The Mustard Seed West End Shelter

Men and women experiencing homelessness and poverty. Emergency shelter, food, clothing, showers, hygiene supplies. Offers programs like advocacy, counselling, health care assistance, and spiritual care.

Capacity: 20 Beds

Location: 181 West Victoria Street, Kamloops, BC.

Email: [infoKamloops@theseed.ca](mailto:infoKamloops@theseed.ca)

Phone: **250.372.9890**

Open 24/7

### • Women's Harbour

House Women experiencing homelessness or housing insecurity. Emergency shelter, meals, showers, laundry, and essential resources. Provides wraparound services including wellness programs, community referrals, and recovery support.

Capacity: 12 Beds

Location: 181 West Victoria Street, Kamloops, BC.

Email: [infoKamloops@theseed.ca](mailto:infoKamloops@theseed.ca)

Phone: 825.401.2870

Open 24/7

## KAMLOOPS MUSTARD SEED WELLNESS CENTRE [SERVICES](#)

MON - FRI 9 AM -  
12PM & 1 PM - 4 PM

- Tax Clinic
- Advocacy
- Healthcare Supports
- Foot Care
- Assistance with obtaining ID
- Employment Support
- Seniors Supports
- Housing Supports
- Addiction and Recovery supports
- Spiritual Care /Chaplaincy
- Mental Health & Counselling Supports



**further information email**

[InfoKamloops@theseed.ca](mailto:InfoKamloops@theseed.ca)

[WEBPAGE](#)

# BILLING TIPS

Winter 2025/2026

## LFP

### Submitting LFP time codes across midnight

MSP/Teleplan does not accept LFP claims that cross calendar days. This means that when providing care across midnight, you will need to separate any time code submissions by calendar day. While this is most common for physicians providing pregnancy & newborn care and inpatient care, it applies to all time codes.

In many circumstances, you will need to bill using two different patient PHNs to reflect the “first patient of the day.” ([the LFP](#)

### [Payment Schedule - How to submit time codes.](#))

To bill time codes across midnight:

- Use 2400 hours as the end time for the first calendar day, and 0001 hours as the start time for the following calendar day.

Since time codes must be billed in 15-minute units, physicians may need to adjust the end time accordingly.

- As an example:

Sunday, September 21: 2300 to 2400 hours billed using the PHN of the first patient interaction code of Sept 21 in that setting.

Monday, September 22: 0001 to 0331 hours billed using the PHN of the first patient interaction code of Sept 22 in that setting.

### WorkSafeBC Seeking Longitudinal Family Physicians for Paid Research Opportunity



Are you a family physician working in the Longitudinal Family Physician (LFP) payment model with recent experience treating workers covered by WorkSafeBC? Your feedback is needed to help WorkSafeBC better understand your specific needs and address challenges you may be having. This is a paid opportunity, conducted over Zoom. The interview can be scheduled at a time that suits you, between **November 17-28, 2025.**

WorkSafeBC is interested in hearing from **both physicians and their administrative staff involved in billing** to gain their perspectives. Both physicians and staff who take part in an interview would receive a payment at the Doctors of BC sessional rate for their time.

If you would like to share your thoughts on pain points related to treating injured workers and suggestions for enhancement, please register your interest using the online form below. If you have questions, please email Tracy Klass, Senior Manager, Research and Insights at WorkSafeBC at [tracy.klass@worksafebc.com](mailto:tracy.klass@worksafebc.com).

[UNINSURED SERVICES](#)



# THE STUDY

Winter 2025/2026

## 1 CUP OF COFFEE A DAY MAY LOWER AFIB RECURRENCE RISK BY 39%

### ☕ Coffee and AFib Recurrence Summary

A randomized trial studied 200 adults with persistent Atrial Fibrillation (AFib) who were assigned to either drink at least 1 cup of caffeinated coffee daily or abstain from caffeine for six months.

- Key Finding: Participants who drank coffee daily lowered their risk of AFib recurrence by 39%.
- Conclusion: The results are highly reassuring, suggesting that healthcare providers should not prohibit AFib patients from consuming moderate amounts of caffeinated coffee.
- Mechanism: Researchers suggested the protective effect could be due to coffee's anti-inflammatory properties, its positive effect on electrical function in the heart, or increased physical activity associated with coffee consumption



[HARVARD](#)

[HEART AND STROKE](#)

### [COFFEE ASSOCIATION OF CANADA](#)

sweeteners and Use: Artificial sweeteners (like sucralose, aspartame, and erythritol) are widely consumed, especially by people with diabetes, because they are believed to cause fewer blood sugar spikes than sugar. The FDA has approved several of these alternatives as safe.

Emerging Concern: Recent research has raised concerns about the possible long-term health effects of these alternatives. Recent Study (in Neurology): A study found that several sweeteners (including aspartame, saccharin, acesulfame-K, erythritol, xylitol, and sorbitol) were linked to declines in memory and thinking skills. This cognitive decline was estimated to be equivalent to about 1.6 years of brain aging.

Discussion: The Medical News Today podcast In Conversation featured Dr. Claudia Suemoto, senior author of the Neurology study and an expert in geriatrics and dementia research, to discuss the implications of these findings and whether people should stop consuming artificial sweeteners.

## ARTIFICIAL SWEETENERS AND BRAIN AGING: WHAT WE KNOW SO FAR



[NATIONAL LIBRARY OF MEDICINE](#)

[THE GUARDIAN](#)

## Winter 2025/2026

Tues, Wed, Thursday 8am to 4pm

**SEE MORE HERE**

**Read more**



The Red Cross actively serves local communities and provides opportunities to find programs, events, and volunteer roles in your area.

Numerous courses from A-Z  
review them [HERE](#)

# IN THE KNOW- WITH THE NEWS

Winter 2025/2026

## ANNOUNCEMENT: FROM VISION TO REALITY - PCN HEALTH HUB OPEN NOW

**Left to Right:** Colorado (MOA), Saima (Clinical Counsellor), Jennifer (Registered Nurse), and Jennifer (Registered Nurse)



The Thompson Region PCN Health Hub has officially launched, located within a dedicated space at the North Shore Urgent and Primary Care Centre (UPCC). This will be the home base for the Thompson Region PCN's resources, including social work, clinical counselling, registered nurses, and, starting in January, our newly hired registered dietitian and clinical pharmacist.

The Health Hub marks key milestones for integrated care. Our RNs welcomed their first chronic pain patients, and clinical counselling provided essential patient support for all at the Health Hub. Over the coming months, RN-led services will become available, and we'll be building out the PCN's chronic disease prevention and management programming to better support patients.

### [Fast Tracking foreign Doctors](#)

The federal government is promising to open up permanent residency for foreign doctors working in Canada as temporary foreign residents in order to tackle the doctor shortage across the country.

Immigration Minister Lena Diab announced the policy shift in Toronto Monday, saying 5,000 spots for international doctors would be opened over and above current immigration levels.

## NEWS HEADLINES

[FreeStyle Libre 3](#) sensors to monitor blood glucose recalled following ties to 7 deaths

Interior Health warns of safety risks at resort [north of 100 Mile House, B.C.](#)

Province taking action to strengthen [involuntary care](#), better support patients

Why Canada lost its [measles](#) elimination status after 27 years

'Patients get relief': Researchers recommending [nerve blockers to treat migraines](#)

[National survey](#): 5.9 million in Canada still without regular doctor

## NEWS LINKS

- [World Health Organization](#)
- [Global Health Now](#)
- [Medical News Today](#)
- [CBC News Health](#)
- [BC Gov't News](#)
- [Canadian Medical Association](#)



# WINTER SAFETY #1

Winter 2025/2026

**Severe winter weather, especially in regions like British Columbia, can bring unexpected hazards like power outages, road closures, and extreme cold. Prepare to be self-sufficient for at least 72 hours in the event of an emergency.**

## Winter Safety Summary: Be Prepared for the Cold

Severe winter weather, particularly in British Columbia, requires preparation to be self-sufficient for at least 72 hours against hazards like power outages and extreme cold.

### Home Preparedness

- Emergency Kit: Store non-perishable food, 4 litres of water per person/day, a manual can opener, First Aid kit, and a complete change of warm clothes.
- Heating & Light: Use flashlights (avoiding candles) and a battery/crank radio for alerts. Designate one small, interior room as a "warm zone" stocked with extra blankets.
- Prevent Frozen Pipes: Know your main water shut-off valve. Insulate pipes and let a trickle of cold water run during extreme cold.
- Safety Rule: NEVER use a gas stove, oven, or outdoor generator/BBQ indoors due to carbon monoxide risk.

### Vehicle & Travel Preparedness

- Driving: Always check DriveBC and weather forecasts.
- Maintenance: Install required winter tires (mountain snowflake or M+S). Keep your fuel tank at least half full.
- Car Emergency Kit: Keep a kit with extra warmth & clothing (blanket, mittens, boots, scarfs), a small shovel, sand/kitty litter for traction, booster cables, tow rope, flares/warning triangles, First Aid kit, water, high-energy snacks, flashlight, and a charged phone/power bank.

### Workplace Preparedness

- Grab-and-Go Bag: Keep a smaller emergency kit at work with medications, phone charger, foil emergency blanket, essential ID copies, cash, and energy bars.
- Procedures: Know the workplace emergency plan, evacuation routes, and shelter-in-place area.
- Power Outage: Do not use elevators. Use stairwells and follow floor warden instructions to move to a central, well-lit area.

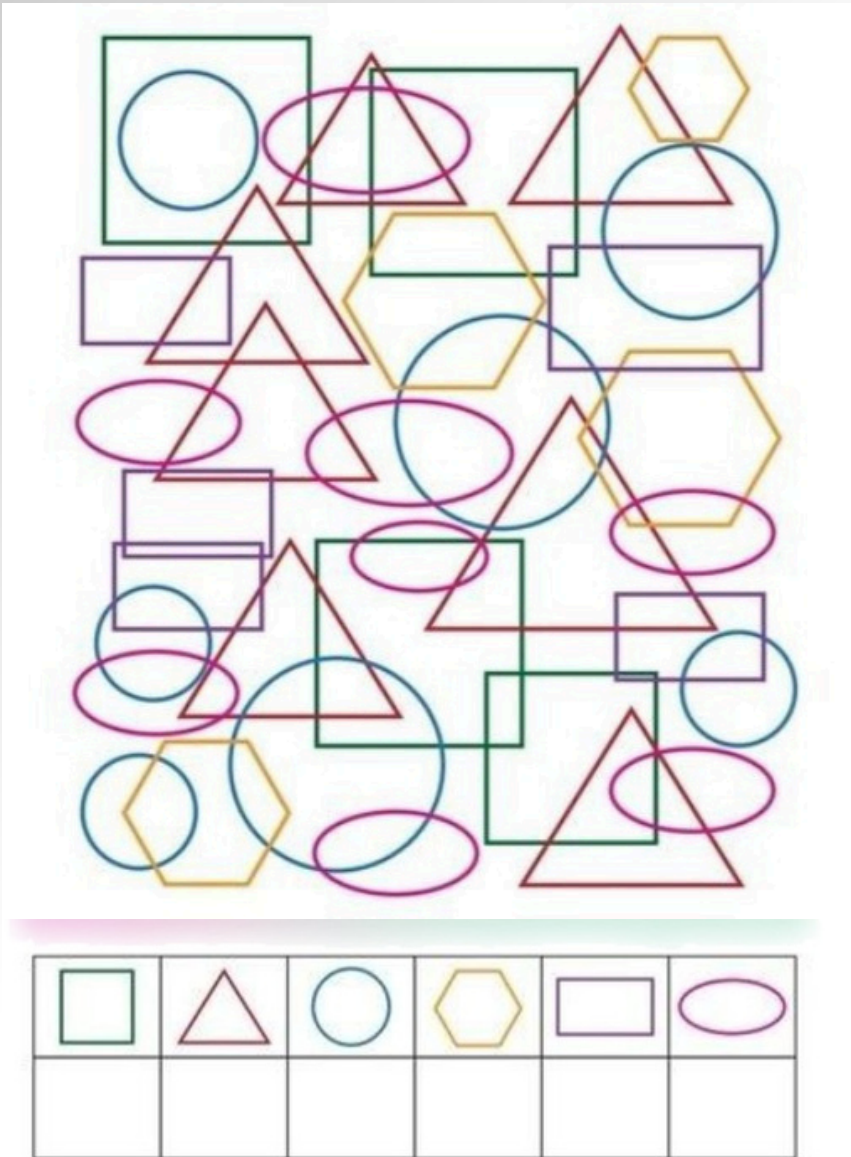
# COFFEE BREAK

Winter 2025/2026

## 🧠 THE HEALTH SCRAMBLE

Unscramble the following letters to reveal five terms critical to your well-being:(answers at the bottom of the page)

- T R E H A
- V A N C I E C
- B O O N E
- D O R A H Y I N T
- A R A D N E L I



## NICKNAMES FOR LAZY COWORKERS

Cordless

- only works for 2 hours

E.T.

- always wants to go home

Kitkat

- always taking a break

Muffler

- always exhausted

Seaweed

- just floats around all day

Sensor light

- only works if someone walks past

Wheelbarrow

- only works when pushed



1. HEART 2. VACCINE 3. BONE 4. HYDRATION 5. ADRENALIN