UBC Rural Continuing Professional Development (RCPD) Program

ANNUAL REPORT

2013-2014

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Stephanie Ameyaw, MA, UBC CPD Research Assistant
Ashra Kolhatkar, MPH, UBC CPD Research Assistant

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Friday, March 7, 2014
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I. RCPD Executive Summary and Vision

The UBC Rural Continuing Professional Development Program (RCPD), affiliated with the UBC Division of Continuing Professional Development (UBC CPD), is committed to supporting the learning needs of rural physicians and other rural health care professionals. Supported by the Rural Coordination Centre of BC (RCCbc), the program has been operating since 2008. In the past five years, we have improved access to CPD programs for rural practitioners using a ‘closer to home’ delivery method.

The RCPD program has developed rurally-specific CME programs in response to the stated needs of rural physicians. All educational offerings model values of excellence in CME – they are community-based, interprofessional, engaging, interactive, practical, and of relevance to rural physicians.

As of June 2013, the RCPD Program is led by Medical Director Dr. Ray Markham and a Rural Medical Advisory Committee, an Associate Medical Director (Dr. Tandi Wilkinson, former Medical Director), with support from senior management at UBC CPD, a Project Manager, and the UBC CPD research team and administrative staff.

To date, program evaluation data indicates that there is significant value in the program for rural physicians.

The overall vision of the RCPD program for 2011 to 2014 has four aims, which are to:

1. Become a rurally-based organization that seamlessly supports CME needs at both the local community and regional levels;
2. Support provincial level collaboration of rural CME processes;
3. Continue to build upon our current programming and networks; and
4. Expand our scope beyond traditional CME initiatives.

This report describes RCPD program activities for the period of April 1, 2013 to Mar 7, 2014.
## II. RCPD Deliverables and Key Milestones, 2013-14

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Time Period</th>
<th>Deliverables/Key Milestones</th>
</tr>
</thead>
</table>
| **Q1**  | Apr 1, 2013 – Jun 31, 2013 | - Hire new RCPD Medical Director  
- Schedule August Medical Advisory Committee Meeting  
- Develop project plans, submit timeline and milestones for New to Rural Practice Mentoring Program and Rural Emergency Medicine Needs Assessment projects.  
- Complete literature review and environmental scan for New to Rural Practice Mentoring Program.  
- Finalize 2013-14 Rural Rounds videoconference series (topic selection, speaker and moderator recruitment) and begin marketing.  
- Deliver three Shock Courses: Victoria SRPC Conference (Apr 3), Dawson Creek (Jun 8), Fort St. John (Jun 9).  
- Plan Whistler St. Paul’s EM Update conference Shock Course (Sep 25).  
- Deliver one OB Ultrasound Course: Victoria SRPC Conference (Apr 5).  
- Plan Fall 2013 OB U/S Courses in Cranbrook, Golden, and at the OB Update Conference in Vancouver.  
- Distribute post-course reflective activities and send Mainpro-C Certificates to winter 2013 Shock and OB Ultrasound Course participants.  
- Complete second season of Specialist Journal Club in Internal Medicine, conduct post-program evaluation activities.  
- Schedule third season of Specialist Journal Club in Internal Medicine, recruit moderator, prepare marketing materials. |
| **Q2**  | Jul 1 – Sept 30, 2013 | - New RCPD Medical Director to survey existing and new Medical Advisory Committee (MAC) members and RCPD stakeholders about programming and future directions for RCPD program, prepare summary for MAC.  
- Form Advisory Committees and Working Groups for Rural Physician Mentoring Program and Rural Emergency Medicine Needs Assessment.  
- Circulate completed literature review and environmental scan for Rural Physician Mentoring Program to Advisory Committee.  
- Begin 2013-14 monthly Rural Rounds videoconference series, “Hot Topics in Acute Care.”  
- Deliver one Shock Course: St. Paul’s EM Update Conference (Sept 25 2013)  
- Distribute post-course reflective activities and send Mainpro-C Certificates to Spring 2013 Shock and OB Ultrasound Course participants.  
- Begin third season of Specialist Journal Club in Internal Medicine.  
- Submit oral presentation abstract for the 2014 Canadian Conference on Medical Education for the Third Trimester OB Ultrasound Course (POCUS-OB) |
Q3  Oct 1 – Dec 31, 2013  

- Submit Work Plan for 2014-15 to RCCbc
- Hold MAC in-person retreat (Dec 2013)
- Plan and hold Advisory Committee meetings for the Rural Physician Mentoring Program and the Rural Emergency Medicine Needs Assessment study.
- Develop focus group and key informant interview protocols for the Rural Emergency Medicine Needs Assessment.
- Develop and submit ethics proposals to UBC Behavioural Research Ethics Board (BREB) for two new projects: Rural Physician Mentoring Program and BC Rural Emergency Medicine Needs Assessment.
- Develop list of mentor/mentee participation criteria and marketing materials for the Rural Physician Mentoring Program.
- Develop and submit Mainpro-M1 and Mainpro-C accreditation applications to CFPC for the Rural Physician Mentoring Program.
- Submit renewal Mainpro-C accreditation application to CFPC for The Shock Course.
- Deliver three OB U/S Courses in Cranbrook, Golden, and at the OB Update Conference in Vancouver.
- Plan Winter/Spring 2014 Third Trimester OB Ultrasound Courses (Banff, Penticton, Duncan), schedule instructors.
- Plan Winter/Spring 2014 Shock Courses (Banff, Campbell River, Penticton).
- Conduct mid-point evaluation of Specialist Journal Club in Internal Medicine.
- Meet with planning committee for the new Rural Interprofessional OB Journal Club, plan September 2014 launch.
- Advertise Spring 2014 Rural Rounds videoconference series, “Ask a Specialist”
- Plan new evening Rural Rounds webinar series for Spring 2014, begin contacting speakers.
- Organize and hold meetings for Provincial Rural CME Collaborative, Educational Delivery Working Group (Combined SEMP/SIM Course)
- Support the Provincial Rural CME Collaborative in scheduling two pilot Combined SEMP/SIM Courses for Spring and Fall 2014.
- Attend Working Group meetings for the Single Resource Working Group (Mobile CME App)
- Develop and submit one time funding proposals for Rural Locums Needs Assessment and new Point-of-Care Ultrasound Course (flipped classroom format).
- Develop ultrasound course needs assessment survey for past course participants.
<table>
<thead>
<tr>
<th>Q4</th>
<th>Jan 1 2014 – Mar 31 2014 (in progress)</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪</td>
<td>Begin marketing and recruitment for the New to Rural Practice Physician Mentoring Program; hold two Core Working Group meetings; continue planning Mentor Training Session and Mentee Info Session.</td>
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<tr>
<td>▪</td>
<td>Refine protocols, distribute and summarize recruitment survey, recruit and schedule participants, and hold first three focus groups for Rural Emergency Medicine Needs Assessment research study.</td>
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<tr>
<td>▪</td>
<td>Begin scheduling other focus groups and key informant interviews for April 2014; refine key informant protocols and submit amendment to UBC Research Ethics Board for approval.</td>
</tr>
<tr>
<td>▪</td>
<td>Make updates to Third Trimester Point-of-Care Ultrasound (POCUS-OB) Course Manual, presentation, recruit and train new faculty members: two ultrasound sonographers and two new ultrasound-certified GPs.</td>
</tr>
<tr>
<td>▪</td>
<td>Complete “Hot Topics” Rural Rounds videoconference series, begin “Ask a Specialist” series; schedule first Rural Rounds evening webinar (Apr 29).</td>
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<tr>
<td>▪</td>
<td>Begin planning 2014-15 Rural Rounds morning videoconference and evening webinar series.</td>
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<tr>
<td>▪</td>
<td>Continue planning Spring and Fall 2014 Shock and POCUS-OB Courses</td>
</tr>
<tr>
<td>▪</td>
<td>Plan pilot Combined SEMP/SIM Courses in Trail (Jun) and Quesnel (Oct, TBC), part of the Provincial Rural CME Collaborative’s Educational Delivery Working Group. Begin marketing the Trail course in Feb 2013.</td>
</tr>
<tr>
<td>▪</td>
<td>Distribute link to ultrasound education needs assessment survey and summarize and distribute results to collaborators.</td>
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III. RCPD Administrative Progress

i. RCPD Leadership Activities

The RCPD program’s new Medical Director, Dr. Ray Markham (who has been in the role since June 14, 2013) met with a wide variety of RCPD stakeholders over the past nine months, including Medical Advisory Committee members, Divisions leads, and other Health Authority and CME leaders across the province.

Among the new relationships Dr. Markham has developed are with the new First Nations Health Authority CEO Mr. Joe Gallagher and the First Nations Health Council Chair, Grand Chief Doug Kelly. Dr. Markham invited Mr. Gallagher and Grand Chief Kelly to attend the RCPD Medical Advisory Committee Annual Retreat in December, where addressing First Nations health in rural BC through medical education was one of the primary agenda items. As well, in the past six months, Dr. Markham has met with several national CME/CPD leaders to assess the state of the CME/CPD landscape in Canada and to identify opportunities to enhance RCPD offerings for rural physicians in BC. Dr. Markham is also the Co-Lead on the new Rural Physician Mentoring Program, is a member of the RCCbc Management Team and Core Team, and has recently joined the Provincial Rural CME Collaborative, sitting on the Single Resource Working Group (Mobile CME App project).

Dr. Tandi Wilkinson, former RCPD Medical Director and now the RCPD Associate Medical Director, has been involved as the Medical Co-Lead on the new Rural Emergency Medicine Needs Assessment study. She continues to act as Course Director for both the Shock Course and the Third Trimester OB Ultrasound (POCUS-OB) Course. In addition, Dr. Wilkinson has been chairing the Rural Education Working Group of the Provincial Rural CME Collaborative, a group that is currently engaged in piloting a simulation course in two BC Health Authorities.

Dr. Bob Bluman continues to provide leadership to the RCPD portfolio. He is currently the Medical Director of Special Projects at UBC CPD but dedicates some of his time to RCPD management activities. He is the Medical Co-Lead for both the Rural EM Needs Assessment Study and the Rural Physician Mentoring Program. He is also a member of the Provincial Rural CME Collaborative and is part of the RCCbc Management Team and Core Team. In that capacity, a few months ago (Oct 2013) Dr. Bluman attended the Rural
Generalism World Summit in Cairns, Australia, where he forged new relationships with leaders in rural medicine and education from around the world, learned about new tools and strategies for enhancing rural generalist practice, and identified new opportunities for enhancing RCPD programming.

The RCPD Medical Advisory Committee (MAC) met three times in the past year, twice by teleconference and once in person for a full-day retreat. Four new MAC members, including Dr. Markham, Dr. John Pawlovich (REAP), Dr. Brenda Huff (FP – Stewart, BC), and Dr. Chester Morris (Internist – Port Alberni, BC), joined the committee. As mentioned above, in December the MAC in Vancouver for a full-day retreat. The MAC meeting will be held in April 2014, and the committee has agreed to continue to meet on a quarterly basis.

A list of the current Medical Advisory Committee members can be found in Appendix 1. Agendas for the August 2013 quarterly teleconference and December 2013 retreat can be found in Appendix 2. The new RCPD Vision Statement, presented at the 2013 RCPD Medical Advisory Committee Retreat, can be found in Appendix 3.

ii. New Website
The RCPD Team recently redeveloped all website content for the UBC CPD website. Rural health care professionals can now access the rural pages more easily and search for upcoming events: www.ubccpd.ca/rural.
IV. RCPD Educational Programming

Below is a summary of RCPD educational programming activities:

Third Trimester Point-of-Care OB Ultrasound Course (POCUS-OB)

- In 2013, the course was delivered three times: at the OB Update Conference in Vancouver on October 5th (Leads: Dr. Andrew Kotaska, OBGYN, and Chris Eddy, RDMS), in Golden on November 2nd, and in Cranbrook on November 3rd (Leads: Dr. Tandi Wilkinson, GP-EM Nelson and Dr. Shiraz Moola, OBGYN Nelson).
- Significant enhancements have been made to the course curriculum, including new pre-course instructional videos in the Course Manual and more succinct course lectures (meaning more time for hands-on practice during the course).
- There has been a great deal of interest in the OB Ultrasound Course; we have received numerous requests to take the course to other communities in BC and beyond.
- Dr. Tandi Wilkinson and Dr. Shiraz Moola continue to be the Medical Leads on the POCUS-OB course. Dr. Ray Wiss, National EDE Course Director, continues to act as Course Consultant.
- In Spring 2014, the POCUS-OB Course will be delivered three times: at the SRPC R&R Conference in Banff, the RECC Conference in Penticton, and in Duncan, BC.
- The Course Directors are currently considering adding a new application to the POCUS-OB course (Fetal Head Position) and may pilot this new application at a Spring 2014 course.
- The RCPD team is currently re-developing the POCUS Pre-Course Self-Quiz into an online module using Articulate Storyline, a dynamic web-based tool for creating interactive online and mobile courses. This will allow for a more dynamic, interactive experience for learners. This module will be available in Spring 2014.
- See POCUS-OB Flyer in Appendix 4.
The Shock Course

- As the Shock Course has now been offered more than 40 times across BC, the RCPD Medical Director, Associate Medical Director, and Medical Advisory Committee have decided to run this course on a by-request basis or at annual conferences that attract many rural physicians.
- In Fall 2013, the Shock Course was delivered at the St. Paul’s EM Update Conference in Whistler (Sept 25).
- In Winter/Spring 2014 the Shock Course will be offered at the SRPC R&R Conference in Banff, and at the RECC Conference in Penticton.
- Several Shock Course faculty members are looking at developing a new iteration of the course, which would include mainly hands-on point-of-care ultrasound practice, and stems from evaluation data from previous Shock Courses where rural participants requested more ultrasound-based skills development opportunities. The course would follow a “flipped classroom” model, where learners watch videos and read articles prior to attending the course, and then are given supervised practice time with ultrasound models to work on their manual, image generation, and image interpretation skills. The RCPD team recently submitted a one-time funding proposal for costs associated with POCUS course development.
- See Shock Course flyer in Appendix 5.

Rural Rounds Videoconference Series

- The Fall 2013 monthly Rural Rounds series was called “Hot Topics” and featured case-based talks and demos that have been frequently requested by participants in the past. There were 32 rural and remote hospital sites registered for this series, with between 65 and 100 participants in attendance at each talk.
- The Winter/Spring series, called “Ask a Specialist”, features speakers from five specialty areas (rheumatologist, orthopedic surgeon, vascular surgeon, gastroenterologist, radiation oncologist). Please see Appendix 6 for the 2013-14 Rural Rounds course flyer.
- Immediately following each talk, a short Q&A session between the moderator and speaker is recorded and offered as a free, downloadable podcast on the RCPD webpage.
- In order to reduce administrative time for both the RCPD staff and community CME and/or Videoconference Coordinators, we are now lining up a full academic year of talks (Sept – June) and advertising the series as a whole, rather than two separate 5-month series. This model will continue for the 2014-15 series. Planning for 2014-15 is now underway.
- Dr. Janet Fisher and Dr. Dharma McBride are the Medical Coordinators for Rural Rounds videoconference series.
- Beginning next month for the “Ask a Specialist” series, participants will be able to text their questions in real time to the Rural Rounds moderator. We are also asking participants to submit their questions or unique cases relating to the specialty area in advance, so that the presenter may come prepared to respond.

Specialist Journal Club in Internal Medicine (Online)

- The third season of the Specialist Journal Club in Internal Medicine began in October and there are currently 17 members, both urban and rural. Please see Appendix 7 for the 2013-14 course flyer.
- Dr. Chester Morris, an Internist from Port Alberni and MAC member, continues to moderate the journal club.
- Several modifications were made to the course format and platform for the third session. Firstly, the length of the sessions was shortened from six weeks to five weeks. Participants cover five articles over five sessions, each of which is five weeks long (5x5x5 format).
- The journal club sessions no longer take place during the December and March holiday breaks; session start and end dates are timed accordingly.
- Before the journal club started, each participant was asked to submit one article that he or she would like to cover during the session. All submissions were compiled and members were invited to rank their top five article preferences.
- 3-4 journal club members were assigned to each session as “Conversation Starters”, requiring them to start new discussion threads about the article. This has resulted in increased activity and a better user experience.

**New Journal Clubs for 2014-15**

- The RCPD team has been working with Dr. Jeanette Boyd to design an online, interprofessional journal club in obstetrics. We plan to launch this online journal club in September 2014.
- Dr. Chester Morris, Moderator for the Specialist Journal Club in Internal Medicine, has agreed to be the Medical Coordinator for the rural online journal clubs.

**New to Rural Practice Mentoring Program**

- Planning for the Rural Physician Mentoring Program has been underway since summer 2013, and we plan to begin recruiting mentors and mentees in early February 2014. The project’s Advisory Committee and Core Working Group have met several times in the past six months to plan the program and its various reporting tools and evaluation instruments.
- Both our Research Ethics and Mainpro-C applications were approved by the UBC Research Ethics Board and the CFPC respectively.
- There will be two cohorts of mentees who are new to rural practice in BC: one group of 10 IMG mentees, and one group of 10 CMG mentees. Mentors will be experienced rural physicians and mentees will be able to review mentor profiles and select their “top three” choices for who their mentor will be. Mentors will be given an honorarium ($1,750 per mentee, up to two mentees per mentor) and will be invited to attend a leadership training session in Spring 2014 where they will learn effective mentoring strategies. Both mentors and mentees will receive Mainpro-C or MOC credits for their participation, depending on if they are a Family Physician or Specialist. A number of tools and resources will be given to mentoring pairs, and mentees will be given the opportunity to create their own learning goals with assistance from their mentor. For the pilot program, there will be no cost for mentees to participate. All participants in the program will have to consent to be part of the research study to be involved.
- The formal eight month mentoring program will have an open start date between May 1 and July 30 2014. As this is also a research study, we will be looking at effectiveness and impact of formal mentoring for rural physicians.
- The RCPD team is investigating developing a concierge service for program participants in partnership with Health Authority recruitment staff. This service will allow RCPD to refer participants to the appropriate contacts or resources if they need additional help or information to support their personal learning goals.
- See Appendix 8 for the Mentor and Mentee Recruitment Flyers.

RCPD Annual Report, 2013-14
Rural EM Education Needs Assessment Study

- In February 2014, the RCPD team began conducting a research study using focus groups and key informant interviews. The study aims to identify the needs of rural Emergency Medicine (EM) providers in BC and to determine the system, workplace, and educational factors that impact upon recruitment, retention, comfort, and confidence of rural EM physicians.
- Tandi Wilkinson and Bob Bluman are the Medical Co-Leads on this project.
- The first Advisory Committee meeting was held in Nov 2013 where input around project structure, research questions, and focus group/key informant target audience, etc. was collected. This group will meet again after the data has been collected to synthesize findings and provide input about the final report and recommendations.
- All research instruments have been designed, including an online recruitment survey that will be distributed to rural physicians in BC, focus group protocols, key informant interview questions, etc.
- We recently received approval from the UBC Research Ethics Board to conduct this study. We will be able to begin recruiting participants for this study immediately.
- Dr. Tandi Wilkinson and Dr. John Soles will be facilitating the focus groups, which will be 90-minute teleconferences with small groups of rural physicians, nurses, and allied health care providers. Transcripts from focus groups and key informant interviews, which will be held in March and April 2014, will be transcribed, coded, summarized, and analyzed between June and August 2014. A final report of research findings will be prepared and circulated to project stakeholders following analysis.

Combined SEMP/SIM Course (Pilot)

- The RCPD team has been involved with various aspects of the Rural Combined SEMP/SIM Course Pilot over the past year, an initiative of the Provincial Rural CME Collaborative. Tandi is chairing the “Educational Delivery Working Group” for this project and the RCPD staff is coordinating the pilot course delivery.
- The pilot involves making two existing emergency sim courses more widely available in other BC Health Authorities. The Working Group includes Course Directors for the Simulation-Assisted Emergency Procedures (SEMP) Course (Dr. Afshin Khazei) and the IHA’s Rural Mobile Simulation Course (Dr. Tara Gill). The Working Group decided that combining these courses for the pilot [that is, offering both courses on back-to-back days in two Health Authorities: IHA (Trail, June 7/8) and NHA (tbc)] would be a novel approach and a unique opportunity for learners.
- The Combined SEMP/SIM Course will involve teaching an interprofessional group of rural nurses and physicians the procedural skills and nurses’ roles for those procedures on Day 1 (e.g. needle thoracostomy, IO vascular access – adult/peds, pericardiocentesis, u/s-guided central line, needle criothyrotomy, etc.), and then running adult/peds scenarios on Day 2. The combined course will be evaluated by the Working Group to gauge effectiveness and impact.
- Specifically, the RCPD team is coordinating the combined course marketing and evaluation activities, overseeing the budget, offering online course registration via the UBC CPD registration. The team has been liaising with the SEMP and IHA Course Directors and Coordinators to streamline course activities, keep costs down, and reduce duplication of efforts.
- The Working Group has acknowledged from the beginning that perhaps the most important aspect of this pilot is capturing the lessons learned throughout the collaborative process, keeping in mind the larger picture, which is to pave the way for groups or projects who wish to follow this path in the future. With this in mind, Tandi is also involved with a second working
group for this project: the Knowledge Translation (KT) group. This group is responsible for ensuring that the outcome of the work links up and supports the work of the Provincial Rural CME Collaborative as a whole.

- Please see Appendix 9 for the Combined SEMP/SIM Course in Trail.

A summary of long-term goals and deliverables for the UBC Rural CPD Program for 2014-15 can be found in Appendix 10.
## V. Appendices

### Appendix 1: Current Medical Advisory Committee Members

<table>
<thead>
<tr>
<th>Members</th>
<th>Location</th>
<th>Affiliation</th>
</tr>
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<tbody>
<tr>
<td>Dr. Granger Avery</td>
<td>Port McNeill, BC</td>
<td>Executive Director, Rural Coordination Centre of BC, Family Physician</td>
</tr>
<tr>
<td>Dr. Bob Bluman</td>
<td>Vancouver, BC</td>
<td>Family Physician, Vancouver; Medical Director, Special Projects, UBC CPD</td>
</tr>
<tr>
<td>Dr. Janet Fisher</td>
<td>Trail, BC</td>
<td>Family Physician; Rural Rounds Medical Coordinator</td>
</tr>
<tr>
<td>Dr. Brenda Huff</td>
<td>Stewart, BC</td>
<td>Family Physician</td>
</tr>
<tr>
<td>Dr. Mary Johnston</td>
<td>Blind Bay, BC</td>
<td>Past RCPD Medical Director; RCCbc consultant, family physician, locum</td>
</tr>
<tr>
<td>Ms. Andrea Keesey</td>
<td>Vancouver, BC</td>
<td>Project Manager, RCPD</td>
</tr>
<tr>
<td>Dr. Lilli Kerby</td>
<td>Rossland, BC</td>
<td>Family Physician</td>
</tr>
<tr>
<td>Dr. Rebecca Lindley</td>
<td>Pemberton, BC</td>
<td>Family Physician, CARE Course Co-Director, wilderness medicine instructor</td>
</tr>
<tr>
<td>Dr. Brenna Lynn</td>
<td>Vancouver, BC</td>
<td>Executive Director, UBC CPD</td>
</tr>
<tr>
<td>Dr. Ray Markham</td>
<td>Valemount, BC</td>
<td>Family Physician, RCPD Medical Director</td>
</tr>
<tr>
<td>Dr. Rod McFadyen</td>
<td>Victoria, BC</td>
<td>Medical Director, VIHA CPD program, ER physician, Victoria</td>
</tr>
<tr>
<td>Dr. Chester Morris</td>
<td>Port Alberni, BC</td>
<td>General Internist, Port Alberni; Specialist Journal Club in Internal Medicine Moderator</td>
</tr>
<tr>
<td>Dr. Christie Newton</td>
<td>Vancouver, BC</td>
<td>Director, CPD &amp; Community Partnership, Family Practice, UBC, &amp; Director, Interprofessional Professional Development, College of Health Disciplines, UBC</td>
</tr>
<tr>
<td>Dr. John Pawlovich</td>
<td>Abbotsford, BC</td>
<td>Coordinator, REAP</td>
</tr>
<tr>
<td>Dr. Ian Schokking</td>
<td>Prince George, BC</td>
<td>Member, Physician Advisory Committee, Northern CME program, Clinical Associate Professor, UBC Family Medicine Program, Prince George Site, family physician</td>
</tr>
<tr>
<td>Dr. John Soles</td>
<td>Clearwater, BC</td>
<td>President, BC Chapter of Society of Rural Physicians, family physician</td>
</tr>
<tr>
<td>Dr. Tandi Wilkinson</td>
<td>Yellowknife, NT</td>
<td>Family Physician (EM), Nelson, Associate Medical Director, RCPD, Past RCPD Medical Director</td>
</tr>
<tr>
<td>Dr. Bob Woollard</td>
<td>Vancouver, BC</td>
<td>Associate Director, RCCbc, past Chair of the Dept of Family Practice, UBC, previous rural practice as family physician</td>
</tr>
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Appendix 2: RCPD Medical Advisory Committee Teleconference and Retreat Agendas

AGENDA

RCPD Medical Advisory Committee (MAC) Meeting

DATE: Tuesday, August 13th
TIME: 7:30AM-9:00AM (PDT)
By teleconference
DIAL-IN INFO: 1-877-323-2005; Conf ID: 7389980#
Chair: Dr. Ray Markham

Meeting Objectives:
- Gather input regarding new projects (Rural Mentoring and Rural EM Needs Assessment Projects)
- Plan Fall 2013 live meeting
  - Determine meeting objectives, date, and location

Requested Attendees:

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Notes</th>
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| 7:30-7:40 (10 min) | Introductions and welcome to new MAC members | New members:
  - Dr. Brenda Huff
  - Dr. Lilli Kerby
  - Dr. Chester Morris
  - Dr. John Pavlovich |
| 7:40-7:45 (5 min) | Review Last Meeting Minutes | List any new matters arising |
| 7:45-7:55 (10 min) | Project Update / New Projects | Questions/comments about RCPD Project Update
  - New to Rural Practice Mentoring Program
  - Rural EM Needs Assessment |
| 7:55-8:20 (25 min) | Medical Director’s Report Back | Questions/comments about Medical Director’s Update
  - sent in advance of the meeting
  - highlights and important issues arising from conversations with MAC members and other rural CME stakeholders |
| 8:20-8:45 (25 min) | Plan Fall MAC Retreat (face-to-face meeting) | Determine location, date, and objectives. |
| 8:45-8:50 (5 min) | Schedule Recurring MAC Meetings | Develop schedule of quarterly teleconferences? |
| 8:50-9:00 | Other Issues Raised | Existing members: interest in continuing to be part of the MAC? |
| 9:00    | Meeting Adjourn                           |                                                     |
# AGENDA

## Rural Continuing Professional Development (RCPD) Medical Advisory Committee

### LIVE MEETING

**DATE:** Friday, Dec 13, 2013

**MEETING TIME:** 09:30-17:00PM (Breakfast begins at 09:00AM)

**LOCATION:** The Fairmont Vancouver Airport, Raven Room

**RECEPTION:** 17:00-18:30, Raven Room Salon

**DINNER:** 18:30-20:00, Room #533

<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
<th>Notes</th>
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<tr>
<td>09:00-09:30</td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>09:30-10:00</td>
<td>Welcome and Introductions</td>
<td>Ray Markham</td>
</tr>
<tr>
<td>10:00-12:15</td>
<td>RCPD Strategic Review</td>
<td>Facilitated by Karole Sutherland</td>
</tr>
<tr>
<td>12:15-13:00</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>13:00-15:15</td>
<td>Moving Forward:</td>
<td>Presentations by Granger Avery and Bob Woolard (30 minutes each) followed by group discussion</td>
</tr>
<tr>
<td></td>
<td>• Rural CME Office (Granger)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Provincial Rural CME Collaborative (Bob W.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• RCPD Priorities</td>
<td></td>
</tr>
<tr>
<td>15:15-16:15</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>15:30-16:55</td>
<td>First Nations Health in Rural BC</td>
<td>Presentations by Special Guests: Grand Chief Doug Kelly and Joe Gallagher followed by discussion on Rural CFD in this context</td>
</tr>
<tr>
<td></td>
<td>• Health Through Wellness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Postgraduate medical training</td>
<td></td>
</tr>
<tr>
<td>16:55-17:00</td>
<td>Wrap up</td>
<td></td>
</tr>
<tr>
<td>17:00-18:30</td>
<td>Reception</td>
<td>Raven Room Salon</td>
</tr>
<tr>
<td>18:30-20:00</td>
<td>Dinner</td>
<td>Room #533</td>
</tr>
</tbody>
</table>
Appendix 3: RCPD Vision Statement (Presented at Dec 2013 MAC Retreat)

RCPD Vision Statement

“Improving rural patient health through collaborative and innovative CPD for health care providers.”
Appendix 4: Third Trimester OB Ultrasound (POCUS-OB) Course Flyer

THE OB ULTRASOUND COURSE
Point-of-Care Ultrasound (POCUS) in the Third Trimester for Primary Care Providers

WHAT WILL I LEARN?
• Use bedside ultrasound to dramatically improve your management of patients in the third trimester.
• Understand the physics and instrumentation aspects of generating an optimal ultrasound image.
• Become confident in basic transabdominal scanning of third trimester pregnancies.
Recognize third trimester ultrasound indications including:
• Fetal presentation
• Fetal cardiac activity
• Placental location
• Amniotic fluid index (AFI)
• Whether multiple fetuses are present

WHO SHOULD ATTEND?
Physicians who work in the rural areas of BC and provide obstetrical care to patients.

WHAT DOES THE COURSE ENTAIL?
• A six hour travelling course designed specifically for healthcare professionals in rural BC.
• Hands-on sessions using bedside ultrasound for key third trimester indications.
• Short lectures followed by lots of practice with live third trimester models.

“I feel so much more comfortable now that I am in a better position to identify frequent third trimester complications.”
2013 OB Ultrasound Course Participant

Interested in hosting the OB Ultrasound Course in your community?
Please contact Andrea Keeseey at andrea.k@ubc.ca | 604 875 4111 (ext. 69139)

The UBC Rural CPD Program is supported by:
ubccpd.ca/rural
Appendix 5: Shock Course Flyer

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MAINPRO C

THE SHOCK COURSE
A one-day, hands-on workshop designed for rural emergency healthcare teams

WHAT WILL I LEARN?

• Diagnosing and managing the hemodynamically unstable patient using tools typically available in a rural setting.
• Recognizing different types of shock.
• How to apply early goal-directed therapy for sepsis in your community ER.
• Hands-on training in using point-of-care ultrasound on live models for shock diagnosis (FAST exam, RUSH protocol).
• Hands-on practice in procedures such as CV catheter insertion, ultrasound-guided central lines, peripheral lines, and intravenous needle placement on mannequins.
• Specific training for nurses in managing fluids and tubing, administering vasopressors, etc.

WHAT DOES THE COURSE ENTAIL?

• The course runs from 08:30 to 16:00, usually on a weekend day in your local hospital or health care centre.
• Breakfast, lunch, snacks and refreshments are included.
• Alternate between lectures, demos, hands-on breakout sessions, case discussions, and scenarios throughout the day.
• Some pre-course preparation is required.
• Course instructors are all rural physicians and nurses who have experience in critical care.

"I now feel more confident treating shock. I feel I can see the early signs of shock better and therefore treat patients more quickly."  
2013 Shock Course Participant

Interested in hosting the Shock Course in your community?  
Please contact Andrea Keese at andrea.k@ubc.ca | 604 875 4111 (ext. 69139)

ubccpd.ca/rural
Appendix 6: 2013-14 Rural Rounds Course Flyer

Contact your local CME coordinator to register your hospital.

UBC CPD
CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

Up to 10.0
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AMA

UBC RURAL ROUNDS
MORNING VIDEOCONFERENCE SERIES
SEPT 2013 – JUN 2014
THU 8AM-9AM (PDT/PST)

RURAL ROUNDS
The Rural Rounds series aims to provide relevant, up to date and ruraly specific CME in your community. Speakers either live and work in rural areas of BC, or possess an understanding of the unique circumstances of the rural health care provider.

The 2013-14 Rural Rounds season will feature a 'Hot Topics' theme from September to January and an 'Ask a Specialist' theme from February to June. The format includes case based presentations with the opportunity for discussion and questions. Audience participation is encouraged!

- Earn CME credits close to home
- Thursday mornings, once per month, 8-9am (PST/PDT)
- Registration by hospital site ($150 per session; discount for early registration)

For more information please contact:
Phone: 604.875.5301
Fax: 604.875.5078
Email: rural.cpdd@ubc.ca (Stephanie)
Mailing Address: 855 W. 10th Ave,
Vancouver BC V5Z 1L7

Fall 2013: “Hot Topics”

<table>
<thead>
<tr>
<th>12 September</th>
<th>Topic: Responding to Sexual Assault in Rural BC</th>
<th>Speakers: Dr. Blanka Jurenka and Wendy Potter</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 October</td>
<td>Topic: Mastering the Shoulder Exam (Live Demo)</td>
<td>Speaker: Dr. Matt Petrie (Kelowna)</td>
</tr>
<tr>
<td>7 November</td>
<td>Topic: Non-Malignant Chronic Pain</td>
<td>Speaker: Dr. Michael Negraeff (Vancouver)</td>
</tr>
<tr>
<td>5 December</td>
<td>Topic: Management of GI Bleeds</td>
<td>Speaker: Dr. Paul Mullins (Prince George)</td>
</tr>
<tr>
<td>9 January</td>
<td>Topic: Optimizing Your Non-Invasive Ventilation</td>
<td>Speaker: Greg Rollins (RRT CRE) (Trail)</td>
</tr>
</tbody>
</table>

Spring 2014: “Ask a Specialist”

<table>
<thead>
<tr>
<th>6 February</th>
<th>Topic: Ask a Rheumatologist</th>
<th>Speaker: Dr. Kam Shojaia (Vancouver)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 March</td>
<td>Topic: Ask an Orthopedic Surgeon</td>
<td>Speaker: Dr. Chris Parfitt (Salmon Arm)</td>
</tr>
<tr>
<td>3 April</td>
<td>Topic: Ask a Vascular Surgeon</td>
<td>Speaker: Dr. Stephan Mostowy (Kelowna)</td>
</tr>
<tr>
<td>1 May</td>
<td>Topic: Ask a Gastroenterologist</td>
<td>Speaker: Dr. Paul Winwood (Prince George)</td>
</tr>
<tr>
<td>5 June</td>
<td>Topic: Ask a Radiation Oncologist</td>
<td>Speaker: Dr. Robert Olson (Prince George)</td>
</tr>
</tbody>
</table>

www.ubccpd.ca
Appendix 7: Specialist Journal Club in Internal Medicine Course Flyer

**UBC CPD**

**Up to 12.0**

**ONLINE JOURNAL CLUB**

**For Internal Medicine Specialists**

**OCTOBER 2013 TO MAY 2014**

What is the Specialist Journal Club?
- An online journal club in which participation can be at any time, from anywhere, on your schedule.

Who should attend?
- Internists, both urban and rural, from across BC.

What is the time period of the course?
- Five sessions starting in October 2013 and ending in May 2014.

Will I have an opportunity to provide input on topic and article selection?
- Yes! Articles are based on topics of your choosing and could cover all aspects of Internal Medicine, including acute and chronic care, and both office and hospital topics. Following registration, all participants will be asked to submit one journal article that they would like to see covered in the journal club.

How will I participate?
- To confirm registration, participants must introduce themselves to the other members of the journal club by posting a short bio on the journal club site.
- All participants will be asked to be a ‘conversation starter’ for one of the five journal club sessions.
- Participate in the course by responding to the moderators’ and other club members’ posts/comments, and by adding your own posts (two posts per session to obtain max credits).

Course details
- Online registration
- Cost: $150
- Registration deadline: September 30, 2013
- Course limit: 25 participants — Register Early!

Contact Us:
- rural.cpd@ubc.ca
- 604-875-5101
- [www.ubccpd.ca/rural](http://www.ubccpd.ca/rural)

Supported by the Rural Coordination Centre of BC: [rccbc.ca](http://rccbc.ca)
Appendix 8: Rural Physician Mentoring Program Flyers (Mentor/Mentee Versions)

**UBC Rural Continuing Professional Development (RCPD)**

**RURAL PHYSICIAN MENTORING PROGRAM**

**APPLY NOW TO BE A MENTOR**

<table>
<thead>
<tr>
<th>Credits</th>
<th>Up to 17.0 Mainpro-C/Mainpro-M1 credits / MOC Section 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Date</td>
<td>Any time between May 1 and July 31, 2014</td>
</tr>
<tr>
<td>Duration</td>
<td>Eight months</td>
</tr>
<tr>
<td>Location</td>
<td>In person, by telephone, or online (based on personal preference and geography).</td>
</tr>
<tr>
<td>Meetings</td>
<td>At least 10 meetings recommended.</td>
</tr>
<tr>
<td>Commitment</td>
<td>Approximately 17 hours over the eight month program.</td>
</tr>
<tr>
<td>Cost</td>
<td>There is no cost to participate.</td>
</tr>
<tr>
<td>Benefits</td>
<td>Mentors will receive an honorarium of $1,750 for each mentee (up to two maximum) as well as CME/CPD credits and mentor leadership training.</td>
</tr>
</tbody>
</table>

**PROGRAM AT A GLANCE**
- Apply to be paired with a physician colleague who is new to rural practice and will benefit from your guidance and support to make their transition to rural practice easier.
- Your mentees may be International Medical Graduates or Canadian Medical Graduates.
- Mentors and mentees will be paired for eight months during which time they will share in a formal, structured mentoring relationship.
- There will be lots of flexibility for mentoring pairs to negotiate the structure and format of their relationship (e.g. meeting frequency, meeting length, method of contact).
- The UBC Rural CPD team will provide mentors with training, program tools, and ongoing support.

**www.ubccpd.ca/rural-mentoring-program**

**Program Contacts**
Andrea Keesey, Program Manager  
andrea.k@ubc.ca
Ashra Kolhatkar, Research Assistant  
ashra.k@ubc.ca
UBC Rural Continuing Professional Development (RCPD)

RURAL PHYSICIAN MENTORING PROGRAM

APPLY FOR A MENTOR NOW

<table>
<thead>
<tr>
<th>Credits</th>
<th>Up to 17.0 Mainpro-C / Mainpro-M1 credits / MOC Section 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Date</td>
<td>Any time between May 1 and July 31, 2014</td>
</tr>
<tr>
<td>Duration</td>
<td>Eight months</td>
</tr>
<tr>
<td>Location</td>
<td>In person, by telephone, or online (based on personal preference and geography)</td>
</tr>
<tr>
<td>Meetings</td>
<td>At least 10 meetings recommended.</td>
</tr>
<tr>
<td>Commitment</td>
<td>Approximately 17 hours over the eight month program.</td>
</tr>
<tr>
<td>Cost</td>
<td>There is no cost to participate; a maximum of 20 participants will be accepted.</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Mentees must be family physicians and specialists who started practicing in rural BC between September 1 2013, or who will be starting before September 30 2014.</td>
</tr>
</tbody>
</table>

PROGRAM AT A GLANCE

- Apply to be paired with a well-established and experienced rural physician mentor who will help make your transition to rural practice easier.
- Mentors and mentees will be suitably matched based on mentees’ needs.
- Mentors and mentees will be paired for eight months during which time they will share in a formal, structured mentoring relationship.
- Lots of flexibility for mentoring pairs to negotiate the structure and format of their relationship (e.g. meeting frequency, meeting length, method of contact).
- Ongoing support from the UBC Rural CPD team.

www.ubccpd.ca/rural-mentoring-program

Program Contacts

Andrea Keesey, Program Manager
andrea.k@ubc.ca

Ashra Kolhatkar, Research Assistant
ashra.k@ubc.ca
Appendix 9: Combined SEMP/SIM Course Flyer (Trail BC)

UBC CPD
CONTINUING PROFESSIONAL DEVELOPMENT
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AMA

THE COMBINED
SEMP/SIM COURSE
JUN 7-8, 2014
KOOTENAY BOUNDARY
REGIONAL HOSPITAL, TRAIL, BC

TARGET AUDIENCE
• Physicians (emergency, pediatrics, general surgery, anaesthesia, intensive care).
• RTs and Nurses (HART, emergency, and critical care nurses).

DAY 1: PROCEDURAL SKILLS
THE SEMP COURSE—FULL DAY
Practice critical care in lifelike situations using the latest human patient simulator technology.
Pre-course online prep is required.

DAY 2: SCENARIOS (THE IHA MOBILE SIM COURSE)—HALF DAY
Come and face your worst nightmare! Practice lifelike critical care scenarios in a safe learning environment. This course recreates complex, real life resuscitation scenarios and allows you an opportunity to practice your role in resuscitation as part of the whole health care team.
Both adult and paediatric simulations will be practiced in the hospital setting, using the real equipment at hand. Participants will have input into the scenarios selected.

COURSE TUITION
Physicians: $625, nurses and RTs: $150.
PLEASE NOTE: course tuition is subsidized by Kootenay Boundary Regional Hospital (KBCH). Preference will be given to physicians, nurses, and RTs from KBCH until March 31, 2014. After that date, registration will be open to anyone inside or outside of KBCH.

REGISTER ONLINE NOW
Registration deadline: Friday, May 16, 2014
Contact us at rural.cpd@ubc.ca | 604 875 5101

Rural Coordination Centre of BC
Interior Health
CARE
Appendix 10: Long-term goals and deliverables for the UBC Rural CPD Program, 2014-15

1. Delivery of five (5) community POCUS-OB Courses and two (2) conference courses for rural practitioners; Delivery of two (2) community SHOCK Courses and three (3) conference courses for rural practitioners.


3. Launch new interprofessional Rural Obstetrics Journal Club and fourth season of Specialist Journal Club in Internal Medicine (online).


5. Completion of formal BC Rural Physician Mentoring Program (May 2014 – Feb 2014, Delivery Phase).

6. Begin development new Point-of-Care Ultrasound (POCUS) Course and conduct Rural Locums Needs Assessment study (funding dependent).

7. Continue to support and be involved with provincial CME/CPD initiatives such as activities associated with the Provincial Rural CME Collaborative.