

# Rural Rounds - Doctor and Friend: Navigating Care Boundaries in the Rural Setting

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THE UNIVERSITY OF BRITISH COLUMBIA

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# LAND ACKNOWLEDGMENT

We acknowledge that our UBC CPD office is located on the traditional, ancestral and unceded territory of the Skwxwú7mesh (Squamish), x<sup>w</sup>məθkwəy̓əm (Musqueam), and Səlílwətaʔ/Selilwítulh (Tseil-Waututh) Nations.



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# HOUSE KEEPING

- Type questions into the Chatbox
- Please remain muted
- Webinar will be recorded and shared within 2 weeks
- Message **Hareem Minai** ([hareem.m@ubc.ca](mailto:hareem.m@ubc.ca)) in the chat or by email with any technical issues
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# DOCTOR AND FRIEND: NAVIGATING CARE BOUNDARIES IN THE RURAL SETTING

DR. GORDON HORNER & DR. TANDI WILKINSON



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# PRESENTER DISCLOSURES

*Gordon Horner: No financial disclosures, but did suggest this topic as co-medical lead of Rural Rounds!*

*Tandi Wilkinson: Nothing to disclose*



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# LEARNING OBJECTIVES

- Discuss the reality of the overlapping boundaries of relationships in rural practice.
- Harness the wisdom of the audience as we explore cases.
- Identify a framework for navigating such experiences moving forward.



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# SURVEY QUESTIONNAIRE

## 1. Do you have a primary care provider?

- Yes, with a colleague in my rural site
- Yes, not with a colleague (virtual)
- No



# SURVEY QUESTIONNAIRE

**2. Have you had to treat a colleague (physician, nurse, RM, NP, or other care provider)?**

- Yes, for primary care
- Yes, for emergency care
- No





# SURVEY QUESTIONNAIRE

## 3. Are personal/professional boundary crossings a challenge for you?

- Yes, daily
- Yes, at least a few times a month
- Yes, but rarely
- No



# SURVEY QUESTIONNAIRE

**4. Do you feel like you have a framework for navigating boundary issues?**

- Yes
- No



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# CASE DISCUSSIONS



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# CASE DISCUSSION #1

**You are a new NP in family practice in a rural area. Your friend's father is your patient. Your friend's father is struggling with chronic pain and is not satisfied with treatment .Alternatively, your friend's father is found to have a new dx of malignancy. How do you maintain professionalism among the fear of letting your friend down and fear of missing something in this case?**



# CASE DISCUSSION #2

**You're new to practice in a rural community of about 5,000. Within a few weeks of arriving, four of your nursing colleagues and two physician colleagues request to move their care into your practice.**

1. Do you accept them all?
2. How do you approach the decision?



# CASE DISCUSSION #3

**You've been practicing for a few years in a rural remote community that is predominantly First Nations. One of your First Nations patients offers to culturally adopt you into their clan.**

1. Do you accept?



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# CASE DISCUSSION #4

**You are due to take your turn as Chief of Staff at your small rural hospital and are also primary care provider for three of your MD and NP colleagues.**

1. How do you navigate this?



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# CASE DISCUSSION #5

**You have nominally been the physician for one of your colleagues for several years. Their medical needs have been few and simple, so your relationship is more that of friend and colleague than provider/patient. You notice your colleague has been more distant and less upbeat than usual for the past few months, and you know they have been working even longer hours than usual lately. You wonder if they're doing OK, but when you do a 'corridor check-in' before clinic they assure you they're fine, just a bit tired. Their clinical care seems to be fine.**

1. Do you ask them to book an appointment?





# NAVIGATING BOUNDARY CROSSINGS IN RURAL PRACTICE

1. Fear not - these can be enriching experiences!
2. Harness the power of shared decision making with the patient as you navigate your role.
3. Set clear boundaries on what you can and cannot do in this relationship.
4. Remember to take care of yourself in this arena. Its not just about the patient's needs
5. Look to the wisdom of your body if you aren't sure how you are feeling.
6. Consider checking in with a peer to review difficult situations.



# RESOURCES & SUPPORT

- Chief of Staff or Medical Director
- Ethics advisor for your Health Authority
- Practice Support Program
  - <https://www.physicianhealth.com/>
- CMPA
  - <https://www.cmpa-acpm.ca/en/education-events/good-practices/professionalism-ethics-and-wellness/boundaries>



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# Q & A

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ATTENDANCE



EVALUATION



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# UPCOMING ROUNDS

Rural Rounds: **Vulvodynia**

**June 6** (Thu) | 08:00-09:00 PST

Speaker: **Dr. Melanie Altas**



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