

**News** We welcome news items of less than 300 words; we may edit them for clarity and length. News items should be emailed to [journal@doctorsofbc.ca](mailto:journal@doctorsofbc.ca) and must include your mailing address, telephone number, and email address. All writers should disclose any competing interests.



Nadine Rena Caron, MD

## Dr Nadine Rena Caron receives Order of British Columbia

Dr Nadine Rena Caron of Prince George is one of 14 exceptional people being appointed to the Order of British Columbia in 2022, the province's highest form of recognition. As the first Indigenous female general surgeon in Canada, Dr Caron has devoted her career to providing better access to culturally safe health and wellness care and improving medical outcomes for Indigenous patients.

A member of the Sagamok Anishnawbek First Nation, born and raised in Kamloops, Dr Caron completed her BSc in Kinesiology at Simon Fraser University and received the Gordon M. Shrum Gold Medal as a top undergraduate student before becoming the first female Indigenous student to complete an MD at the UBC Faculty of Medicine, again at the top of her class.

Dr Caron also completed an MA in public health from Harvard University, and further to surgical residency and fellowship at the University of California, San Francisco, returned to Canada to establish a clinical practice at the University Hospital of Northern British Columbia in Prince George. As a professor, she teaches in UBC's Northern Medical Program and at the Centre for Excellence in Indigenous Health.

In January 2020, Dr Caron was named the founding First Nations Health Authority Chair in Cancer and Wellness at UBC. This new position, supported by \$3 million in funding, was created to improve cancer outcomes and wellness among Indigenous people by examining the stories and needs of Indigenous cancer patients and their families. Her main areas of interest are Indigenous health and Canadian health policy.

Among many professional accolades, Dr Caron is a recipient of an honorary Doctorate of Laws from the University of the Fraser Valley, an honorary degree from Simon Fraser University, and the Thomas Dignan Indigenous Health Award from the Royal College of Physicians and Surgeons of Canada. For information on all 2022 recipients, visit [https://news.gov.bc.ca/files/OBC\\_Bios\\_2022.pdf](https://news.gov.bc.ca/files/OBC_Bios_2022.pdf).

## Perils of wisdom—covering risk to your home and office

Westland Insurance Group Ltd., Doctors of BC's home- and office-insurance partner, provides advice to members on risk considerations for their home and office.

Home-insurance policies are issued on several different forms, which establish and define the causes of loss (or perils) for which coverage is provided. The best and broadest form is a comprehensive, or all-risks, form, which is the best form to insure your home with.

An all-risks form insures against all types of losses, subject to a list of exclusions specified in the policy. These exclusions outline when coverage does not apply. The onus is on the insurer to show that an exclusion applies following a loss; otherwise, coverage will be provided.

The main types of losses insured under this form include the following:

- Fire: from either inside or outside the home, including forest fires.
- Windstorm: caused by winds that damage the home or cause trees or other debris to hit the home.
- Theft and burglary: inside or away from the home, such as theft from a vehicle.
- Water damage: caused by pipes bursting, dishwashers or laundry machines failing, or bathtub or sink overflows.
- Sewer backup: the backing up of interior or exterior drains.

Depending on your geographical area, consider adding the following optional perils to your home-insurance policy:

- Earthquake: covers damage to the home during an earthquake and carries a separate, high deductible.
- Overland flood: covers the overflow of natural or manufactured bodies of fresh water (rivers and lakes). Coverage limits may depend on the location of the home.

When insuring a medical office, it is best to choose a similar comprehensive or all-risks form for office contents, equipment, and any leasehold improvements you have made to the space or for which you are responsible under the lease agreement.

In addition to the above perils, larger offices storing data on their servers should consider adding cyber insurance to cover data hacking, extortion, and ransom.

—Julie Kwan  
Insurance Advisor, Doctors of BC

## 2021 J.H. MacDermot writing prize winners

The *BC Medical Journal* welcomes submissions from BC medical students and offers writing prizes for the best pieces accepted for publication. The winner of the 2021 J.H. MacDermot Prize for Excellence in Medical Journalism: Best article or essay is Dr Giselle Hunt, for her article “Endometriosis: An update on diagnosis and medical management.” The article was chosen for the quality of the writing, importance of the topic, and usefulness to BC physicians. The winner of the 2021 J.H. MacDermot Prize for Excellence in Medical Journalism: Best blog post is Ms Elsie Wang, for her blog post “UBC medical students respond to COVID-19 pandemic with innovation and teamwork.” The blog post was selected for the quality of the writing and the efforts to raise awareness of the important work being done by UBC students.

### Dr Giselle Hunt

Dr Hunt would like to thank Drs Catherine Allaire, Paul Yong, and Caitlin Dunne for offering their expertise in the field of women’s health and providing guidance throughout the article-drafting process. Dr Hunt wrote the article as a fourth-year UBC medical student. She is now a second-year psychiatry resident in the UBC Vancouver Fraser Medical Program. She feels privileged to be able to stay in and hopefully one day work in the beautiful province of British Columbia. Her career plans are currently undecided, but she is excited by the flexibility of psychiatric work and the opportunity to work with a variety of patient populations. With broad professional interests, she foresees splitting her week between general adult psychiatry, addictions medicine, and reproductive mental health, with an emphasis on psychotherapy. Dr Hunt hopes that regardless of where or what she practises, she is able to make a lasting positive impact on the lives of her future patients.

### Ms Elsie Wang

Ms Wang is a first-year medical student in the UBC Vancouver Fraser Medical Program (class of 2026). She wrote the blog post as an undergraduate student with coauthor Dr Philip



Dr Giselle Hunt

Edgcumbe while health care providers and students were challenged with unprecedented circumstances during the COVID-19 pandemic. Ms Wang and Dr Edgcumbe were inspired to share the stories of innovative projects being driven by medical students.

Ms Wang is passionate about the field of digital health and is striving to improve health care access and equity for patients through technology and innovation. Her work in digital health includes evaluating Real-Time Virtual Support pathways with the UBC Digital Emergency Medicine unit and supporting the development of novel online programs for cognitive-behavioral therapy, mindfulness-based therapy, and virtual reality-based treatments at the UBC Sexual Health laboratory. To support Indigenous patients across BC, she is also engaged in the development of an appeals committee for the Quality Care and Safety Office at the First Nations Health Authority. Ms Wang aspires to become a changemaker in medicine by listening to the needs of Canadians. She is incredibly grateful for the opportunities she has been granted and hopes to stay curious, passionate, and eager to learn throughout her journey in medical studies at UBC.

BC medical students are encouraged to submit full-length scientific articles and essays for publication consideration. Prior to 2022, the *BCMj* Editorial Board recognized the authors



Ms Elsie Wang

of the best student articles with the J.H. MacDermot Prize for Excellence in Medical Journalism in two categories: best article or essay for print, and best blog post. As of 2022, the prizes have been updated to distinguish between student articles written with and without physician coauthors. The blog-post prize has been discontinued. For more information about the prizes, visit [www.bcmj.org/submit-article-award](http://www.bcmj.org/submit-article-award).

## Register for Walk With Your Doc

Walk With Your Doc (WWYD) will take place throughout BC from 17 to 25 September 2022. Once again, this event provides a fun, simple opportunity to get your patients moving and to discuss the benefits of daily physical activity in an informal and social setting.

Register to host a walk in your community, join a walk, or download the WWYD logo files and posters at <https://walkwithyourdoc.ca>. For those hosting a walk: the cutoff for having WWYD materials shipped out is 8 September. Contact Patrick Higgins at [phiggins@doctorsofbc.ca](mailto:phiggins@doctorsofbc.ca) if you have any questions or would like additional information or resources. Note: Doctors of BC continues to monitor the COVID-19 environment and will follow any guidelines that may be put in place from the Office of the Provincial Health Officer.

## National Day for Truth and Reconciliation added as holiday in General Preamble to the Fee Guide

The National Day for Truth and Reconciliation, 30 September, has been added to the definition of “holiday” in the General Preamble to the Fee Guide, Section B, for MSP billing purposes. The date commemorates the history of and ongoing trauma to Indigenous people caused by residential schools and is a time to reflect on how to best move forward and to reconcile Canada’s past. BC’s Minister of Finance and Minister of Indigenous Relations and Reconciliation declared BC would recognize the holiday in addition to it being a federal statutory holiday; hence the update to the General Preamble. Only public sector workplaces, banks, and schools will be closed.

Note: When preparing to submit an MSP claim, the MSP-designated holidays and close-off dates must be included as they impact claims submission. For more information on designated holidays and close-off dates, visit [www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/msp/claim-submission-payment/designated-holidays-and-close-off-dates](http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/msp/claim-submission-payment/designated-holidays-and-close-off-dates).

## Resources for post-COVID-19 recovery

Based on the global ECHO model (<https://hsc.unm.edu/echo>), the BC ECHO for Post-COVID-19 Recovery is a free virtual learning community of specialists and community health care providers who use instructive and case-based learning to improve care for patients recovering from symptoms post-COVID-19.

Each monthly ECHO session is 1 hour long and starts with a 20-minute presentation from specialists on participant-identified topics, followed by a case presentation submitted by a participant. Each session wraps up with resources, recommendations, and an opportunity for questions.

Recordings of the BC ECHO for Post-COVID-19 Recovery sessions from July 2021 through July 2022 are available at [www.phsa.ca/](http://www.phsa.ca/)

[health-professionals/education-development/bc-echo-for-post-covid-19-recovery](http://health-professionals/education-development/bc-echo-for-post-covid-19-recovery).

## New referral criteria for Post-COVID-19 Interdisciplinary Clinical Care Network

The criteria for referring patients to the Post-COVID-19 Interdisciplinary Clinical Care Network (PC-ICCN) for symptoms of COVID-19 have changed. Before referring a patient, the following must be completed: a full history, a physical examination, and relevant investigations as part of differential diagnoses and to rule out other conditions explaining the symptoms.

Review the PC-ICCN Clinical Workup Checklist for required investigations prior to referral. If a patient’s symptoms cannot be explained by an alternative diagnosis, complete the PC-ICCN referral form and fax to Post-COVID Central Triage at 604 806-8809. The Network accepts patients whose persistent symptoms have lasted more than 3 months following a presumed or confirmed COVID-19 illness.

A nurse from Central Triage will contact the patient directly to review and assess their case and to determine the appropriate level of service. Not all patients will need a clinic visit. The Post-COVID-19 Recovery Clinics support patients with self-recovery tools and rehabilitation services; they do not provide diagnostic or investigative services.

For more information on the PC-ICCN and links to applicable forms, visit [www.phsa.ca/our-services/programs-services/post-covid-19-care-network](http://www.phsa.ca/our-services/programs-services/post-covid-19-care-network). If you have additional questions, email [post-COVID-ICCN@phsa.ca](mailto:post-COVID-ICCN@phsa.ca).

## Culturally informed mental-wellness supports for Indigenous families

Indigenous families with children 3 to 12 years old who are experiencing big worries and fears (known as anxiety in Western views) will have access to free, culturally grounded wellness practices through a virtual parent and caregiver coaching program. The We Are Indigenous:

Big Worries/Fears Parent/Caregiver Support Program was developed with the guidance of the Indigenous advisory group Caring in All Directions and Indigenous writers in collaboration with the Canadian Mental Health Association, BC Division (CMHA BC).

The program builds on the Confident Parents: Thriving Kids anxiety program offered by CHMA BC, in which trained coaches build on skills and strategies that can be used with children and family at home and in community settings. The We Are Indigenous program is grounded in Indigenous perspectives to support First Nations, Métis, and Inuit families throughout BC and acknowledges the strong spiritedness of Indigenous families, the importance of supporting First Nations in their wellness wisdoms, and the disruptive influences of colonization on Indigenous families.

Parents, caregivers, and their children can learn about Indigenous-centred wellness practices and strategies to increase their skills and strong spiritedness to push back against big worries and fears. The program delivery includes short online videos and scheduled telephone coaching sessions to provide families with tools to discuss what they are already doing and to learn new practices and how to use these practices with their children. The program is available at no cost to parents and caregivers across BC by referral from a physician, nurse practitioner, teacher, school counselor, child and youth mental health clinician, or Aboriginal child and youth mental health clinician.

Learn more:

- We Are Indigenous: Big Worries/Fears Parent/Caregiver Support Program: [www.BigWorriesStrongSpirit.ca](http://www.BigWorriesStrongSpirit.ca)
- Canadian Mental Health Association, BC Division: <https://cmha.bc.ca>
- Confident Parents: Thriving Kids: <https://welcome.cmhacptk.ca>
- Virtual mental-health supports: [www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports](http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports)
- *A Pathway to Hope: A roadmap for making mental health and addictions care better for people in British Columbia*: [https://news.gov.bc.ca/files/BCMentalHealthRoadmap\\_2019.pdf](https://news.gov.bc.ca/files/BCMentalHealthRoadmap_2019.pdf)