

Doctors of BC election results



Matthew Chow, MD

Dr Matthew Chow was elected president-elect for the 2019–2020 year (1784 members cast their vote). Dr Chow is a psychiatrist in Vancouver and has been involved in medical leadership for a number of years. He is also co-chair of the Specialist Services Committee and serves as the Doctors of BC representative on the Medical Services Commission.

Districts 1 and 7 Representative Assembly (RA) delegate positions have also been elected. District 1 GP delegate to the RA for Lower Island is Dr Osmaan Sheikh. District 7 GP delegate to the RA for Okanagan Thompson is Dr Cheryl Hume.

Doctors of BC scholarship winners



Katherine Ryeburn

Doctors of BC has awarded its two annual scholarships of \$1000 to Ms Katherine Ryeburn of Nanaimo and Mr Ian Grabher of Nanaimo.

As usual, there was an abundance of highly impressive applicants, so the recipients are truly outstanding.

Ms Ryeburn is a top student at her high school, plays volleyball and soccer, practises tae kwon do, and is a runner, swimmer, dancer, choir member, and community volunteer. She's also a lifeguard with her standard first aid and other certifications. She plans to complete her health sciences degree at UNBC then apply to medical school.

Mr Grabher is also an accomplished individual, with awards in French, piano, basketball, and cross-country. He has extensive volunteer experience and is known as both a coach and a leader in his school community. He has been accepted to UBC and plans to study international relations.

For more than 15 years, Doctors of BC has presented two \$1000 scholarship awards to children of members in good standing who are completing high school and planning to continue studies at a recognized postsecondary institution.

Osteoarthritis resources for patients

Do your patients have questions about osteoarthritis? The OASIS (Osteoarthritis Service Integration System) program offers free, comprehensive educational classes aimed at helping people self-manage their osteoarthritis. The interactive, motivating classes are led by a team of seasoned educators (OT, PT, nurse, and dietitian) who are skilled at communicating ways of living better with a chronic condition. Classes are offered at various locations throughout the Vancouver Coastal Health (VCH) region. A referral is not needed, but registration is required. For more information about all classes, visit the OASIS website at <http://oasis.vch.ca>.

If your patient requires an individualized assessment for their osteoarthritis, a doctor's referral is required. The OASIS program referral form is available online at http://oasis.vch.ca/media/OASIS_Physician_Referral_June2018.pdf. The assessment will provide advice on whether surgery is recommended or what specific conservative measures would help manage the specified condition. Please note that this program services VCH residents and

people from other health authorities who have a VCH surgeon.

—**Arlaina Waisman, RD**
Dietitian, Educator, OASIS Regional Office

BC Pharmacare expands use of biosimilar medicines

The Government of British Columbia announced that patients taking originator biologic drugs will be transitioned by their clinicians to a biosimilar biologic drug. The BC Pharmacare announcement is consistent with Health Canada's recommendation that such a decision should be made by the treating physician in consultation with the patient and taking into account available clinical evidence and any policies of the relevant jurisdiction. For details on the expansion of the use of biosimilars visit <https://news.gov.bc.ca/releases/2019HLTH0080-001072>.

For more information about biosimilars, visit www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/biosimilars-initiative-patients.

Allergan recalls textured breast implants in Canada

Allergan Canada is voluntarily recalling textured breast implants from the Canadian market as a result of Health Canada's suspension of the Biocell textured implant licence. As part of this voluntary recall, any unused Biocell saline-filled and silicone-filled textured breast implants (medical device licences 3112, 72262, 72263, 87277, and 87279) will be removed from the Canadian market and no longer be sold. Natrelle smooth implants and tissue expanders are not impacted by this licence suspension and voluntary recall.

Patients are advised to discuss the risks and benefits of their implant type with their plastic surgeon should they have any concerns. There continues to be no recommendation from Health Canada for asymptomatic patients to have their textured breast implants removed or replaced prophylactically. Breast implant-associated anaplastic large cell lymphoma (BIA-ALCL) has been reported in patients with an implant history that includes Allergan's

Doctors of BC 2019 AGM and awards

Doctors of BC held its 2019 annual general meeting on Friday, 31 May, at the Robert H. Lee Alumni Centre at UBC's Vancouver campus. Doctors of BC's annual awards ceremony was held on Saturday, 1 June, at the Sheraton Vancouver Wall Centre Hotel. The evening's events began with a reception, followed by the awards ceremony, including installation of officers, and the president's dinner, with remarks given by the new president, Dr Kathleen Ross.

For more information and photos, visit www.doctorsofbc.ca/gallery/2019-doctors-bc-awards-ceremony.

Doctors of BC Excellence in Health Promotion

Dr Christine Gemeinhardt

Doctors of BC Changemaker Awards

Student Advocate

Award: Mr Alec Yu

Resident Advocate Award:

Dr Brandon Tang

Dr Cam Coady Medal of Excellence

Dr Mary-Wynne Ashford

CMA Honorary Membership Awards

Dr Kenneth Bassett

Dr William Ehman

Dr Karen Gelmon

Dr Alan Hill

Dr Simon Holland

Dr Paul Klimo

Dr Louise Martin

Dr Margaret McGregor

Dr Richard Nuttall

Dr Jack Onrot

Dr Tim Rowe

Dr Andrew Sear

Dr Barry Turchen

Dr Garth Warnick

Dr Keith White

Doctors of BC Silver Medal of Service

Dr Bakul Dalal

Dr Jean Hlady

Dr Kwadwo Asante

Dr David M. Bachop Award

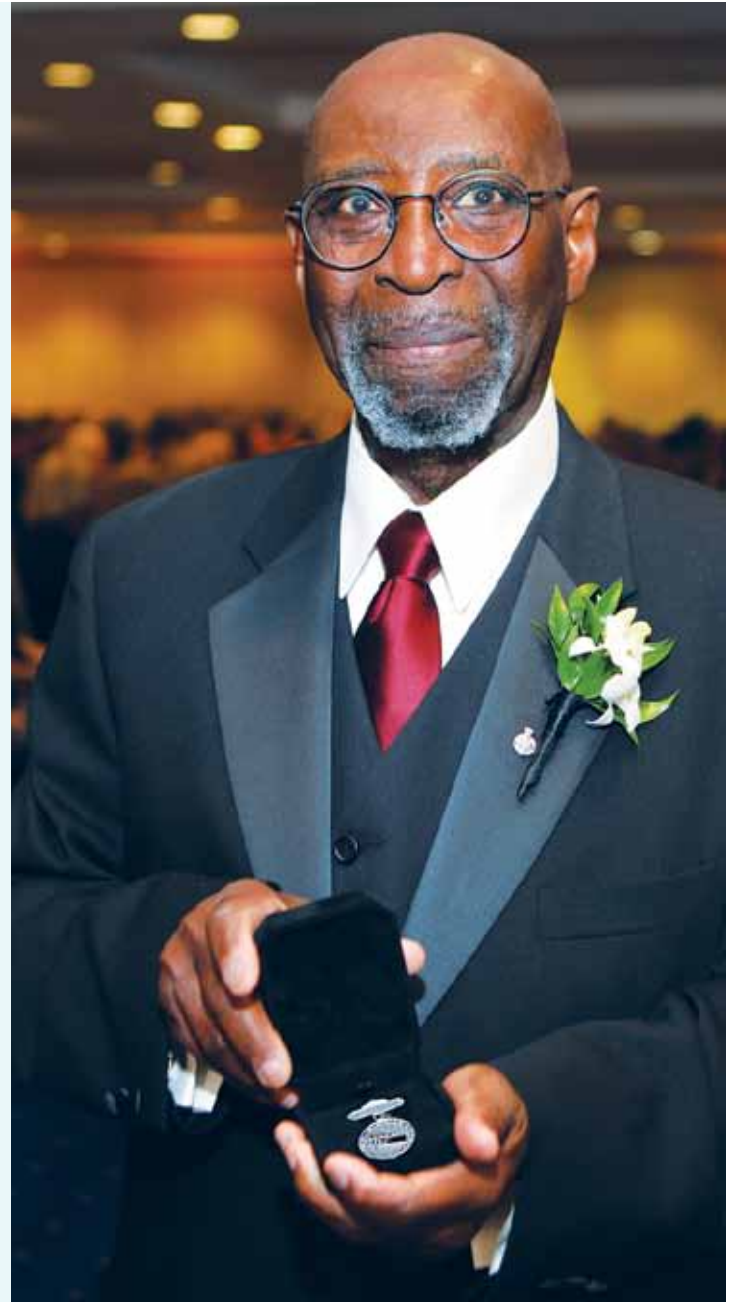
Gold Medal: Dr

Marjorie Docherty

Silver Medal: Dr Louai Musa

Dr Don Rix Award for Physician Leadership

Dr Bill Cavers



Dr Jean Hlady after being presented with the Doctors of BC Silver Medal of Service.

and other manufacturers' textured breast implants with various surface properties, styles, and shapes.

If you have questions about Biocell textured breast implants, contact the medical information team at MR-MedicalInformation@Allergan.com or 1 800 668-6424, and visit Allergan's website at www.allergan.com. For more information about Health Canada's recall and safety alert visit www.healthycanadians.gc.ca/

recall-alert-rappel-avis/hc-sc/2019/69520a-eng.php.

Call for participants: Youth with OCD

The Provincial OCD Program at BC Children's Hospital is actively recruiting Greater Vancouver youth (7 to 19 years old) who have obsessive compulsive disorder (moderate or

higher severity) to participate in a pilot trial of intensive treatment (i.e., exposure and response prevention). The goal of the study is to determine how much treatment youth need to get better and whether different ways of providing the treatment impact how well it works.

We are seeking direct referrals from family doctors, pediatricians, and child/adolescent psychiatrists practising in the Lower Mainland. If you would like more information regarding

inclusion/exclusion criteria, or study procedures, or are wondering if a patient would be suitable for referral, please contact Zainab Naqqash at 604 875-2000 (ext. 3068) or zainab.naqqash@bcchr.ca, or visit <https://bit.ly/30WSbQy>.

—Robert Selles, R. Psych.
Provincial OCD Program, BC Children's Hospital, UBC

Report to Members available now



Doctors of BC has released its latest report, the *2018-19 Report to Members*. The report is a good way to find out about the association's activities and accomplishments over the past year, and contains the audited financial statements from 2018. The *Report to Members* has reports from the CEO, president, chair of the Board, and speaker of the Representative Assembly, as well as reports from all the active committees, councils, sections, societies, external committees, and affiliated organizations. A PDF document is available at www.doctorsofbc.ca/sites/default/files/report-to-members-web.pdf.

Genomics-driven health care for children with rare diseases

Two million Canadian children are classified as having a rare disease, and over 80% of rare diseases are thought to have a genetic origin. While next-generation sequencing technologies such as whole exome and whole genome sequencing may enable more accurate disease diagnosis and treatment guidance for childhood rare diseases, these technologies are not routinely available in clinical care. There are outstanding questions about these technologies: Are they valued by patients? Are they an

A physicians' community of practice tackles ACEs in BC

Since the Shared Care Committee's Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative wrapped up in December 2017, a group of physicians has continued to meet, with Shared Care's support, to advocate and strategize for improved services for child and youth mental health and substance use in the province. The CYMHSU Community of Practice now includes over 180 physicians and, over the course of three in-person gatherings, surveys, and an online communication tool called SLACK, they have established key priorities and a strategic plan for the next 3 years. Read the plan online at <http://sharedcarebc.ca/sites/default/files/CoP%20Strategic%20Plan%20Image.pdf>.

After the CYMHSU Collaborative's first Adverse Childhood Experiences (ACEs) Summit in 2017, which focused on raising awareness of ACEs and their impact on the developing brain and future health outcomes, there was a desire to follow up with a second ACEs event. The focus of the second summit was to invite physicians and other partners to share their experiences and learnings from



new approaches and trauma-informed interventions introduced in their practices and communities. On 9 May the second ACEs Summit took place in Richmond with over 500 attendees. Learn more about the day and the work taking place at www.doctorsofbc.ca/news/bc-physicians-mobilizing-action-aces.

efficient use of health care resources? At what point do they become cost-effective? Answering these questions helps inform the adoption of these tools as a standard of clinical care and potentially validates the impact that genomics has on the quality of life for patients.

Dr Dean Regier, a scientist at BC Cancer, focuses his research on improving methods to understand how genes play a role in our lives and how patients and the general public value the trade-offs of benefits versus risks when making decisions to undergo genomic testing. He gathers evidence from patients for input into economic models, which evaluate whether these technologies provide value for money. Over

the next 2 years, a \$500 000 project (funded through Genome BC's Genesolve program and Illumina Inc.) will draw on health care data from BC as well as the 100 000 Genomes Project in the UK to generate evidence for the appropriate and sustainable adoption of whole exome and whole genome sequencing to diagnose and guide treatment for children with rare diseases. The work will be undertaken by Dr Regier in collaboration with colleagues from the University of Oxford, the University of British Columbia, BC Children's Hospital, and BC Women's Hospital and Health Centre. For more information about Genome BC visit <http://genomebc.ca>.



PHOTO: ARIANA FLYNN

A commitment to cultural safety and humility

“Néca?mat, néca?mat, néca?mat,” said Musqueam Elder Shane Pointe as he opened the May 2019 Representative Assembly (RA) meeting commemorating the signing of the Declaration of Commitment on Cultural Safety and Humility in Health Services. Pronounced “nuts amaht” in English, the Coast Salish expression means “we are one.”

The signing ceremony took place after the Doctors of BC Board last year endorsed the Declaration of Commitment—a commitment between the house of Doctors of BC and the house of the First Nations Health Authority (FNHA). In First Nations language, families are recognized by the houses they belong to.

By signing this Declaration, and in partnership with our Indigenous patients, doctors agree to create an environment where cultural

safety—based on each patient’s health care experience—is developed through a process of mutual trust and respect of cultural humility. Further, that this is understood, embraced, and practised at all levels of the health care system.

Mr Pointe’s approach was one of inclusion and fairness. He stressed that while the source of the Declaration is the FNHA, safety and cultural humility apply to all cultures coming here from all parts of the world.

The ceremony called upon key representatives from both houses to be blanketed—a ritual that demonstrates FNHA respect for those who have made an important contribution to the Indigenous community. It also called for four observers chosen from the RA to witness the signing of the agreement—a historic undertaking in a traditionally oral

society. Afterward the representatives and witnesses expressed the ways in which the day was meaningful to them.

Mr Pointe ended the ceremony by saying, “Doctors, thank you, thank you for lifting up the hearts and the minds of future generations of First Nations children and their families. You, as medicine, have now made us stronger in our health, in our wellness. What more can be asked of doctors than to help us heal and to help us be well.”

By signing and participating in the ceremony, Doctors of BC joins all BC’s regulatory bodies, all health authorities, the Ministry of Health, the BC Coroners Office, and others, who have already demonstrated their commitment.