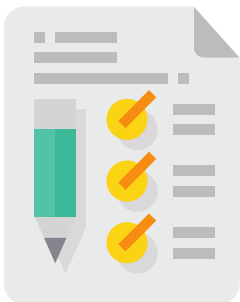


RCME COMMUNITY PROGRAM NEWSLETTER

RCME Community Program Implementation



The RCME team has officially implemented 98 of the 104 eligible RSA communities into the new program.

Once communities are implemented, they are able to access new funding and are provided support to create and develop locally-driven models of community education.

To implement your community into the program,
please connect with the RCME Team at
RCME@RCCbc.ca.

2021/22 RCME Community Program Annual Report

In the past fiscal year, the RCME Community Program has seen a 61% increase in community spending trends across British Columbia.

Included in the report are regional updates, a provincial summary as well as more information on community spending.



Click to read the report
[RCME Community Program
Annual Report 2021/22](#)

Mount Waddington - Island Health Recap



Mount Waddington, a multi-community model in the RCME Community Program that includes the communities of Alert Bay, Port Alice, Port Hardy and Port McNeill, recently hosted the HOUSE-EM (Hands-On Ultrasound Education-Emergency Medicine) Course in early June. HOUSE-EM allows community physicians to create a customized agenda that best suits their educational needs. During this 2-day course, the physician team focused on Shock and Abdominal Pain modules.

10 physicians participated in the course which was expertly facilitated by the 4-physician faculty team. The intense curriculum covered topics including aorta for aneurysm, cardiac, DVT, IVC, vascular access, dyspnea, gallbladder, renal hydronephrosis, ectopic pregnancy and more.

Ultrasound education such as HOUSE provides vital skills training to rural physicians in BC. As two participants noted:

"Point-of-care ultrasound is becoming an essential tool for physicians in primary care offices and emergency departments. Having the chance to practice and augment my bedside ultrasonography techniques during the 2-day HOUSE course - with amazing physicians from across BC - was time well spent!"

Dr. Kevin Garneau-Begin

"The instructors were excellent and had a great fund of knowledge and experience. This was a worthwhile course to assist me in my practice. I gained the needed education and confidence to provide outstanding patient care."

Dr. Anas Towerir

Coaching and Mentoring Program (CAMP)

Would you like to connect with a peer?

Do you want to refresh a skill?

Are you new to practice and want to feel more confident?

CAMP fosters peer support in rural practitioner networks to increase your confidence, connect you with other rural physicians, and improve your practice.

Coachees receive up to 35.0 Mainpro+/MOC Section 1 and coaches are remunerated for coaching activities.



[Click here](#) to sign up as a coachee or coach today and discover the difference a supportive connection can make!

RCCbc's 2021-22 Year-end Report

In their annual message, RCCbc's executive directors, Dr. Ray Markham and Leslie Carty, write: "We continue to live in interesting times and...it has been a blessing for us to see our team and partners be able to respond, as opposed to react. At RCCbc, we continue to build our relationships to improve the health of rural people and communities... Innovation and nimbleness within the system has been a creative unintended consequence of this time."

Click to read the report
[RCCbc Annual Report 2021/22](#)

Quality Team Coaching for Rural BC (QTC4RBC)

- Is your team passionate about making a change together and needing support to make it truly happen?
- Is your team expanding across disciplines and wanting to optimize its integration and effectiveness?
- Is your team ready and wanting to move from burnout and disengagement into connection, clarity, and collective action?

If this sounds like your team, consider applying to participate in the [Quality Team Coaching for Rural BC \(QTC4RBC\)](#) program in Fall of 2022.

Through a workshop, team coaching sessions and leadership coaching, QTC4RBC is designed to empower rural health care teams with tools, supports, and time to regroup and reconnect with their purpose, while taking action to build the team culture they want to have and advancing towards the goals they wish to achieve. When health care teams are able to rekindle joy and meaning in their work, they are more able to create a positive work environment, optimize their team's performance, and increase the quality and safety of care for patients.

For more information about the program and how to apply, please visit the QTC4RBC webpage. The Expression of Interest deadline is August 12, 2022. We will also be hosting two webinars with QTC4RBC coaches, Dr. Rahul Gupta and Dr. Cecile Andreas, to talk about the program and answer questions from anyone interested in learning more, please register to receive the zoom details to join on July 27, 12:00-12:45 PT.

To register for webinar, please [click here](#).

For more information about the Quality Team Coaching for Rural BC Program, please contact Tracey Deleeuw at Tdeleeuw@rccbc.ca.



Compassion Cultivation Training

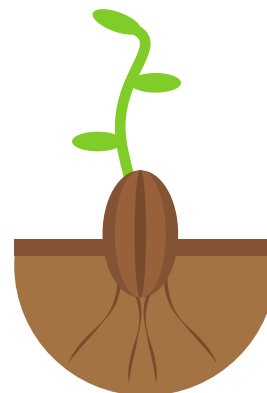
Wednesdays, Sept. 14th - Nov. 2 from 7:00 to 9:00 pm PT
Online on Zoom | \$250 (discount for students)
Registration is limited

The Compassion Cultivation Training (CCT) course is adapted specifically for health care professionals to explore how compassion can be cultivated and strengthened in order to support ourselves to thrive personally and professionally. This course will explore how medical culture can block compassion for ourselves and others and dive deeper on compassion fatigue, moral injury and how to regulate our sympathetic system and resource ourselves. The CCT course is led by Shireen Mansouri, MD CCFP(EM) FCFP, a family physician and certified Compassion Cultivation Teacher.

Compassion Cultivation Training is an 8-week course, including:

- Weekly 2-hour online class, with short didactic talks and class exercises
- Access to daily meditation practices that progress from week to week
- Practical exercises to apply in daily life and move practices into long term habits

To register for fall course, please email
Shireen Mansouri at mansourishireen@gmail.com



Whistler to Host RCCbc's 2023 BC Rural Health Conference



Mark your calendar and set your compass towards Whistler for RCCbc's 2023 BC Rural Health Conference on June 2-4. "The rural community of Whistler will provide a spectacular backdrop for rural and remote doctors to reconnect, learn, and socialize," says RCCbc's Elisa Chow. "Stay tuned for more details about the conference in the coming months."

Rural Locum and New Rural Physician CME Programs



REAP's Rural Locum and New Rural Physician CME Programs make funding available to GP, GPA and Specialist locum physicians and physicians in their first two years of rural practice, to take rurally-relevant courses.

Funding for ACLS recertification, plus an additional course, as well as travel and accommodation reimbursement is available.

We've recently changed the application process so if you are interested in applying please visit our website for the latest instructions.

Rural locums, please visit.
New rural physicians, please visit.