

Medical Staff Wellness Committee Update

October 20, 2025



Strategy

- ▶ **Partnership with Leadership**
 - ▶ Cara and Lindsay
 - ▶ Medical Staff Safety and Wellness Committee
- ▶ **Civility and Respect**
 - ▶ Civility Regional Tour
- ▶ **Compassion and Connection**
 - ▶ PHP - Welldoc Canada
 - ▶ CMA, physician Well Being Index
 - ▶ Mental Health Support Resources
 - ▶ Community Building events
- ▶ **Equity and Inclusion**
 - ▶ Gender Equity
 - ▶ DEI Journal Club
 - ▶ Translation Services
- ▶ **Sustainable Interventions**
 - ▶ Medical Staff Wellness Officer

Equity and Inclusion



"Wellness Matters"

- ▶ Gender Pay Gap
- ▶ Compassionate Leadership
- ▶ Cognitive Distortions and Practical Advice for Navigating Professional Interactions
- ▶ Lessons in Control and Influence
- ▶ "Style Experience"
- ▶ Workout
- ▶ Local boutique

Compassion and Connection



- ▶ “Strike Up Some Fun” -
- ▶ Increase camaraderie amongst medical staff
- ▶ Bingo games (CME and non-medical Bingo)

Compassion and Connection

► Myra Canyon Adventure Park

- Over 120 attendees
- Live musician
- Photographer
- Sponsors:
 - KGH Foundation
 - Happy Tummies
 - Karma
 - Red Bull
 - Goodlife Gym
 - Oxygen Yoga





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- ▶ Partnership with Leadership
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 - ▶ Medical Staff Safety and Wellness Committee
- ▶ Civility and Respect
 - ▶ Civility Regional Tour
- ▶ **Compassion and Connection**
 - ▶ PHP - Welldoc Canada
 - ▶ Working Group - maintaining a sense of value through the lounge.
 - ▶ Mental Health Support Resources
 - ▶ Community Building events and initiatives
- ▶ Equity and Inclusion
 - ▶ Gender Equity
 - ▶ DEI Journal Club
 - ▶ Translation Services
- ▶ **Sustainable Interventions**
 - ▶ Physician Wellness Officer



**KGH MEDICAL STAFF
ASSOCIATION**



Goals

- ▶ Increase a sense of camaraderie and community
- ▶ Foster health and wellness for our medical staff in a collaborative way
- ▶ Respect and welcome diverse opinions on wellness
- ▶ Encourage and invite medical staff to raise priorities
- ▶ ½ day conference January 16 2026:
 - ▶ *Call for speakers, topics, ideas or feedback*
- ▶ Kindness, Camaraderie & Cocktails at Bernie's February 2026
- ▶ email liechennaude@gmail.com

Kudos:

Kudos to Daphne Green

"Thank you to Dr. Daphne Green for her strong leadership and support as site lead for physicians at the Kelowna UPCC. She works so hard to keep our team happy and informed."

Submitted by: Ashley

Kudos to Breanna Balatin

"Super at balancing 2 young kids and being a phenomenal anesthesiologist"

Submitted by: Angineh

Kudos to Neil Long

"Doing all the awesome thing. So engaged and dedicated."

Submitted by: Geoff

Kudos to Bruno Rocca

"Exemplifies top notch patient care and treats everyone including cleaners with the highest respect. He knows all of their names. This is just wonderful to see. KGH wellness has a coffee GC in the physician lounge for you Bruno"

Submitted by: Hardave

Kudos to Nevin De Korompay

"Thanks to Nevin for consistently going above and beyond in his role. He is consistently approachable, helpful and thoughtful."

Submitted by: Gareth

Kudos to Bhupinder Johal

"Kudos to Bhupinder, you are reliable, dependable and always a positive member of the group, you never hesitate to take time for techs and volunteer your time for various issues around the department. Get your coffee GC in the physician Lounge!"

Submitted by: Nick

Kudos to Deema Jassi

"Thank you for organizing the Myra Canyon Adventure event! You are bringing people together!"

Submitted by: Angela

Kudos to Neal Badner

"For continuing to take on the medically challenging patients even in the twilight years of a distinguished career, and always with a sense of humour."

Submitted by: Mike

Kudos to Connor Avery-Cooper

"Both Dr. Manders and Dr. Avery-Cooper took the time to troubleshoot a complex patient with me over this past week. I appreciate that the collegiality spreads across sites over to Short Stay. Thank-you both for your time, expertise, and collaboration."

Submitted by: Crystal

Kudos to Arend Stozikwerck

"Kudos to Arend for stepping in to cover a shift at short notice! Get your free coffee GC in the physician lounge"

Submitted by: Frans

Kudos to Gareth Eeson

"Dr. Eeson is a thoughtful and generous colleague in general. He is much appreciated! - MR Your coffee card will be in the medical staff lounge Dr. Eeson"

Submitted by: Magda

Kudos to Chantelle Brace

"Thank you Dr. Brace for advocating for women's health at KGH. You are doing a fantastic job as medical director of the clinic! Kudos to you!"

Submitted by: Arthur

Kudos to David Manders

"Both Dr. Manders and Dr. Avery-Cooper took the time to troubleshoot a complex patient with me over this past week. I appreciate that the collegiality spreads across sites over to Short Stay. Thank-you both for your time, expertise, and collaboration."

Submitted by: Crystal

Kudos to Cara Wall

"Kudos for being one of the most compassionate leaders I have ever met - we are so grateful for your leadership as Chief of Staff"

Submitted by:

Kudos to Marie Claire Borque

"Dr. Bourque was the highlight of my day on Jan 24, her presentation on cognitive distortions was impactful and resonated for me. She is an amazing speaker, and I would like to hear more from her in the future"

Submitted by:

Kudos to Arthur Wang

"Thank you Arthur! Your pre-op care of a patient went beyond expected. You made sure the patient had the highest level of care!"

Submitted by: Jenn

Kudos to Ruan Vosloo

"Thank you Ruan for supporting staffing at KGH Pediatrics, your efforts to help your colleagues is appreciated!"

Submitted by: Frans



KGH MEDICAL STAFF ASSOCIATION

We have been Recognized!

▶ Our committee has been invited to share on Provincial and national levels

- ▶ *Joint Collaborative Committee (JCC) Summit* - Presented on 5-7 Oct 2025
- ▶ *Canadian Conference on Physician Health* Oct 17-19 2025
 - ▶ *Peer Support*
 - ▶ *Wellness Matters*



**MEDICAL STAFF
ASSOCIATION**

KGH Peer Support - expanding team...

Let us know if you want to join

- Deema Jassi
- Neil Long
- Mark Hickman
- Stephan Mostowy
- Alysha Mackenzie-Feder
- James Reid
- Ainsley McCaskill
- Marci Smit
- Rebecca Munk
- Helen Bibby
- Kate Collins
- Benjamin Wierstra
- Jennifer Bishop

Need Urgent Assistance? Contact PHP 24/7: 1-800-663-6729



What we offer through PHP:

- 24/7 confidential helpline
- Short-term counselling
- Peer support
- Referrals to specialized coaches and therapists
- Support for concerned colleagues
- Connections to a family physician
- Return to work support
- Occupational health consultations
- Financial advice
- Strengthening workplace relationships

PHP offers more than counselling - see courses below:

doctors
of bc

Pay & Contracts Advice & Support Insurance & Benefits Advocacy & Policy About Us News & Events

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Support groups

→ Executive Functioning workshop series for physicians

Confidential helpline and support

We offer a range of groups designed to help physicians navigate challenging times. Through education, skills development, and shared experiences with peers, these sessions aim to enhance physician well-being.

Support groups

BIPOC Peer Support Group	+
Cognitive Behavioural Therapy (CBT) Skills Group for Physicians and Medical Residents	+
Cognitive Behavioural Therapy (CBT) for Insomnia	+

Executive Functioning workshop series for physicians

Our Executive Functioning workshops provide practical, interactive support for physicians to manage overwhelm and build clarity in personal and professional life. Participants will gain actionable tools for handling daily demands with greater control, reduce burnout and improve professional performance.

Need Urgent Assistance? Contact PHP 24/7: 1-800-663-6729



Wins

- Corridor conversations
- KGH foundation collaboration - brewing compassion
- Website - medicalstaffmatter.ca
- Annual meeting and training
- PHP funded counselling and local experts in response to numerous crises and tragic events in the past 18 months
- 6-week trial of a local counsellor within KGH with plans to expand this in the coming weeks for weekly drop-in sessions.

Need Urgent Assistance? Contact PHP 24/7: 1-800-663-6729

KGH MEDICAL STAFF DUES



KGH MSA DUES

REINSTATED APRIL 2024

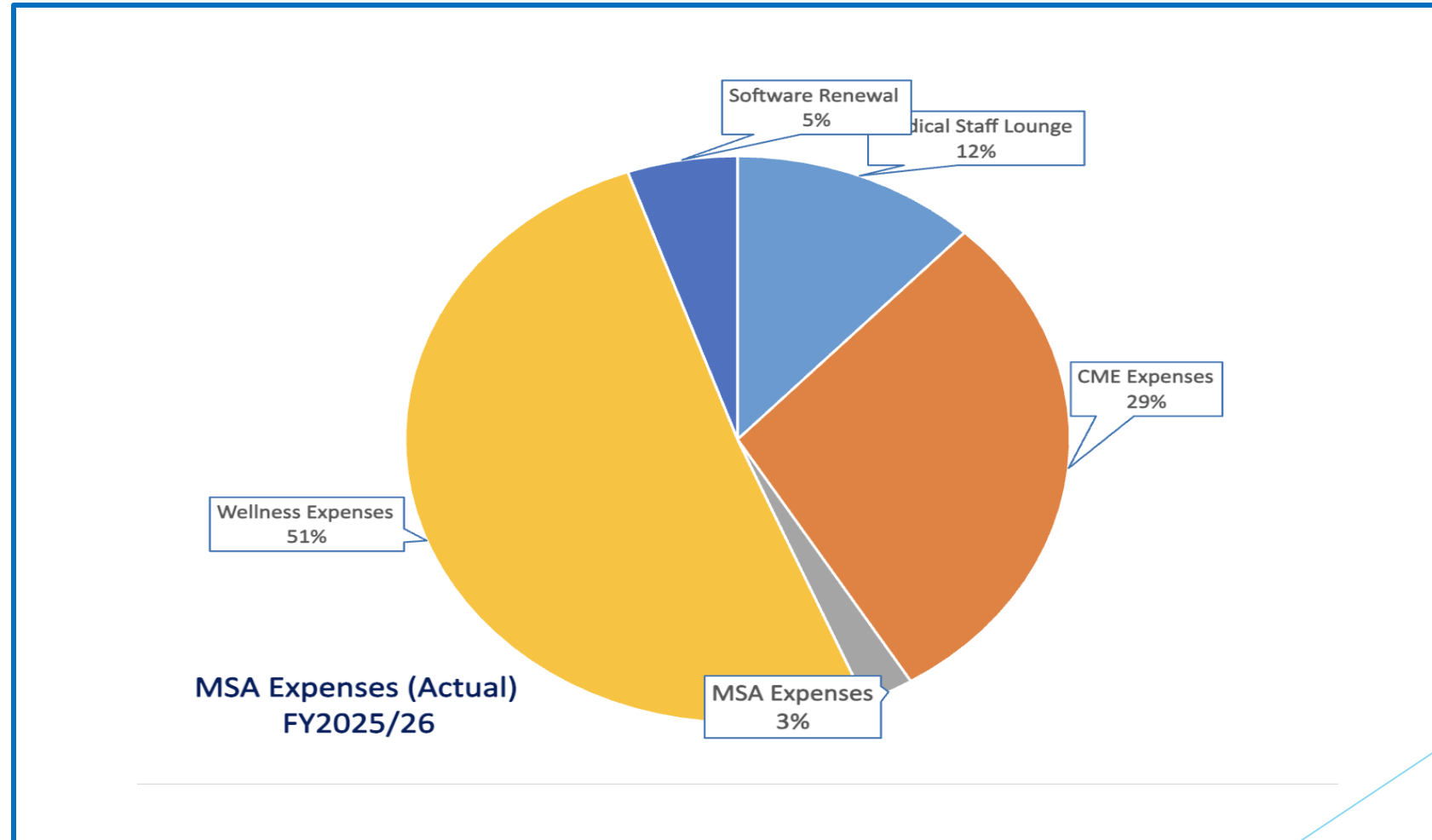
Annual Dues:

❖ Active/Provisional Physicians and Dentists	\$200
❖ Midwives and Nurse Practitioners	\$100



KGH MEDICAL STAFF DUES

ACTUAL SPENDING TO DATE



KGH MEDICAL STAFF DUES

Payment of dues has allowed the Medical Staff Association to sponsor monthly Grand Rounds and Half Day CME complete with lunch and beverages:

KGH MEDICAL STAFF ASSOCIATION

is pleased to sponsor the following Grand Round :

**BC Coroners Office:
Who, When, Where, Why and How**

Presented by:
Kirsten Everett, BC Coroners Office

Ms. Everett is a UK trained physician and holds an MSc from the University of a Fellowship in Medical Ethics from Harvard University, and an MBA from the U Leicester. Working in the BC Coroners Service since 2020, Kirsten leads the Investigation Unit which reviews all reported natural deaths in BC.

WHEN: Wednesday, February 19, 2025
WHERE: CAC Lecture Theatre / Zoom
(<https://ubc.zoom.us> - ID 93332 470044 /
Passcode: 470044)
TIME: 12:00pm - 1:00pm (PST)

Upcoming Dates:

Wednesday, March 19, 2025 - Topic: TBD
Wednesday, April 16, 2025 - Canadian Medical Protective Assoc. (CMPA),
Wednesday, May 21, 2025 - Hereditary Hemorrhagic Telangiectasia (HHT)

Questions? Contact the KGH Medical Staff Association Administrator at
KGH_MSA_CME@gmail.com or visit KelownaPhysiciansSociety.ca - CME tab.

KGH MEDICAL STAFF ASSOCIATION

is pleased to sponsor the following Grand Round :

**BLOOD ON THE LINE:
Modern Challenges in Malignant
Hematologic Emergencies**

Presented by:
Dr Alastair Williams

Alastair Williams is a fifth-year Hematology fellow at UBC. He did his undergraduate at the University of Toronto, followed by medical school and Internal Medicine residency at UBC. He is interested in pursuing general Hematology, with current interests that include optimizing management for TTP and care of high-grade myeloid neoplasms in the community.

WHEN: Wednesday, March 12, 2025
WHERE: Murray Ramsden Boardroom/Zoom
(<https://ubc.zoom.us> - Meeting ID: 93332 470044 /
Or click on: <https://www.zoom.com/> Click on "Join"
Enter the meeting ID: 933 5116 8807. Enter the passcode: 500008

TIME: 4:00PM - 5:00PM (PDT)

*CFO Credits through College of Family Physicians of Canada and Royal College of Physicians and Surgeons. See KelownaPhysiciansSociety.ca - CME tab for Learning Objectives and accreditation information.

Upcoming Dates:

Wednesday, April 16, 2025 - Improving Handover Communication (CMPA)
Wednesday, May 21, 2025 - SAVE THE DATE (1/2 day CME)

Questions? Contact the KGH Medical Staff Association Administrator at
Liechenmoude@gmail.com or visit KelownaPhysiciansSociety.ca - CME tab.

KGH MEDICAL STAFF ASSOCIATION

is pleased to present

CME Half Day Event

WHEN: FRIDAY, MAY 23, 2025
WHERE: CAC LECTURE THEATRE / ZOOM
<https://ubc.zoom.us/>
ID: 93464 033036
Passcode: 033036
TIME: 12:30PM TO 5:00PM
(INCLUDING LUNCH AND AFTERNOON SNA)

TOPICS:

1. Care of the Emergency/Trauma F
2. Speciality Care at Kelowna General Hospital (KGH)

featuring an exciting roster of local and guest speakers.
(Accreditation is valid for all physicians throughout BC II College of Family Physicians and the Royal College of Physicians and Surgeons)

All active and retired medical professionals, including trainees from across Interior Health are invited to attend. Online attendance available for all.

Watch for more information in the coming weeks.

Questions? Contact the KGH CME Administrator at Liechenmoude@gmail.com
KelownaPhysiciansSociety.ca - CME tab.

KGH MEDICAL STAFF ASSOCIATION

is pleased to sponsor the following Grand Round :

**HEMATOLOGY POTPOURRI:
Inpatient Management of
Common Hematologic Presentations**

Presented by:
Dr Rachel Wong

Dr. Rachel Wong received her MD from McMaster University in 2016, followed by Internal Medicine residency at the University of Calgary and Hematology residency at the University of Manitoba. She has been in Kelowna since 2021, currently the medical director at the Interior

September 17, 2025
Theatre/Zoom
Click on: <https://www.zoom.com/> Click on "Join"
Meeting ID: 93332 470044 Enter the passcode: 470044
5:30PM (PDT)
STAFF ARE INVITED TO ATTEND
USING QR CODE. DROP-INS WELCOME

Upcoming Dates:

Monday, October 20, 2025 - MSA AGM (5:30-6:45pm)
Friday, November 21, 2025 - SAVE THE DATE (Half day CME-12:30-5:00pm)

Questions? Contact the KGH Medical Staff Association Administrator at
Liechenmoude@gmail.com

KGH MEDICAL STAFF ASSOCIATION

is pleased to sponsor the following Grand Round :

**CMPA:
IMPROVING HANDOVER COMMUNICATION**

Presented by:
Dr ELISABETH BOILEAU

Elisabeth is an emergency physician and was program director at the University of Sherbrooke Department of Family and Emergency Medicine from 2016 to 2023. She completed a master's degree in medical education, which focused on clinical reasoning, difficulties, alternative approaches to faculty development, and information and communication technologies in education (ICTE). She also completed a Master of Health Law and Policy, with a focus on liability for assessment by off-duty physicians and nurses. For which she received the Chien-Ping Award. She holds a Lean Six Sigma Green Belt certification in continuous quality improvement and is actively involved in program accreditation with the College of Family Physicians of Canada.

WHEN: Wednesday, April 16, 2025
WHERE: Murray Ramsden Boardroom/Zoom
(<https://ubc.zoom.us> - Meeting ID: 93332 470044 /
Passcode: 470044)

TIME: 12:00pm-1:00pm (PDT)

*CFO Credits through College of Family Physicians of Canada and Royal College of Physicians and Surgeons. See KelownaPhysiciansSociety.ca - CME tab for Learning Objectives and accreditation information.

Upcoming Dates:

Wednesday, May 21, 2025 - SAVE THE DATE (1/2 day CME)

Questions? Contact the KGH Medical Staff Association Administrator at
Liechenmoude@gmail.com or visit KelownaPhysiciansSociety.ca - CME tab.

KGH MEDICAL STAFF DUES

**Payment of dues helped
to fund the Medical Staff
Association to sponsor
Pink Shirt Bowling day
(Feb 26) and Myra
Canyon Adventure Park
event (9 Aug 2025)**

A good time was had by all!

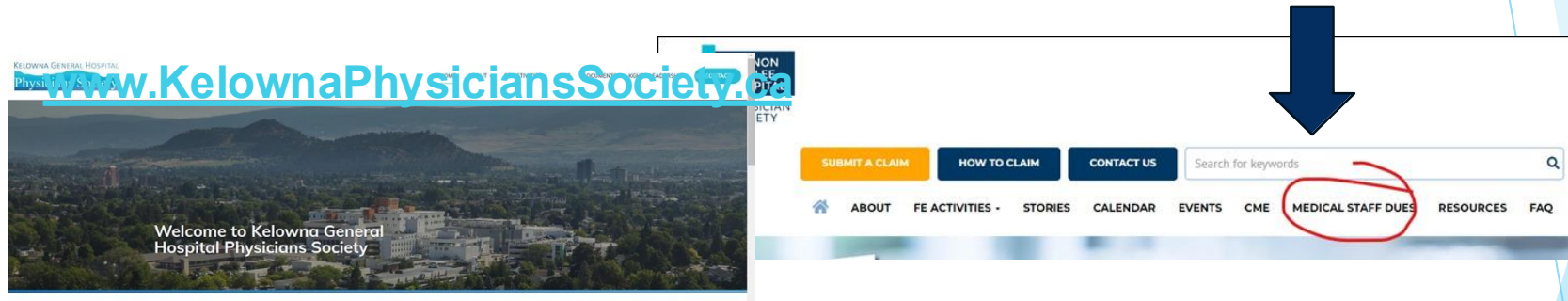


KGH MEDICAL STAFF DUES

Payment of dues has provided additional snacks in the lounge.



KGH MEDICAL STAFF DUES



Please direct any questions
you may have to Liechen
Naude @
liechennaude@gmail.com.

How can we help support your Wellness?

please contact
liechennaude@gmail.com



**MEDICAL STAFF
ASSOCIATION**