

# Patients as Partners Activity Guide

## June at a glance:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>UVIC</b> –Chronic Pain, VCH	2
3	4 <b>UVIC</b> – Diabetes, FH	5	6	7 <b>Pain BC</b> – Webinar, myoActivation	8	9
10	11 <b>UVIC</b> – Chronic Pain, VIHA	12	13	14 <b>Pain BC</b> – Webinar, Narrative Medicine Tools	15	16 <b>Pain BC</b> – Movement Day
17	18	19	20	21 <b>UVIC</b> –Chronic Pain, VCH	22	23
24	25	26	27	28 <b>Family Caregivers of BC</b> - Presentation, FH	29	30

### What's going on in your region:

<a href="#">Province wide/Online</a>	2-4
<a href="#">Island (VIHA)</a>	5
<a href="#">Fraser (FH)</a>	6
<a href="#">Vancouver Coastal (VCH)</a>	7



# Activities by Region — Province Wide/Online

## Family Caregivers of BC: Article

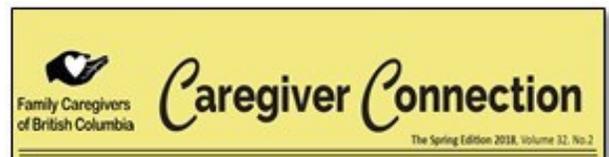
Moving From Loss to Acceptance in Caregiving — look for the article by Family Caregivers of BC Consultant Wendy Johnstone in the June issue of Inspired Senior Living Magazine: <https://www.seniorlivingmag.com/wellness>



## Family Caregivers of BC: Caregiver Connection

Spring edition available online:

<https://www.familycaregiversbc.ca/caregiver-connection/>



## Family Caregivers of BC: Webinars

To watch past recordings, please go to: <https://www.familycaregiversbc.ca/events/webinars/>

## Pain BC Event: Movement Day

Daily movement is vital to improving the quality of life for people living with pain. However, many of us have limitations and can't participate in a typical 5km run- or walk-style fundraiser. That's why Pain BC is inviting you to participate in our fun, inclusive, health-focused MOVEMENT Day on June 16, 2018. You can pledge to go for a gentle walk, play a game with a friend, do some light gardening, or any healthy movement you'd like. We know that many people in pain have a limited capacity to give when it comes to fundraising, so consider asking your friends, family, or colleagues to join you and to support your MOVEMENT pledge by making a donation to Pain BC on your behalf.

### Date: June 16

For more information: <https://painbc.ca/movement>

Contact: Kathryn Sutton, [kathryn@painbc.ca](mailto:kathryn@painbc.ca)

# Activities by Region — Province Wide/Online

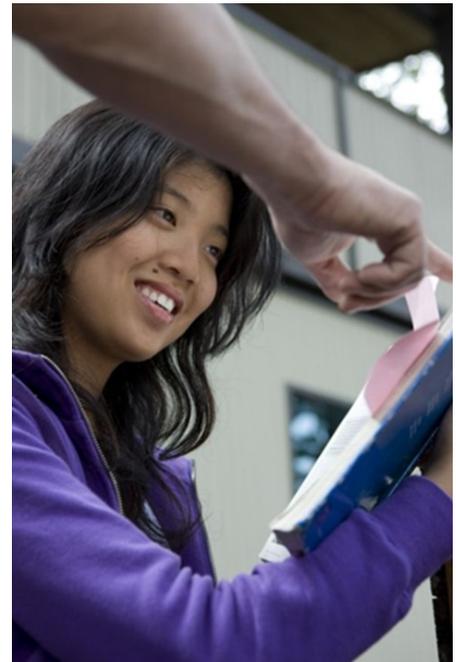
## **Pain BC: Webinar –The myoActivation System of Pain Care by Dr. Greg Siren**

myoActivation is an trigger point injection-based treatment modality being used for people living with chronic pain by clinicians at The myo Clinic, BC Children's Hospital, Downtown Eastside Community Health Centre, and CHANGEpain. Dr. Siren will explain his specific process and structured approach, take questions, and share case studies.

**Date and Time: June 7, 12 to 1 p.m.**

**To register: [https://painbc.zoom.us/webinar/register/WN\\_I3PamoR4R-K\\_2apTOowAKQ](https://painbc.zoom.us/webinar/register/WN_I3PamoR4R-K_2apTOowAKQ)**

Contact: Jen Hanson, [jen@painbc.ca](mailto:jen@painbc.ca)



## **Pain BC: Webinar – Suffering, Stories and Healing: Narrative Medicine Tools for Health Care Providers by Dr. Gillian Lauder**

Dr. Lauder is a pediatric anesthesiologist who has been caring for children and youth with complex pain using a multidisciplinary approach for over 20 years. She has recently introduced myoActivation into her pediatric practice with transformative results both in improved patient care and in satisfaction with the health-care encounter for both provider and patient. In this webinar, Dr. Gillian Lauder will discuss myoActivation in the context of her complex pain practice at BC Children's Hospital, using a case-based approach to highlight key differences in the utilization of myoActivation in children.

**Date and Time: June 14, 12 to 1 p.m.**

**To register: [https://painbc.zoom.us/webinar/register/WN\\_tfEZPa9LRZq3NJv9LIwk1A](https://painbc.zoom.us/webinar/register/WN_tfEZPa9LRZq3NJv9LIwk1A)**

Contact: Jen Hanson, [jen@painbc.ca](mailto:jen@painbc.ca)

### **Feeling stuck? Coaching can help!**

Coaching for Health is a free program that supports people in pain to self-manage. Self-management is key to improving your quality of life, but it can be difficult to do. Our coaches provide one-to-one telephone support to help you learn self-management skills and regain function. Coaching for Health: <https://painbc.ca/coaching>

# Activities by Region — Province Wide/Online



**Pain BC:** Latest Pain Waves Podcast  
<https://painbc.ca/painwavespainbcpodcast>

## **University of Victoria Self-Management BC: Online Chronic Conditions Self-Management Program**

This workshop takes place entirely online. People can participate using any computer with an Internet connection, even a dial-up connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks. Participants log on at their convenience two or three times a week for a total of about two hours a week. Participants can remain anonymous and everything takes place on a dedicated, secure website. Participants set their own goals and make a step-by-step action plan to help them feel better and start doing the things they want to do again.

**Dates: Ongoing, online**

**To register:** email [bc@selfmanage.org](mailto:bc@selfmanage.org) or call 604-940-1273 or toll-free 1-866-902-3767.

## **University of Victoria Self-Management BC: Health Coach Program**

This telephone-based coaching program supports people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another three months upon a mutual agreement between all parties. Through this contact, Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behaviour changes

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

**Dates: Ongoing, telephone**

**To register:** email [smhcoach@UVIC.ca](mailto:smhcoach@UVIC.ca) or call 604-940-1273 or toll-free 1-866-902-3767.

# Activities by Region — Island Region

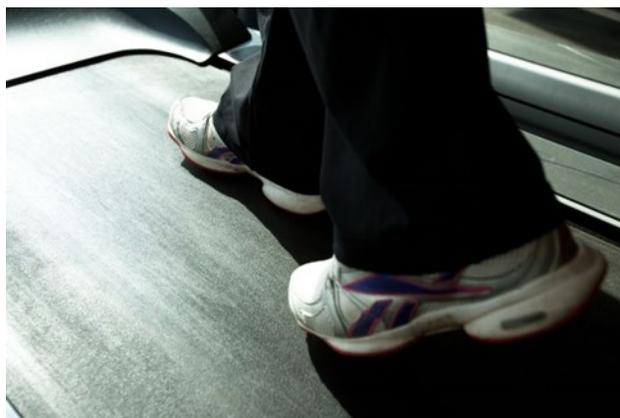
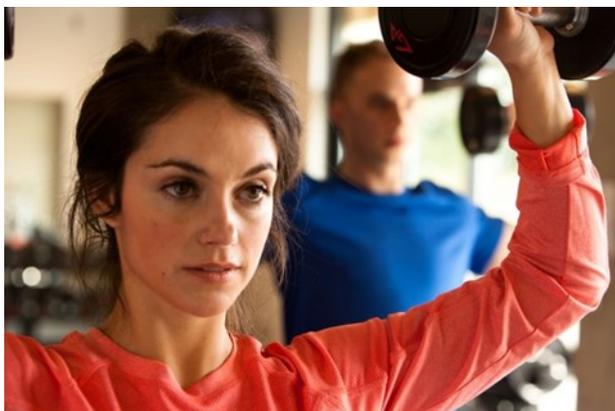
## University of Victoria Self-Management BC: Community Self-Management Programs

Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout B.C. at no cost. These are evidence-based programs that provide information, teach practical skills and give people the confidence to manage their health conditions. Each program is six sessions, 2.5 hours per session held over six weeks. There are ten to sixteen participants in each workshop.

**To register: email [selfmgmt@UVIC.ca](mailto:selfmgmt@UVIC.ca) or call 604-940-1273 or toll-free 1-866-902-3767.**

\*Please note that workshops are continuously scheduled, postponed or cancelled so please refer to the website for the most current listings [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Venue	City	Start date dd/mm/year	Time	Type	Language
Comox Valley Nursing Centre	Courtenay	11/06/2018	1:30 to 4 pm	Chronic Pain	English



# Activities by Region—Fraser Region

## University of Victoria Self-Management BC: Community Self-Management Programs

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Venue	City	Start date dd/mm/year	Time	Type	Language
Metrotown Mall	Burnaby	04/06/2018	9:30 am to 12 pm	Diabetes	Mandarin/ Cantonese

## Family Caregivers of BC: Presentation

Come join the Family Caregivers of BC for a presentation at Rock Steady Boxing, New Westminster. At Rock Steady, learn that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed. Please go to <http://newwest.rsbaaffiliate.com/> for more information.

**Date and Location: June 28, Parkinson's Society, Rock Steady Boxing, 842 12<sup>th</sup> Street, New Westminster**

*"Thanks for all your efforts and offer just to talk. That means a lot to me."*

**– Family Caregivers of BC Caregiver Support Line Caller**

# Activities by Region — Vancouver Coastal Region

## University of Victoria Self-Management BC: Community Self-Management Programs

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**To register: email [selfmgmt@UVIC.ca](mailto:selfmgmt@UVIC.ca) or call 604-940-1273 or toll-free 1-866-902-3767.**

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Venue	City	Start date dd/mm/year	Time	Type	Language
Powell River General Hospital	Powell River	01/06/2018	10 am to 12:30 pm	Chronic Pain	English
BC Women's Hospital & Health Centre	Vancouver	21/06/2018	1:15 to 3:45 pm	Chronic Pain	English

**BC Caregiver Support Line**  
**1-877-520-3267**  
 Monday – Friday, 8:30 AM – 4:30 PM

## Partner Profiles

**Centre for Collaboration Motivation and Innovation (CCMI):** Provides training in Brief Action Planning—a structured evidence-based self-management support technique that help patients, clients, or peers make concrete action plans to improve their health. CCMI also has educational and quality improvement offerings including: motivational interviewing, health literacy, shared decision making working in diverse groups, and patient and family-centred care. See [www.centrecmi.ca](http://www.centrecmi.ca) for more information.

**Delaney and Associates:** As national and international experts in the field of public engagement, Delaney and Associates support the development of standardized best practice provincial tools and capacity building for Patients as Partners stakeholders. Work includes developing patient and public engagement tools and resources, and providing the International Association of Public Participation (IAP2) certificate training and related programs. See [www.rmdelaney.com](http://www.rmdelaney.com) for more information.

**Family Caregivers of BC:** Provides the voice for family and caregivers at Patients as Partners committees and events. Their work supports the development and enhancement of provincial community supports for family caregivers of persons who are in poor health, elderly and/or disabled across all socio-demographic populations of B.C. Specifically services to family caregivers include: providing online tools, educational materials, telephone and in-person supports and caregiving circles, webinar educational sessions for family caregivers and health professionals, and continued provincial engagement with the health sector to accelerate the inclusion of family caregivers in key health initiatives. See [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca) for more information.

**Pain BC:** Programs include: Connect for Health - which provides resources and health care navigation supports for people with chronic pain, the interactive online 'Live Plan Be' program—an innovative mechanism for patients to learn and become more engaged in managing their chronic pain (and is also a support for family physicians in providing care for their patients). Pain BC also works to foster patient-centered care for people in pain through patient engagement and local interdisciplinary collaboration, foster collective action on prescription drug misuse for chronic pain, and continue with provincial engagement and health sector collaboration. See [www.painbc.ca](http://www.painbc.ca) for more information.

**The University of British Columbia Intercultural Online Health Network (iCON)** provides culturally and linguistically tailored information on chronic disease management to South Asian, Chinese, and Indigenous communities. iCON works in partnership with healthcare professionals to provide: in-person public health forums with webcasting access, community workshops, printed and online patient education materials, as well as learning and development opportunities for UBC health professional trainees. See <http://iconproject.org/> for more information.

**University of Victoria Self-Management Programs:** Provides evidence-based chronic disease self-management programs. These interactive programs provide information and teach practical skills for people with chronic conditions and their family members to live better with chronic disease and are provided in community centers across the province and online. Workshops on self-management support are also available to health care professionals, and a telephone delivered self-management coaching program is provided to persons with previous self-management training or prefer not to participate in group programs. See [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) for more information.

# Patients as Partners

## Who we are

The Ministry of Health's Patients as Partners Initiative works with patients and families, health authorities, health-care providers, universities, non-profit organizations, and other organizations to advance and integrate patient- and family-centred care at every level of the health-care system. We ensure patients' voices, choices and their representation are at the forefront of our work to improve the quality of health care in British Columbia.

## What's New with Us?

The British Columbia government is launching a new, four-part surgical strategy aimed at reducing wait times. This strategy will include five hip and knee replacement programs throughout the province with increased funding until 2020. These programs will help address the lengthy wait times for hip and knee surgeries - which in 2016-17 saw people waiting over 26 weeks for surgery (30% of people waiting for hip surgery and 38% of people waiting for knee surgery).

For more on the surgical strategy, and links to other news from the Government of British Columbia, please see: <https://news.gov.bc.ca/releases/2018PREM0010-000460>.

Want more information on the Patients as Partners Initiative? Or to subscribe please contact Jag Mangat at:

[Jag.Mangat@gov.bc.ca](mailto:Jag.Mangat@gov.bc.ca)

