

BC Resources You Should Know About

Tips and Tricks for Practicing in BC

Screening Resources

BC Cancer Agency (BCCA) - Provincial Health Services Authority, www.bccancer.bc.ca

The BCCA provides a province-wide spectrum of cancer care for the residents of BC and the Yukon. This care includes prevention, screening, diagnosis, treatment and rehabilitation.

BCCA offers provincial screening programs for colon, cervix, breast and hereditary cancers.

The BCCA screening website has a wide range of resources – including physician’s protocols & guidelines, information about cancer, decision aid tools and patient education materials – about their screening programs.



Other relevant links:

- Screening Programs (colon, cervix, breast and hereditary cancers), www.screeningbc.ca
- Breast Cancer Screening Decision Aid, decisionaid.screeningbc.ca/

Pharmaceutical Resources

BC PharmaCare – Ministry of Health, www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers

PharmaCare helps BC residents with the cost of eligible prescription drugs and certain medical supplies. It provides access to drug therapy through several drug plans. Information on which drugs are covered in BC, drug plans (e.g., palliative care, smoking cessation), and medical supplies (e.g., prosthetic & orthotic) can be found on the website. For patients with specific medical circumstances, Special Authority may be granted full benefit status to a drug, medical supply or medical device that otherwise would not be covered or would be only partially covered. The drug information does not include drugs available through other programs (e.g., cancer drugs available through the BCCA).



Other relevant links:

- Special Authority Request Forms, www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/special-authority/special-authority-request-forms-drugs-medical-devices-and-supplies
- BC PharmaCare Formulary Search, pcbl.hlth.gov.bc.ca/pharmacare/benefitslookup/
- To subscribe to PharmaCare Newsletters which provide updated information on PharmaCare policies, drug coverage, audit issues, etc., www.health.gov.bc.ca/pharmacare/listserv/index.html

BC PharmaNet – Ministry of Health, www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/pharmanet

BC PharmaNet, which is managed by the Ministry of Health, is a secure province-wide network that links all pharmacies in BC to a central set of data systems. Authorized health professional may access patient medication records via computer. This can protect from potentially dangerous medication interactions and duplications, though it is not a substitute for the knowledge, expertise, skill and judgement of a pharmacist, physician or other health care professionals. It also helps limit prescription fraud and drug abuse.



BC Provincial Academic Detailing (PAD) Service, www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pad-service

PAD is a medication education service, funded by the Ministry of Health, aimed at providing objective, balanced, evidence-informed drug information to physicians and other health care professionals on the best prescribing practices.



Therapeutics Initiative (TI), www.ti.ubc.ca/

TI provides physicians and pharmacists with up-to-date, evidence-based, practical information on prescription drug therapy. To reduce bias as much as possible the TI is an independent organization, separate from government, pharmaceutical industry and other vested interest groups. They publish a bi-monthly letter targeting identified problematic therapeutic issues and develop drug assessments.



MedEffect Canada & Canadian Adverse Reaction Monitoring Program (CADRMP) - Health Canada, www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php



MedEffect provides access to the latest advisories, warnings and recalls issued by Health Canada concerning therapeutic drugs and other marketed health products (e.g., natural health products, medical devices). CADRMP is responsible for collecting and assessing adverse reaction reports for the following health products marketed in Canada: pharmaceuticals, biologics (e.g., fractionated blood products, therapeutic and diagnostic vaccines), natural health products and radiopharmaceuticals. Adverse reaction reports are assessed for any signs or trends (signals), which may be preliminary indicators of product.

Report all clinically significant suspected adverse reactions, especially if they are:

1. unexpected adverse reactions, regardless of their severity;
2. serious adverse reactions (reactions requiring in-patient hospitalization or prolongation of existing hospitalization, causes congenital malformation, results in persistent or significant disability or incapacity, is life-threatening, requires significant medical intervention, or results in death), whether expected or not;
3. adverse reactions related to recently marketed health products.

Other relevant links:

- Canada Vigilance Adverse Reaction Reporting Form, www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/ar-ei_form-eng.php

Communicable Diseases & Public Health Resources

BC Centre for Disease Control (BCCDC) – Provincial Health Services Authority, www.bccdc.ca

BCCDC offers communicable disease prevention and control services, immunization programs and vaccine preventable diseases services, clinical prevention services, public health emergency management, and environmental health services. It provides diagnostic and treatment services for people with diseases of public health importance. It also investigates and evaluates the occurrence of communicable diseases in BC and is the provincial reporting centre for reportable cases and categories of communicable diseases. Their website includes reference materials and statistics for different diseases and conditions, immunization and vaccines, and other important public health topics.



BCCDC also operates the BC Public Health Microbiology & Reference Laboratory, which is the primary public health and reference diagnostic testing facility for BC. A reference guide to their programs and services can be found on the website.

Other relevant links:

- Communicable Disease Control Manual, www.bccdc.ca/health-professionals/clinical-resources/communicable-disease-control-manual
- Surveillance Forms, www.bccdc.ca/health-professionals/professional-resources/surveillance-forms

- BC Public Health Microbiology & Reference Laboratory, www.bccdc.ca/health-professionals/professional-resources/laboratory-services

ImmunizeBC, www.immunizebc.ca/

ImmunizeBC is a collaborative project amongst the provincial organizations to improve the health of BC by continuing to reduce the number of infections by vaccine-preventable diseases, along with the illness, disability and death that they cause. The website contains reference materials about immunization, decision making tools and education materials for both the physician and patient.



BC Centre for Excellence in HIV/AIDS, www.cfenet.ubc.ca/

BC Centre for Excellence in HIV/AIDS is Canada’s largest HIV/AIDS research, treatment and educational organization. The website provides up-to-date treatment resources and guidelines, information documents and laboratory and prescription forms.



Other relevant links:

- REACH Line – Rapid Expert Advice and Consultation for HIV, 604-681-5748 (Vancouver), or 1-800-665-7677 (Outside Vancouver) - for family physicians, nurses, and pharmacists in BC who require consultation services from infectious disease specialists, physicians, and/or pharmacists on HIV/AIDS treatment and management at any time (24 hours a day, 7 days a week).

QuitNow, www.quitnow.ca/

QuitNow provides smoking cessation support and services to patients. When a patient is referred to them, they assess their willingness to quit smoking and then assist in the development of a quit plan. Appropriate quit supports based on the patient style are identified and arranged. This includes online support for those who just want some information; text support for those who need tips and motivation sent directly to them; and phone support for those that need intensive guidance in developing a quit plan with a specially trained coach. QuitNow will also follow-ups with the physician to provide a patient progress report.



Other relevant links:

- Referral Form, [www.quitnow.ca/files/QN/files/library/150902_QN_FaxReferral_General_082715\(1\).pdf](http://www.quitnow.ca/files/QN/files/library/150902_QN_FaxReferral_General_082715(1).pdf)

BC Smoking Cessation Program, www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/smoking-cessation-program-information-for-prescribers

BC Smoking Cessation Program assists with the cost of pharmaceutical aids to assist patients to quit smoking. Prescription smoking cessation drugs are covered as benefits under PharmaCare. Non-prescription nicotine replacement therapy products (NRTs) are provided at no cost. Special Authority may be required if switching smoking cessation medications. Information for both the physician and patient is provided.

Prescription for Health Program, www.healthyfamiliesbc.ca/home/prescription-health

Prescription for Health Program is available to patients with one or more of the following risk factors: smoking; unhealthy eating; physical inactivity; and medical obesity. During an office visit, the physician will work with the patient to identify a health goal and develop a health plan that best suits their needs. This will be documented by the physician on a Prescription (Rx) for Health, and refer the patient to free-of-charge telephone-based lifestyle support services.

Physical Activity Line (PAL), www.physicalactivityline.com/

PAL is a free phone line and website for anyone requiring physical activity information and advice. It provides a range of services to the public including: health screening to determine a safe level and type of physical activity; individual physical activity recommendations based on the patient’s goals, current fitness level and health status; health education related to physical activity; and support to help the patient become more physically active, overcome barriers and stay motivated.



Dietitian Services at HealthLink BC, www.healthlinkbc.ca/dietitian/

Dietitian services is free-of-charge telephone-based support about healthy eating, food or nutrition from a registered dietitian.



Mental Health & Substance Use Resources

BC Mental Health & Substance Use Services (BCMHSUS) – Provincial Health Services Authority, www.bcmhsus.ca/

BCMHSUS provides a diverse range of provincial specialized one-of-a-kind tertiary mental health and substance use services for children, adolescents and adults across BC. Programs include: adolescent psychiatric inpatient unit; attention deficit hyperactivity disorder (ADAD) clinic; child and adolescent psychiatry emergency unit (CAPE); child psychiatry teaching and consultation clinic; child psychiatry unit; heartwood centre for women; infant psychiatry; mood & anxiety disorder clinic; neuropsychiatry clinic; obsessive-compulsive disorder clinic; provincial mental health metabolic program; provincial specialized eating disorders program for children and adolescents; provincial youth concurrent disorders program; psychiatric genetic counselling services; urgent assessment clinic; women's reproductive mental health. On the website is more information about specific programs and services, referral forms, evidence-based guidelines and health promotion tools.



Other relevant links:

- Programs & Services, www.bcmhsus.ca/programs-at-a-glance

Mental Health & Substance Use Services via Health Authorities

- Fraser Health, www.fraserhealth.ca/health-info/mental-health-substance-use/
- Interior Health, www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.aspx
- Island Health, www.viha.ca/mhas/
- Northern Health, www.northernhealth.ca/YourHealth/MentalHealthAddictions.aspx
- Vancouver Coastal Health, www.vch.ca/your-health/health-topics/mental-health/

Guide to the *Mental Health Act* - Ministry of Health, www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/mental-health-act

BC's *Mental Health Act* has important implications for individuals requiring involuntary treatment or receiving voluntary treatment under the *Act*, their families and service providers. This guide to the *Act* provides clarity and plain language descriptions of a number of key sections of the *Act*, including criteria for involuntary admission.

Other relevant links:

- Mental Health Act forms, www2.gov.bc.ca/gov/content/health/health-forms/mental-health-forms

Here to Help, www.heretohelp.bc.ca/

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, which is made up from seven mental health and substance use non-profit agencies. Their purpose is to help people live well and better prevent and manage mental health and substance use problems. Their website provides support for patients, including information on mental health and substance use topics for individuals, family and friends that are easy to understand, in-depth workbooks and activities, and information about programs and services in BC.



Kelty Mental Health Resource Centre, keltymentalhealth.ca/

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.



Other relevant links:

- Toolkits for Health Professionals, keltymentalhealth.ca/toolkits

Open Mind BC, openmindbc.ca/

Open Mind is an information hub for mental health tools and resources for youth, families, teachers and health care providers. The site has been developed by Doctors of BC to raise awareness of mental health among transition-age youth and increase access to tools and resources.

MindCheck, mindcheck.ca/

MindCheck is designed to help youth and young adults in BC check out how they are feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.

Bounce Back: Reclaim Your Health program - Canadian Mental Health Association, www.cmha.bc.ca/how-we-can-help/adults/bounceback

Bounce Back is an evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. Help is offered in two forms: 1) a DVD video providing practical tips on how to recognize and deal with depressive symptoms; and 2) a workbook with telephone coaching. Bounce Back community coaches assist in the teaching of problem-solving and other skills to overcome difficulties such as inactivity, unhelpful thinking, worry, and avoidance. Access to the coaching component requires a doctor's referral.



Chronic Disease Resources

PainBC, www.painbc.ca/

PainBC provides support and resources for patients in chronic pain and health care professionals. These include self-management resources, support groups, recommended resources and a pain toolbox.



Self-Management BC, www.selfmanagementbc.ca/

Self-Management provides patients with one or more chronic conditions with support and resources in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s). The website provides information on self-management for both the general public and health professionals.



Chronic Disease Management Services via Health Authorities

- Interior Health, www.interiorhealth.ca/YourCare/ChronicConditionDisease/Pages/default.aspx
- Island Health, www.viha.ca/phc_cdm/cdm/

Advance Care Planning Resources

Advance Care Planning – Ministry of Health, www.gov.bc.ca/advancecare

Advance care planning is the process a capable adult follows to ensure that their beliefs, values and wishes for future health care are known in the event that the adult is incapable of making health care decisions when the health care is required. When a capable adult does advance care planning, their close family or trusted friends and health care providers know the adult's wishes for health care treatment and can respect them in the event the adult is incapable of deciding for themselves when the care is needed. BC law provides that a health care provider must presume that an adult is capable of making their own health care treatment decisions until the contrary is demonstrated. An adult in BC may be determined to be incapable by a health care provider after an assessment by that health care provider.

Other links:

- My Voice: Expressing My Wishes for Future Health Care Treatment. Advance Care Planning Guide, www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf
- Health Care Providers' Guide to Consent to Health Care, www.health.gov.bc.ca/library/publications/year/2011/health-care-providers%27-guide-to-consent-to-health-care.pdf

Advance Care Services via Health Authorities

- Fraser Health, www.fraserhealth.ca/health-info/health-topics/advance-care-planning/
- Interior Health, www.interiorhealth.ca/YourCare/EndOfLife/AdvanceCarePlanning/Pages/default.aspx
- Island Health, www.viha.ca/advance_care_planning/
- Northern Health, www.northernhealth.ca/YourHealth/AdvanceCarePlanning.aspx
- Vancouver Coastal Health, www.vch.ca/your_health/health_topics/advance_care_planning/advance_care_planning

Duty-to-Report Resources

Many statutes have mandatory reporting provisions that are applicable to physicians, including (though not exhaustive):

- *Health Professions Act* – report registrant who constitutes a danger to the public; respecting hospitalized registrant; report sexual misconduct
- *Child, Family and Community Service Act* – report when protection is needed for a child
- *Coroners Act* – report when someone dies
- *Public Health Act* – mandatory reporting of infection or exposure, health hazards or other public health purposes
- *Gunshot and Stab Wound Disclosure Act* – report gunshot or stab wound to the local police authority
- *Insurance (Vehicle) Act* – provide medical reports of any injuries
- *Motor Vehicle Act* – report anyone seemed dangerous to themselves or to the public to drive a motor vehicle
- *Vital Statistics Act* – preparation of a medical certificate of death
- *Workers Compensation Act* – duty of physician or practitioner whom is treating an injury to a worker

Professional Standards and Guidelines - College of Physicians and Surgeons of British Columbia,

- Duty-to-Report, www.cpsbc.ca/files/pdf/PSG-Duty-to-Report.pdf
- Reporting a Child in Need of Protection, www.cpsbc.ca/files/pdf/PSG-Reporting-Child-in-Need.pdf
- Disclosure of Patient Information to Law Enforcement Authorities, www.cpsbc.ca/files/pdf/PSG-Disclosure-of-Patient-Information.pdf

Service Delivery Area Contacts (for Social Workers) - Ministry of Children and Family Development,

www.mcf.gov.bc.ca/sda/contacts.htm or call Helpline for Children is 310-1234 (area code not required).

Canadian Medical Protective Association (CMPA), www.cmpa-acpm.ca/home

CMPA is an organization that provides physicians with medico-legal advice, assistance and professional development.

Clinical Practice Guidelines Resources

BC Guidelines – Guidelines and Protocols Advisory Committee (GPAC), www.bcguidelines.ca

BC Guidelines are clinical practice guidelines that provide practical and easy-to-follow advice to general practitioners and specialists for effective patient care. They are based on medical evidence, and are modified for circumstances in BC (e.g., Medical Services Plan (MSP) billing



and payment rules, laboratory tests and treatments available in BC and condition-based incentive fees with GPSC). The 50+ guidelines are developed by GPAC, which is a joint committee of the Doctors of BC and the Ministry of Health. All new and updated guidelines are published on the website. To receive notice when a new guideline is published, you may submit your email on the homepage. The website is also designed to be mobile-friendly; all guidelines can be easily viewed from any mobile device such as iPhone, Android, and Blackberry.

Physician Resources

General Practice Services Committee (GPSC), www.gpsc.bc.ca/

GPSC recognizes the challenges facing BC physicians today and supports BC doctors by developing and implementing programs that improve job satisfaction for family physicians and primary health care for patients. The Family Practice Incentive Program supports and compensates for the delivery of guideline-based patient care in such areas chronic disease management, mental health, palliative care, and maternity care.



Specialist Services Committee (SSC), ssc.bc.ca/

SSC enhances and expand programs that support the delivery of high quality specialty care system. Fees include advance care planning, discharge care planning, group medical visits and telephone fees.



Practice Support Program (PSP), www.gpsc.bc.ca/practice-support-program

PSP provides training and support for physicians and their medical office assistants (MOAs) that are designed to improve clinical and practice management and to support enhanced delivery of patient care.



Rapid Access to Consultative Expertise (RACE), www.raceconnect.ca/

RACE is a telephone advice line (Lower Mainland: 604-696-2131, Toll Free: 1-877-696-2131, Monday to Friday 0800-1700) where GPs can call one phone number and choose from a selection of specialty services. The telephone call is routed directly to the specialists cell phone or pager for “just in time” advice. RACE does not provide: appointment booking; arranging transfer; arranging for laboratory or diagnostic investigations; informing the referring physician of results of diagnostic investigations; or arranging a hospital bed.



List of specialty per areas:

- In VCH - Cardiovascular Risk & Lipid Management; Dermatology; Endocrinology; General Internal Medicine; Geriatric Psychiatry; Geriatrics; Hand and Upper Limb Orthopedic Conditions; Leg, Ankle, Foot Orthopedic Conditions; Heart Failure; Nephrology; Obstetrics & Gynecology; Ophthalmology; Palliative Care; Psychiatry; Emergency Medicine RACE; Respiriology
- In VCH & FHA - General Cardiology; Rheumatology
- Provincial Services - Addictions Medicine; BC Centre for Excellence for HIV Primary Care (also the REACH line); Cardiac Transplant; Child & Adolescent Psychiatry; Pediatric Gastroenterology; Trans Gender Care

Northern Rapid Access to Consultative Expertise (Northern RACE),

www.northernpartnersincare.ca/northernrace/

Northern RACE is a telephone advice line (1-855-605-7223) based out of Prince George, which gives GPs throughout Northern BC access to specialist advice regarding non-emergent patient questions via a new automated telephone hotline. List of specialty: Cardiology; Nephrology; Infectious Disease; Oncology; Gastroenterology; Psychiatry; Respiriology; Rheumatology; Pediatrics

Guide to Rural Physician Programs, www2.gov.bc.ca/assets/gov/health/practitioner-pro/rural-guide-2015-final-web.pdf

This Guide provides an overview of all the rural physician programs in BC including: Rural Retention Program (RRP); Rural Continuing Medical Education (RCME); Recruitment Incentive Fund (RIF); Recruitment Contingency Fund

(RCF); Isolation Allowance Fund (IAF); Rural Emergency Enhancement Fund (REEF); Rural Education Action Plan (REAP); Northern & Isolation Travel Assistance Outreach Program (NITAOP); Rural GP Locum Program (RGPLP); Rural GP Anaesthesia Locum Program (RGPALP); Rural Specialist Locum Program (RSLP)

Physician Health Program of BC (PHP), www.physicianhealth.com/

PHP supports and advocates for BC physicians, residents, medical students and their immediate families dealing with personal and/or professional problems. It offers confidential support and referrals for a wide range of personal and professional problems, including: substance use disorders: substance abuse and substance dependence; *mental health issues*: stress, fatigue, burnout, depression or anxiety; relationship stress involving: co-workers, colleagues and family members; *career and life transitions*: relationship breakup, retirement stress or changing professional interests; *financial issues*: adverse financial events such as job layoffs within the family or serious illness; *professional support*: work accommodation issues and other occupational health matters; *workplace conflict*: interpersonal conflict between colleagues; *concern for colleagues*: observed irregular or distressing behaviour of a physician, resident or medical student; *referrals*: assistance in identifying options for a family doctor or psychiatrist.



Other Resources

- College of Physicians and Surgeons of BC, www.cpsbc.ca/
- BC College of Family Physicians, www.bccfp.bc.ca/
- Society of General Practitioners of BC, www.sgp.bc.ca
- Society of Specialist Physicians and Surgeons of BC, ssps.bc.ca/
- College of Family Physicians of Canada, www.cfpc.ca/Home/
- Royal College of Physicians and Surgeons of Canada, www.royalcollege.ca/portal/page/portal/rc/public
- Doctors of BC/British Columbia Medical Association, www.doctorsofbc.ca/
- BC Ministry of Health, www2.gov.bc.ca/gov/content/health
- Medical Services Plan - Medical Services Commission, www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp
- Fraser Health Professional Page, physicians.fraserhealth.ca/
- Interior Health Professional Page, www.interiorhealth.ca/AboutUs/Physicians/Pages/default.aspx
- Island Health Professional Page, www.viha.ca/physicians/
- Northern Health Professional Page, www.northernhealth.ca/Professionals.aspx
- Vancouver Coastal Health Professional Page, www.vch.ca/staff/ or for communicable disease www.vch.ca/your_health/health_topics/communicable_diseases/for_health_professionals/physician_updates/
- Provincial Health Services Authority Professional Page, www.phsa.ca/health-professionals
- Providence Health Care Professional Page, www.providencehealthcare.org/health-professionals
- Divisions of Family Practice, www.divisionsbc.ca
- University of British Columbia (UBC) – Faculty of Medicine, med.ubc.ca/
 - UBC CPD (Continuing Professional Development), ubccpd.ca/
 - This Changed My Practice, thischangedmypractice.com/
- Health Canada, www.hc-sc.gc.ca/index-eng.php
- Canada Medical Association, www.cma.ca/en/Pages/cma_default.aspx
- Canadian Agency for Drugs and Technologies (CADTH), www.cadth.ca/
- HealthLink BC, www.healthlinkbc.ca/