Class 1: What should you know about the health care system?

HOST: Marlys Diamond

SPEAKERS:

Dr. Jim Dimmick

Dr. Jim Dimmick is a retired physician and department head, Children’s and Women’s Health Centre of B.C. Jim was also the former head of the Department of Pathology and Laboratory Medicine, UBC. His interests were the health of the fetus, infant and child, clinical research and teaching. Jim is also a former member of the Oceanside Hospice Society. Like many, upon moving to Oceanside, he discovered primary care was difficult to find. Hence, he became a student of the status, history and future of health care and MEDICARE.

Jim’s presentation will include such topics as:

- the birth and development of our health care system
- what was health care like before MEDICARE was conceived?
- how was MEDICARE conceived and where was it born?
- was delivery easy and how was its infancy?
- were there siblings and who makes up the family?
- what was growing up like and is the health care family happy?
- what have been the growing gains and pains through the adult and now senior years of MEDICARE?

Dr. Drew Digney

Dr. Drew Digney is currently the medical director of the Oceanside Health Centre and splits his clinical work between Oceanside Urgent Care and the Nanaimo Emergency Department. He began his career as a fulltime service family practitioner in Prince George. Drew then decided to pursue his passion and received his specialty certification for Emergency Medicine in 1999. He has practiced emergency medicine for the past 20 years in Nanaimo and is a clinical associate professor at UBC. He has held a number of administrative positions in Island Health and was the executive medical director for Geography 2.
(Nanaimo/Oceanside//Port Alberni) during the Electronic Health Record Transformation at NRGH. Drew has led a number of quality improvement changes and tries to bring a customer service focus to his work.

Drew’s presentation will address such topics as:
- the transformation of emergency medicine in the last 25 years
- Electronic Health Care Record Transformation
- supports available through the Oceanside Health Centre
- how to provide excellent patient care by highlighting opportunities for improvement

Robbie Jai

Robbie Jai is a Primary Care Paramedic with BC Emergency Health Services and the Unit Chief for the Parksville Ambulance Station. Robbie Jai is responsible for the delivery of pre-hospital emergency medical care, including inter-facility patient transfers for all medical emergency patients in the Parksville area.

Robbie’s presentation will include such topics as:
- the role of a paramedic and how paramedics fit in to the health care system
- when to phone an ambulance
- what to expect when a paramedic arrives
- how to prepare for a paramedic
- what is inside an ambulance
**Class 2: Whose body is it anyway?**

**HOST:** Saskia Jennings

**SPEAKERS:**

**Connie Jorsvik**

Connie is a registered nurse with a Bachelor of Science in Nursing. She is a senior navigator/advocate and founder of Patient Pathways in 2013. Prior to that she was an RN for 25 years with 15 years in cardiac and surgical care. Connie has faced her own serious illnesses and has recovered to full health. She attributes this to being an empowered patient, standing up for her rights to thorough and timely care.

Connie’s presentation will address such topics as:
- hospital discharge planning
- family and health care meetings
- emergency department, hospital room admitted patient, and ICU including related physician/patient meetings
- optimizing specialist care and treatment
- medical chart reviews
- successful complaints to the Patient Care Quality Offices and Professional Colleges

**Rosemary Graham**

Rosemary is a family nurse practitioner at the Oceanside Health Centre in Parksville. She is actively involved in this innovative new model of family care. Rosemary was a founding member of the BC Nurse Practitioner Association. She is currently the secretary/treasurer of the Oceanside Division of Family Practice. Rosemary is excited to contribute to the ongoing improvement in patient access to quality care.

Rosemary’s presentation will include such topics as:
- what is the role of a nurse practitioner (NP)?
- what are the benefits of nurse practitioners?
- how does a NP fit into the health care team?
- what training does an NP have?
- future roles of nurse practitioners
Dr. Derek Poteryko

Derek graduated from UBC Faculty of Medicine in 1991. He has been a family physician in Nanaimo for over 20 years. Derek is the director of the Central Island Smoking Intervention Clinic and faculty lead for behavioural medicine of the UBC Family Practice Program, Nanaimo site. Derek is also the medical director for Community Health in Nanaimo. He is a published author of books related to his passion: preventative medicine and behavioural psychology.

Derek’s presentation will include such topics as:

- importance of taking care of yourself
- health in the community: patient-, person- and community-voice centered
- prevention medicine
- whose health care system is it anyway?
- what’s the best mechanism to get access to Primary Care AND get the best care?

Class 3: What role does the pharmacist play in health care?

HOST: Anne Toby

SPEAKER:

Briana Barker

Briana is the owner/manager of Qualicum Pharmasave. She graduated from UBC in 2007, specializing in travel health and diabetes management.

Briana’s presentation will address such topics as:

- interaction between physicians, nurse practitioners and pharmacists
- cost of drugs, pharmacare and extended medical
- what your pharmacist can do for you
- genetics and your medication
- travel medicine, diabetes care, pain management, medical cannabis
- opioid agonist treatment
- innovative educational program
Class 4: Caring for others - how do you save your sanity and your money?

HOST: Wendy Smiley

SPEAKERS:

**Saskia Jennings**

As a Certified Caregiving Consultant and Educator, Saskia works with busy professionals whose life, health and career are affected by the ongoing challenges of caring for their parents or an elderly relative. With 10+ years of gained experience in the Caregiver Service Industry, she is an expert in providing coping strategies, tools and resources that help find relief from personal resentment, guilt and stress that may lead to burnout during the caregiving journey. She has been a family caregiver herself since 2004. Saskia is known as a caring, passionate and dynamic speaker who delivers high value and life transforming content.

Saskia’s presentation will include such topics as:

- The Caregiving Years: 6 stages into a meaningful journey
- tools and strategies to keep your sanity during caregiving

**Peggy Hoult**

Peggy Hoult, Hon. BA (Economics), U of T, is the Central Island’s only Income Tax Accountant and Health Navigator specializing in aging, caregiving and disabilities. She holds regular group workshops for caregivers entitled ‘Preparing Financially for a Loss of Independence’ providing general information about the financial and administrative side of accessing private pay or subsidized care services. Peggy is also available for individual consultations – whether to work through an immediate health care crisis, to provide tax filing strategies for those using Island Health services or to assist with application for the Disability Tax Credit and various benefit programs.

Peggy’s presentation will include such topics as:

- Power of Attorney Agreements, Wills, Representation Agreements, Advance Directives, MOST
- The Silver Tsunami: what demographics reveal about who is caring for whom
• understanding availability and controlling costs of health care services
• tax savings related to physical and mental impairments
• benefit programs for the elderly or impaired

Class 5: What are your options to die with dignity?

HOST: Janet Sawatsky

SPEAKERS:

Tara Owen

Tara is a registered nurse, with a Bachelor of Science in Nursing. She is currently the Clinical Nurse Leader for the Palliative Care Unit at NRGH. Tara’s career started in the medical/surgical program at NRGH then gravitated towards palliative care where she found her niche as a registered nurse. Tara embraced the beauty of palliative care and took a position at the Oceanside Health Centre as a community RN. Tara wanted to bring her knowledge and skills from the hospital setting to the community with the intent to embrace and support at home deaths.

Tara’s presentation will include such topics as:
• what does ‘palliative’ mean?
• who is the palliative care team?
• what are the options for palliation?
• what resources do you have access to?
• what does the palliative care unit have to offer?

Susie Coen

Susie is an RN and a volunteer director for the Oceanside Hospice Society. Susie believes in supporting and educating the community about the value of acknowledging, savouring and sharing the time and relationships each of us has left.

Susie’s presentation will include such topics as:
• the hospice philosophy
• the end-of-life care team
• end of life support and your choices
• grief support
• handling physical, emotional, social, spiritual
and economic needs
- providing links in the continuum of care
- resources and services

Dr. Diane Wallis
*No photo available

Dr. Diane Wallis trained as a family physician in England where she worked for 30 years. Diane has since been working in Nanaimo and has been providing medical assistance in dying since 2017.

Dianne’s presentation will include such topics as:
- what is MAiD?
- how is MAiD different from natural death?
- eligibility criteria
- stages in application and provision
- facts and figures
- why is there a high rate of MAiD on Vancouver Island?
- the future of MAiD
- local services

Class 6: What does the future of health care look like?

HOST: Marlys Dimond

SPEAKERS:

Dr. Anne Toby

Anne received her PhD in Genetics from SFU. After a stint in research she became a coordinator of Co-operative Education in the Faculty of Science. Anne’s passion has always been teaching, especially explaining complex scientific concepts in a simple yet accurate way. Since retiring from SFU in 2004, Anne has taught genetic courses through VIU ElderCollege and is currently the Chair of the Board.

Anne’s presentation will include such topics as:
- DNA manipulation
- Personalized medicine
- Embryo manipulation
- Diagnostics and preventative medicine
- Genetic modification – designer babies
- Bioethics
**Dr. Jim Dimmick**

Jim’s presentation will include such topics as:

- could your health care provider be a robot?
- here come artificial intelligence, robotics, algorithms, very smart smart phones, clever bugs and diseases
- remote health care diagnosis, monitoring and treatment
- digitized on-your-person health records
- personalized preventative health care
- deeper understanding of environmental health, nanobots and more
- will MEDICARE survive?

*See bio and photo under Class 1*