



Photo credit: MayankBhogal, Flickr

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## [News from the RHSRNbc Office](#)

**Dear RHSRNbc members,**

Happy New Year! We hope you enjoyed a restful holiday with your friends and family. We are excited to share updates from December and opportunities we are

looking forward to this year.

RHSRNbc recently published the 5th chapter in the series Planning Resilient Communities and Adapting Rural Health Services in British Columbia: A response to climate change and ecosystem disruption, entitled [Behavioural determinants of climate action and commitment to collective change](#).

We also continue to support rural health research through the development of a “for students, by students” [Rural Research Knowledge Hub](#) page, with two new blog posts to share!

In our January newsletter, we provide updates on the network's activities, upcoming events, research, funding and volunteer opportunities, online resources, recent rural research publications and more.

Have a wonderful week!

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## Activity Updates

### **[RHSRNbc Rural Research Knowledge Hub page!](#)**

If you are a student researcher or a new rural health research investigator, we welcome you to check out the [RHSRNbc Rural Research Knowledge Hub page](#). We post on various topics related to rural health research, on approaching research questions involving the health of rural communities of BC and the various methodologies involved.

#### **Recent Posts:**

- Curious about the intersection of climate change and food insecurity in Northern Indigenous communities? Read our latest knowledge hub blog post: [How the Climate Emergency is Exacerbating Food Insecurity for Indigenous People in the Canadian Arctic](#)
- Read about an orientation to research, [Community-based Participatory Research](#), that seeks to ensure individual community needs are met

### **Introducing new team members!**

## Welcoming, Ricky Wu, 4th Medical FLEX Student!



Ricky is a 4th year UBC medical student who grew up in Vancouver and previously graduated from UBC's Faculty of Pharmacy. Ricky is passionate about family medicine with an interest in rural practice. He is enthusiastic about community wellness and has established a small non-profit with his friends focused on healthcare navigation. During his tenure as a pharmacy manager and outreach pharmacist of a local pharmacy, Ricky spearheaded a variety of endeavours in the community including educational seminars, outreach home visitations, and medication management and monitoring programs. Outside of healthcare, Ricky enjoys honing his photography skills, training for the next running event, and hiking to appreciate the great outdoors.

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## Surveys

### Engagement survey

If you are interested in spotlighting rural health workers, community members working on community health initiatives, or if you want to feature a personal story, pictures or other opportunities, please fill out this [survey](#). We would love to feature it in the next newsletter.

## Research Recruitment Opportunities

### Mental Health, Climate Change Events and COVID-19 Invitation to Participate in Research

Dr. Nelly Oelke and her team are investigating the effects of wildfires, floods, smoke,

and COVID-19 on people's mental health in rural regions of BC. If you are interested in participating, see more information [here](#).

### **Dementia Inclusive Choices for Exercise (DICE)**

If you live in Northern BC and are interested in participating in research to support dementia-inclusive choices for exercise, see more information [here](#).

### **Ageing in Place in Rural and Remote Regions (APR3): A multicase study of health care repositioning**

Have you accessed the Kamloops, Kelowna, or Salmon Arm Seniors Health and Wellness Centre (SHWC)? Then we invite you to participate in a research study on how well the SHWCs help older adults to age in place (stay in their own homes) in rural and remote communities. See more information [here](#).

## Opportunities

### **FLEX Project Bursary**

The RHSRNbc fund travel bursaries to be awarded to year 1, 2 and 4 FLEX students working on projects involving rural and remote health activities. Year 1, 2, and 4 bursaries are funded up to a maximum of \$500 or \$1000 each. These bursaries are intended to subsidize the costs of travel and accommodation related to your FLEX Project. Funds will be reimbursed after submission of original receipts and final report for RHSRNbc. However, due to the unintended consequences of COVID-19, these bursaries are intended to subsidize the costs associated with working remotely on a rural health project.

Please reach out to the Network [research coordinator](#) for application details.

### **Nominations Open for BC Rural Health Awards**

RCCbc is pleased to present the 2022 BC Rural Health Awards! Nominations are open until January 31, 2022. Awards fall into two categories:

- The **Rural BC Community Award** recognizes one BC RSA community for their contributions to supporting local rural healthcare service delivery.
- The **Award of Excellence in Rural Medicine: Lifetime Achievement Award** honours one BC rural physician (who has practiced in rural BC for 15+ years) for their extraordinary body of work and service.

[Nominations for the BC Rural Health Awards can be submitted here!](#)

# Events

## Society of Rural Physicians of Canada: The 29th Annual Rural & Remote Medicine Course



**Date:** April 21-23, 2022

**Location:** Ottawa, Ontario

**Details/ Registration:** More details, registration information and prices can be found [here](#).

## BC Rural Health Conference



**Date:** May 13-15, 2022

**Location:** Penticton, British Columbia/Virtual Sessions

**Details:** Join us—in person—for this highly-anticipated rural health event, with illuminating rural-relevant CME plenaries and breakout sessions, hands-on skills workshops, and wellness breaks to keep you moving. Plus, celebrate 'togetherness' with colleagues at fun-packed social events. COVID-safe protocols will be implemented. Virtual sessions will also be offered.

**Registration:** TBA

We encourage everyone to join us for this annual rural health conference. Please check back [here](#) as we'll be sharing more details soon.

## BC Rural Health Research Exchange (BCRHRx)

The Rural Coordination Centre of BC (RCCbc) hosted the second annual BCRHRx on November 23, 2021, with support from the Joint Standing Committee on Rural Issues and the BC Emergency Medicine Network. This virtual half-day event was filled with brief rapid-style presentations designed to inform, engage and share current rural research in British Columbia. The 2021 BCRHRx also provided an opportunity to engage Indigenous, patient and community partners in an open dialogue session to explore opportunities for partners and researchers to collaborate. Highlights of the event and video recordings of the presentations can be accessed [here](#).

## Online Resources

### **Two Loop Model**

The Two Loops Theory of organizational change is a model of change that tries to describe nonlinear emergent processes of change within complex organizations. It is a model inspired by looking at the growth and decline cycle of living systems.

### **RCCbc Real-Time Virtual Support Toolkit for Healthcare Providers**

This toolkit is designed for physicians, nurses, and nurse practitioners in rural, remote, and First Nations communities to access different real-time virtual support pathways and collaboratively deliver care with partnered physicians.

### **Locums for Rural BC**

Locums for Rural BC administers the Rural GP Locum Program, Rural GP Locum Program, and the Rural Specialist Locum Program. Check their website for more information and current locum openings.

### **Preventing COVID-19 Infection in the Workplace**

This course is offered by UBC.

### **BC AHSN: COVID-19 Research Inventory**

BC AHSN offers a repository of COVID-19 related research undertaken in BC.

### **Free Mental Health Support for BC residents**

UBCO collaborates with BCPA and province to offer psychological first-aid service

## Recent Publications

- RHSRNbc Publication, [Chapter 5: Behavioural determinants of climate action and commitment to collective change](#)

shorturl.at/ezT69'. The right side features a photograph of a suspension bridge over a river at sunset, with mountains in the background. Overlaid on the photo is the title 'Planning Resilient Communities and Adapting Rural Services in British Columbia:' in large white font, and the subtitle 'Responding to climate change and ecosystem disruption' in a smaller white font. A small credit 'Photo by Junhyuk Jang on Unsplash' is at the bottom right of the photo."/>

Now available!  
**Chapter Five**  
*Behavioural Determinants of Climate Action*

Access Chapter 5: [shorturl.at/ezT69](https://shorturl.at/ezT69)

**Planning Resilient Communities and Adapting Rural Services in British Columbia:**  
*Responding to climate change and ecosystem disruption*

Photo by Junhyuk Jang on Unsplash

- [Canadian Journal of Rural Medicine Current Issue: October - December 2021](#)
- [Living as older adults with mental health concerns in rural British Columbia: A photovoice study](#)
- [Access to Mental Health Supports and Services: Perspectives of Young Women Living in Rural Nova Scotia \(Canada\)](#)
- [The impact of interpersonal relationships on rural doctors' clinical courage](#)
- [Physician wellness: Doctors taking care of doctors](#)
- [Fraser Basin Council Report: Investigations in Support of Flood Strategy Development in BC](#)
- [Addressing rural and Indigenous health inequities in Canada through socially accountable health partnerships](#)
- [Complexities of Continuing Professional Development in Context: Physician Engagement in Clinical Coaching](#)

## Volunteer Opportunities

## **REACH BC**

REACH BC connects volunteers like you with health researchers across British Columbia.

## **COVID-19 volunteering opportunities in Canada**

Resource connects Canadian students, academics, and technical staff and trainees from relevant programs to volunteer opportunities to address the impacts of COVID-19 across Canada.

## **Volunteer BC COVID-10 Resource Page**

List of resources on how to safely volunteer in BC during the time of COVID-19.

## **Volunteer Canada**

Includes a list of volunteer opportunities during COVID-19 and how to stay safe and volunteer.

## **List of Volunteer Centres in BC**

List of organizations in BC that provide volunteer programs and citizen engagement opportunities.

## **Volunteer Postings**

Current volunteer openings in BC.

# Employment Opportunities

- [UNBC Health Research Institute Research Associate](#)
- [Rural Scholars, UBC Faculty of Medicine](#)
- [Virtual Care Coordinator, Northern Interior Rural Division of Family Practice](#)
- [Virtual Care Coordinator, North Peace Division of Family Practice](#)
- [Clinical Resources Co-Lead, BC Emergency Medicine Network](#)
- [MD Undergraduate Director, Year 3 Rural Family Practice Clerkship, UBC Faculty of Medicine](#)
- [MD Undergraduate, Family Practice Year 3 and 4 Site Lead: Rural VFMP, UBC Faculty of Medicine](#)



Twitter



Website



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