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News from the RHSRNbc Office

Dear RHSRNbc members,

Happy March, and welcome to spring! 🌸 🌱 🌹

We are excited to share updates from the past few months 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](#).

Continuing in our longitudinal commitment to enhancing the resiliency of rural communities, RHSRNbc is hosting a two half-day [virtual symposium](#) on May 25 & 26, 2022, entitled "**Resilient Transformation of Rural Communities in British Columbia.**" Read on to learn more!

We also continue to support rural health research by developing a “for students, by students” [Rural Research Knowledge Hub](#) page. Check out two blog posts below!

Our March newsletter provides updates on the network's activities, upcoming events, research, events such as conferences and symposiums, funding and volunteer opportunities, online resources, recent rural research publications, and more.

Have a wonderful week!

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, approaching research questions involving the health of rural communities of BC and the various methodologies involved.

Recent Posts:

- Are you 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

Research Highlight: Prescribing Nature



Nature prescription programs have emerged within the last 25 years to improve community health and promote environmental stewardship. There is growing evidence supporting nature prescriptions' physical, mental, and social benefits. The prevalence of nature prescription programs is expanding throughout the globe as driven by a growing body of literature revealing the health benefits of reconnecting with nature.

First launched in November 2020, PaRx is Canada's first national, evidence-based nature prescription program led by Dr. Melissa Lem in partnership with the BC Parks Foundation. They have established a program where licensed healthcare professionals can register with PaRx to receive guides and patient resources for filling nature prescriptions. Currently, PaRx operates throughout British Columbia, Manitoba, Saskatchewan, and Ontario to advance patient and planetary health. One of the program's most important goals is to promote nature's health benefits for adults, children, and the planet, emphasizing strengthening our connection with nature to reinforce sustainability behaviours. Their program includes a free Parks Canada Discovery Pass (valued at \$72) to contribute to this movement, providing unlimited admission to national parks and conservation sites. Based on the findings from a [2019 study](#), patients are directed to spend at least 2 hours a week in nature for at least 20 minutes each outing.

Check out two CBC articles featuring the PaRx program [here](#) as well as [here](#).

Research Recruitment Opportunities

Call for health researchers: [Help increase diversity in health research in BC!](#)

Funded by the BC SUPPORT Unit, this project has created a suite of online

educational modules designed to support more diverse people in health research in British Columbia, including those in rural and remote communities. The modules have been created through collaboration with diverse stakeholders and are now ready for evaluation by health researchers.

The first module is a primer for engaging diverse people in research. Additional modules highlight how to engage with members of LGBTQ2S+, d/Deaf, disabled, rural and remote, and immigrant, refugee, racialized, and ethnocultural communities.

If you are interested in participating in our study, please click the link [here](#). Evaluation of the modules and completion of the pre- and post-surveys takes approximately 30 minutes.

Opportunities

2022 - 2023 RHSRNbc Collaborative Team Building Grant

Funding up to \$5000 is available to support the development of a rural research team that contributes to the advancement of knowledge in rural health and any anticipated outcomes. See more on this award [here](#).

Application opens: April 30, 2022

Application Deadline: May 31, 2022

2022 - 2023 RHSRNbc Symposia Grant

The RHSRNbc Symposia grant program supports rural researchers or physicians to develop a symposium to explore issues focused on rural health services for amounts up to \$5000. This grant is intended to bring together academics, rural practitioners, policymakers, citizens, and other stakeholders or allies whose knowledge and practice can be shared to build upon and advance the specific area of rural health research, practise or policy. See more information [here](#).

Application opens: April 30, 2022

Application deadline: May 31, 2022

2022-23 RHSRNbc FLEX Project Bursary

The [RHSRNbc FLEX fund travel bursaries](#) to be awarded to year 1, 2 and 4 FLEX students working on rural and remote health activities. Year 1, 2, and 4 bursaries are funded up to a maximum of \$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. These bursaries may also be used to subsidize the costs associated with working remotely on a rural health project.

Application deadline: **April 29, 2022**, for Y1. Please check back for Y2 and Y4 application deadlines. Please reach out to the Network [research coordinator](#) for application details.

Rural Physician Research Grants

The [RCCbc Rural Physician Research Grant program](#) aims to empower rural physician-researchers – or new aspiring researchers – to pursue innovative rural research and knowledge translation projects contributing to advancing rural health in BC. Through this project, rural physician researchers will be able to apply for research grants of up to \$10,000 per year to support research activities. Applicants must be a BC physician with experience practicing rural medicine and with demonstrable extensive connections to rural communities. The research must be pertaining to health in rural BC.

To apply for this opportunity, please download the application forms from the [website](#) and submit them to apeltonen@rccbc.ca. The deadline for the next round of submissions is April 30, 2022.

Rural Global Health Partnership Initiative: For Health Equity at Home and Abroad

The [Rural Global Health Partnership Initiative](#) (RGHPI) is a program that provides funding to support partnerships between rural BC physicians or medical trainees committed to rural service and underserved communities in BC, Canada, and internationally. The goals of this initiative are to enhance capacity for generalism in rural BC; to foster reciprocal learning in diverse health systems and community contexts; and to demonstrate how global health (local and international) community partnerships can heighten awareness, create innovative solutions to address healthcare challenges, and lead to improved health outcomes, especially for underserved, marginalized, and indigenous populations.

Through this initiative, rural BC physicians and medical trainees (residents and medical students) with a demonstrated interest in rural medicine and global health can apply for funding up to \$10,000 to support global health partnership projects. To apply for this opportunity, please download the [application forms](#) and submit them to apeltonen@rccbc.ca. The application deadline is April 30, 2022.

Events

RHSRNbc 2022 Symposium: Resilient Transformation of BC Rural Communities



SAVE THE DATE: May 25 & 26, 2022

The goal of our work is to build rural community resiliency through relationships. The 2022 symposium aims to create a learning community in exploring and understanding the resiliency and transformation of rural communities from several perspectives, including physicians, community, and Indigenous Peoples.

Join us **virtually** for **two half-days** to explore rural community resiliency from a plurality of perspectives, discussing ways to apply the knowledge and brainstorming opportunities to generate new knowledge and extend the research.

Follow us on [Twitter](#) and check back at the [RHSNRbc website](#) for more details, the symposium website registration and conference agenda in the coming weeks!

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

BRITISH COLUMBIA
RHC Rural Health
CONFERENCE 20
22

May 13-15 Fri-Sun
Penticton, BC

*In-Person & Virtual
Registration Options Available!*



Date: May 13-15, 2022

Location: Penticton, British Columbia (Virtual option available)

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.

Registration and Agenda: [Click here for full conference details and to register](#)

Online Resources

Two Loop Model

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

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.

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](#)



- [Position statement: Research and reconciliation with Indigenous People in rural health journals](#)
- [Canadian Journal of Rural Medicine Current Issue: January - March 2022](#)
- [Journal of Rural and Community Development - Volume 16: Issue 4](#)
- [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 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

Rural Health Job Opportunities:

Island Health Research Associate

RCCbc Project Coordinator

Visit the RCCbc [careers](#) page to find more current job posting's with RCCbc and their partners



Twitter



Website

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Our mailing address is:

3rd Floor David Strangway Building
5950 University Boulevard
Vancouver, BC Canada V6T 1Z3
Tel 604 827 2194
Fax 604 827 4184
Email rhsrn.bc@ubc.ca.

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