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News from the RHSRNbc Office

Dear RHSRNbc members,

I hope you are enjoying May and the growing number of blue sky, sunny days 🌸
🌱 🌹

We are excited to share updates from the past two months and invite you to

upcoming rural health research events.

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 and register for free! We hope to see you there!

RHSRNbc recently published the 6th chapter in the series *Planning Resilient Communities and Adapting Rural Health Services in British Columbia: A response to climate change and ecosystem disruption*, entitled *Reconnecting with nature*, with an accompanying infographic!

Our May 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. We look forward to sharing more posts penned by the student research assistants working with us this summer.

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
-

Introducing New Team Members!

Welcoming, **Aria Rezapour**, Medical FLEX Student!



Aria is a first-year medical student at UBC. Growing up in Metro Vancouver, he completed his Bachelor of Applied Science Degree in Integrated Engineering at UBC, after which he worked at a start-up biomedical engineering firm designing surgical tools for use in developing countries. Aria is very passionate about grassroots community-building projects and creating innovative technology. He likes spending his time on the local mountains snowboarding and hiking, and also enjoys playing tennis and beach volleyball. His current research project is examining the current models of Rural Locums in BC and how they can be optimized to best support physicians.

Welcoming, **Haedan Turner**, Medical FLEX Student!



Haedan is a first-year Medical Student at UBC. Raised in Wonowon BC, he completed his Bachelor of Science Degree in Kinesiology and Health Sciences at the University College of Dublin Ireland. He is passionate about physical activity and has competed as a Collegiate Athlete in Soccer. His passions when in his home community include community wellness, coaching, volunteering, and spending time with family. He is currently involved in a research project looking at how the scope of practice in rural medicine aids in the recruitment and retention of physicians.

Welcoming, **Salina Edwards**, Student Research Assistant!

Salina Edwards is a third-year undergraduate student majoring in Psychology and minoring in English Literature. Having grown up in a rural area around Fort St. John, BC, she has seen firsthand the disparities rural communities face. With these experiences, she has grown a passion for working to improve support in



these areas by building relationships in smaller communities and amplifying their voices. After graduation, she hopes to pursue a career in mental health focusing on improving access to health services in rural areas. Outside of this, she is a creative writer, runner, and coffee enthusiast.

Welcoming, **Kate Feldman**, Student Research Assistant!




Kate Feldman is a recent graduate from the University of British Columbia with a Bachelor of Arts

in International Relations. Her studies and research have focused on food and resource economics and sustainable development. Her particular interests are in rural development and the global transition towards more sustainable agricultural practices and how they can be used to strengthen communities across the world in terms of health, environmental resilience, economic stability, and food security. Alongside her research work, she is pursuing a Diploma in Sustainable Agriculture and Food Systems from the Centre for Sustainable Food Systems at UBC to learn more about the realities of organic farming and get her hands dirty. Outside of work, she enjoys gardening and cooking with her homegrown produce.

Research Highlight: Reconnecting

with Nature

The health of our environment is directly linked to human physical and mental health and well-being. With the acceleration of climate change, we must re-evaluate our perceptions and unsustainable interactions with nature and explore how we can respectfully re-engage with and steward the ecosystems that we depend upon.

Read the [sixth](#) chapter in our series: Planning Resilient Communities and Adapting Rural Health Services in British Columbia: A response to climate change and ecosystem disruption, along with the accompanying infographic 

Are we *part* of nature or *apart* from nature?



our current disconnected relationship with nature

The RH SRNbc's sixth chapter seeks to understand how humans may better interact with all ecosystems of Earth and how we can re-engage with nature, especially in the face of rapidly accelerating climate change.

9 in 10
 Canadians agreed that they feel happier when more connected to nature

6%
 Canadians reported only spending 6% of their day outside

how do we define nature?

anthropocentrism

Nature's value is in its benefit to humans, should be managed, controlled and consumed

biocentrism

Nature has intrinsic value and should remain undisturbed as possible



Western views



Indigenous views



health benefits of nature:

quality of sleep 
increased
 self-rated health and wellbeing 



120 minutes in nature
per week has shown to



symptoms of ADHD stress
reduced
 cardio-metabolic conditions 

eco-paralysis *eco-anxiety*

the growing concerns of climate change are affecting mental health

PTSD *violence*

solastalgia  *ecological grief*

how do we re-engage with nature?


children & community

nature/forest schools give youth the agency and freedom to continuously direct their learning through explorative play, fostering a deep connection with their natural surroundings

PaRx
A Prescription
for Nature

Canada's first national, evidence-based nature prescription program where licensed healthcare professionals can register to receive guides and patient resources for filling nature prescriptions.



nurturing positive **community gardens** relationships between people, communities, and the natural environment by integrating community gardening and collaborative food production with ecological restoration

"We must build landscapes that heal, connect and empower, that make intelligible our relations with each other and the natural world."
- Alex Wilson

Nearness to nature is core to living rurally with the rural context creating a natural interface for humans and nature.



feasible

Implementing innovative ideas is more feasible in rural settings due to this smaller scale



Supportive social networks may lend themselves to better community uptake of nature-based programs

support

connection

Rural contexts enable a greater potential for connection with nature



Read the FULL CHAPTER: <https://tinyurl.com/adxmy7jz>  rhsrnb.ca  @RHSRNbc

Want more like this? View our [fifth chapter infographic](#) on Behavioural determinants of climate action and commitment to collective change.

Research Recruitment Opportunities

Share Your Thoughts on Personal Health Records in BC

Do you have some thoughts on Rural Personal Health Records in British Columbia? Please join our [Thought Exchange](#) and make your voice heard. Feel free to share your input, return to add more thoughts, star newly submitted thoughts, and/or review what others are saying.

Aging and Climate Change Study

If you are over 65 years of age, we would love to hear from you! The purpose of this study is to examine the role of seniors in the climate crisis, including the risks that seniors face due to increasing frailty and vulnerability, the challenges they pose for climate change action or adaptation, and their potential as a valuable, untapped resource in combatting climate change. Learn more [here](#).

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 Deadline: May 31, 2022

2022 - 2023 RHSRNbc Symposia Grant



**The Rural Health Services
Research Network of BC**

Apply now!
Symposia Grants

The @RHSRNbc Symposia Grant Program provides support for rural researchers and physicians to develop a symposium exploring issues on rural health services for amounts **up to \$5000**.

Application Window: April 30 - May 31, 2022

Check out our [website](#) for more details.

The RHSRNbc Symposia grant program supports rural researchers or physicians in developing a symposium to explore issues focused on rural health services for 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, practice or policy. See more information [here](#).
Application deadline: May 31, 2022

Events

RHSRNbc 2022 Symposium: Resilient Transformation of BC Rural Communities -- May 25 & 26, 2022



Virtual Research Symposium May 25 & 26, 2022

5.5 Mainpro+ Group Learning credits
certified by **UBC CPD**

Resilient Transformation of Rural Communities in British Columbia



Accredited by **UBC CPD**
UBC
CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE



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.

This program meets the certification criteria of the College of Family Physicians of Canada and has been certified by UBC CPD for up to **5.5 Mainpro+** Group Learning credits.

See the [symposium website](#) for more details about the symposium's objective, and agenda, and **register for free** [here](#).

The Impact of COVID-19 on Rural and Remote Mental Health and Substance Use – Webinar

Did you miss the March webinar about the impact of COVID-19 on rural and remote mental health and substance use from UBC (Okanagan), Mental Health Commission of Canada, and RCCbc? You can now watch the recording [here](#). The webinar built upon a 2021 policy brief whose analysis and recommendations were brought to life through a case study from Princeton, BC.

BC Rural Health Conference

BRITISH COLUMBIA
RHC Rural Health
CONFERENCE **2022**

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](#)

Rural Rounds: Climate Change as a Health Care Crisis

Rurally-based healthcare providers are invited to register now for the next session

of Rural Rounds on Thursday, May 26, from 8–9 am PDT. This event will feature Dr. Kyle Merritt and Dr. Gordon Horner. Register for the next session [here](#).

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 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 the province to offer psychological first-aid service

Recent Publications

- **RHSRNbc Publications:**
 - [Chapter 6: Reconnecting with nature](#)

- Chapter 6 Accompanying infographic found [here](#)



- [Chapter 5: Behavioural determinants of climate action and commitment to collective change](#)
- Chapter 5 Accompanying infographic found [here](#)
- [Development and implementation of a Heat Alert and Response System in rural British Columbia](#)
- [It's not one size fits all: a case for how equity-based knowledge translation can support rural and remote communities to optimize virtual health care](#)
- [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](#)

- [CAEP 2021 Academic Symposium: recommendations for addressing racism and colonialism in emergency medicine](#)
- [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, 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

Rural Northwest / Terrace Site Co-Director

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



Twitter



Website

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