

# BCPCLinks

## BCPC Practice Bulletin

July 2023

## Welcoming Physicians New to Burlington!

The Burlington Community Physician Council (BCPC) would like to extend a warm welcome to the following physicians who are new to the area:

- **Aldershot Village Medical Centre**
  - Dr. David Bousl
  - Dr. Mays Alkhalili
- **Fairview Medical Arts**
  - Dr. Maurana Brush
- **Plainsview Medical Centre**
  - Dr. Hussein Amin
  - Dr. Shadha Al-Dujaili
- **Queen's Medical Centre & Pharmacy**
  - Dr. Samir Dawood
- **SPC Medical Inc.**
  - Dr. Lukasz Piskozub
  - Dr. Simon Cymerys
- **West Plains Medical Care**
  - Dr. Comfort Alara
  - Dr. Lisa Camilleri
  - Dr. Prabal Rana



## Diabetes Education Program

Caroline Family Health Team (CFHT)

[The Diabetes Education Program](#) at CFHT is available to community patients. Referrals to the program can be made by any physician, specialist, or the patient may self-refer. Anyone over the age of 18 with pre-diabetes, Type 1 and Type 2 diabetes are welcome. Unfortunately, pediatric patients, patients on pump therapy, or with gestational diabetes are not eligible to participate in the program.

The program focuses on all aspects of diabetes management, including nutritional/dietary management and education, physical activity education, and pharmacology. Any recommendations for medication changes/suggestions would be included in a regularly faxed note to the referring physician. If a patient requires support for insulin or GLP-1 RA starts, the team is capable of providing instruction as well as follow up more frequently/as needed to assist with dose titration.

Click here for the [referral form](#) or contact reception at: **905-632-8007 ext 107** for more information.

## Call-In Counselling

### Canadian Mental Health Association

CMHA Halton's [Call-In Counselling program](#) provides single-session counselling for individuals 16 and over. Counsellors use Brief Solution-Focused Therapy, focusing on immediate, presenting concerns. Support is also provided around accessing relevant community resources and programs.

Sessions are available over the phone or via video conferencing Monday – Friday 8:30 – 4:30 (excluding statutory holidays); later appointments are available upon request.

Not sure if the service is right for you? We can provide support for a variety of concerns, including:

- Symptoms of anxiety, depression, or other mental health concerns
- Grief or loss
- Relationship challenges
- Difficulty dealing with change e.g., work, relationship, move, etc.



Please call **289-291-5396** to schedule a session today!

## Learn the latest about Diagnostic Imaging Services at Joseph Brant Hospital

### Check out the new Ocean Referral Network

On May 25th, the BOHT hosted a town hall meeting for local primary care providers to learn about the latest in diagnostic imaging (DI) technology and services that are making significant enhancements to patient care and reducing wait times at Joseph Brant Hospital. The presentation was provided by Dr. Douglas Belton, Chief of Radiology & Diagnostic Imaging; Jessy Samuel, Director, DI, Pharmacy, IPAC & Laboratory Services; Nicole Bennett, Manager, DI and Medical Diagnostics Unit; and Dr. Mariam Ghali Eskander, Radiologist, Women's Imaging Lead.

**Presentation** highlights included **Medical Diagnostic Unit (MDU), Imaging Services** available for MRIs, CTs, Interventional Radiology, Ultrasound, Radiology, Bone Mineral Density, and Mammography. The new **OBSP Breast Assessment Centre** includes the Complete Breast Care (CBC) Clinic dedicated to providing timely, specialized breast care by experienced specialists, new technology that provides improved image quality, and guidance by Patient Navigators.

Joseph Brant Hospital is using a new electronic referral system called **Ocean Referral Network** that can help make real-time referrals free of charge. Training and set-up costs are covered. Learn more here or email [eReferral@healthce.ca](mailto:eReferral@healthce.ca).



## Free Workshops Available Fall 2023 ARAO and Becoming Gender-Affirming

This fall, the BOHT is pleased to bring Intersecting and their expertise to facilitate two free, virtual workshops on Anti-Racism and Anti-Oppression and Becoming Gender-Affirming.

### About the Presenter:

Intersecting partners, Pauline Kajiura and Cole Gately, have almost 50 years' combined experience delivering anti-racism- and anti-oppression-related training and education, leading successful organizational change through strategic planning, supporting community-based programs and services, and working in front-line service settings related to homelessness, gender-based violence, health, postsecondary institutions, community organizations, and municipal and provincial government.



### Anti-Racism Anti-Oppression (ARAO) Workshop:

OCT. 18TH & OCT. 25TH, 2023, FROM 1PM-4PM

**\*Please note that this is a 2-day virtual workshop and spots are limited. Please ensure you are able to attend both sessions when registering.**

### Learning Objectives:

*Workshop includes facilitated discussion, case scenarios, videos, small group work, and individual reflection.*

- Learn how power and privilege work in health care and other contexts.
- Develop an analysis of social location, privilege, and power.
- Understand how language matters and evolves.
- Apply an anti-racist, intersectional lens.
- Learn how to be an effective ally.
- Develop and demonstrate solidarity by making commitments.

### Becoming Gender-Affirming Workshop:

OCT. 4TH, 2023, FROM 1PM-4PM

### Learning Objectives:

*Workshop includes facilitated discussion, case scenarios, videos, small group work, and individual reflection.*

- Appreciate the difference between sex and gender.
- Confidently and accurately discuss gender.
- Agree that gender diversity exists and is valid.
- Understand the language of trans and non-binary identities.
- Common issues facing Trans and Non-Binary individuals.
- Learn how to be an effective ally.

Please email [ohsupport@burlingtonoht.ca](mailto:ohsupport@burlingtonoht.ca) to register.

You can also learn more about the BOHT and physician updates at [burlingtonoht.ca](http://burlingtonoht.ca).