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Contrasts in the whiteness of winter

Photograph by Ron Bauer. Find more of Ron's photos of rural Alberta on Instagram at @_bozlo_



Have your say into the future of health-care delivery in rural Alberta

Update from RhPAP's Board Chair

We're in the midst of a period of great change in Alberta. All around our province, discussions are taking place that will determine what health care looks like in our rural and remote communities going forward.

As health-care delivery in rural Alberta evolves, it's important that RhPAP transforms along with it.

In early 2017, our organization, then known as RPAP, launched a new strategic plan. This plan guided us through a change of name and mandate, enabling us to act as a collaborative partner and trusted advocate for rural Alberta communities trying to achieve greater access to health care.

The time has come to draft a new plan, one which will take into account the new realities of health-care delivery in Alberta.

We want to make sure we get it right.

We invite your feedback on what we've done well and what we could do to improve. Your input is essential to ensure we are effectively serving the needs of rural Albertans over the next four years.

I invite you to contact us at youropinionmatters@rhpap.ca, and have your say into our future and the future of health-care delivery in rural Alberta.

Dr. Rob Warren
Chair, RhPAP Board of Directors

RhPAP is here to support Alberta's rural physicians

Enriching your skills

RhPAP supports skills development for rural health-care providers. Rural physicians can access funding to upgrade existing skills or gain new skills in order to meet the medical needs of their community.

RhPAP offers a number of skills enhancement programs, including a customizable **Enrichment Training Program** to support physicians in rural or regional communities to obtain between two weeks to one year of additional training. RhPAP also offers various **continuing medical education** and **continuous professional development (CME/CPD)** opportunities

Locum relief

RhPAP supports AMA Physician Locum Services® by providing short-term locum coverage to rural physicians practising in communities with four or fewer physicians.

Finding you a place to live

RhPAP's Accommodations Program provides resident physicians and health-care students with a place to call home while experiencing life and career opportunities in rural communities.

An Opportunity to Give Back

RhPAP's Mentorship Program is an excellent way to promote your practice and community to students considering working in rural Alberta. You get to pick the times and dates that work for you and RhPAP will take care of the rest.

For more information on these opportunities, visit rhpap.ca/physicians



Being a trusted advocate for rural Alberta means everything to RhPAP

Update from RhPAP's Executive Director

With steady funding and support from the Government of Alberta for nearly 30 years, RhPAP has been privileged to support rural family physicians and medical residents with a variety of professional development programs and services.

Throughout these years, we have earned the right to be a trusted voice for many rural communities in our great province, conveying rural opinions and perspectives to key stakeholders in health care.

Our mandate was expanded in 2017, enabling RhPAP to assist other health-care providers to remain a vibrant part of rural Alberta's allied health-care team. Since this time, we have made a number of changes to improve opportunities to better hear and learn from our rural partners.

These changes include the following:

1. Restructuring the Board of Directors to be composed of representation from the following organizations:
 - Alberta Medical Association
 - Alberta Health Services
 - College of Physicians and Surgeons of Alberta
 - College and Association of Registered Nurses of Alberta (New)
 - Health Quality Council of Alberta (New)
 - Rural Municipalities of Alberta (New)
 - Alberta Health holds ex-officio status
2. Expanding the community development team so that RhPAP is actively involved in rural communities and actively supporting and learning the key issues in rural health care
3. Substantially amplifying our traditional and social media presence
4. Establishing the Rural Voice Information Panel to supplement our ability to be a trusted rural voice.

Thus, I ask that you please share your opinions with us, and we will use our trusted voice to help convey your message to leaders, decision makers, and policy developers.

Please write me at youropinionmatters@rhpap.ca
— you really do make a difference!

Bernard C. Anderson
Executive Director, RhPAP

Helping rural Albertans keep health care close to home since 1991.

- > RhPAP's role, within our mandated jurisdiction, is to support the implementation of government decisions to the best of our ability.
- > RhPAP has made significant strides in working with rural Albertan communities, helping them leverage local knowledge, and sharing health-care provider attraction and retention practices that have proven successful in other areas. You can find a study on this work at rhpap.ca/building-on-success.
- > We have also created a number of ways for rural communities to share their opinions with RhPAP, such as the Rural Voice Information Panel—a survey tool we use to better understand your rural health workforce and care issues. Be sure to sign up to participate in our surveys at rhpap.ca/ruralvip. (Personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual, or as required by law.)
- > If you are not subscribed to our digital and social media publications, you can do so at rhpap.ca/subscribe.



#Attraction & Retention

Delburne clinic keeps health care close to home for local residents

Article & Photos: Bobby Jones

After waiting nearly a century, Delburne residents can once again visit a physician in their own community.

Earlier this year, Dr. Muti Kauchali became the first doctor to practise in Delburne in 90 years.

Delburne is an agriculture-based village of about 900 located 45 minutes southeast of Red Deer. Another 2,500 people live in the county that surrounds the village.

Previously, residents had to travel to Red Deer, Stettler, or Three Hills to see the nearest physician.

“To practise... with someone who does hysterectomies on a regular basis, and... give us some tips, and take us through the learning process is huge,” said Dr. Amirali, a family physician with operative obstetrical skills at Medicine Hat Hospital.

“Patients were waiting until they were too sick, and, then, they would go to Red Deer,” says Jenn Normore, Practice Manager at the Delburne Medical Centre. “They would be seen in the hospital and, then, asked to follow up with their family doctor and there wasn’t a family doctor to follow up with.”

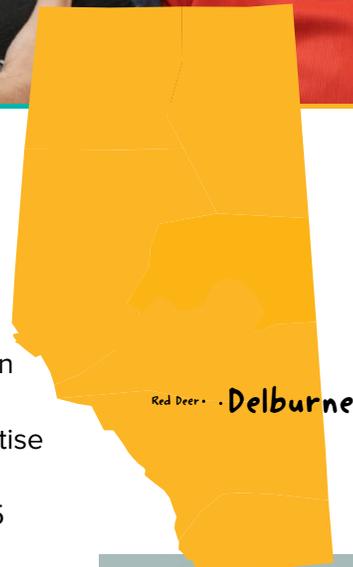
Dr. Kauchali was doing shifts in the emergency department in Red Deer when he saw the need.

“You know what, there’s nothing within an almost 60-kilometre radius for these people,” says Dr. Kauchali. “How about if I bring up a health centre for them?”

“We never ever thought that we would ever get a medical centre, ever,” says Karen Fegan, Chief Administrative Officer at the Village of Delburne. “But when Dr. Kauchali approached us, we were very excited.”

You would be hard pressed to find another medical clinic of this caliber in all of rural Alberta.

The multi-million-dollar, state-of-the-art facility features sound-proof rooms with 12-foot ceilings, a large procedure room, super-hero murals in the hallways and a full-service pharmacy.



(Above)
Dr. Muti Kauchali
examines a patient
(Below)
The new Delburne
Medical Centre



“I just had to do something. And I felt [that] what better way to do it than to give back good health to the people in the community and make a change in people’s lives.”

— Dr. Muti Kauchali

There’s also a wide, stretcher-friendly hallway leading to a dedicated ambulance transfer bay at the back and overnight accommodation. The building was designed to maximize energy efficiencies and is ready for conversion to solar power in the future.

Today, there are nearly 1,100 patients registered with the Centre. Dr. Kauchali, who also practises in Sylvan Lake, comes to Delburne two days a week. Two other physicians also practise here on a part-time basis.

“It’s been really wonderful,” says receptionist Christie Merryweather. “I’m so proud to be working in a place that is so beneficial for the community.”

“I hear amazing feedback every day,” adds fellow receptionist Melissa Gouthro. “They are so happy that we are here.”

Thanks to the Delburne Medical Centre, patient care here has made a huge leap forward.

“I just had to do something,” says Dr. Kauchali. “And I felt [that] what better way to do it than to give back good health to the people in the community and make a change in people’s lives. We are already seeing that, and that’s so much more rewarding to me than the financial gains that I would have got if I built the same clinic in Red Deer.” 🏡



Dr. Allan Garbutt

#News

Happy retirement Dr. Garbutt

Article: Julie Davis

A mainstay of the Crowsnest Pass health-care community, Dr. Allan Garbutt is retiring at the end of October, bringing to a conclusion a career of advocating for and supporting rural health care.

Dr. Garbutt has been a long-time rural health advocate and rural physician serving the Crowsnest Pass. He served as president of the Alberta Medical Association (AMA) from 2013-2014 and has been extensively involved with the AMA’s Section of Rural Medicine, including as president, past president, and, then, president again.

Part of Dr. Garbutt’s involvement with the AMA included eight years as a member of the RhPAP (formerly RPAP) Board of Directors, as well as three years as Vice Chair. In addition to this, he has been a Representative Forum delegate since 1997 and has served on numerous committees. For Dr. Garbutt’s many contributions to the association and to the profession, he was recognized with the AMA’s Long-Service Award (2010) and the AMA Member Emeritus Award (2011).

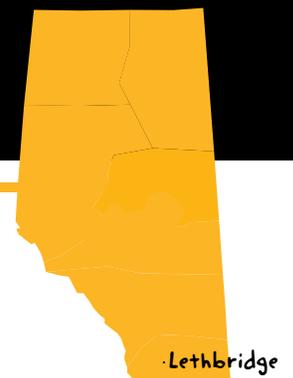
Originally trained as a wildlife biologist (he received a PhD from the University of Guelph), Dr. Garbutt obtained his MD from the University of Western Ontario and completed a rural family medicine residency at the University of British Columbia. He then established a family medicine practice in Crowsnest Pass in 1993 and has remained there ever since. He has also been a clinical lecturer in the Department of Family Medicine at both the University of Alberta and the University of Calgary.

Throughout his career, Dr. Garbutt has supported the rural physician pipeline to rural practice through his support of the RhPAP-sponsored rural shadowing/mentoring program, which offers medical students exposure to rural medicine. His pipeline support came full circle this summer, when he championed a six-week summer health-care career shadowing experience for a Livingstone Range School District high school student, who just happens to attend high school in Lundbreck, the hamlet near his ranch!

We’d like to wish Dr. Garbutt a joyful, relaxing, and fulfilling retirement! 🏡



Rural family medicine residents from the University of Calgary's Cummings School of Medicine gathered on a snowy Saturday in Lethbridge recently to learn how using point-of-care ultrasound can make a difference in an emergency situation.



Lethbridge

#CPD

Lethbridge hosts ultrasound training for future rural docs

Article & Photos: Meagan Williams

Rural family medicine residents from the University of Calgary's Cummings School of Medicine (U of C CSM) gathered on a snowy Saturday in Lethbridge recently to learn how using point-of-care ultrasound can make a difference in an emergency situation.

Dr. Kevin Janz, Chief Resident of the Rural Family Medicine program at the U of C CSM, says that, in a rural setting, a quick and effective ultrasound image can make a critical and, sometimes, life-saving difference in diagnoses.

“This is definitely an essential tool for us to be able to use.”

— Dr. Brittany Albreicht

“As new medical graduates, we're all aware of what the standard of care is moving toward,” says Janz. “We all felt ultrasound is a skill set that [is] really valuable, especially given that we're in a rural program. Working in acute-care settings in rural sites, you need to be ready for anything, and we just want to set ourselves up for success by being able to offer the best patient care we can.”

“In a rural hospital setting, you don't have teams or departments of specialists at your disposal, so being equipped with diagnostic tools and knowledge, like the type we're learning here today, can make a significant difference for patient-care outcomes,” Janz explained.

Emergency Department Echo (EDE) Course instructor and acute-care-trained nurse practitioner, Dal Lydns, believes the ultrasound education being imparted to the rural family medicine residents is something they'll be able to build upon and continue to use well into their careers.

“This [course] is the first step in a series these residents can take, which will further enable them to provide better patient care in emergency situations and in everyday care,” says Lydns. “Today, they'll walk away with all the basic skills they'll need in an emergency environment, [knowing] how to handle the probe and ... how to determine what is a good scan to use and what isn't. It's a good safety net of skills they can apply practically.”

Second-year rural family medicine resident, Dr. Brittany Albreicht, says, while she's worked with ultrasound before, this course gives her not only the certification to use ultrasound in her practice, but solidifies the knowledge and skills she has learned to date.

“Compared to an urban-based program, we do a lot more work in urgent care ... especially the emergency department where you don't necessarily have a CT scanner at your disposal. This is definitely an essential tool for us to be able to use.”

Emergency Department Echo

The EDE Course was developed by Dr. Ray Wiss, a Canadian military physician who is recognized for introducing the use of ultrasound into Canadian emergency medical practice. His EDE Course has been taught to more than 15,000 Canadian and international physicians and other health-care providers. The course has become the standard of care in large trauma centres, remote settings, and by Canadian Armed Forces combat units in Afghanistan.

For more information visit rhpap.ca/EDE

— Lethbridge EDE Con't

Medicine-Hat-based, first-year resident, Dana Nielsen, says he had limited previous experience with ultrasound, so this course provides him with the skills and confidence to utilize the tool in his residency and, ultimately, his future practice.

“Where I see this being a major benefit is when I hear something going on in someone’s heart for example, I’ll be able to actually see what is happening in a timely way,” says Nielsen. “That image or scan could potentially make a big difference in the patient’s care outcome.”

The EDE Course was sponsored by the Rural Health Professions Action Plan (RhPAP), which means all of the education, skills, and certifications came at no expense to the residents, something Janz says is incredibly valuable.

“We are so very appreciative that RhPAP could cover the cost of this course today as it provides invaluable education and experience that we would otherwise be personally paying out of pocket for,” says Janz. “This education directly impacts how we approach care for patients and we can’t thank them enough.” 🧑🏻‍⚕️

Barrhead committee brings community together to celebrate the many faces of health care



Every day is a good day to celebrate your health-care providers.

That’s what the Barrhead Attraction and Retention Committee (BARC) demonstrated at their recent celebration event.

More than 100 local health-care providers in nearly every imaginable career path arrived at the Barrhead Seniors’ Drop-In Centre on Wednesday, October 23 to see the hall decked out in warm autumn colours.

An evening dinner provided an opportunity for coworkers and Barrhead’s extended health-care team to connect in a social setting.

“Every guest in attendance plays an important role serving our community.”

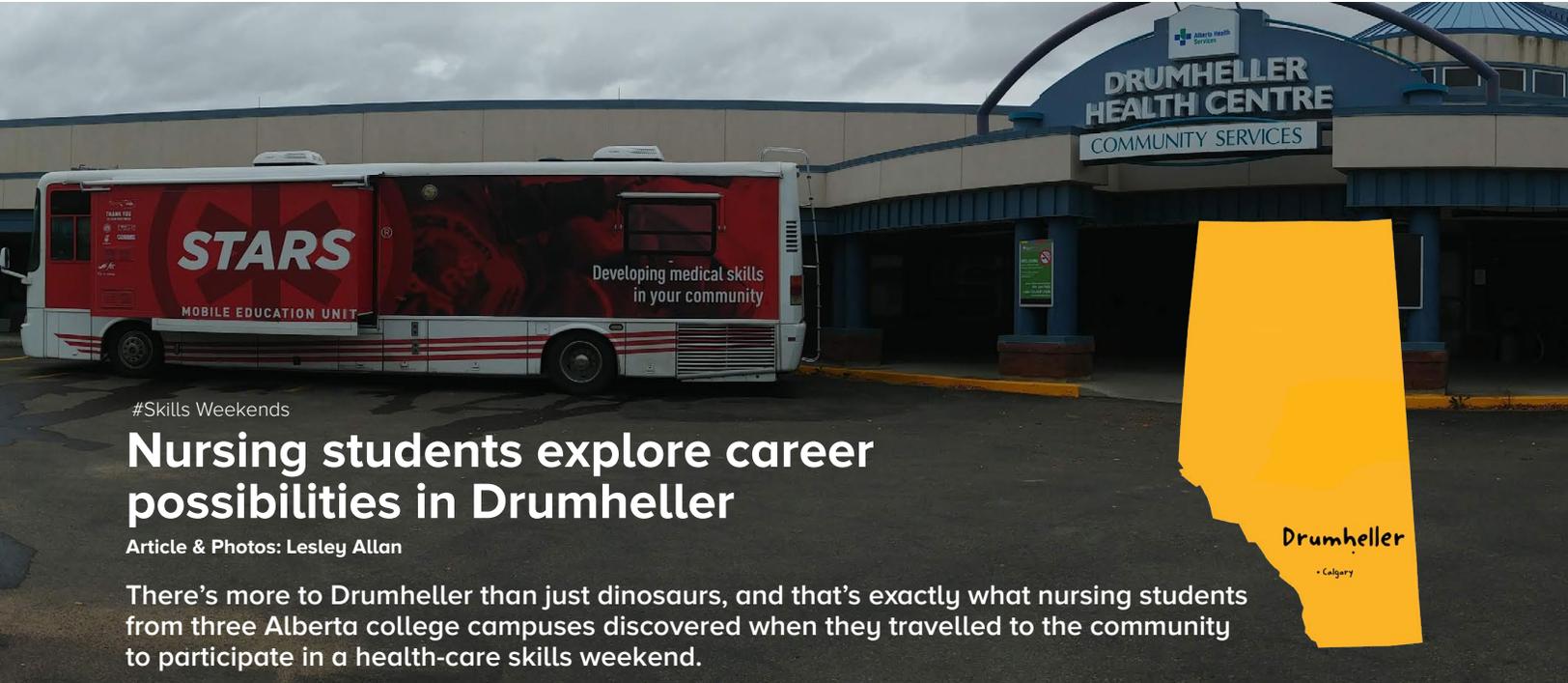
— Pembina West Co-op

The focal point of the event: hundreds of faces in dozens of photos strung along the wall pinned under a banner that read “Faces of Healthcare.” Attendees were so delighted to see their teams on display that they took the photos home afterward to hang in their offices.

The event was the brainchild of BARC after they heard about an RhPAP Attraction and Retention Grant available to community committees for attraction and retention activities. This grant provides up to \$3,000 for committees who want to show appreciation to their health professionals in some way or showcase their community to those considering pursuing health careers in their area.

Local businesses were eager to support the event. One offered the following message of gratitude to all those at the celebration: “Every guest in attendance plays an important role serving our community,” stated a text from a representative of Pembina West Co-op. “It is an honour for us to offer [a] donation as a small gesture of appreciation on behalf of [our] membership. Thank you to all the health-care professionals and their teams, and families for the tireless work they do.”

Before selecting draw recipients for a table full of donated door prizes, BARC had one request for the health-care providers in attendance: for a chance to win, submit an idea about what might keep you in Barrhead or make you want to move here as well as what was important to each person about health care. 🧑🏻‍⚕️



#Skills Weekends

Nursing students explore career possibilities in Drumheller

Article & Photos: Lesley Allan

There's more to Drumheller than just dinosaurs, and that's exactly what nursing students from three Alberta college campuses discovered when they travelled to the community to participate in a health-care skills weekend.

The skills event, sponsored by the Rural Health Professions Action Plan, the Drumheller Standing Committee on Health (DSCH), the Drumheller & District Chamber of Commerce, and Alberta Health Services, introduced students to a variety of skills in the local hospital as well as the broader community of Drumheller.

Participants experience health care in a rural environment and learn basic health provider skills, working side by side with local nurses who volunteer their time to instruct students in skills such as starting IVs, casting, and intubation.

“[W]e think we’ll have a waiting list in future years, because it was such a fun event.”

— Erica Terris

“I always find it fun to have students [here], just being able to teach them tips and tricks to make them successful,” shares Tara Burns, a registered nurse at the Drumheller Health Care Centre (DHCC). “I feel like I’m here for anyone else to be successful.”

Tara Cooper, a fourth-year nursing student at Medicine Hat College, explains that students were able to receive hands-on experience trying skills she and her fellow students hadn’t yet learned in their studies.

“Now, we’re just further ahead and have ... better experience and knowledge going in as a new [nursing] grad,” Cooper added.

Registered nurse and event instructor, Laura Hansen, describes the wide scope of rural nursing.

“On a given day, I could work [the emergency room], get called into a delivery, and then come down to long-term care to help start an IV and hold a palliative care patient’s hand,” Hansen explains.

“All in one eight-hour shift.”

For many students, it’s this diversity of rural nursing that attracts them to a career outside of the urban setting.

“I think the draw factor of working in rural health would be that you get to use a lot of your skills on a daily basis,” says Erica Terris, a second-year licensed practical nurse (LPN) student at Medicine Hat College’s Brooks Campus.

The weekend, however, wasn’t only about health care, and students aren’t the only ones who benefit from these types of skills events. Hospitals and communities get to show off what they have to offer and how exciting living and working in a rural community can be.

From checking out the town’s nightlife, to touring some of the area’s most scenic sites, and even creating customized bath salts, the students had the opportunity to see a broad swath of what Drumheller has to offer and to learn why it’s a community they’ll want to come back to.

“We could see the smiles on their faces, the laughter, and the funny photos,” says Bob Shedly, a volunteer and organizer with the DSCH. “[So] we think we’ll have a waiting list in future years, because it was such a fun event.”

And what did students think?

“I would absolutely recommend this [experience] to friends, and classmates, and program directors all across Alberta. It was a beautiful experience, I feel totally spoiled,” shares Terris.

“If we could do [this] every year, for all students, you would have better grads and [a better] knowledge base going into being a nurse, especially for students who want to work in a rural community,” Cooper concluded. 📍



Rhapsody Awards



Celebrate rural Alberta
health excellence

**The Rural Health Professions
Action Plan (RhPAP) invites
rural Albertans to submit
nominations for the following
2020 RhPAP Awards:**

Rhapsody Community Award

Rhapsody Physician Award

**Rhapsody Health-care
Heroes Award**
(Individual or Team)

*Have health professionals
made a big difference in
your rural community?*

*Has your rural community
successfully used a new
approach for attracting
and retaining health
professionals?*

rhapsody /n/ “An effusively enthusiastic
or ecstatic expression or feeling.”
— Oxford English Dictionary

Let RhPAP help you
celebrate health-care
excellence in
your community
with a video and
funding for a
recognition event!

**Complete your application at
RhapsodyAwards.ca**

Submission deadline is February 28, 2020



MAYERTHORPE

Mayerthorpe
Edmonton

#Rhapsody Awards

Exceptional care leads Mayerthorpe nursing team to an RhPAP Rhapsody Health-care Heroes Award

Article & Photos: Bobby Jones



The nursing team from the Mayerthorpe Healthcare Centre, recipients of the 2019 RhPAP Rhapsody Health-care Heroes Award

Perhaps nobody appreciates the nurses at the Mayerthorpe Healthcare Centre more than the physicians who practise there. While doing their rounds each morning, physicians rely heavily on the nursing team to keep them up to date on each patient's condition.

"They do most of our work," says Dr. Zahirali Jamal. "We say hello to the patient. We examine them quickly, change their medications, and then we're off. But who takes care of them and takes care of the families of the patients? It's our nurses, and they do an exceptional job."

The 20 nurses who practise here each make the patient priority one, and they provide great support to the patients' families as well.

"Oh, yes, they are so good to me," says Ann Adams, a patient in acute care. "You ask for something, you get it with a smile on their faces. It's just wonderful."

Matthew Doraty, Site Manager at the Mayerthorpe Healthcare Centre, also speaks highly of the nursing team.

"They're absolutely dedicated to providing the highest quality of care to their community and to making this a place where everybody in the community [feels] safe, welcomed, and cared for as soon as they set foot through the door," says Doraty.

Even the Mayor of Mayerthorpe, Janet Jabush, is no stranger to the high level of care. "Not quite a year ago, I was in a roll-over accident with my pick-up truck, my husband and I," says Jabush. "They brought us both to this hospital in ambulances. Those guys [the nurses], they just handled it like consummate professionals, but with that personal touch that makes everybody feel like it's going to be okay."

"It's a pretty good culture here," says Jayme Moffat, assistant head nurse. "We've got some nurses who've been here a long time and some who are brand new. So, it's kind of nice to help each other out and feed off each other for different learning experiences."

The efforts of the Mayerthorpe Healthcare Centre Nursing Team are deeply appreciated by their community.

"They are doing their best whenever they come to this facility, so I believe that these people, they need to be rewarded," says Dr. Nabeel Al-Gailani, a physician at Mayerthorpe Healthcare Centre.

"You ask for something, you get it with a smile on their faces. It's just wonderful."

— Ann Adams

"This is a very much deserved recognition for [the team], and I couldn't be more thrilled that [they] are being honoured this way," adds Mayor Janet Jabush.

The nursing team was humbled by the recognition.

"[There are] so many amazing nurses out there throughout the whole province," says Melanie Kidd, a registered nurse who has practised in Mayerthorpe for 32 years. "To be singled out, you just don't expect something like that."

"It was a shock to win," added a grinning Jayme Moffat. "I didn't think a little, small town like Mayerthorpe could make it on the map like that." 🏠

#Rhapsody Awards

For this rural physician, outstanding patient care begins with a long run in the morning

Article & Photos: Bobby Jones

At 6:30 a.m. on a weekday, chances are you'll find Dr. Deon Erasmus out on a gravel road near the town of Provost, running past wheat fields. He'll be with six or seven other men from the running club that he started up 20 years ago.

He loves running. In fact, he's run so many marathons and ultra-marathons that he's lost count of exactly how many.

Sometimes, his spouse, Antoinette, runs alongside him.

"I always like doing it with her, because she's always out of breath and I get some words in," says Dr. Erasmus with a grin.

Originally from South Africa, Dr. Erasmus and his family came to Provost 23 years ago, after a five year stop in Unity, Saskatchewan.

"For me, it was this big adventure," says his spouse, Antoinette Erasmus. "I remember that year, it started snowing on the 16th of October and I was so excited. I'm not [excited] anymore [when it snows in October]."

Before Dr. Erasmus arrived, Provost was in dire need of doctors. Several physicians had just left and there was only one doctor remaining, a precarious situation for the health of the community.

"If he [the remaining physician] wanted a day off or got sick, it closed our emergency rooms," says Ken Knox, who was mayor at the time.



"He was a great mentor, always making sure that we focused on the patient and were an advocate for the patient."

— Leslie Hunter, Care Manager, Provost Home Care.

Once Dr. Erasmus started practising in Provost, it didn't take long for him to make a favourable impression.

"The first time I went [to the clinic], I wanted to see a doctor right now," says Allan Murray, Reeve, MD of Provost. "And I go in there, and, for the first ten minutes, he was more interested in who I was, where I lived, what I did—those kind of things. I'd never had that before. And it was just like, 'wow, this is different.'"

"Dr. Erasmus came to Provost the first year I was in nursing," says Leslie Hunter, Care Manager, Provost Home Care. "I was new. I was young, and I was quite overwhelmed at times. He was a great mentor, always making sure that we focused on the patient and were an advocate for the patient."

After his morning run, Dr. Erasmus does rounds at the Provost Healthcare Centre, then he walks next door to the Provost Medical Centre where he spends the day seeing patients.

He is also a GP Anaesthetist and does obstetrics. Some of the babies that he delivered when he first arrived are now having babies of their own.

He has eagerly shared his knowledge with the many medical students he has mentored over the years.

"I learn a lot from students," he says. "It keeps me on my toes. I have to think before I just do something, because they are going to ask me why."

Sherilea Scheidt, RN, Provost Primary Care Network, adds “He just doesn’t introduce them to rural medicine. He introduces them to the rural lifestyle.”

He has also been active in recruiting doctors to Provost. Canadian trained Dr. Renee Deagle was one of the students who did a residency with him. She recently returned to practise in Provost.

Dr. Erasmus also convinced his good friend Dr. Stephan Malan to come from South Africa to practise in Provost 22 years ago.

“Great guy. Lots of fun together,” adds Dr. Malan, who was eager to share a funny story about Dr. Erasmus’s voracious appetite.

Many years ago, the two worked together at the Kalafong Hospital in South Africa.

“Every lunch time or tea-time, they served little sandwiches there as a treat,” begins Dr. Malan. “The talk in the whole hospital was you can go and have a sandwich provided that Dr. Erasmus wasn’t there yet. Otherwise, when he got in there, he’s like a vacuum cleaner.”

Dr. Erasmus replies, “I’ve been around Stephan Malan enough years to know that, if I don’t eat quickly, then he’s going to eat it, so I have to be smarter than he is.”

Dr. Erasmus is a regular visitor to Hillcrest Lodge. The faces of the seniors who reside there light up when they see him.

“He truly is compassionate and caring when it comes to taking care of them,” says Annette Gregory, Manager & CAO, Hillcrest Lodge. “And, they all just love him.”

“My wife always says it’s just the old ladies and the kids that like me,” jokes Dr. Erasmus.

Back in 2005, he noticed that an unusually large number of seniors were coming to emergency, being admitted to hospital, or were on the waiting list for long-term care.

“... for the first ten minutes he was more interested in who I was, where I lived, what I did — those kind of things. I’d never had that before. And it was just like, ‘wow, this is different!’”

— Allan Murray, Reeve, MD of Provost

In response, he organized a workshop and brought in geriatric experts. That led to the creation of a geriatric working group, which included dietitians, physiotherapists, pharmacists, home-care nurses, and physicians.

The goal was to recognize health problems sooner and treat them before they become so serious that the senior has to go to the hospital.

The results have been incredible.

“The emergency visits from people in the lodge went down considerably,” says Dr. Erasmus. “The hospital stays went down considerably. The average age in the lodge also went up considerably.”

“It’s a fantastic program,” says Gregory.

Dr. Erasmus is still as passionate as ever to be practising as a rural physician.

“The one thing that I expect is to always care about the people we deal with,” says Dr. Erasmus.

“And I think we’ve got such a blessing to do this job. I mean, what other job can you help people the whole day, and be of service to people, and make their lives better ... [Y]ou can’t get a better job than that.”

Congratulations to Dr. Deon Erasmus. the 2019 recipient of the RhPAP Rhapsody Physician Award. 🎉





SHPARC poses with RhPAP's Al Kemmere and Bernard Anderson during the committee's Rhapsody Award ceremony

#Rhapsody Awards

SHPARC ignites physician resurgence in Sundre

Article & Photos: Bobby Jones

The Sundre Health Professional Attraction and Retention Committee shares something in common with the brave cowboys who ride bucking bulls and broncs at the Sundre Race and Rodeo Grounds.

SHPARC, as they're also known, hang in there when the going gets rough.

The spark for this committee came in 2011, when it was discovered that many of Sundre's nine physicians were leaving. Doctors Hal Irvine and Rob Warren stepped up to tackle the problem.

Gerald Ingeveld was at that initial meeting.

"They said in the next twelve months, seven of our nine doctors will be gone. Then, they let it sit there for a while so there was this uncomfortable silence. And we went 'holy smokes, what are we going to do?' Well, we better get some doctors," Ingeveld recalls.

At this point, RhPAP became involved, providing guidance, and introducing the new committee to the work of more established rural attraction and retention committees.

"RhPAP was instrumental in our beginnings," reflects former SHPARC chair, and current AHS Board Member, Heidi Overguard. "They gave us an outline of what we needed to look for, like a survey that we could ask potential candidates ahead of time."

Back in 2011, many other rural communities in Alberta were short of physicians. Competition for physicians was fierce.

"The most important thing was we had to be sneaky," Ingeveld mentions mischievously. "We had to know a lot about the people that we were bringing out."

The committee would ask "pre-tour questions," ranging from likes and interests, to dietary needs, and requirements for their children.

"The most important thing was we had to be sneaky. We had to know a lot about the people that we were bringing out."

— Gerald Ingeveld

"And then we would sit down in a little group and we would say 'Aha!' They like to do this. They like to do that.' We had some docs, we knew they had dogs, so we made sure when they came for their tour that they got a good look at our trail system," Ingeveld adds.

The committee also reached out to the physician's spouse, to make sure that they were feeling comfortable as well.

It worked. Of the 69 physicians that were recruited from outside Alberta that year, ten per cent of them came to Sundre. Amazing results.

"We had attracted all these new physicians," Ms. Overguard recalled. "They were excited to be here."

However, getting the physicians and their families to Sundre was only the beginning.

When a new physician was hired, SHPARC worked with a local realtor to find them housing, and, as committee member, Gerri Greschner, recalls:

“I think if you want to have success you really have to care about your community. You truly have to have a passion for what you are doing.”

— Heidi Overguard



“The fridge was full and some meals prepped so all they had to do was take things out of the freezer and re-heat, because those first few days can be very hectic when you are trying to get established.”

Dr. Mark Wylie was one of the physicians they recruited.

“The one thing I really liked about SHPARC, other than the fact that they were really, really welcoming and good at orienting you to resources in the community, they’ve been very good even on a regular basis of showing their appreciation for the health professionals in the community,” Dr. Wylie explained.

Since 2011, the number of physicians practising here has expanded from nine to 15. Many of the latest arrivals were first introduced to Sundre as part of their medical residency program.

The new arrivals, like Dr. Anthony Willmot, and wife, Katie, liked what they saw.

“So, it was that kind of nice balance of great place to practise medicine as well as a really nice place to raise a family that made it so appealing that we decided to come here,” said Dr. Willmot:

“There’s a pool we could swim at,” Katie Willmot added. “There’s so many things that the girls and I could do, so that when Anthony was working, it felt like we were part of a community.”

Within a few years, Sundre was “doctored up.”

“We have successfully recruited and now the doctors have taken on that role and they’re looking after recruiting their own doctors which is great,” Ms. Greschner explained.

With the first ride over, SHPARC is getting on another horse – recruiting other health-care providers to Sundre.

The challenge now, according to Overguard, is to attract the right nurses who are going to love this place the way they do.

To facilitate this attraction, SHPARC recently hosted an RhPAP-sponsored skills weekend for nursing students from Red Deer College.

New nurses coming to practise in Sundre get the same special treatment that new physicians do, with registered nurse (RN) and Clinical Nurse Educator, Chantal Crawford there to ease the transition.

“As an RN, I try to help them in the hospital. Mentor them. Be a leader there for them,” Crawford adds.

The committee continues to make retention of health-care providers a high priority. Each year, SHPARC hosts an appreciation pancake breakfast at the hospital, and all Sundre health-care providers are invited. It’s just one of many appreciation events SHPARC puts on during the year.

SHPARC also celebrates nursing week by giving nurses gift hampers and handing out coffee cards to all staff at the hospital. In December, they extend their appreciation to pharmacies, the RCMP, EMS, and the fire department.

The committee has also taken on a role outside of health-care provider attraction and retention, helping to lead the fight to keep health facilities open in the community.

“One of the best things of this committee is we’re never scared of a challenge,” added Ms. Crawford.

Such was the case in 2016, when the provincial government was contemplating closing the 15-bed long-term care wing at Sundre Hospital.

“If you can explain to someone who loves their community that pioneers of their community have to leave town because there isn’t care for them. That just broke our hearts,” Mr. Ingeveld recalled.

The committee joined with health professionals and the community to lobby the provincial government to change their mind.

In the end, five long-term care beds were retained, four were converted to restorative care, and one to acute care.

Sundre Mayor, Terry Leslie, commends the amazing work of SHPARC.

“These are incredible people. These are people that step up, think beyond what a problem might be, and think immediately to the opportunity that might present itself.”

A big tip of the hat to the Sundre Health Professional Attraction and Retention Committee, recipients of the 2019 RhPAP Rhapsody Community Award. 🏠



(Left) Respiratory therapists Tess Craig (left) and Larissa Lewis (right) (Below) Working with their patients

“Sometimes, people come in and say they’ve quit smoking or you’ve been able to manage their asthma, and you just want to have a cup of tea and throw a party.”

— Larissa Lewis



Pincher Creek • Lethbridge

#Rhapsody Awards

Respiratory therapists a breath of fresh air for Pincher Creek health-care team

Article & Photos: Bobby Jones

It’s the start of another busy day in Pincher Creek for respiratory therapists Tess Craig and Larissa Lewis. Like most days, they begin by calibrating the spirometer, an instrument used to measure the air capacity in a patient’s lungs.

Together, these respiratory therapists, or RTs as they are also called, are making a huge difference in the lives of those who come to see them. Take Annie Steward, for example; she used to sing in a band until breathing problems brought that to an end.

“I used to never be able to even go for a short walk,” says Steward. “I’d be so short of breath.”

With proper medications and techniques used under the guidance of Craig, Annie is making significant progress.

“If I can get her to the right place to make her to be able to sing, and to enjoy that again, [that’s the goal],” says Craig.

“I’d like to be able to get up and sing a song sometime,” adds Steward. “Now, I have hope for that, and that’s because of Tess.”

Dr. John Rottger has worked with both of the respiratory therapists for years at the Pincher Creek Health Centre. He explains why they are so valuable to patient care.



“I suffer from asthma. Those two have saved my life.”

— John Taylor, patient

“Physicians, in general, don’t have a great deal of time to spend with patients,” Dr. Rottger explains. “The addition of respiratory therapy here [at Pincher Creek Health Centre], particularly these two individuals, who have been stellar in what they’ve done, has made a huge difference to these patients.”

“They’ve got time to explain and review... [the patient’s] understanding of their disease and the approaches they should take.”

“Without them, I’d be buggered,” declares patient Allan Bowersock with a grin. “It’s very good care.”

“I suffer from asthma,” says John Taylor, patient and member of the Pincher Creek Attraction & Retention Committee for Rural Health Professions. “Those two have saved my life.”

As Larissa Lewis explains, when you work in a small community, you are not only treating patients, you are treating neighbours and friends.

“It’s very satisfying, because we can do our best to help the people that we live with,” Lewis adds.

In the cities, the primary job function for RTs is to run ventilators in intensive care units. In rural areas, they often have a much broader scope of practice.

“We sort of have to spread out our skills and I enjoy that,” says Lewis.

Larissa and Tess see both in- and out-patients who suffer with all kinds of respiratory disease.

“Not only do they provide comprehensive care for our patients in the clinic in terms of asthma and COPD management, they’re invaluable in the emergency room,” says Dr. Gavin Parker, physician at both the Pincher Creek Health Centre and the adjoining Associate Clinic.

“In fact, we had a case last week, a little three-year-old kid, camping with quite a severe asthma attack. And they were Johnny-on-the-spot and really helped that kid through.”

Madi Breckenridge is an RN at the Pincher Creek Health Centre who often works with both respiratory therapists.

“They do an amazing job,” she says. “They will come in in the middle of the night if we need them ... If I’m delivering a baby and that baby isn’t doing super well, they’ll come in any time we call them.”

Jeff Brockman is the executive director of The Associate Clinic. He has a son who previously suffered breathing difficulties and was treated by Craig and Lewis.

“Where else are you able to text a professional at 10 o’clock at night, because your kid is coughing his brains out and you’re worried as a parent?” Brockman asks.

“They work so well with everyone, side by side,” adds Mattie Wright, licensed practical nurse in acute care at the Pincher Creek Health Centre. “They’re just amazing people. We’re just very lucky to have them here.”

The Pincher Creek RTs feel the love from their co-workers and community.

“I love my job as an RT, and I feel like everybody around me has created that for me,” says Craig while fighting back tears of appreciation.

“Sometimes, it’s a lot of celebrating,” says Lewis. “Sometimes, people come in and say they’ve quit smoking or you’ve been able to manage their asthma, and you just want to have a cup of tea and throw a party and celebrate with that person.”

Lewis adds, “I have the greatest work partner ever.”

The two not only work together, they are good friends, too.

Each Friday, during weekly simulation exercises, they share their knowledge with other staff at the hospital and the clinic.

“They’ve got a lot of knowledge and they’ve taught me so much, especially coming straight out of school into the working environment,” says Breckenridge.

At a recent RhPAP–sponsored Skills Day in Pincher Creek, they introduced high school students to respiratory therapy by using pig lungs.

Both Craig and Lewis grew up in the Pincher Creek area and spend time doing fun things together, like biking.

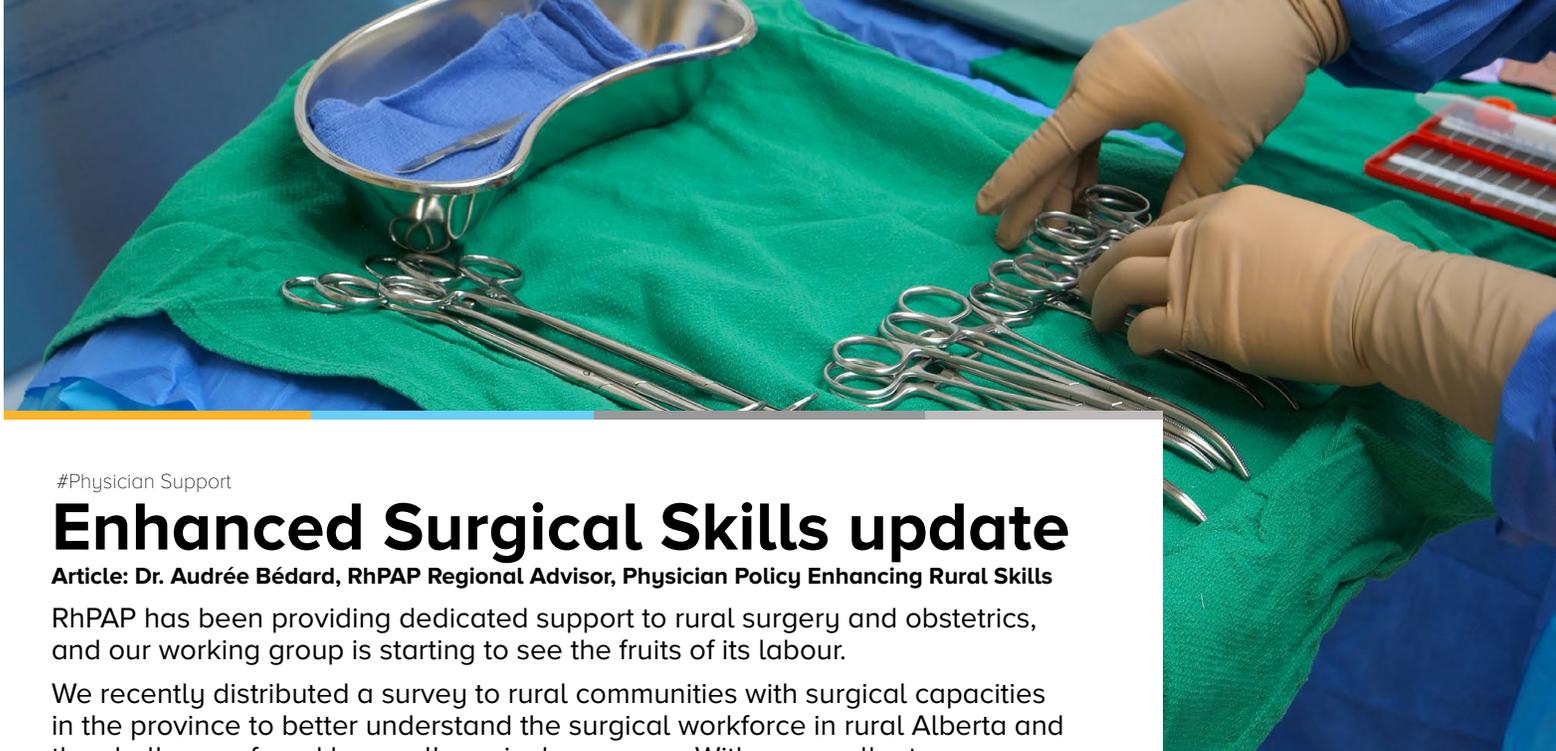
“I love a rural lifestyle,” says Craig. “It just gives us the ability to have a little bit more down time to do things together, not as much time travelling in the car.”

Lewis feels the same adding, “We farm and ranch, and we had four children that enjoyed that lifestyle as well.”

Congratulations to Tess and Larissa, recipients of one of the 2019 RhPAP Rhapsody Health-care Heroes Awards.

“It’s an honour to win the award,” says Craig. “It was a very big surprise.”

“I feel like we’re just part of a big team and I feel more like this award was for the whole facility (Pincher Creek Health Centre and The Associate Clinic) and not just for us,” says Lewis. 🏠



#Physician Support

Enhanced Surgical Skills update

Article: Dr. Aurée Bédard, RhPAP Regional Advisor, Physician Policy Enhancing Rural Skills

RhPAP has been providing dedicated support to rural surgery and obstetrics, and our working group is starting to see the fruits of its labour.

We recently distributed a survey to rural communities with surgical capacities in the province to better understand the surgical workforce in rural Alberta and the challenges faced by small surgical programs. With an excellent response rate, we should be able to share some interesting data in the months to come. The data will be used to develop a coaching program proposal to support family physicians providing surgical care across the province.

We are glad to see that rural surgery is a topic of interest for the Provincial Surgery Strategic Clinical Network (SCN). Last November, the SCN had a full-day meeting dedicated to rural surgery. The challenges of small surgical programs were discussed as well as the need to train more family physicians in Enhanced Surgical Skills and Obstetrical Surgical Skills (ESS/OSS) Programs to sustain our provincial needs. Strategies to support rural surgery, such as the development of a coaching program for surgical providers in rural communities was well received by the committee members.

Maintaining and developing the skills of surgical providers in rural communities is essential to the provision of high quality surgical and obstetrical care. Continuous professional development (CPD) opportunities for rural physicians with surgical skills are becoming more and more accessible. The CPD for ESS/OSS Conference followed by the Endoscopy Skills Day in Banff were targeted to rural physicians providing surgical services, and this year's programs were richer than they have ever been. RhPAP helped to sponsor both of these events. The 2020 Rural and Remote Conference in Ottawa will also be a unique learning opportunity with its rural surgery stream.

If you are as passionate as we are about rural surgery, and have additional ideas on how to support rural operating rooms and maternity care, please contact us at ESS@rhpap.ca and stay tuned for our next quarterly update. 📧

We are exploring location opportunities for pilot projects and drawing on our relationships with Alberta's medical schools to support the development of this program under the umbrella of continuing medical education.



When: April 25, 2020

Where: Double Tree by Hilton West
Edmonton – 16615-109 Avenue,
Edmonton, Alberta

More information: www.gigorgps.com

Gastroenterology for General Practitioners

Gastroenterology for General Practitioners (GI for GPs) offers a robust, impactful single day of learning for Alberta's family practitioners. Gastroenterologists from the University of Alberta and other sites in Edmonton have developed and taught the course to provide practical tools, advice on relevant topics, and to bridge the relationship between these medical specialties. Lectures combined with small group workshops offer the ideal program for rural family physicians to leave with the tools and education you need.

Collaborative Mentorship Network for Chronic Pain and Addiction

Article: Cathy Scrimshaw, BSc (Hon) MD, FCFP, Medical Director Collaborative Mentorship Network for Chronic Pain and Addiction Alberta College of Family Physicians

The Challenge

I have recognized addiction and chronic pain as being a significant part of my practice since starting medicine. It has presented in many ways: liver cirrhosis, secondary to alcohol or hepatitis C; trauma related injuries that over time, become chronic and painful; and more recently in overdoses and death from prescription opioids and fentanyl contaminated street drugs.

It is heart breaking to experience and witness the loss of young people in their prime and see the wave of grief through my community; at times I feel helpless. Similarly, is the distress of patients and families dealing with loved ones experiencing chronic pain.

I see the collaborative mentorship model as something of great value; a network of family physicians and specialists sharing knowledge with the goal of timely advice and better patient care. In rural areas particularly, mentorship serves as a resource that builds confidence and capacity to care for these complex clinical problems.

What is the Collaborative Mentorship Network and Why Should You Join

The Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) is a secure and inclusive space for members to consult with peers and grow their understanding of chronic pain and addiction. In response to the opioid crisis in Alberta, the CMN and PEER Teams have trained over 500 primary healthcare providers across the province through “Identifying and Treating OUD in Primary Care Workshops”. To date, we have over 80 members sharing resources, experiences, and expertise in all areas of chronic pain and addiction: tapering and deprescribing opioids, managing crystal methamphetamine, alcohol use disorder, micro induction of Buprenorphine/naloxone and numerous other clinical scenarios.

The recent CIHI report on substance use and hospitalization states that substance use disorders have more admissions than heart disease and stroke combined in Canada. This should be a wakeup call to all of us. I attended workshops and web-based training on substance use disorders and chronic pain, but having colleagues that I can discuss difficult and complex cases with has been the most valuable experience, for me personally. Mentorship in these areas is crucial for family doctors.

I encourage you to join our compassionate and safe space, where we can discuss cases, treatment options, and better our practices. Family physicians need to be here. YOU need to be here. 🏡

How to Get Involved with the CMN

So much of the CMN is a part of our everyday practice. We are in this together; let's start building a collaborative mentorship network today:

- Become a Mentor
- Request a Mentor
- Use the Discussion Board
- Share in Virtual Collaboration Forums
- Attend CMN Education Events

Join the network and share your stories. I look forward to connecting with you soon.

Sign-up at:
www.cmnalberta.com

— Cathy Scrimshaw, ACFP

Keep up with the latest in rural health

The Rural Health Beat is RhPAP's weekly e-newsletter. Each week, receive a feature article in your inbox about the latest good news and innovations from the world of rural health care, plus a curated selection of rural health news and stories from Alberta and beyond.

RhPAP's

Rural Health Beat
rhpap.ca/subscribe





#Research

Hearing the voices of rural Alberta: RhPAP's Rural VIP

Article: Melissa Myers-Connors

Throughout the years, RhPAP has been privileged to sit at rural community tables, gaining insight into what communities are most passionate about when it comes to rural health care and service delivery.

From Milk River in the south to Fort Vermilion in the north, and from Beaverlodge to Bonnyville, Alberta's rural communities are unique in their health-care needs and strengths.

The attraction and retention committees that RhPAP works with are committed to keeping health care close to home. Their knowledge and insight helps RhPAP advocate for and support local health care and rural health professionals.

A Rural VIP

To ensure key stakeholders have access to the opinions of rural Albertans, RhPAP launched the Rural Voice Information Panel, or Rural VIP. This provincial platform offers attraction and retention committee members the opportunity to provide input on rural health-related matters.

The Rural VIP is an ongoing feedback process carried out through short monthly surveys. For each questionnaire, RhPAP compiles and analyzes the responses, then provides a summary back to all respondents.

RhPAP shares the panel's feedback, ideas, and concerns with relevant partners, provincial decision-makers, policy developers, and leaders. Information gathered is also used to inform RhPAP planning, programs, and services.

Additionally, the project supports a priority set out in RhPAP's Strategic Plan to advance rural health care and rural health workforce issues and solutions to key stakeholders and partners.

As of January 2020, four surveys have been sent to the 160 members on the panel. Topics covered to date include health care access in rural Alberta; 2019 provincial budget's potential impacts on rural health care; respondents' awareness and perceptions of various health professions; and mental health in rural communities.

If you are a member of an attraction and retention committee and would like to become a member of the Rural VIP, visit rhpap.ca/ruralVIP or contact your RhPAP rural community consultant for more information.

To the Rural VIPs who have contributed and continue to share their input and perspectives with us, we are grateful for your participation, time, and dedication to health care in your community.

Thank you for adding your voice! 📢

Wanted: Stories of rural health-care pioneers

Is there a rural health-care pioneer in your community whose story deserves to be told? Pioneer doctors, nurses, and other health providers were innovators and trailblazers who worked in primitive conditions and travelled the countryside to provide health services to Alberta's pioneer generation. If you have a historic health-care hero you think RhPAP should highlight, we'd love to hear from you.

Email your story ideas to us at communications@rhpap.ca

Inclusive Health Conference

LGBTQ+ Health in Medicine

March 21, 2020

Lister Hall, University of Alberta, Edmonton
www.inclusivehealthconference.com

★ This Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 6 Mainpro+ credits.



SEXUALITY & GENDER
ADVOCACY COMMITTEE



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY

RhPAP Highlights

For October to December 2019

Rhapsody Awards

RhPAP coordinated Rhapsody Award celebration events for this year's recipients in Mayerthorpe, Pincher Creek, Provost, and Sundre. Congratulations to the 2019 Rhapsody Award recipients!

Rural Community Conversations

RhPAP was an active partner in three Alberta Health Services Community Engagement conversations in northwest rural Alberta.

Rural Research

RhPAP partnered with the University of Alberta Faculty of Nursing on a study to research how rural settings foster interprofessional teamwork among rural nursing and medicine students.

EDE Point-of-Care Ultrasound Courses

RhPAP supported two EDE (Emergency Department Echo) point-of-care ultrasound courses for over 30 rural health-care providers to learn ultrasound techniques in central and southern Alberta communities.

The CARE Course

RhPAP supported The CARE Course (Comprehensive Approaches to Rural Emergencies) for 24 rural physicians, nurses, and pre-hospital professionals to practice hands-on learning for medical, trauma, obstetric, and pediatric emergency management skills.

Rural Mentorship

RhPAP sponsored a Rural Mentorship Lunch at the University of Alberta to introduce over 100 medical students to the Rural Mentorship Program.

Rural Skills Events

RhPAP partnered with attraction and retention committees and local health-care providers to host a rural post-secondary skills weekend for nursing students and a rural high school skills day; overall, more than 80 students were able to explore rural health career options.

Rural Voice Information Panel

RhPAP launched the Rural Voice Information Panel to gather input on rural health matters.

ABOVE AND BEYOND

The living legacy of Dr. Alexander G. Scott

Above and Beyond

Can you imagine a small-town doctor with an airplane, visiting patients all around southern Alberta 100 years ago?

For almost 40 years, Bassano's Dr. Alexander Gladstone Scott worked around the clock, tending to the well-being of the surrounding frontier communities. With patients spread across many miles, he took to the roads, and then to the skies, going above and beyond to care for prairie people in the days before public health care.

RhPAP is proud to celebrate the living legacy of Dr. A.G. Scott: an innovator, pioneer, and prairie trailblazer in this video produced by Jonathan F. Koch and the Forgotten Alberta Project (www.forgottenalberta.com), with the cooperation of the Bassano Medical Clinic, the Town of Bassano, and RhPAP.

View the video at rhpap.ca/aboveandbeyond



#Skills Weekends

Sundre aims to show nursing students the beauty of working in rural Alberta

Article & Photos: Lesley Allan

Red Deer College nursing students took aim at their future, and learned more about medicine, when they visited the community of Sundre for an interactive health-care skills weekend.

Hosted by the Rural Health Professions Action Plan (RhPAP), the Sundre Health Professions Attraction and Retention Committee (SHPARC), and Alberta Health Services, the weekend gave students the opportunity to learn some of the many skills they'll need to work in a rural setting, including obstetrics, cardiac, suturing, and trauma management.

"[We want] to give them a chance to see what it would be like to work in a rural community," said Gerry Greschner, SHPARC secretary. "If you've only ever worked in the city, in a big hospital, you don't understand the large amount of learning and knowledge you have to have to be a rural nurse."

For participants, having the opportunity to work side-by-side with local nurses gave them the chance to get advice and experience that often isn't available to them.

"A lot of the focus of [the event] was really fantastic in the way that they told you exactly what a rural nurse has to do and the kinds of opportunities that a rural nurse has as well," shared Keziah Barnes Armstrong, a fourth-year Bachelor of Science in Nursing (BScN) student.

A rewarding and interactive experience, the event also provided nursing staff with the opportunity to give back by building up future health-care workers.

"The students were amazing to work with today," said Chantal Crawford, a registered nurse (RN) and clinical nurse educator. "It's always rewarding to give back to new younger nurses."



"If you've only ever worked in the city, in a big hospital, you don't understand the large amount of learning and knowledge you have to have to be a rural nurse."

— Gerry Greschner

“I didn’t realize it was this beautiful. The last time I was here I was really young, but the scenery itself is just absolutely gorgeous.”

— Keziah Barnes Armstrong

“I love to give my knowledge to students, so they can learn from it,” added Irma van den Hadelkamp, another RN who volunteered to instruct students. “I think working in rural is very special. You learn a lot of different specialties.”

For organizers, the weekend was meant to demonstrate just this idea, something that wasn’t lost on students.

“I really like rural nursing already,” said Brianne Hiebert, a fourth-year BScN student. “I wanted to review some of those skills, those experiences. The more knowledge I have, the easier I think it will be for me to work in rural.”

Amanda Mifsud, a third-year BScN student, also shared her motivations for taking part in the event.

“I’m actually from Sundre, so I thought it would be really cool to take what I’m learning in school and take it back to a rural community [because] that’s my interest,” explained Mifsud.

Day 2 of the skills weekend also captured the interests of students as they ventured out into the community, where they took in the beauty of nature, tested their skills with a bow and arrow, and learned more about natural medicines.

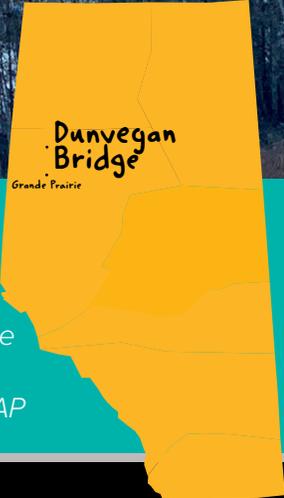
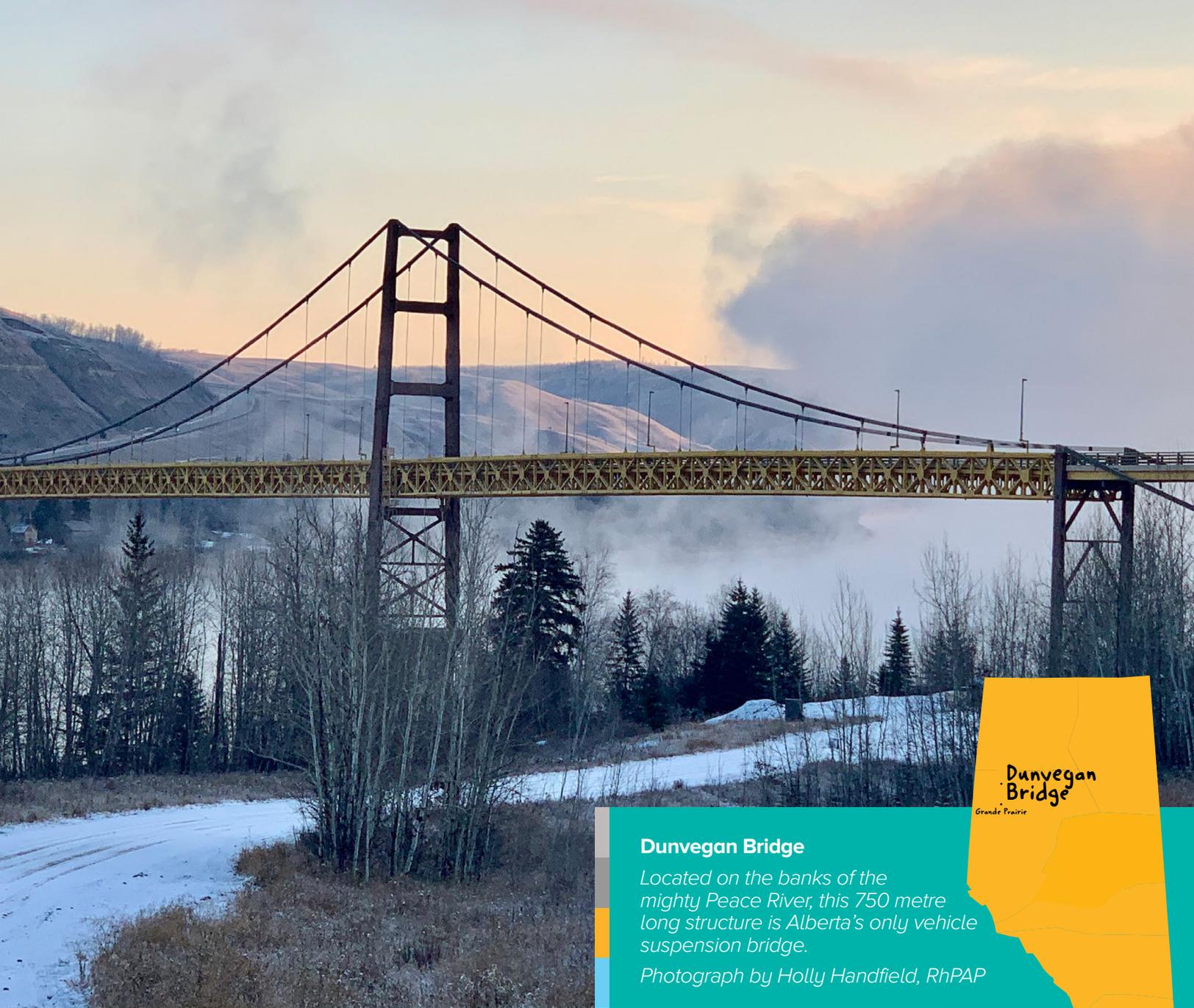
“I didn’t realize it was this beautiful,” shared Barnes Armstrong. “The last time I was here, I was really young, but the scenery itself is just absolutely gorgeous.”

From getting out and exploring the community, to walking the halls of the Sundre Hospital and Care Centre, participants of the weekend couldn’t agree more that the event was a success and beneficial to students.

“Hearing the excitement and the engagement of the participants and the instructors, I just think this is something that has to be offered on a regular basis,” said registered nurse and instructor Audrey McKenzie.

“Everybody did amazing,” added Barnes Armstrong. “I’m blown away by the amount of knowledge. It’s absolutely fantastic and I really hope this happens [for] many years to come.” 📌





Dunvegan Bridge

Located on the banks of the mighty Peace River, this 750 metre long structure is Alberta's only vehicle suspension bridge.

Photograph by Holly Handfield, RhPAP

About /Rural Health Matters

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rhpap.ca > [resources](#).

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