



# Tamarack Health Advisory Council Meeting Minutes

ATTENDEES & INTRODUCTIONS	
<b>Members</b>	Tara Baker (Chair), Lorianne Edwards (Vice-Chair), Rob Stauffer, Maureen Schnirer, Janet Wilkinson
<b>AHS</b>	Melony Hately, Tina Hoang, Andrea Jackson, Sandra Herritt, Sheri Neuman, Krystal Smith, Shauna Wallbank, Diana Rinne
<b>Regrets</b>	Karen Gariepy, Jeff Gobel, Janet Jabush, Linda Prokott, Wendy Scinski
<b>Public</b>	Ten
<b>Welcome &amp; Introductions</b>	Tara welcomed all in attendance, went through introductions and provided a land acknowledgment.
<b>Approval of previous minutes</b>	November 21, 2023, minutes were reviewed and approved by consensus.
STANDING ITEMS	
<b>Action items from previous meeting</b>	Sandra Herritt to follow up with Shamshad Khan regarding self-managed care funding. <b>Complete.</b>
<b>Advisory Council Update</b>	<p><b>Andrea Jackson, Lead, Advisory Council Relations, shared the following:</b></p> <p>The last day of operations for all Alberta Health Services (AHS) Health Advisory Councils (HACs) will be June 28, 2024. She expressed her gratitude for all Council members, who bring meaningful information to AHS through all their efforts and community insights. There is a great role and value for volunteer input. Community Engagement will continue supporting members until the end of June and will host a virtual wrap up event for members on June 4.</p>
<b>Alberta Health Services Zone Update</b>	<p><b>Sandra Herritt, Senior Operating Officer, Areas 1-4, North Zone, shared the following:</b></p> <ul style="list-style-type: none"> <li>A written report was provided with information about workforce recruitment, capital projects and major events and initiatives specific to the local area. She also provided highlights from the North Zone Operational Plans and performance measures and initiatives. An update on the Connect Care launch 7 as well as several Public Health and Seniors Health initiatives were shared.</li> </ul>



	<ul style="list-style-type: none"> <li>Visit the AHS website for information on volunteer opportunities: <a href="#">Volunteer Opportunities   Alberta Health Services.</a></li> </ul>
<b>Physician Recruitment Report</b>	<p><b>Shauna Wallbank, Physician Resource Planner, North Zone Medical Affairs, reported AHS is currently recruiting to the following areas:</b></p> <ul style="list-style-type: none"> <li>Barrhead: three physicians – one family medicine physician, one family medicine physician with anesthesia, one general surgeon.</li> <li>Edson: one new family physician with enhanced surgical skills (C-Section) is incoming; recruiting three additional family medicine physicians and two family medicine physicians with anesthesia.</li> <li>Hinton: has one new orthopedic surgeon incoming; recruiting two family medicine physicians, one family medicine physician with enhanced surgical skills (C-Section), and two family medicine physicians with anesthesia.</li> <li>Westlock: recruiting three family medicine physicians.</li> <li>Whitecourt: one new family medicine physician with enhanced surgical skills (C-Section) incoming.</li> </ul>
<b>Community Partners</b>	<p><b>Anita Fagnan, Rural Community Consultant with Rural Health Professions Action Plan (RhPAP), shared the following:</b></p> <ul style="list-style-type: none"> <li>There's a virtual session titled Knowledge Now coming up.</li> <li>Program funding for: Bursary for Internationally Educated Nurses (BIEN; REAL (Rural Education and Advanced Learning).</li> <li>Information about the Emergency Department Echo (EDE) course and, how RhPAP offers continuing professional development for rural health professionals.</li> <li>Highlights from the Financial Incentive for Rural Staff Training and how it supported the Westlock healthcare team to upgrade its advanced skills for treating shock.</li> </ul>
<b>Report from the Chair</b>	<p><b>Tara Baker, Chair for the Tamarack Health Advisory Council provided the following update:</b></p> <ul style="list-style-type: none"> <li>Council of Chairs met briefly on Feb. 21 to discuss upcoming meetings requested by Alberta Health.</li> <li>On March 15, Council met with MLA Martin Long, Parliamentary Secretary for Rural Health, and staff from Alberta Health in Whitecourt to discuss successes and opportunities to the work of the HAC.</li> <li>Council of Chairs met again on April 16 to discuss what will occur between now and the end of June, when HACs end operations.</li> </ul>
<b>Council Round Table</b>	<p><b>Council members shared the following:</b></p> <ul style="list-style-type: none"> <li>Tara met with Martin Long, West Yellowhead MLA and Parliamentary Secretary for Rural Health on October 2, on behalf of the Whitecourt attraction and retention committee. She praised the work of RhPAP and for bringing communities together.</li> </ul>



- Lorianne shared the Barrhead attraction and retention committee is hosting an appreciation BBQ for healthcare workers this month.
- Janet Wilkinson shared the Community Care Foundation held a fashion show to thank healthcare workers. Good news that patients can now have pre-op work and cataract surgery done right in Edson.
- Rob Stauffer shared that the Whitecourt Cancer and Wellness Society had a presentation from Wellspring Alberta and they will be hosting a wellness event in the fall.

## NEW BUSINESS

**Presentation:  
Alberta Virtual  
Chronic Pain  
Program  
(AVCPP)**

**Dr. Tina Hoang, Associate Medical Lead, Alberta Virtual Chronic Pain Program (AVCPP), provided information on the new program.**

**Highlights include:**

- AVCPP is a virtual group education treatment program for Albertans experiencing persistent pain longer than three months.
- The program is for patients looking to better understand their pain, connect with others living with pain, and who are seeking strategies to manage pain beyond medication.
- It is an interactive program led by health providers with peer support incorporated throughout, as well as post-completion follow-up for up to one year.

**What is offered?**

- Education and coaching on self-management strategies in a group setting. Sessions provide practical self-management tools, delivered in an interactive and engaging way.
- Opportunities to ask questions and discuss self-management strategies with clinicians trained in chronic pain management.
- Opportunities to form connections with participants.
- Connection to other AHS and community services and resources, as required.
- Group-based peer support available throughout the program, and follow-up after completion.
- 1-hour sessions each week for six weeks (virtual group education and self-management program).
- 1-hour peer support group sessions each week – provides opportunity to connect with others living with pain.

**What is not offered?**

- Diagnosis, medical intervention, one-on-one care, prescription advice/renewals.



	<p>AVCPP is free and available to people residing in Alberta, 18+ years old, suffering non-cancer pain, lasting three months or longer. No formal diagnosis is required. No formal referral from a healthcare provider is required. For patients interested in joining an upcoming Virtual Chronic Pain Program self-management group session, call 1-877-719-7707 to register.</p>
<p><b>Presentation: Alberta Healthy Living Program:</b></p>	<p><b>Alberta Healthy Living Program (AHLP)</b>  <b>Kathleen Arnold, Sheri Neuman &amp; Krystal Smith; Self-Management &amp; Diverse Populations Coordinators, AHS</b></p> <p><b>Highlights of the presentation:</b></p> <ul style="list-style-type: none"> <li>• The AHLP offers free workshops designed to help Albertans better manage chronic conditions.</li> <li>• Program topics include: diabetes, heart and stroke education, weight management, stress management, chronic pain or chronic conditions management, supervised exercise and COPD education. Visit <a href="#">Free Group Health Education   North Zone Alberta Healthy Living Program</a>.</li> <li>• The Diabetes Self-Management Health Coach Program offers free phone support to help Albertans manage their diabetes and connect with a peer coach. <a href="#">Register here</a>.</li> <li>• AHLP can work with local community groups who want personalized, tailored programming for a group's specific needs.</li> </ul> <p><b>Questions:</b></p> <p><b>How do people with barriers to internet or technology have access to this programming?</b>          Through partnerships with libraries, community or recreation centres, adult learning centres and post-secondary institutions. The buddy system and making connections with other community members can help people feel more comfortable going into public places seeking information-seeking or to participate in activities.</p> <p><b>How can better partnerships be built with Indigenous groups to provide value to their communities?</b>          Ideally, co-development and co-deliver programming with Indigenous partners. Connect with health directors from each of the First Nation health centres, as each Nation has its own system and will know best how to reach their communities.</p>