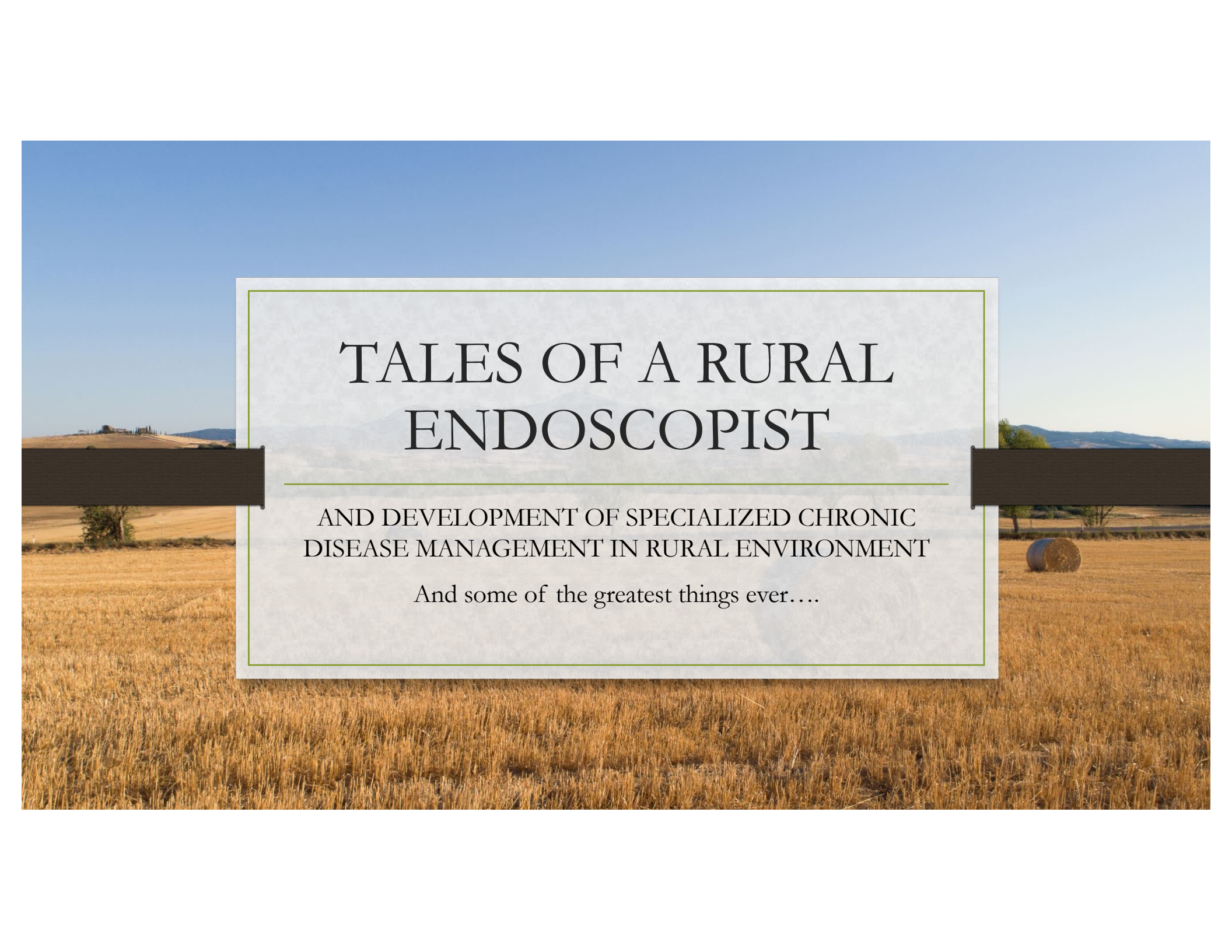




TALES OF A RURAL ENDOSCOPIST

A background image of a rural landscape featuring a golden field of grain in the foreground, a small tree on the left, a hay bale on the right, and rolling hills under a clear blue sky. A semi-transparent white box with a green border is centered over the image, containing the title and subtitle. Two dark horizontal bars are positioned on the left and right sides of the box.

TALES OF A RURAL ENDOSCOPIST

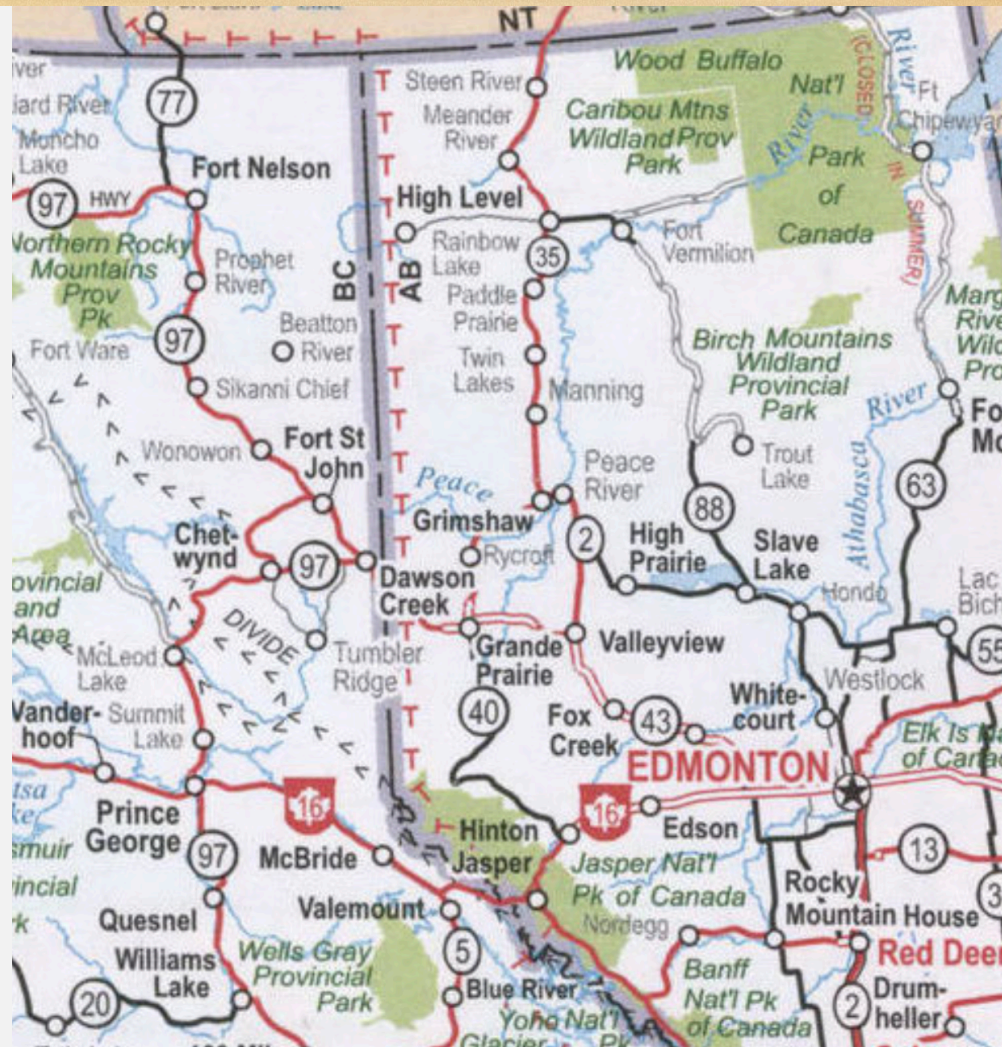
AND DEVELOPMENT OF SPECIALIZED CHRONIC
DISEASE MANAGEMENT IN RURAL ENVIRONMENT

And some of the greatest things ever....

It all started with a cookie



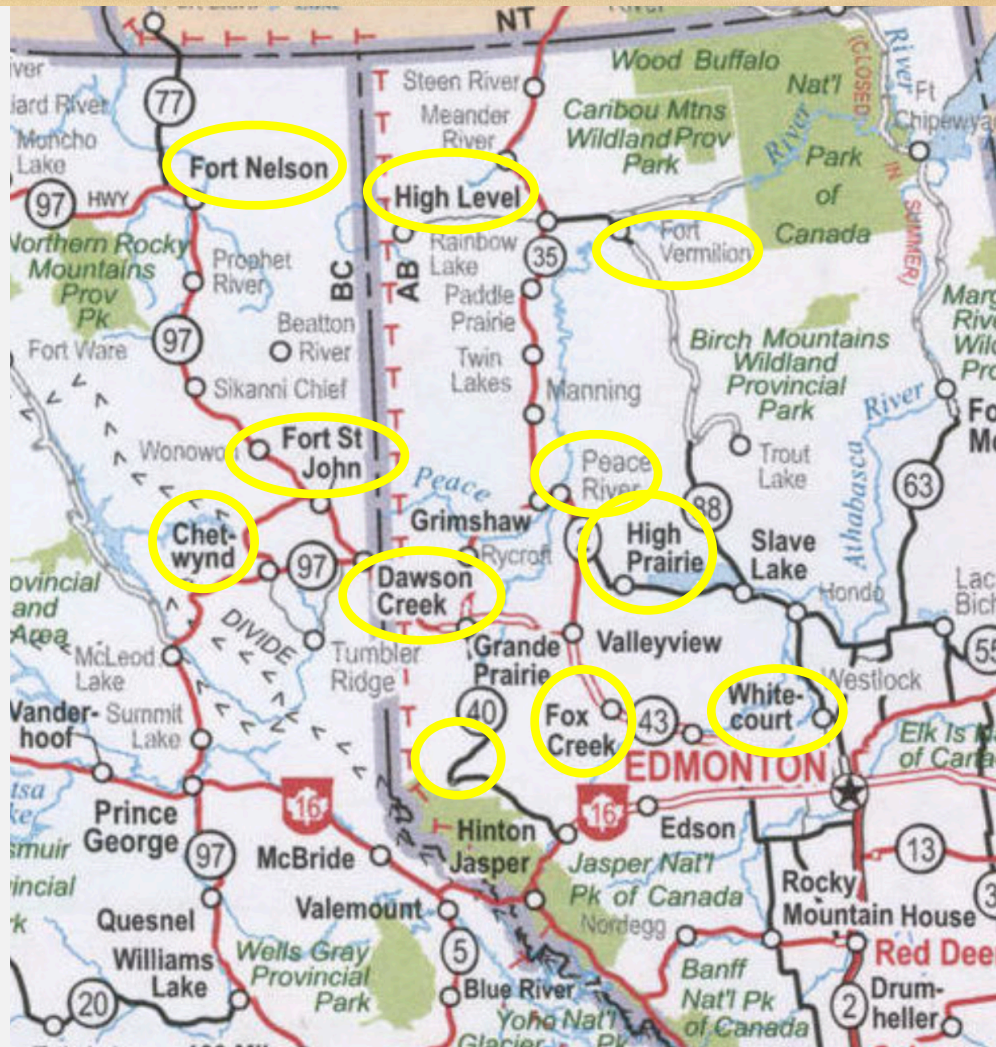












What is the greatest job ever?

What is the greatest job ever?

- AI says
 - The "best job ever" isn't universal; it depends on your passions, skills, and values, but top contenders often blend high satisfaction, good pay, and meaning, with roles like healthcare (doctors, therapists), tech (software, IoT), education, and creative fields (content creator, Lego sculptor) frequently mentioned, alongside surprising roles like real estate agents or even bartender for the right person.

What is the greatest job ever?

- AI says
- I say
 - Rural Medicine

Greatest job ever

- Never bored
- Control of schedule
- Foster long term relationships with colleagues and patients
- Variety of roles

Greatest job ever

- Never bored
 - ICU bedside ultrasound
 - Endoscopic therapeutics
 - Intestinal Ultrasound (IUS)
- Control of schedule
- Foster long term relationships with colleagues and patients
- Variety of roles

Greatest job ever

- Never bored
- Control of schedule
 - Stages of life
- Foster long term relationships with colleagues and patients
- Variety of roles

Greatest job ever

- Never bored
- Foster long term relationships with colleagues and patients
- Variety of roles
 - Director of ICU/IM

EMNote.org

Surviving Sepsis Guidelines 2017

Definition	• Sepsis: Life-threatening organ dysfunction caused by a dysregulated host response to infection • Septic shock: Subset of sepsis with circulatory and cellular/metabolic dysfunction associated with a higher risk of mortality • Deemphasize "severe sepsis" and "sepsis criteria"
Fluids	• At least 30 cc/kg in first 3 h, even in patients with ESRD and CHF • Use crystalloids, consider albumin, avoid starch solutions
Vasopressors	• Use norepinephrine (NE), avoid dopamine • Add epinephrine if NE inadequate, add vasopressin to taper NE
Steroid	• No steroid, unless shock refractory to adequate fluids and vasopressors
Antibiotics	• Broad-spectrum (e.g. Vancomycin+Tapimycin), avoid double coverage
PRBC	• Only if Hb < 7.0 g/dL in the absence acute bleeding, myocardial ischemia, etc
Source control	• As soon as feasible (old guideline: within 12 h)
Ventilator	• TV 6 cc/kg, plateau pressure ≤30 cmH₂O, BIPAP role unknown
Goal therapy	• Target at MAP 65 mmHg, normalize lactate, • Prefer dynamic variables to assess fluid responsiveness • Deemphasize protocolized care, CVP and ScvO₂

@jackfchong

Greatest job ever

- Never bored
- Foster long term relationships with colleagues and patients
- Variety of roles
 - Resident teaching



Greatest job ever

- Never bored
- Foster long term relationships with colleagues and patients
- Variety of roles
 - Medevacs



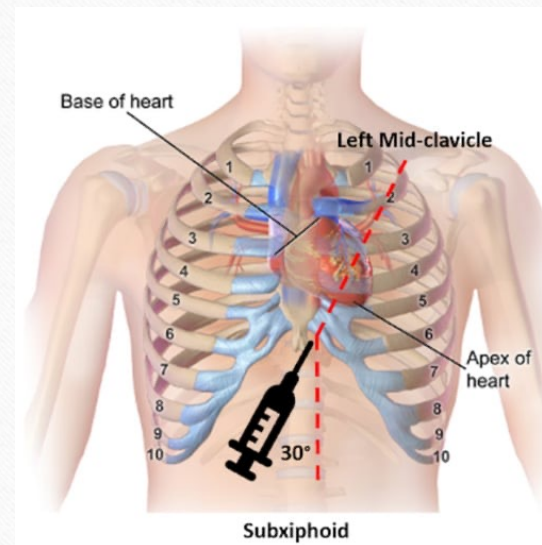
Greatest job ever

- Never bored
- Foster long term relationships with colleagues and patients
- Variety of roles
 - ACLS



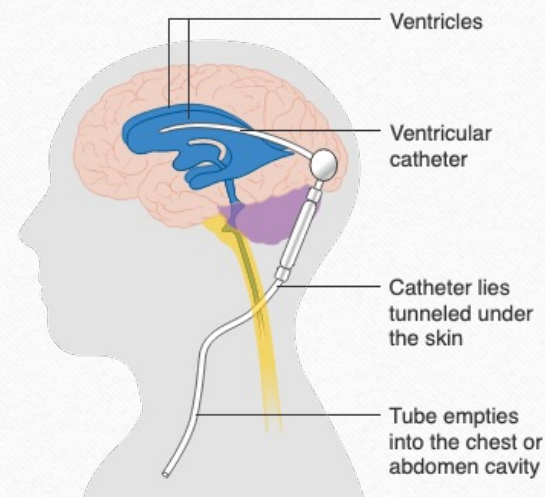
Greatest job ever

- Never bored
- Foster long term relationships with colleagues and patients
- Variety of roles
 - Crazy procedures



Greatest job ever

- Never bored
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- Variety of roles
 - Crazy procedures



Greatest job ever

- Never bored
- Control of schedule
- Foster long term relationships with colleagues and patients
- Variety of roles
 - Adrenaline junkie



Greatest job ever

- Patient stories

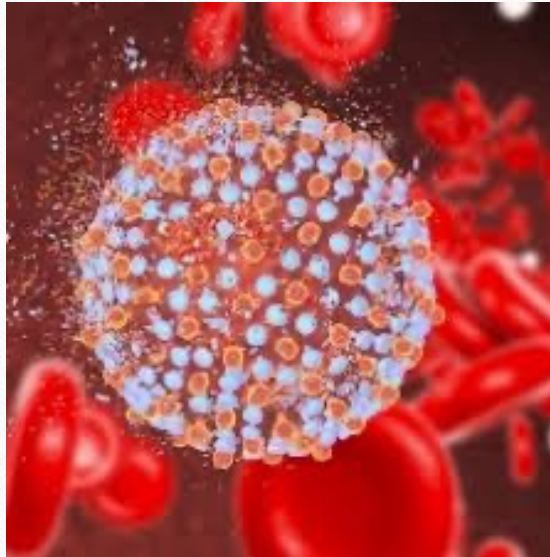
Greatest job ever



Adobe Stock | 111286695

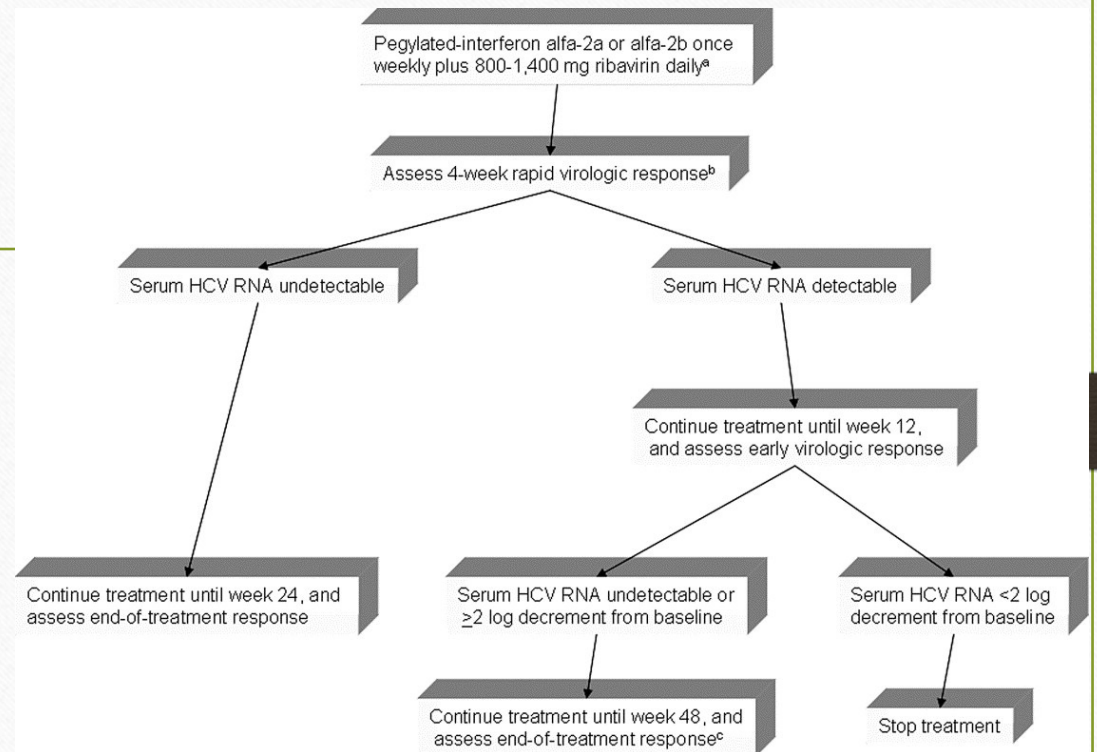
Transition to more specialized care

- Hepatitis C





alamy - E5PTKK



HCV



HBV



ALL THINGS
LIVER



ALL THINGS
GI



IBD

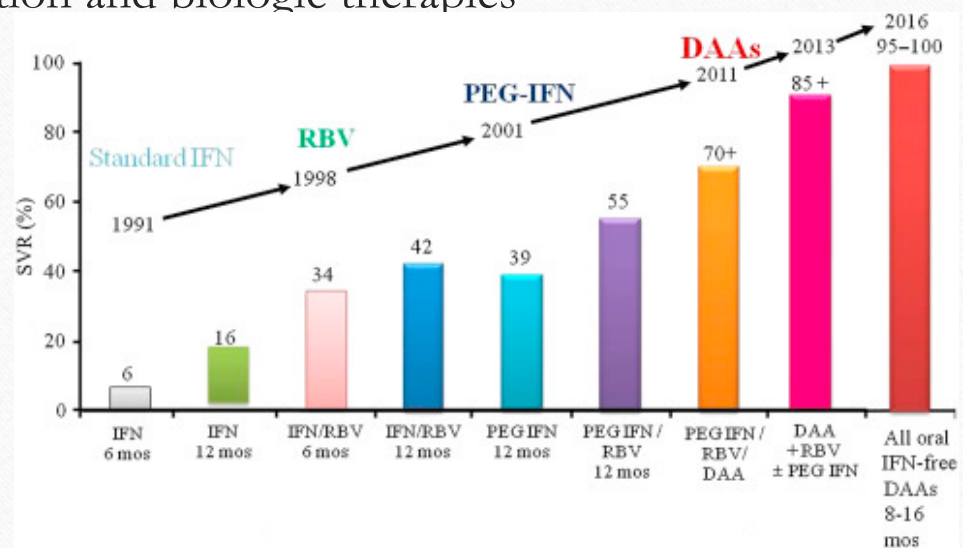
Greatest advances in
medicine...

Greatest advances in medicine..

- AI says:
- There's no single "greatest" medical breakthrough, but top contenders widely cited include **Vaccines** (eradicating smallpox), **Antibiotics** (like penicillin, fighting bacterial infections), Anesthesia (making surgery possible), **Insulin** (treating diabetes), and foundational discoveries like **Germ Theory**, DNA structure, and public health measures such as sanitation and water fluoridation, collectively adding decades to human life expectancy. Recent breakthroughs include CRISPR gene editing, mRNA vaccines, and AI in diagnostics, showing ongoing innovation.

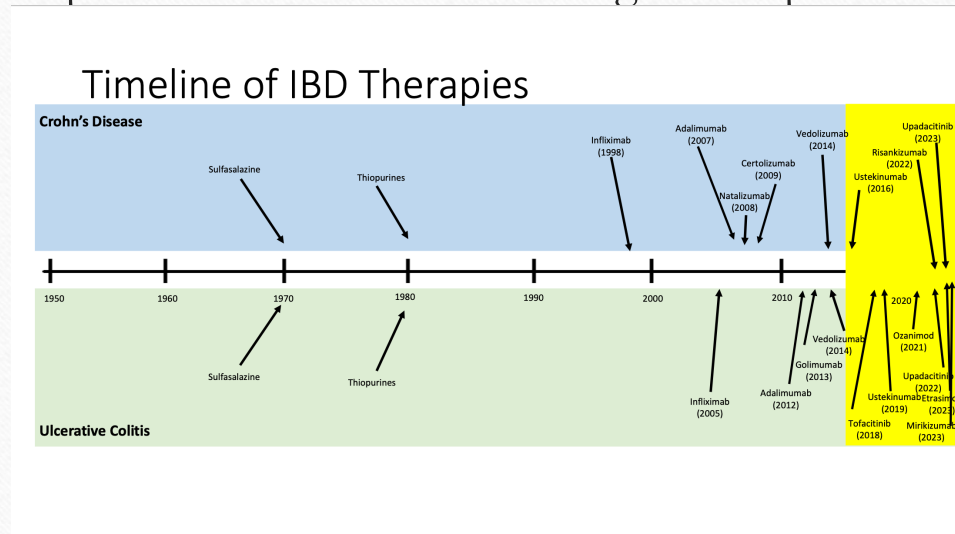
Greatest advances in medicine

- Treatment of Hepatitis C infection and biologic therapies



Greatest advances in medicine

- Treatment of Hepatitis C infection and biologic therapies



Transitioned from reactive medicine to proactive medicine

- Increasing prevalence: (As per data from the Alberta.ca Interactive Health Data Application website)
 - Prevalence of IBD in NZ in 2004: 1823
 - Prevalence of IBD in NZ in 2023: 3514
 - Prevalence of cirrhosis in NZ in 2004: 559
 - Prevalence of cirrhosis in NZ in 2023: 1254
- IBD and Hepatitis clinic

Specialty care clinics

- A specialty care clinic focuses on specific areas of medicine, providing expert diagnosis, treatment, and management for complex or chronic conditions beyond general primary care, such as cardiology (heart), dermatology (skin), or orthopedics (bones). These clinics house specialists with advanced training to offer targeted, comprehensive care, advanced diagnostics, and specialized treatments for particular diseases or body systems, often serving as a referral point from primary care physicians.

IBD clinic

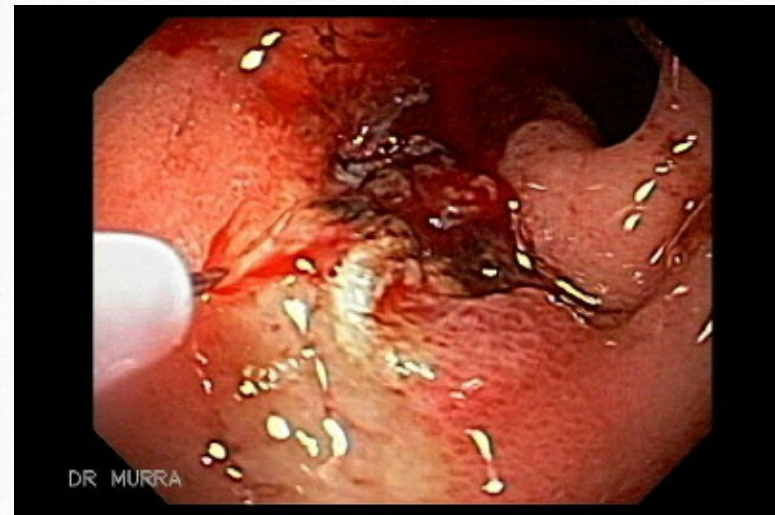
- Colonoscopy and endoscopic therapeutics
- Education
- Colleagues
- Infusion site

IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
- Education
- Colleagues

IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
- Education
- Colleagues



IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues

IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy – greatest surgeon ever
- Education
- Colleagues



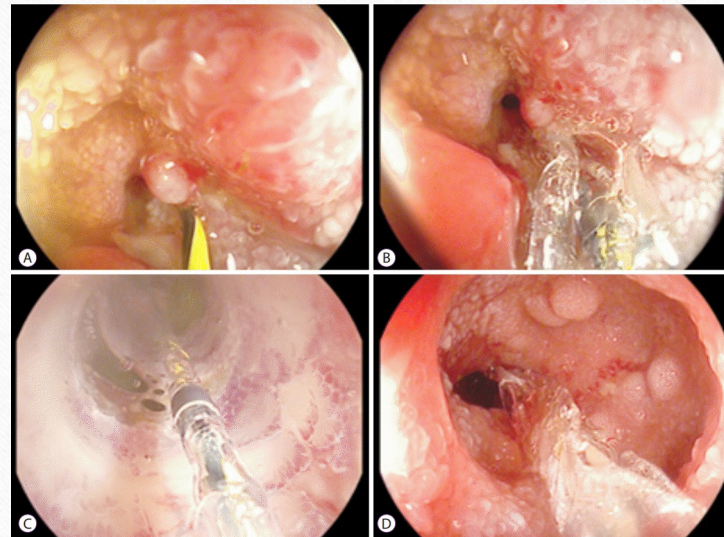
IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues



IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues



IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
 - Conferences
 - Ad boards
 - Preceptorships
- Colleagues

IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues

IBD clinic

- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues



IBD clinic

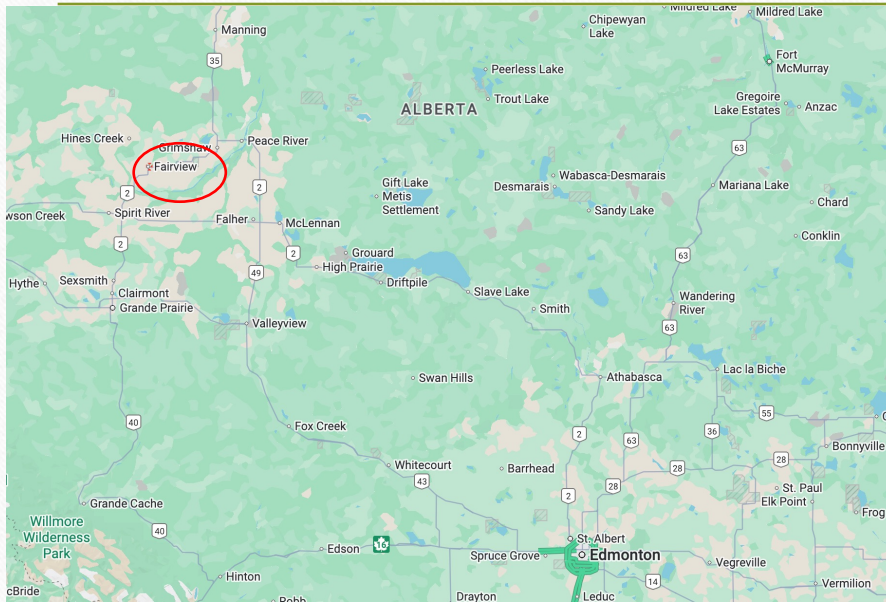
- Colonoscopy and endoscopic therapeutics
 - “see one-do one-teach one”
 - Colonoscopy
- Education
- Colleagues



IBD clinic

- Colonoscopy and endoscopic therapeutics
- Education
- Colleagues
- Adaptable

IBD clinic



Grande Prairie IBD Clinic

- Three parts
 - QEII Hospital – physician, NP and administrative assistant
 - INVIVA infusion clinic – infusion nurses, IBD nurse 4 days/week. Offer one-stop management (labs, protocols, infusions, IV and SQ medication administration)
 - Crystal – all insurance issues



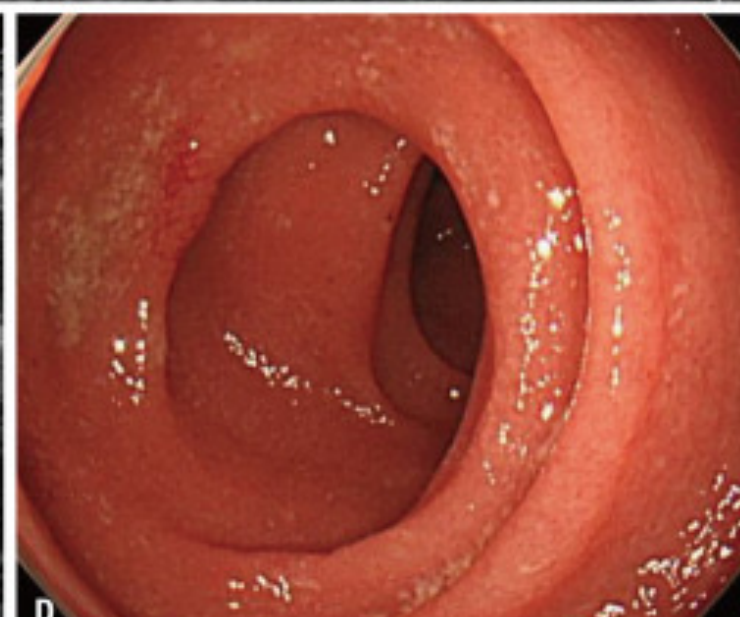
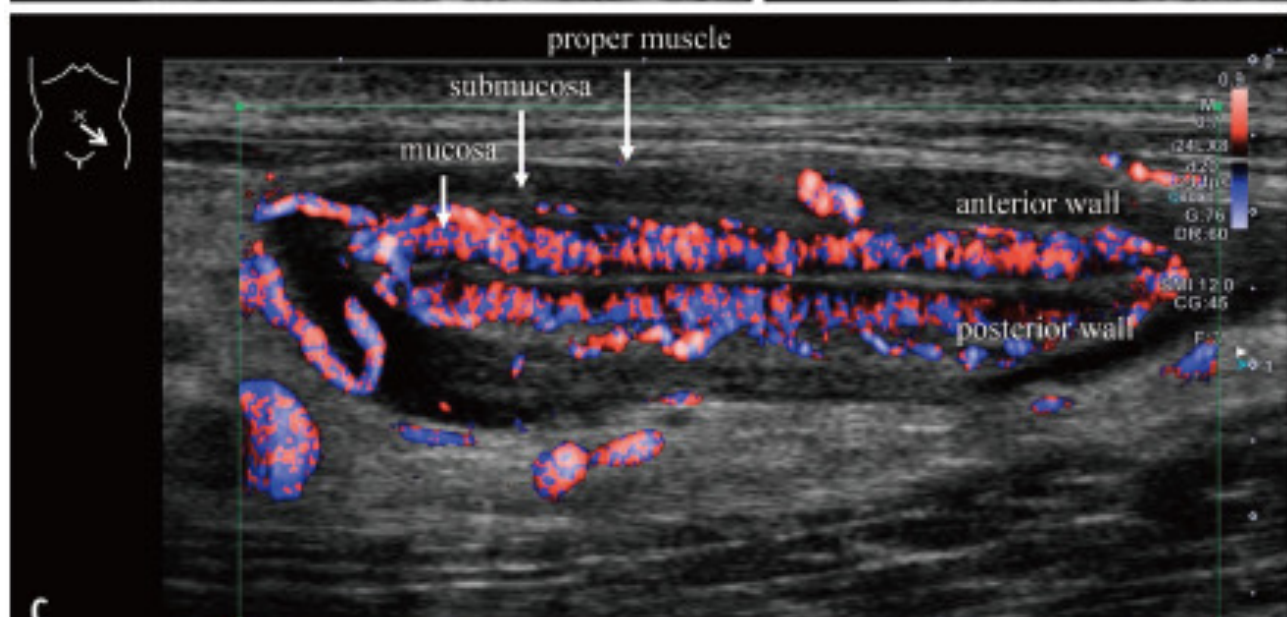
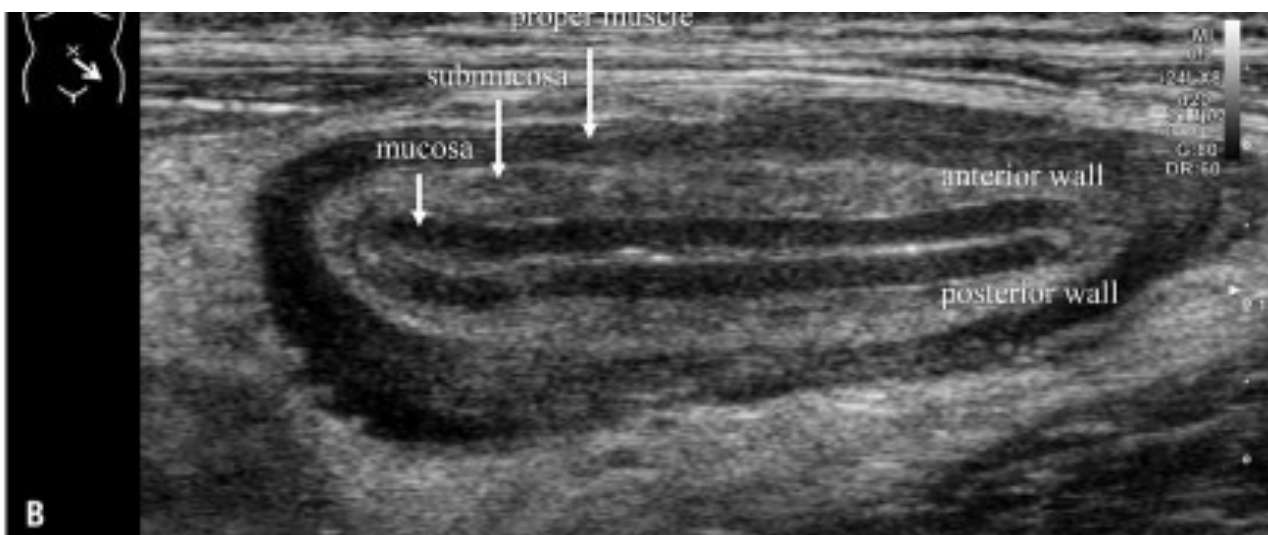
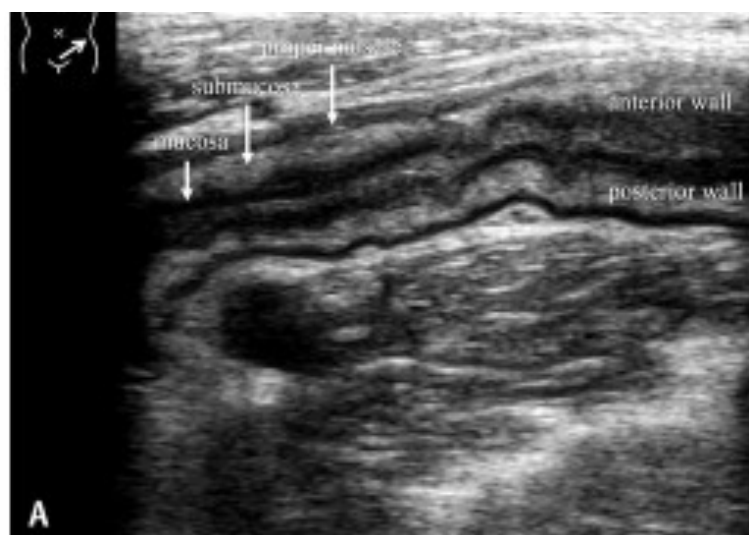
IBD clinic in GP

- Assessment and Initiate treatment for IBD
- Pediatric transition
- Scholarship supports post-secondary students with IBD
- Pregnancy
- Vaccinations
- IUS
- Other supports - LyfeMD

IBD clinic in GP

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Navigation Footprint



Immunology

11 Clinics,
40+ Prescribers



Oncology

22 Clinics
75+ Prescribers

Challenges of rural practice

- Geographical distance
- Weather conditions
- Geographical maldistribution of physicians in general and Lack of local support
 - GI colleagues
 - Non-GI colleagues
- Staying up to date



















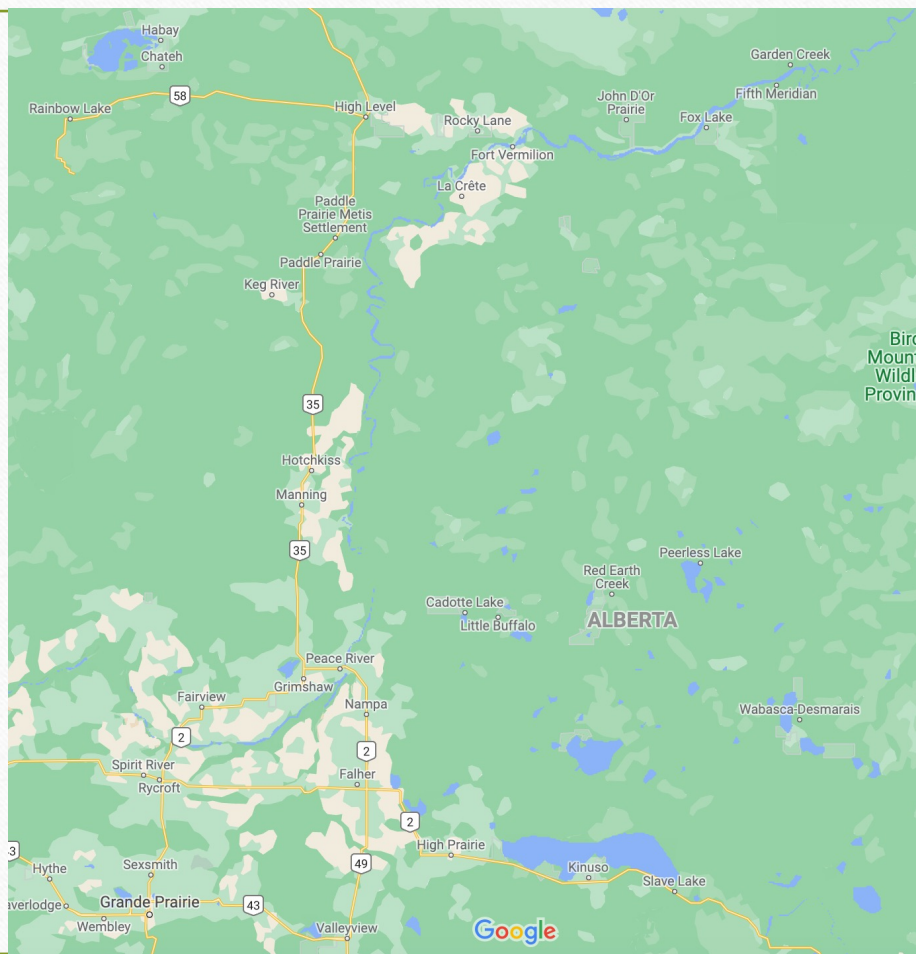
Bison during day....

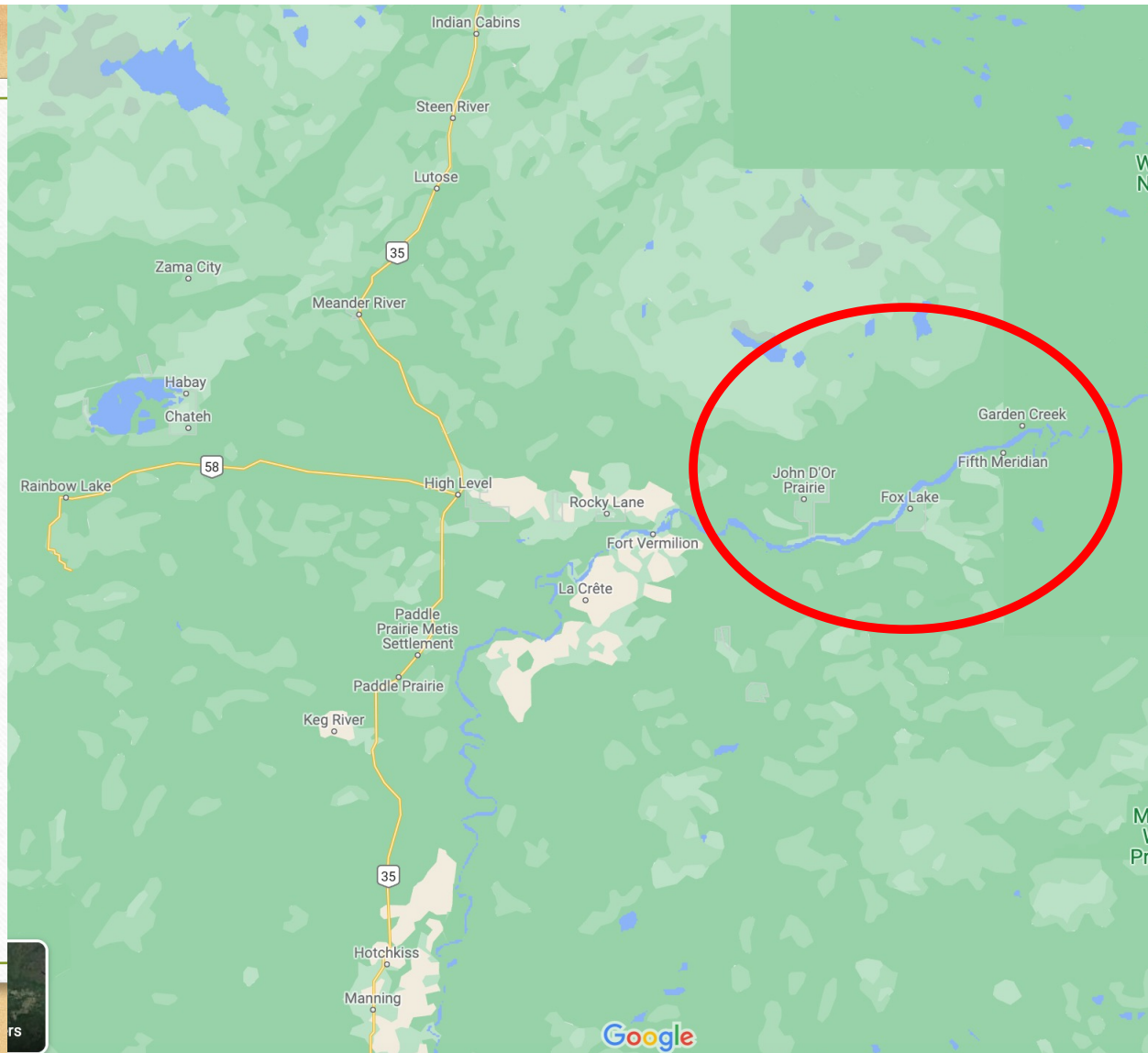


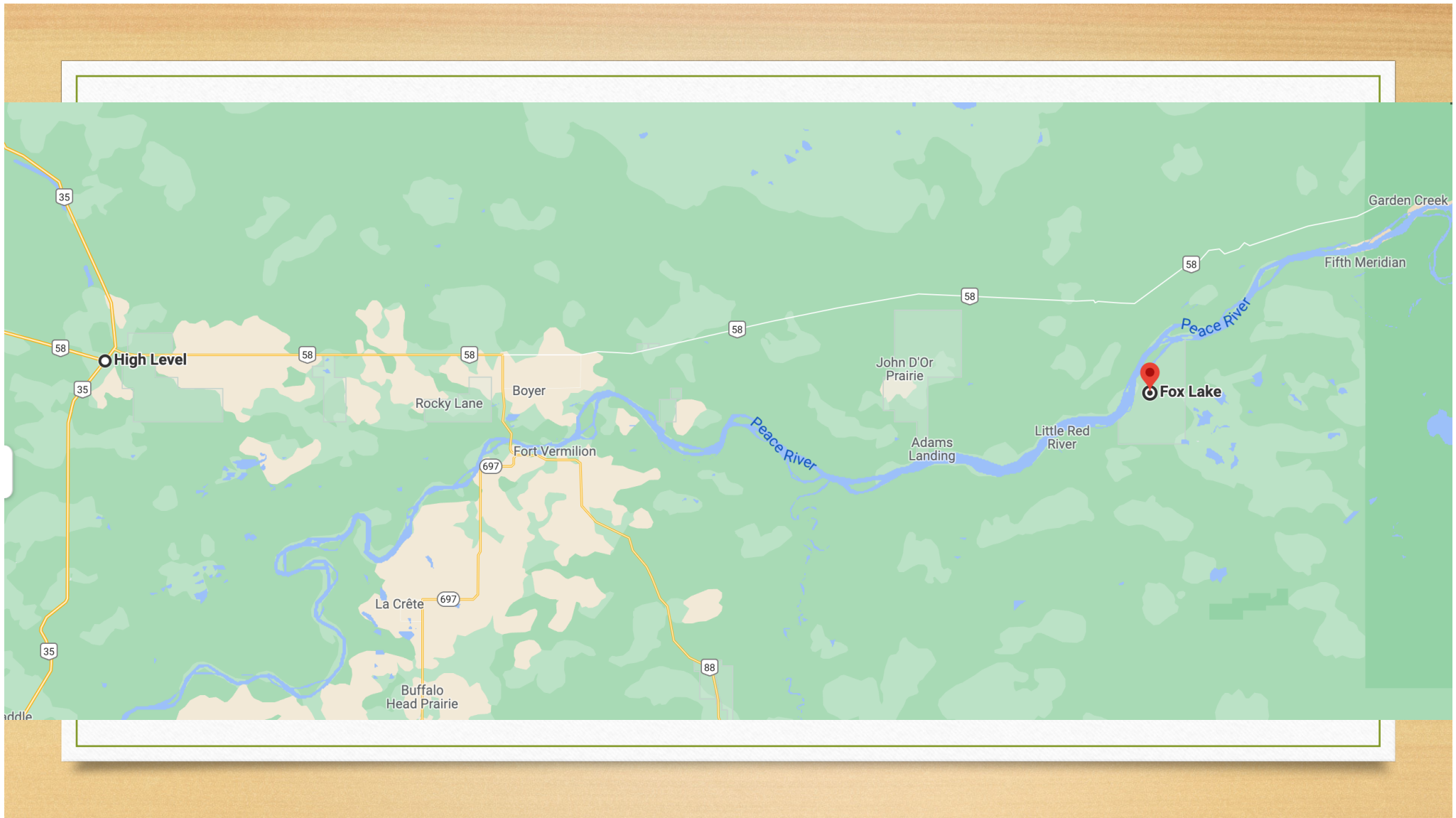
Bison during day....Bison at night....

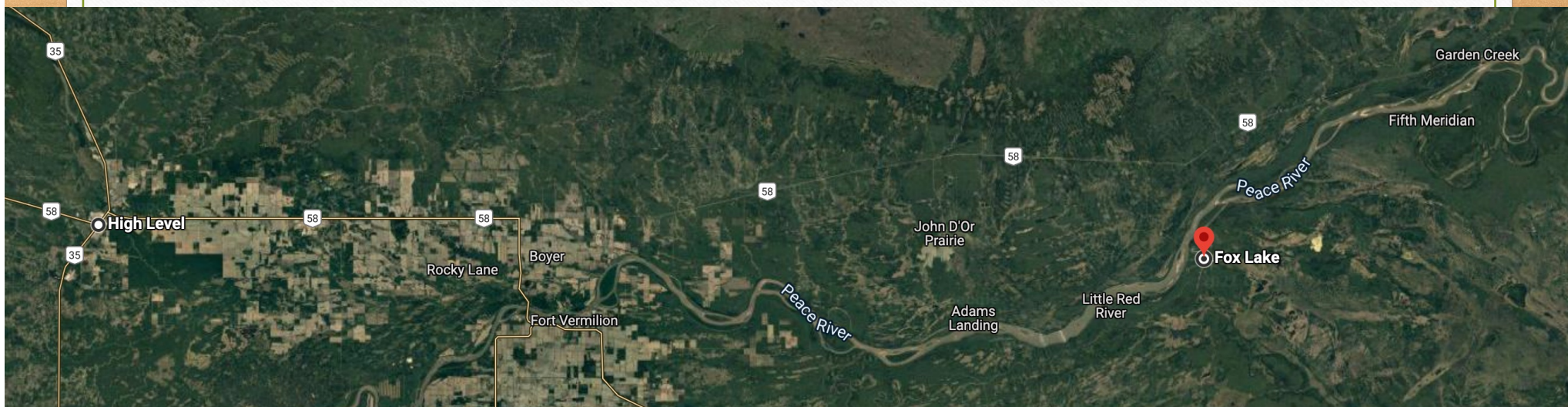




























































Challenges of rural practice

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 - GI colleagues
 - Non-GI colleagues
- Staying up to date

Challenges of rural practice

- Geographical distance
- Weather conditions
- Geographical maldistribution of physicians in general and Lack of local support
 - FTE/100,000 patients 2023:
 - Calgary and Edmonton 5.05-5.65 GI specialists/100,000 population
 - Red Deer 0.68 FTE/100,000 population
 - Grande Prairie 0.22 FTE/100,000 population
- Staying up to date

Challenges of rural practice

- Geographical distance
- Weather conditions
- Geographical maldistribution of physicians in general and Lack of local support
 - GI colleagues
 - Non-GI colleagues
- Staying up to date
 - Preceptorships

Challenges of rural practice

- Geographical distance
- Weather conditions
- Geographical maldistribution of physicians in general and Lack of local support
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Greatest inventions ever...

- AI says:
 - The greatest inventions ever are subjective but consistently include transformative technologies like the printing press, electricity, the internet, vaccines, penicillin, and the wheel

Greatest inventions ever...

- AI says:
 - The greatest inventions ever are subjective but consistently include transformative technologies like the printing press, electricity, the internet, vaccines, penicillin, and the wheel
- I say:
 - Texting
 - PSP (Patient Support Programs)
 - Connectcare

Why do I love Connectcare....

- Ability to access patient information anywhere in the world
- Ability to review labs and act on them from anywhere
- Ability to add pictures
- Endoscopy pictures
- Secure chat

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Why do I love Connectcare....

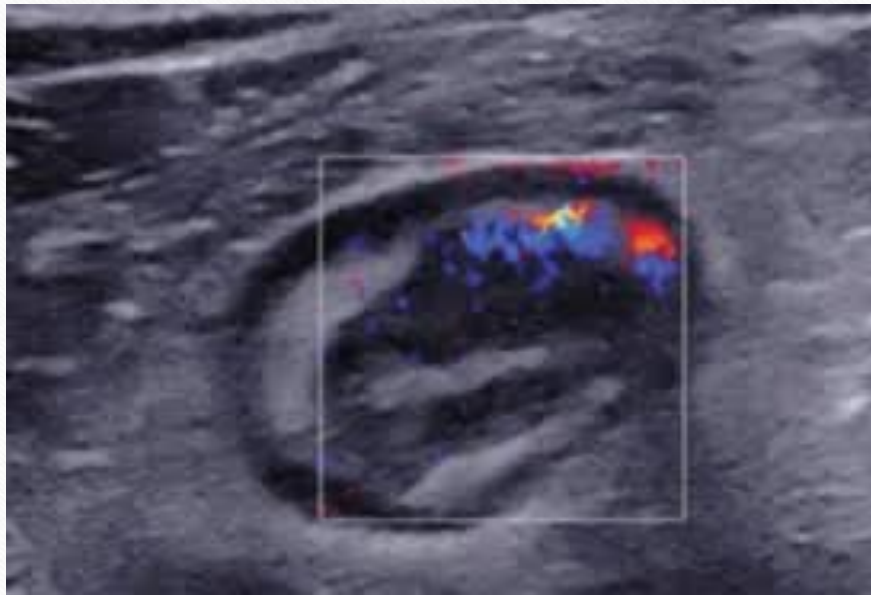
- Ability to access patient information anywhere in the world
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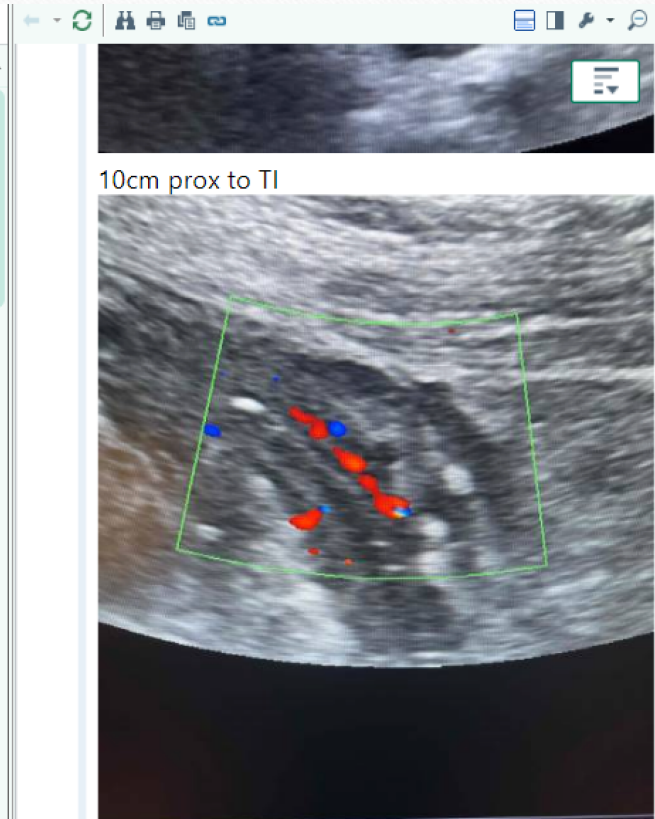




TAUS pictures



Service	Date	Note Date	Note Type	Enc Type	Author	Service	Linked S
Recent Notes							
Me	01/05/2025 15:30	01/05/2025 15:50	Progress Notes	Follow-Up	Me		
Lundstrom, Carrie, Cl...	01/05/2025 15:00	01/05/2025 16:04	Progress Notes	Follow-Up	Lundstrom, Carrie, Cl...		
Cameron, Kimberley ...	22/04/2025 10:00	22/04/2025 10:43	Progress Notes	Follow-Up	Cameron, Kimberley ...		
Wilson, Tracy Lin, LP...	15/04/2025 10:06	15/04/2025 10:08	Perioperative Nursing N...	Colonoscopy	Wilson, Tracy Lin, LP...		
Rhein, Elizabeth A, R...	15/04/2025 09:00	15/04/2025 09:37	Patient Instructions	Colonoscopy	Rhein, Elizabeth A, R...		
Wald, Candice E, RN ...	15/04/2025 08:25	15/04/2025 08:25	Perioperative Nursing N...	Colonoscopy	Wald, Candice E, RN ...		
Cameron, Kimberley ...	05/03/2025 11:30	05/03/2025 11:47	Progress Notes	Follow-Up	Cameron, Kimberley ...		
Cameron, Kimberley ...	24/02/2025 14:00	24/02/2025 14:15	Progress Notes	Follow-Up	Cameron, Kimberley ...		
6 Months Ago							
Cameron, Kimberley ...	22/08/2024 14:00	22/08/2024 14:10	Progress Notes	Follow-Up	Cameron, Kimberley ...		
Lundstrom, Carrie, Cl...	16/08/2024 14:41	16/08/2024 14:42	Telephone Encounter	Telephone	Lundstrom, Carrie, Cl...		
Lundstrom, Carrie, Cl...	21/06/2024 08:26	21/06/2024 08:28	Telephone Encounter	Telephone	Lundstrom, Carrie, Cl...		
Piepglass, Brent Lyn...	12/05/2024 13:47	12/05/2024 13:47	ED Provider Notes	ED	Piepglass, Brent Lyn...	Emergency Medicine	
Dhillon, Jasmine, RN ...	12/05/2024 11:11	12/05/2024 11:15	ED Notes	ED	Dhillon, Jasmine, RN ...		
1 Year Ago							
Cameron, Kimberley ...	20/03/2024 11:30	20/03/2024 13:16	Progress Notes	Follow-Up	Cameron, Kimberley ...		
Lundstrom, Carrie, Cl...	16/02/2024 12:05	16/02/2024 12:09	Telephone Encounter	Telephone	Lundstrom, Carrie, Cl...		
Lundstrom, Carrie, Cl...	11/10/2023 14:00	11/10/2023 15:08	Progress Notes	Telemedicine	Lundstrom, Carrie, Cl...		
Cameron, Kimberley ...	11/09/2023 15:00	11/09/2023 15:34	Progress Notes	Follow-Up	Cameron, Kimberley ...		



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Ability to review cases with colleagues



Why do I love Connectcare....

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- Ability to add pictures
- Endoscopy pictures
- Secure chat

Secure chat...what can I say...❤️❤️

Secure chat...what can I say...❤️❤️

Conversation with IrAEs Core Group

Physician Um Beacon, MD

PU: This patient developed rising transaminases after ipi/nivo x3. Not responding to 80 mg prednisone. I am starting mycophenolate today and keeping prednisone dose at 80. Maybe Dr. Levy should see her. 4 mins

Kindly order acute hepatitis panel as well. Consider admitting for IV steroids and possible liver biopsy if no improvement in 2-3 days. 3 mins

PU: Will do 3 mins

Thank you! 2 mins

Physician Um Beacon, MD

PU: Just added to her labs from today. Thank you again! 2 mins

Thanks for keeping us in the loop. Just curious, is this happening with ipi 3 or ipi 1? 1 min

Physician Um Beacon, MD

ipi 3 1 min

PU: Her labs are coming down nicely. Let's follow up in a few days. Now

great to hear! Thanks! Now

Conversation Details

Add Participants or Groups

Leave Conversation

Active Groups

IrAEs Core Group
IrAEs Core Group

Active Participants

PU: Physician Um Beacon, MD
Medical Oncology: UMHC SCCC
IrAEs Core Group
Busy - Default status

ER: Estelamari Rodriguez, MD
Hematology and Oncology
IrAEs Core Group

JL: Jose Lutzky, MD
Hematology and Oncology
IrAEs Core Group

KH: Karen Scanlon Henry, DNP
Nurse Practitioner-Family: UMHC SYL KENDALL
IrAEs Core Group

LH: Leonel F. Hernandez Aya, MD
Medical Oncology
IrAEs Core Group

Um Generic Physician, MD (You)
Internal Medicine, Emergency Medicine, Otolaryngol...
IrAEs Core Group
Busy - Default status

Secure chat...what can I say...❤️❤️



Special mention

- Pharmaceutical companies
 - Educational sponsorships
 - IUS training
 - Preceptorships
 - Funding for outreach clinic projects
 - PSP



Greatest job ever

- Never bored
- Control of schedule
- Foster long term relationships with colleagues and patients
- Variety of roles
- Family

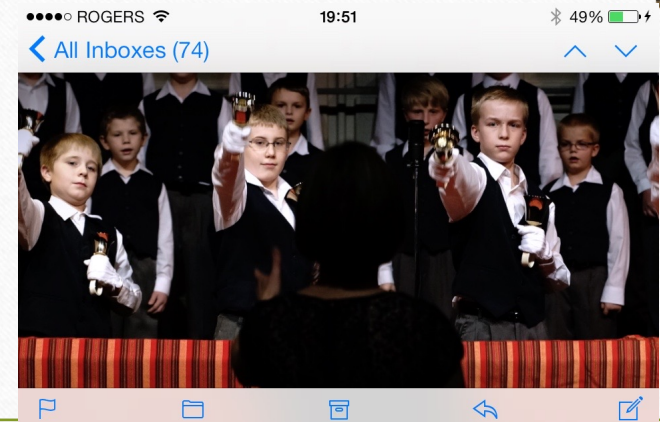
Family life as rural doc

- No commute time
- Strong community feel
- Special activities

Family life as rural doc



- No commute time
- Strong community feel
- Special activities



Family life as rural doc

- No commute time
- Strong community feel
- Special activities
 - Alberta Games



Family life as rural doc



STAY GENERAL
GO RURAL



