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CHIMA BOARD GETS NEW CHAIR FROM WESTERN CANADA

MEET LEAH ANSCOMBE, THE NEW CHAIR OF THE CHIMA BOARD OF DIRECTORS



Leah is currently the Director, Clinical and Management Information Support at the Vancouver Island Health Authority in British Columbia. As a Health Information Management (HIM) professional for over 30 years, Leah has worked primarily in department, project, and change leadership roles in Island Health and its predecessor organizations. Most recent areas of focus have been the development of Executive Dashboards for iPads, and the Reporting and Analytics work stream in Island Health's multi-year electronic health records project.

Leah graduated from NAIT in 1985 with a Health Records Administration Diploma. In 2001 she graduated from Royal Roads University with a Master of Arts in Leadership and Training, and in 2011 she obtained a certificate from the BC Patient Safety & Quality Council's Quality Academy. She has been a member of CHIMA's Council on Education and Professional Practice between 2013 and 2016.

Leah lives in Victoria with her husband and Labrador

FRIENDS + FAMILY

register for a chance to win a
fabulous prize pack from
Goodlife Fitness!

GoodLife
FITNESS

*let's
walk the
Seawall in
Stanley Park,
and eat ice
cream at
Pleasant Point
cafe!*

SATURDAY
10TH
AUG

MEET AT BY "THE DROP"
SCULPTURE BY CANADA
PLACE, DOWNTOWN
VANCOUVER

REGISTER AT <https://bit.ly/2JuMjxo>

S OC IAL

i'd like to do that!

When people tell you stories of their adventures and experiences, do you find yourself saying that all too familiar expression, "I'd love to do that"! Well until recently I found myself saying this expression more than I wanted to. I'm not too sure when this happened but with working full time, family, volunteering, school work I found myself forgetting to live, and I desperately wanted to change this.

In early 2019 I decided to take my life back and start becoming the storyteller of epic adventures and amazing experiences, instead of being the listener. I took the time to sit down and create a list of things that I wanted to do. I appropriately titled the list, "I'd like to do that"! My list was simple, all the things that interested me that I had read about, witnessed, or heard about from friends and family. On my list there was a mixture of adventures from canoe trips, seeing mountain tops, bike riding, to finally seeing the Maritimes.

So where to get started? This is always the hardest part for me. I decided in order to accomplish my list I needed to train. I joined a three month mountain fitness class, which I had seen advertised. This class was one of the best things I've ever done. This class was one of the most challenging experiences and at times I wanted to quit. However by the end I had achieved things I was never able to do before. I had also developed some of the amazing friendships with people that I hadn't expected. Not to mention my head had never been clearer, and I genuinely feel like I can take on the world- so I did!

To date I have ridden my bike in the Kluane Chilkat International Bike Relay, an eight-leg road bike relay from Haines Junction, Yukon to coastal Alaska. The course was incredible; it had everything-alpine passes, breathtaking ocean views, steep descents and long climbs.

I'm weeks away from hiking the famous Chillkoot Trail, a 53 kilometre journey that takes people through the major access route of the gold seekers in the 1890's . This trip involves hiking through coastal mountains from Dyea, Alaska to Bennett, British Columbia.

I have also planned a trip to the Maritimes in late September. Nova Scotia, New Brunswick and Prince Edward Island are on my list. I can't wait to experience nature and wildlife, rich heritage, famous literature, music, welcoming people, and all the sea food I can possibly consume!

My takeaway for you; take the time to be the person who shares the most amazing adventures and experiences!

Written by Lindsey Page
BCYT Chapter Chair

Edited by Angie Kinrade
BCYT Chapter Secretary-Treasurer



...I decided to take my life back and start becoming the storyteller of epic adventures and amazing experiences, instead of being the listener.

NEWS IN HIM

CERNER PUSHES FOR MORE HEALTHCARE APPS

Cerner's 2019 Code App Challenge invites participants to create innovative apps that focus on helping consumers easily access and understand health records.

CHIMA 2019 AGM

The 2019 AGM took place on June 6, 2019 - the agenda, draft meeting notes, accountability report, as well as a video of the meeting can be found on the CHIMA website

AHIMA'S 2019 HEALTH DATA AND INFORMATION CONFERENCE

CHIMA members receive a 10% discount to attend the Chicago event from September 14-18, 2019

FACEBOOK'S DISEASE PREVENTION MAPS

Movement maps can be used to predict disease outbreaks; population density maps help organizations decide where to allocate resources; and network coverage maps determine whether who can be reached

EQUERY SPOTLIGHT

#73567

This new eQuery gives clues on how to decide if fixation is done via an open approach or a percutaneous one. Look for clues such as exposed bone, the size of the incision, type of instrumentation and an open vs closed reduction

POLITICAL ROUNDUP

NDP promises sweeping healthcare reforms

NDP'S 'A NEW DEAL FOR THE PEOPLE'

Released June 19th, this report reveals the NDP's platform for the upcoming election. Not fully costed nor with timelines, the plan intends to use tax cuts from the wealth tax fund its ambitious plans to expand health care. Highlights include:

UNIVERSAL PHARMACARE

including door-to-door delivery of prescriptions for those who need it

COMBATING THE OPIOID CRISIS

EXTENDED COVERAGE FOR

- dental care
- mental health care
- vision care
- hearing care
- infertility procedures and services

BETTER ACCESS TO HOME & LONG TERM CARE

NATIONAL FOOD POLICY

to increase access to healthy foods



Inbox Ninja



REDUCE VOLUME

When you can, **UNSUBSCRIBE** [click]

DON'T REPLY ALL

1 communication could result in 5 emails

I set up a meeting for us to discuss.

- Thanks!
- Thank you!
- Talk to you soon!
- See you there!

Set up RULES...

from: Blog → "Read later" folder

from: Manager → "High-importance" folder

...and ALERTS

auto-flag → Emails from external/important clients

auto-delete → When you can't (or won't) unsubscribe

REDUCE COGNITIVE LOAD

Starting at the top of your inbox ensures nothing urgent is missed!

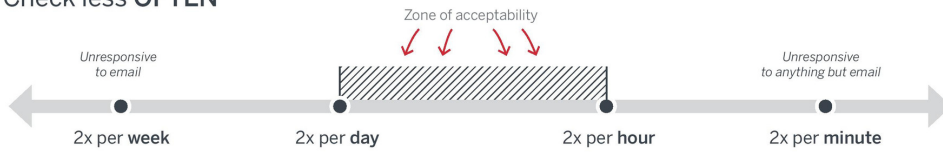
FOCUS

on newest messages

Determine your "FOLLOW-UP" STRATEGY

- ★ **Use a follow-up folder**
PRO: Clear delineation of next step
CON: Out of immediate sight
- ★ **Flag email**
PRO: Specific and easy to find
CON: Clutters inbox
- ★ **Move to "tasks"**
PRO: Allows for categorization
CON: Out of immediate sight
- ★ **Leave in your inbox**
PRO: Easy to find
CON: Clutters inbox

Check less OFTEN



CAPTURE ATTENTION

Know your intention *before* you hit send

How you deliver your message will help shape your recipient's response

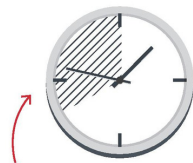
- DETERMINE:
Is your email to **INFORM** or **REQUEST**?
- Recipient should **read** → Your email should **inform**
 - Recipient should **save for later** → Your email should **inform**
 - Recipient should **reply** → Your email should **request**
 - Recipient should **act** → Your email should **request**

LIMIT & FOLDERS & USE SEARCH

TARGET YOUR

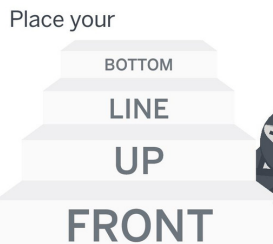
SUBJECT LINE

Consider the HOUR



Different audiences have different prime reading hours

COMMUNICATE CLEARLY



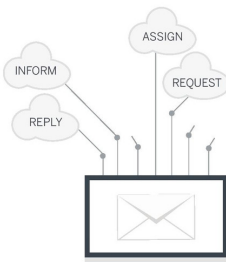
Name names

- team
 - all
 - everyone
 - Mr. Ninja
- AND set times
- soon
 - at some point
 - when free
 - on the 15th

Keep your message

SHORT

Know when **NOT** to email



Certain types of messages are best delivered offline



EMPLOY FORMATTING

- ☰ **Bullets** → For listing tasks and instructions
- ¶ **Line Breaks** → To create shorter paragraphs
- Bold** → Names and deadlines
- ☰ **Indent** → To call attention to
- A^A **Text Size** → To differentiate
- 🔗 **Hyperlink** → For convenience

