

# Newsletter

Helping people navigate healthcare.

January  
2014



Rockdoc is the leading provider of:

- Medical Services for Events & Mass Gatherings
- Health Management Consulting
- Personalized Medical Services

Rockdoc Consulting Inc. | 110-916 W Broadway | Vancouver, BC V5Z 1K7

T. 1-888-761-4001 | E. [info@rockdocinc.com](mailto:info@rockdocinc.com) | F. 1-888-316-5569 | [www.rockdocinc.com](http://www.rockdocinc.com)

Follow us on Facebook: Rockdoc Consulting Inc. | Twitter: [@rockdoonline](https://twitter.com/rockdoonline) | Instagram: Rockdoonline

## January Issue

Canadian Mass Gatherings Researchers and Rockdoc Veterans in the Land of Oz.....Page 2

Rockdoc Clothing Apparel.....Page 4

Save The Dates - 2014 Tour.....Page 4

Rock Star of the Month - Shana Lund.... Page 5

Opportunity for Crew Leads ..... Page 5

Contact Winter Music Festival..... Page 5

rockdoc+ would like to wish our volunteers, clients, patients and followers a safe, healthy and happy 2014.



## Canadian Mass Gatherings Researchers and Rockdoc Veterans in the Land of Oz

Drs. Adam Lund and Sheila Turriss visited Flinders University in Adelaide, South Australia from December 9th to 20th, 2013 to collaborate with other world leaders in mass gathering medicine (MGM), adolescent/youth health, public health and disaster resiliency. They were invited as "Visiting Scholars" by Dr. Paul Arbon, the President of the World Association of Disaster and Emergency Medicine (WADEM), the Dean of Nursing and Midwifery at Flinders, and head of the World Health Organization's (WHO) Australian Collaborating Center on Mass Gatherings.

### Why on Earth did Adam and Sheila get invited to Australia?

Brief history lesson: Most of you will know Adam and Sheila, either or both of whom are clinical leads and/or team members at just about every large Rockdoc event since 2008. Adam and our own Dr. Sam Gutman were both fans of events and mass gatherings going way back, and first collaborated on an event at the 2008 Pemberton Music Festival. Sam was the Medical Director, and Adam was one of the ER docs in the Main Medical area. During that event, they got approval to supervise one resident learner, Dr. Amy Bayliss (Dr. Amy Louis at the time!), and the first MGM elective experience was conceived. Pemberton was BUSY, with lots of learnings, and afterwards, when the dust had settled (literally), Adam and Sam, both busy ER docs, decided that it was time to bring some academic rigour to the local practice of mass gatherings, and the MGM Interest Group was formed. Early on, with the creation of the MGM Registry (<http://www.ubcmgm.ca/registry>), Dr. Sheila Turriss and Ms. Kerrie Lewis joined the team (along with Mr. Michael Carson and Dr. Neda Amiri), and the wheels were in motion.



Five years later, and with the help of many others, the UBC Department of Emergency Medicine's MGM Academic Team has collected data on more patient encounters at a more diverse selection of events than anyone else in the world has published on. They delivered six podium presentations in Manchester, UK in May 2013 at the World Congress on Disaster and Emergency Medicine (WCDEM), and networked with many major authors in the field (which is a small field, but... just saying!). Conversations over coffee (and some beer) evolved into discussions regarding the need to collaborate. In particular, it was determined that if the field of MGM was going to evolve, that MGM-interested clinicians and researchers in different parts of the world would have to agree on a common way of collecting data and reporting what happened, and what could be learned from their events. In fancy words, they identified the need to develop an international "Minimum Data Set", and a "Framework for MGM Research Collaboration".

[Continued on page 3]



Yeah, yeah, but how did they get to Australia, and what did they DO there?

Well, in September 2013, Dr. Paul Arbon decided that he would organize and fund a meeting in December of key contributors to initiate the drafting of a minimum data set, and to construct a process for engaging with and including feedback from diverse, international stakeholders. Invitees included Adam and Sheila from UBC, Jamie Ranse from Canberra, Australia, Dr. Katherine [Kat] Arbuthnott from the World Health Organization, Dr. Mark Salter from Public Health England, and our hosts, Drs. Paul Arbon, Ally Hutton, and Malinda Steenkamp from Flinders University in Adelaide, South Australia.

The trip was amazing, if not a lot of work. Adam and Sheila flew out on December 9th and landed on the 11th [seriously!]. On the 12th and 13th, a lot of time was spent jet-lagged in a conference room, and a lot of mileage was put on whiteboards and flip-chart paper. It also turns out the Aussies are AMAZING hosts. They put Adam, Sheila, and Kat in a house on campus, filled it with food, took them out to seaside dinners in the evenings, and on the weekend, took them to the Cleland Wildlife Park, up Mt. Lofty to a great viewpoint, and through the McLaren Vale on Chook's Little Winery Tour. The 15th and 16th were two more full days of conferencing and synthesizing ideas, as well as a chance to visit the most incredible clinical labs and simulation rooms that they had ever seen [Meet Flinders Nursing at: <http://youtu.be/CQZAtcKzsUg>]. Flinders is well set up to take care of the 2100 nursing students (divided over 3 years) annually. On the 18th, Sheila and Adam said their goodbyes and flew to Sydney for two days, exploring that beautiful city before flying home to Vancouver.

Cool, so what's next?

Turns out there are no free meals, and there are no free trips! Over the next year, the "real work" has to get done to flesh out the Minimum Data Set and find common language for some of the



modelling for MGM Research. Dr. Ron Bowles of the Justice Institute of BC is a key team member contributing to this process. The way to get input from other clinicians and academics all over the world is called a "Delphi Process," and the UBC MGM team will have the opportunity to learn from their new Australian friends how a well-funded research program gets that work done! Much will be learned. The process will take more than a year. The findings will be presented in April 2015 in Cape Town, South Africa at the next biennial World Congress on Disaster and Emergency Medicine (<http://www.wcdem2015.org/>). Note that the following conference will be in Toronto in 2017... think ahead!

How many of the Rockdoc team will be involved in expanding the knowledge and evidence-base behind mass gathering medicine? Answer: All of you already have, as Rockdoc has engrained a commitment to research collaboration into its culture.

So, who wants to go to Cape Town? Who wants to help host the world MGM community when it comes to Toronto (Road Trip!)?

Congratulations to Sheila and Adam for representing the Canadians, and collaborating with Rockdoc to elevate MGM research to a higher standard. To learn more about the UBC MGM Team, visit: <http://www.mgmcanada.ca/>

rockdoc<sup>+</sup>

## Purchase Your Custom Rockdoc Apparel Today!

Many of you have asked us where you can purchase your own personalized Rockdoc gear, so we have responded to that request! Design your own Rockdoc sweatshirts, pants, t-shirts, hats, blankets and more. Visit [www.rockdocinc.com/online-store](http://www.rockdocinc.com/online-store) to purchase your apparel today!



## Save the Dates for 2014

- TBC - March 23, 2014
- Sun Run - April 27, 2014
- Vancouver International Marathon - May 4, 2014
- Tough Mudder Whistler - June 21 & 22, 2014
- Scotiabank Vancouver Half Marathon - June 22, 2014
- TBC - July 8-12, 2014
- TBC - July 17 - 21, 2014
- Ironman Canada - July 27, 2014
- TBC - August 8-10, 2014
- SeaWheeze Half Marathon, Yoga & Concert - August 23, 2014

## Social Media Winner

Congratulations Jemma Swift who is our social media winner of the month! Jemma has won a Rockdoc umbrella simply because she follows our social medial channels. To be entered to win our social media of the month prize, "like" us on Facebook or "follow" us on Twitter or Instagram.

rockdoc<sup>+</sup>



## Rock Star of the Month Shana Lund

Shana Lund has been with our Rockdoc team since the Pemberton Music Festival in 2008 and from that event, has never looked back. As a Psychiatric Nurse, Shana currently is working as Faculty Educator in the Health Sciences Department at Douglas College, David Lam Campus. She has been working in Child and Adolescent Psychiatry since 1991 and has loved the new opportunity of teaching at Douglas College. Continuing her passion for Psychiatry, Shana and her husband, Adam Lund, came up with an idea to have psychiatric nursing students as another set of learners on event with our team. The two did just that, and Rockdoc hosted four Psychiatry students in their third and fourth year of the program at The Contact Winter Music

Festival under Shana's lead this past month. When purposing the idea of having learners on event, Shana said, "They [the students] bring a unique skill set of being able to communicate with agitated/ anxious patients, gathering information from patients who are reluctant to talk, plus they have all the basic skills of an RN. We specifically chose senior learners from third year as they have already had clinical experience on acute medical and acute psychiatric wards." The pilot project was a huge success. This was due to the hard work and dedication that Shana brought to the project, and we are thrilled to continue and see what is to come of this project. Thank you Shana for your hard work, not only at Contact, but over all of the years you have been with Rockdoc. You truly are a rock star and we are grateful for all your time, talents and dedication to helping serve people.

## Interested in becoming a Crew Lead for 2014?

We're recruiting for Rockdoc Roadies to lead our crew through the BUSY 2014 event season in a clinical or operational management position. Please email a short paragraph explaining why you would like to be an event lead along with your availability.

The ideal candidates will want to learn inventory, dispatching, setting up tents, interacting with event industry professionals and have a vested interest in providing the highest standard of medical care. Contact: Kathryn Drew | Crew Coordinator at [crew@rockdocinc.com](mailto:crew@rockdocinc.com) by January 15th, 2014.



## Contact Winter Music Festival

The Contact Winter Music Festival 2013 was a two-day event with over 12,000 concertgoers, held at BC Place. The festival featured some of the top artists in Electronic Dance Music from around the world. Our medical team made up of: MD's, RN's, LPN's, EMR's, OFA's, FA's, PCP's and nursing, medical and psychiatry students, did an incredible job of ensuring the safety of all participants at this event. A big thank you to each and every volunteer who came out on December 26th and 27th, we appreciate your time, talents and fantastic job you all brought to this event.

