



Northumberland
Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

Virtual PACE Talk Returns in October with a Look at The Physician-Patient Interaction

NORTHUMBERLAND COUNTY, October 5, 2021 — This October, the Northumberland PACE Talk series will return for the 2021-22 season with a panel discussion exploring the *Physician-Patient Interaction, the changing landscape for better care!* featuring panelists Dr. Jackie Gardner-Nix and Dr. Kaes Al-Ali. This virtual PACE Talk will take place through Zoom on **Wednesday, October 20 at 5:30 PM** and will be moderated by local resident and member of the [Patient and Family Advisory Council \(PFAC\)](#) at Northumberland Hills Hospital (NHH), Bill Prawecki.

Dr. Gardner-Nix has been on courtesy staff at NHH since 2014 and has focused much of her career on chronic pain management. She trained in the renowned Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) and evolved this program to meet the needs of those suffering from chronic pain, developing the Mindfulness-Based Chronic Pain Management (MBCPM™) program, which supports patients in learning skills for changing their relationship with pain, suffering and stress, and developing new "habits" that involve neuroplastic changes in the brain. She is an Associate Professor in the Department of Anaesthesia at the University of Toronto and has a special interest in hospice care, currently serving as the Vice Chair of Community Care Northumberland's Board of Directors. In her personal life, she lives in Port Hope with her husband and new puppy, has three daughters and four grandchildren.

Dr. Al-Ali has been a surgeon on the Surgical Services team at NHH since 2012. A fellowship trained breast surgical oncologist with oncoplastic training from the University of Toronto and the Breast institute in Paris, France, Dr. Al-Ali also has extensive training in colon cancer and

melanoma surgeries. He is an assistant Professor and regular lecturer at Queen's University and was first drawn to medicine due to a fascination with anatomy, the endless pathologies, and the opportunity to make a huge difference in people's lives in a meaningful way. In his personal life, Dr. Al-Ali is a father of two and loves architecture, photography and design.

Both doctors will bring their varied and extensive experience to this PACE Talk to share how they have witnessed the physician-patient relationship and decision-making process for care change throughout their careers. A timely topic as patient access to health information and patient portals are becoming more prevalent in society, they will address how patients can best participate in their own care, the importance of establishing a trusting physician-patient relationship, and when a shared decision-making process is most appropriate. Panelists will also address questions from the audience, which can be pre-submitted by emailing mbhargava@imcare.ca prior to October 19, 2021.

This Talk also comes following recent updates to the [Patient, Family, and Caregiver Declaration of Values for Ontario](#) – a document drafted by the Minister's Patient and Family Advisory Council in consultation with Ontarians, the purpose of which is to articulate patient, family and caregiver expectations of Ontario's health care system. The Declaration is intended to serve as a compass for the individuals and organizations who are involved in health care and reflects a summary of the principles and values that patients, families and caregivers say are important to them.

Beginning in 2018, The Northumberland PACE talks have been hosted as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE Talk series adapted to a new, virtual format as a result of the COVID-19 pandemic.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary. Virtual PACE Talks will follow this same format.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion.

Pre-registration is required and space is limited to the first 300 registered attendees. This event will be hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *Physician-Patient Interaction, the changing landscape for better care!* today at www.pacetalks.com, where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

Contact: Jennifer Gillard, jgillard@nhh.ca or 905-377-7757.

About Northumberland PACE – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, as well as local patients and caregivers are all represented on the PACE planning table. Talks are held monthly at 5:30 PM, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. "Seats" are available

free of charge, on a first-come, first reserved basis. Pre-registration is required. For information, please visit www.pacetalks.com.

– END –