

My Colonoscopy and our Creston Valley Hospital

I Love Creston March 2019 issue FINAL

On January 31st, I checked into our Creston Valley Hospital for a “scope procedure” at 8:30 am. At 11:30 am, I walked into to my office at Town Hall. Contrary to several warnings that I had received to be prepared for major discomfort, I found the preparation and the experience smooth and non-evasive. Now, I wait for the results of my colonoscopy procedure as 1 polyp was removed for examination by Dr. Kelly.

Why am I writing this as a Mayor’s article?

Although I knew that our local hospital provides much more than an Emergency Room or a place to have lab tests done, I have never (thankfully) needed to have this type of procedure done before. Right from the pre-op, through and post procedure, things could not have gone smoother. My first-hand experience got me thinking about all of the specialty services that our family physicians provide such as anesthetic, surgical and/or obstetrical procedures which require our nurses and hospital staff to be trained and proficient to do these tasks. I estimate that we here in the Creston Valley are fortunate to have over 100 people providing us with top-notch quality health care and this number does not include the many support positions such as pharmacists, home-care and senior care support.

Last month, I attended a Rural Surgical and Obstetrics Services (RSON) meeting. The RSON outlined a program that the Ministry of Health and the Interior Health Authority (IHA) will be rolling out in 2019 in the four rural Kootenay communities of Revelstoke, Golden, Fernie and Creston. RSON aims to support and sustain surgical and obstetrical services in rural BC communities. An East Kootenay Surgical Network Memorandum of Understanding (MOU) was signed in January leading to the IHA to work with our four rural hospitals to increase resources and services. More meetings are scheduled to keep us updated (including the RDCK and the LKB). This is exciting news that rural health is being enhanced to maintain our local hospital!

It is an unfortunate reality that rural communities in British Columbia and the rest of Canada have a continual challenge to attract family physicians and then provide them with a quality lifestyle to raise their families. I believe that our facility, and the community support of the Creston Valley, enhances opportunities for our family physicians to expand their practices, knowledge and skills to support their careers in our beautiful rural setting. I am so thankful that they and their families have chosen the Creston Valley to be their home!

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