

For immediate release – February 19, 2015

Change Day is coming to BC – Make your pledge today

VANCOUVER – Every British Columbian is touched by the health and social care system in some way – whether it is as a patient, loved one or care provider. This year, together with its partners, the BC Patient Safety and Quality Council invites you to participate in Change Day BC, October 15, 2015, and pledge to make just one small change to improve the system for everyone.

Change Day is a global social movement that began in England in 2013. Since then, countries like Australia, Jordan and Sweden have joined in. In 2014, Saskatchewan was the first Canadian jurisdiction to implement Change Day.

The premise is simple – if you are involved with health, community or social care, try something new or do one small thing to improve care for British Columbians. Record your pledge online at www.ChangeDayBC.ca. Your pledge can be anything at all, big or small, as long as it will positively affect care in B.C. The goal is to get 5,000 pledges registered online by October 15.

Change Day BC is completely voluntary and began as a grassroots movement in England, by care providers passionate about changing the care system for the better. Previous Change Days have demonstrated that this front-line engagement had a positive effect on the complex health system, improving the quality of care for patients, building the capacity for change, and engaging patients, families and providers.

In England, the pledges included leading a healthier lifestyle to be a model for patients, spending a day in a wheelchair to better understand a patient's challenges, and introducing oneself to patients by name – a simple pledge that started the worldwide #hellomyname is campaign.

Even seemingly small acts can come together to build a wave of action that contributes to improvements to our health care system. In England, the campaign received 189,000 pledges in its first year and over 800,000 in its second year.

Change Day BC is being coordinated by the BC Patient Safety & Quality Council and its partners, who believe that British Columbia's health, community and social care systems are powered by the creativity, passion and commitment of their patients, providers and administrators. The movement is online at www.ChangeDayBC.ca as well as on Twitter with the account @ChangeDayBC and hashtag #ChangeDayBC.

Quotes:

Health Minister Terry Lake:

“Each one of us has the power to make a difference in our health care system, and in the lives of patients and British Columbians – small acts really do add up. Today, I am making my Change Day pledge – to work hard every day to make our system patient-centred. I thank the BC Patient Safety & Quality Council for bringing Change Day to BC, and I encourage everyone to participate and make your own pledge.”

BC Patient Safety & Quality Council Chair Dr. Doug Cochrane:

“Change Day BC will help to improve the day-to-day lives of British Columbians, one pledge at a time. Our care providers are what make our health care system so strong, and I know that they will embrace this movement – just like others around the world.

I look forward to reading the pledges, and have already signed up with my own pledge to carry the #hellomynameis movement forward here to BC, and pledge to introduce myself by name to those that I meet and interact with on a daily basis. This movement was inspired by UK physician Kate Granger, who, when diagnosed with cancer, saw how disconnected patients can feel from their care and their caregivers. By simply introducing themselves by name and identifying who they are (ie, the nurse who will be caring for them), health care providers begin the relationship in a compassionate way. “

Ian Wood, Nurse Practitioner, Interior Health:

“Being a patient in the health care system can be a very vulnerable experience. My pledge for Change Day BC is to try to better understand the patient experience by spending a day wearing patient pajamas and walking around with an IV pole and simulated IV.”

About BCPSQC

In 2008 the British Columbia Patient Safety & Quality Council was created by the provincial government to enhance patient safety, reduce errors, promote transparency and identify best practices to improve patient care. The Council fulfils this mandate by advising the Minister of Health on patient safety and quality of care issues, as well as supporting and leading initiatives that encourage collaboration and coordination from health system stakeholders throughout the province. For more information on the work of the Council, visit www.bcpsqc.ca.