Train at Queen's. Work Anywhere.

> **Two-time winner:** PARO Residency Program Excellence Award

Two-time winner: Society of Rural Physicians of Canada Keith Award



OUR VISION

Leading family medicine through education, research, advocacy, and socially accountable practices.

of technological opportunities emerging for the DFM and within family medicine.

Advance family medicine education and family medicine research.

Cultivate a supportive, communicative workplace culture to create a healthy work environment with effective structures throughout the department.

OUR STRATEGIC PRIORITIES

P5

Strengthen and build upon connections and partnerships in and with

OUR MISSION

Preparing tomorrow's family physicians to provide exemplary, comprehensive care for all, within the diverse communities they serve.

OUR VALUES

Respect. Leadership. Collaboration. Accountability.

Incorporate social accountability and health equity throughout our work.

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At Queen's, we are blessed to have phenomenal people. Our faculty is exceptionally dedicated to our program and, more specifically, to our residents.

Message from the **Program Director**

Dr. Brent D. Wolfrom

Welcome to Queen's Family Medicine, and thanks for taking the time to learn more about our award-winning program.

For many years, we have proudly affirmed our motto: *Train at Queen's. Work Anywhere*. This is as true today as it has ever been.

Our four sites have access to more than 85 training locations spanning across Southern Ontario, and reaches as far north as James Bay and as far south as the Falkland Islands in the South Atlantic. Such diversity in training locations allows each resident to customize their clinical experiences to not only attain general competency, but to meet their own unique needs for specific or focused skills required for their anticipated practice community.

We recognize that each resident has their own learning needs, and therefore benefits from customized clinical experiences and scheduling to achieve those objectives — this within the context of every graduate requiring competency in all family medicine realms.

With all these choices, and to help guide our residents through their postgraduate journey, each resident is also assigned an academic advisor who will meet with them at least three times annually to review progress, needs, plans, and wellness.

No doubt this adaptive and comprehensive programming is a major factor in our program twice earning the Society of Rural Physicians of Canada's annual Keith Award, which recognizes excellence in producing rural doctors.

As a very early adopter of the CFPC Triple C curriculum, Queen's Family Medicine has more than 10 years' experience in Competency Based Medical Education (CBME). More recently, the remainder of the postgraduate medical training programs at Queen's have moved to a CBME model as well, meaning that whether your preceptor is a family physician or from another specialty, they will have experience and expertise in CBME.

Perhaps one of our more unique strengths is a solid dedication to program improvement. Our robust, multilayered program evaluation and quality-improvement process continually informs adaptation and innovation of our curriculum, clinical experiences, assessment, and wellness approaches.

I have now mentioned wellness a couple of times, and should highlight some of the initiatives we have undertaken in this area. Our Resident Wellness and Resilience sub-committee, composed of residents from each of our sites and our enhanced skills programs, faculty members, and our department's social workers, reports directly to the program leadership. This committee has been empowered to undertake both routine preventive and reactionary initiatives, all with a wellness and resilience focus. Examples range from regular resident-only support rounds (known as "ice cream rounds") to group yoga memberships, to virtual dinner and social events when strict physical distancing is required.

All that being said, any program is only as good as its faculty and residents, and at Queen's we are blessed to have phenomenal people. Our faculty is exceptionally dedicated to our program and, more specifically, to our residents.

Ultimately, though, it is our residents who are our single-greatest strength. Residentdriven initiatives such as our Nightmares course, POCUS, UGME teaching and mentoring, and many others have allowed our program to evolve and continuously improve. Many resident leadership roles exist within the program, spanning all sites. Importantly, these leadership roles are tied to actual influence over changes and improvements within the program.

It is resident voices that have resulted in Queen's Family Medicine twice earning the Professional Association of Residents of Ontario (PARO) Residency Program Excellence Award, making us the only program to win this provincial recognition more than once. Further, we are the only family medicine program in the province to receive this award in its history.

In addition to our two wins, we have been nominated for this award in seven other years, from 2012 to 2022 inclusive, and our Belleville-Quinte program received a nomination in 2014.

I hope this gives you a sense of our program, our culture, and our priorities. Best of luck during CaRMS, and I hope to meet you in person.

Dr. Brent D. Wolfrom, Program Director Queen's Family Medicine

So now that you know a little about us and our culture, here is what we are looking for in our residents:

- **1.** Motivated, self-directed, and professional future generalists.
- **2.** People who are reflective, focused on continual improvement, and open to feedback.
- **3.**Engagement. We are what we are because of our residents.
- **4.** Humble confidence. Our specialty requires both these attributes.
- **5.**Team players. While this sounds obvious, the importance during residency can't be overstated.



We are confident that the rigorous training you will receive at Queen's will shape you into the best family physician you can be.

Message from the Program Lead Resident

Dr. Meghan Kerr

If you are reading this, then I hope you are strongly considering the Queen's Family Medicine residency program as the springboard for your future career. Queen's is an award-winning program, distributed over four unique sites, and rich with opportunities to customize your residency training so you graduate feeling confident and competent — all the while making life-long friends and colleagues.

Queen's is singular in its sheer flexibility in meeting the diverse learning needs of its residents, a quality that I prioritized when selecting residency programs. Ranging from urban pediatric selectives at the SickKids emergency department to rural family medicine rotations in Moose Factory, the offerings at Queen's are high-quality and wide-ranging. You will find diversity among the Queen's sites as well. Whether your learning is best facilitated via the longitudinal curriculum in Belleville or block-based in Kingston, you have options every step of the way.

The transition to residency can be challenging, but Queen's is prepared to welcome you in July with an intensive "bootcamp/toolbox" month designed to calm those nerves the first time you start introducing yourself as "Dr." This transition month is unique to Queen's and packed with didactic sessions, high-fidelity simulation sessions as part of the Nightmares Course, social events, half days in clinic, and many free lunches. The linchpin of the Queen's Family Medicine residency program is resident wellness, epitomized by two previous PARO Residency Program Excellence Awards and a dedicated resident wellness committee. I have witnessed first-hand how our program leadership advocates for the best interests of residents, and have seen our department staff go above and beyond to organize events such as Camp Oconto and the wilderness medicine course in Temagami.

We are confident that the rigorous training you will receive at Queen's will shape you into the best family physician you can be, both in terms of your personal career goals and in preparing you to serve the needs of any community. When I was exploring family medicine programs, I was impressed by the feedback of past and present Queen's grads who spoke highly of the program and training. Queen's Family Medicine was my top-choice residency program and I hope after reviewing this brochure it will be at the top of your list too.

Take care,

Dr. Meghan Kerr

2022-2023 Program Lead Resident Queen's Family Medicine

Winner of the PARO Residency Program Excellence Award — Twice!

"As a group of highly satisfied Queen's Family Medicine residents, we are biased, but we recommend Queen's Family Medicine for the PARO Residency Program Excellence Award with utmost sincerity and wholehearted conviction of its merit."



"The family medicine program at Queen's is a beautiful example of how to make a large program seem small and leave each resident with the impression that his or her education and success is important to the program."

... and the *only* family medicine program to receive this award!

Queen's Family Medicine has twice earned the Professional Association of Residents of Ontario (PARO) Residency Program Excellence Award, making us the only program to win this prestigious recognition more than once. Further, we are the only family medicine program in the province to receive this award in its history.

In addition to our two wins, we have been nominated in seven other years, from 2012 to 2022 inclusive, and our Belleville-Quinte program received a nomination in 2014.

Here is a small sample of comments residents sent to PARO when they nominated us.

"The program's responsiveness to residents' needs is by far the greatest feature of the program. We have some of the most supportive and hard-working administrative staff that works with us to develop complex schedules that suit our needs as learners and as individuals."

- "The Queen's Family Medicine residency program has an incredibly strong commitment to education. I have had contact with many preceptors, but my main preceptors over the past one-and-a-half years have been excellent mentors. They are enthusiastic about teaching, strictly adhere to the practice of evidence-based medicine, offer plenty of opportunity to perform procedures, demonstrate skilful doctor-patient relationships, and dedicate a significant amount of time to the supervision and teaching of residents."
- "The unique orientation block, "Boot Camp," allows residents to both bond with co-residents and staff and develop as clinicians in a safe and supportive environment. Friendships that develop here become an integral part of each resident's support system throughout residency."

"When it is time to plan resident schedules for the upcoming year, the administration invites residents to outline special requests that address personal and career needs. Whether you require rotations close to a specific location or specific rotations to fit with your career goals, our administrative team goes above and beyond to accommodate such requests."

- "The "wellness representatives" co-ordinate frequent "Ice Cream Rounds," which provide a private forum where residents can share challenges and receive support from colleagues."
- "The Queen's FM Nightmares course continues to pioneer the use of simulation in family medicine education. Residents participate in simulated acute medical and resuscitation cases where they get hands-on experiences leading resuscitations and practising team work in high-pressure scenarios."
- "The program faculty comprise a multitude of alumni, which speaks to the consistent standard of excellence the program has upheld over the years. The academic curriculum is comprehensive while also targeted in meeting residentidentified needs. The learning environments are supportive, and the degree of collegiality and comradery among residents and staff alike is unparalleled. Opportunities for research abound, and research is both required and celebrated. Finally, despite being a distributed program with four academic sites, the program offers each and every resident the same high standard of medical education."



Kingston & the 1000 Islands (KTI)

At KTI, you will be surrounded by a supportive team and have all the training opportunities you need to become a competent family physician — just ask our amazing residents.

Kingston & the 1000 Islands



The Kingston & the 1000 Islands (KTI) site of Queen's Family Medicine offers an exceptional residency training experience. We are the largest single-site program in the country, with incredibly engaged residents and a smallprogram feel.

Kingston is ideally located in beautiful southeastern Ontario, and is consistently ranked as one of the best places to live in Canada. My family and I have lived here for more than 10 years now, and we continue to be amazed by this city and love exploring the surrounding region.

KTI offers an excellent combination of urban and rural learning environments with award-winning preceptors. Our supportive education team aims to provide you with the best training opportunities possible and an individualized approach to your residency. Our military and public health streams have been specifically designed around your unique training needs, and our enhanced skills program offers a diverse range of options for residents interested in additional training after completion of their core two-year residency program. The KTI site is rotation-based with many built-in horizontal aspects. To help ease your transition into residency, we begin with one block of boot camp — an experience designed to introduce you to your home clinic at the Queen's Family Health Team (QFHT) in historic downtown Kingston, with participation in innovative simulation courses to help build your skills and confidence at the outset.

Residents spend six blocks of their first year at QFHT in three two-block rotations, returning to the same clinic, patients, and preceptors. This maximizes continuity of care and allows residents to gradually increase their patient care and practice management responsibilities over time — a definite strength of our program. Residents return to QFHT in PGY2 for one block as a senior FM resident, providing many opportunities for leadership, mentorship, and teaching of junior learners. In PGY2 residents also spend five blocks in community and/or rural family medicine. Other blocks throughout our program include core off-service rotations and three electives.

At KTI, you will be surrounded by a supportive team and have all the training opportunities you need to become a competent family physician — just ask our amazing residents.

Best wishes on your CaRMS journey.

Dr. Kelly Howse Kingston & the 1000 Islands Site Director

Just a few words...

"Choosing Queen's Family Medicine was an easy choice for me. Initially, I was drawn by the ability to train in a variety of settings and the unique curriculum that residents can tailor to meet their educational goals. Then throughout the CaRMS process, I was marked by how highly residents spoke of the program and the kindness of all of the Queen's staff. I truly felt supported by the administration every step of the way"

Dr. Victoire Kpadé, KTI PGY1

"The most rewarding part of my job is not only getting to work with and learn from residents, but forming relationships and, often, friendships, with them. I view residents as my colleagues from day one, and it's an honour to be involved in their lives as they transition from medical student to practising physician."

Dr. Erin Beattie, Assistant Professor

"Queen's Family Medicine is exceptionally supportive of student initiatives. As I am interested in Point of Care Ultrasound (POCUS) education, Program Director Brent Wolfrom along with education committee and administrative staff members were crucial in assisting in the organization of a peer-to-peer resident training program and a faculty workshop in POCUS. When I was initially parsing the idea via survey, the faculty's response rate was excellent. Queen's Family Medicine is intimately invested in the department's continuous improvement, and is very supportive of resident initiatives in this regard; minimal red tape encountered!"

Dr. Wilson Lam, KTI graduate

Kingston & the 1000 Islands



"I am a recently retired family doctor, and my final years at the Queen's Family Health Team were the best, mostly because of the one-on-one teaching opportunities with residents in realtime patient clinics. I can easily see that each full-time faculty member has a strong desire to teach and empower residents to give their patients first-class care, and to develop the residents' individual strengths." *Dr. Richard Rowland, Assistant Professor*

"I could not have asked for more! The preceptors are super approachable and excellent teachers, and the administrative staff works extremely hard to meet your learning goals. Whether you want to work in a rural environment with a broad scope or in a large academic centre, QFM can tailor what you want and make it extremely easy for you. (The Nightmares course combined with rural electives allowed me to jump right into a rural practice.) QFM offers support beyond words. Faculty provides lots of mentorship, and the Resident Wellness and Resilience group offers many social activities. QFM is rated one of the best FM residency programs in the country for a reason. The motto "Train at Queen's. Work Anywhere" could not be more true!" *Dr. Alistair MacDonald, KTI graduate*

"Queen's Family Medicine is about 'broad scope of practice.' Our vision is not about the family doctor working every day doing one type of family medicine. This breadth of practice could be procedural, urban, rural, alternative patient care settings, international, and essentially a vision of your own choosing." *Dr. Ian Sempowski, Associate Professor*

"I am proud to say that we're training the next generation of health-quality and patient-safety leaders at Queen's Family Medicine. Our resident QI training program is giving residents the confidence they need to improve the health care they deliver in all settings." *Dr. Ant Train, Assistant Professor*

10 Reasons Residents Love our KTI Site

- **1.** Living in Kingston:
- Beautiful city with great waterfront and outdoor activities
- Historic market square and vibrant restaurant scene
- Close proximity to Toronto, Ottawa, and Montreal
- Great destinations like Prince Edward County, and Bon Echo and North Frontenac provincial parks
- **2.** Strong focus on resident wellness that promotes valuable support networks and lasting friendships between residents in the program.
- **3.** Access to Queen's Medical School, including state-ofthe-art simulation labs and courses during boot camp and beyond, with ample medical student teaching opportunities.
- **4.** Welcoming and enthusiastic staff at the Queen's Family Health Team.
- **5.** Curriculum structured to allow for flexibility and horizontal experiences.
- **6.** Large resident cohort and interdisciplinary teams that promote lots of support and shared resources.
- **7.** Strong emphasis on evidence-based medicine and ongoing excellent teaching.
- **8.** Opportunities during both on- and off- service rotations to explore a full range of urban, rural, and remote training environments and practice styles.
- 9. Proximity to residents in other programs at Queen's.
- **10.** Military and public health curriculum tailored to residents' unique needs.

Learn more!

Watch our KTI site video Visit our website What's it like to live in Kingston? Check out visitkingston.ca

Public Health and Preventive Medicine



The Public Health and Preventive Medicine (PHPM) residency program at Queen's University trains physicians to be innovative and highly competent

practitioners in public health. The program provides comprehensive, high-quality education that prepares graduates to excel at the local, provincial, and national levels.

Our residents directly benefit from the opportunity to do their clinical training through the innovative and award-winning Queen's Family Medicine residency program.

Certification by both the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada broadens both personal and career opportunities, and the integration of a public health degree offered through the Queen's Department of Public Health Sciences makes our program a leader academically.

At Queen's PHPM, we work with our residents to develop individualized learning plans with a flexible curriculum catered to their individual needs, interests, and career aspirations. Our annual case-based bootcamp prepares PHPM residents to manage the initial phase of on-call issues in a safe learning environment. By the end of the course, residents are equipped to select and apply appropriate frameworks and resource documents to manage typical on-call issues and more uncommon on-call emergencies.

As a Queen's PHPM resident, in addition to the research opportunities available to you during your academic year, you will also have access to nationally recognized research centres and programs throughout your residency, including the Queen's Department of Family Medicine's Centre for Studies in Primary Care, the Canadian Primary Care Sentinel Surveillance Network, the Canadian Institute for Military and Veteran Health Research, and KFL&A Public Health Informatics.

None of this would be possible without the program's outstanding preceptors and academic advisors who are willing to share their experience and knowledge with our residents. It is with their essential partnership that we can guide and support our PHPM residents as they continue to develop their professional practice.

Dr. Hugh Guan Acting PHPM Director

Just a few words...

Flexibility, integration with family medicine, and a tight-knit group of residents — all strengths that make the program stand out!" *Dr. Max Boulet, PHPM PGY3*

"The Queen's PHPM and FM programs have excellent reputations for being strong programs that are receptive to resident feedback." *Dr. David de Launay, PHPM PGY1*

"The flexibility of the Queen's PHPM program allowed me to pursue my learning goals and enhanced my training." *Dr. Richard Mather, PHPM graduate*

"Great flexibility to create your own residency plan. Numerous options for FM/ PHPM rotations, ability to go abroad for your Master of Public Health." PHPM resident, boot camp survey

"Being a Queen's PHPM resident means being a part of a vibrant community of individuals where you will feel supported with all of your goals." PHPM resident, boot camp survey

"I enjoy working with Queen's PHPM residents because of their enthusiasm and willingness to learn, and because they bring a different perspective and lens to public health. They challenge me to look outside of the box, which I find refreshing." *Dr. Diane Lu*

Section Head, Medical Epidemiologist, Directorate of Force Health Protection Department of National Defence / Government of Canada

Public Health and Preventive Medicine



"I love being involved with the QPHPM residents and playing a small role in engaging them in the broader world of health policy. Having residents partner in real-time in Ontario Health Team development, advising a university on COVID-19 management, developing a guidance document for the Council of Ontario Universities on COVID, and participating in a CIHR research program on supply chains have been recent examples of resident activity in health policy."

Dr. David Walker

Special Advisor to the Principal on COVID-19 Chair, Queen's Health Policy Council Professor, Emergency Medicine, Family Medicine and Policy Studies, Queen's University Consultant Staff, Kingston Health Sciences Centre

PHPM PGY1 residents Drs. David de Launay and Takshveer Singh.

Learn more!

<u>Visit our website</u> <u>Watch our KTI site video</u> <u>What's it like to live in Kingston?</u> <u>Check out visitkingston.ca</u>

Military Applicants



Dr. Brent D. Wolfrom Program and Military Director Queen's Family Medicine

Queen's University is proud to offer members of the Canadian Armed Forces (CAF) a family medicine residency program that is unique in Canada, offering a variety of supplementary curriculum opportunities tailored to meet the needs of practice in military settings.

With CFB Kingston just across the causeway in our own city, and CFB Trenton just an hour's drive west, military residents who participate in our program feel right at home. (And, of course, our military residents love the elective opportunities available at both bases.)

We provide experiences that have been developed through our long history of training Medical Officer Training Program (MOTP) and Military Medical Training Program (MMTP) residents. Beyond that, Drs. Matt Simpson and (Military Program Director) Brent Wolfrom, who served in the CAF both domestically and overseas, bring their unique experiences and relationships with the CAF to the program. We also work in close collaboration with serving medical officers to adapt our curriculum.

Adapted experiences include:

- Expanded psychiatry/mental health experience in care of active military members and their families, and veterans
- Customized experience in trauma medicine
- Core exposure to orthopedics, sports medicine, ICU
- Resident project opportunities through the Canadian Institute for Military and Veteran Health Research at Queen's University

Why I chose the Queen's FM DND program:

"Queen's offers one of the strongest family medicine programs in the country with a focus on resident independence and wellness, including a strong program for MOTP applicants and a chance to network with other military personnel to provide a foundation for my military career. Your program has won the PARO award twice. This was important to me because it shows the residents are proud of their program and are happy to work in it."

Dr. Joe Brockman, KTI PGY1, DND

"Queen's FM stood out to me as a program that really works to make sure their residents are capable practitioners. It seems like a program that is always going the extra mile to prepare the residents, and at the same time everyone I met was friendly and happy."

Dr. Maddie Harlow, KTI PGY1, DND

Learn more!

Watch our KTI site video Visit our website What's it like to live in Kingston? Check out visitkingston.ca



Belleville-Quinte (BQ)

Our residents live and work in our community, and are highly respected throughout the region for their skills, dedication, and professionalism.

Belleville-Quinte



Queen's Family Medicine's Belleville-Quinte (BQ) site offers an amazing, community-based program supported by dozens of highly engaged family medicine and Royal College preceptors.

Situated in Belleville, a small city of 60,000, our program is abundant with resources yet still has a small-town feel. Hospitalist, ER, and office-based care are exceptionally strong.

In addition to our clinical resources, we are in a geographic area rich in hiking trails, waterfronts, and proximity to Sandbanks Provincial Park; and the arts, wine, and foodie culture of Prince Edward County.

The Belleville Queen's University Family Medicine Centre, along with the Belleville-Quinte Queen's Family Medicine residency program, celebrated its 10-year anniversary in 2020. The centre is the primary of four teaching locations for the BQ residency program, which has a total of 18 full-time family physicians and approximately 50 community preceptors who help train our resident doctors.

Our community preceptors are caring and dynamic, with a great perspective on life and learning.

Our residents live and work in our community, and are highly respected throughout the region for their skills, dedication, and professionalism, and I couldn't be prouder to work with these young physicians-in-training. Many trainees eventually set up practices in our area — proof, I believe, that they are excited to learn, and live, here.

We can't wait to show off what our training site has to offer, and are committed to making every resident the physician they hope to be.

Come join us in Belleville!

Dr. Nadia Knarr Belleville-Quinte Site Director

Just a few words... 🚽

"I loved my experience as a Queen's Family Medicine resident. I couldn't have been happier with my choice. I had great preceptors and excellent administrative staff who supported me every step of the way, both personally and professionally. My preceptors were excellent role models of comprehensive family medicine care. They taught me how to be a compassionate, skilled, and efficient physician. Queen's is the leader in innovative family medicine curriculum and I think it's the best program in Canada. Choose Queen's; you won't regret it!" *Dr. Amy Kluftinger, BQ graduate*

"This is a collegial environment that respected my autonomy as well as my ability to learn from experience. The program provided helpful info at every step of the way, and supports its residents with a tailored curriculum based on your experience. I got more of the experience I wanted for my area of future practice, rural medicine. My preceptors remain to me as mentors, colleagues, and friends that I continue to work with daily." *Dr. Nick Biasutti, BQ graduate*

"The longitudinal program helped make my transition to independent practice very smooth, both in clinic and in the hospital. I was well supported in my work as a resident, as well as personally. Work-life balance and family are important to me, and these are values the program shared. I was treated like a colleague, which was one of the many reasons I chose to practise in Belleville at the Queen's Family Health Team after residency." *Dr. Brittany Dyer, BQ graduate*

Belleville-Quinte

"Queen's Family Medicine encourages learners to customize their educational experiences as much as possible to allow them to tailor their training to their needs and interests, and encourages dialogue with preceptors about clinical experiences. My preceptors felt like friends and have become great colleagues. If you are seeking a program to support you and prepare you for independent practice anywhere you would like to work, come to Queen's; it's a great program!" *Dr. Robin Morin, BQ graduate*

"We are proud both personally and professionally of our participation in training family doctors, with a high percentage of them remaining in the Belleville community and local area." *Husband-and-wife team Dr. Patrick Esperanzate and Dr. Jenny Whelan, assistant professors (and the Belleville-Quinte site's longest-serving physicians).*



BQ PGY2 residents (now graduated) Drs. Ivan Meiszinger, Christine Liu, Patricia Howse, Pershea Alaei Janat Makan, Claudia Lajeunesse, and Lily Xiao competed in the Multisport Canada Gravenhurst Sprint Triathlon and Duathlon in September 2021.

10 Reasons Residents Love our BQ Site

- **1.** A unique horizontal curriculum makes you quickly feel like a "real" physician.
- **2.** Learners are treated as valued colleagues throughout the community.
- **3.** An outstanding learning environment, with the preceptors specifically chosen for their excellent teaching skills based on resident feedback.
- **4.** Close to Ottawa and Toronto.... but not TOO close!
- **5.** Dozens of BQ grads have stayed in surrounding areas, building a rich, young physician community. Lots of mentors who are early in practice and lots of practice opportunities.
- **6.** Great group of residents who understand the balance of working and having fun! Favourite local restaurants include Toro Sushi, Chilangos, and The Brake Room.
- 7. If you like jogging trails, beaches, fresh air, kayaking, hiking, sailing, golfing, cycling, snowshoeing, cross-country skiing, and avoiding bumper-to-bumper traffic, then Belleville is a great place to live!
- **8.** An excellent hospitalist program with family physicians at the heart of acute patient care including a regional stroke unit, rehab ward, newborn care, and complex dementia ward.
- **9.** A highly sought-after resident-led train-the-trainer POCUS program gives residents their IP status during residency.
- **10.** Belleville residents rank at the top of the province in feeling prepared for their final qualifying exams.

Learn more!

Watch our Belleville-Quinte site video Visit our website Living and working in Belleville Discover Belleville



Peterborough-Kawartha (рк)

Our residents train at the state-of-the-art Peterborough Regional Health Centre and in community family physician practices within multidisciplinary family health teams.

Peterborough-Kawartha



The Peterborough-Kawartha (PK) Queen's Family Medicine residency program, which celebrated its 10-year anniversary in 2020, is fortunate to have 22 family physician preceptors and more than 50 specialist

preceptors committed to teaching and supervising our resident doctors.

Our residents train at the state-of-the-art Peterborough Regional Health Centre and in community family physician practices within multidisciplinary family health teams. (The provincial government has recognized Peterborough as one of the most successful family health team sites in Ontario.)

In Peterborough, you will see patients with a diverse mix of ages and presenting problems, and you are guaranteed to see a high volume of patients in all services. Family medicine residents are valued and appreciated in Peterborough, and the feedback from patients, allied health professionals, family physicians, and specialist physicians is consistently excellent.

Situated on the historic Trent-Severn Waterway, Peterborough is a vibrant city of 84,000 that serves as the gateway to cottage and lake country in the Kawarthas.

Our bountiful restaurant scene includes multicultural cuisine, fair trade coffee shops, and the distinctive café district. Our arts and culture community is renowned for events, exhibitions, and performances.

Surrounded by 135 lakes, outdoor options as well as urban amenities are at your doorstep yearround. In summer, cycle or hike the extensive local trail systems, or paddle along the Otonabee River or the Kawartha Highlands Provincial Park's spectacular chain of lakes. In winter, cross-country ski through Jackson Creek Park in the heart of the city or travel north to the Kawartha Nordic Ski Club for over 50 km of trails, and skaters can enjoy a magical experience gliding along the canal under the lights of the largest hydraulic lift lock in the world.

Our residents truly become an integral part of our community, and most of our graduates have gone on to live and work in our local area and become our valued colleagues and leaders.

Come learn with family doctors who are optimistic about the future of family medicine and see primary care renewal in action.

Dr. Kim Curtin

Peterborough-Kawartha Site Director

Just a few words...

"I am immensely proud of the quality of the teaching program we have developed and have been able to offer our residents. This would not have been possible without the dedication and commitment to medical education of our local medical community, those in family medicine, and our specialist colleagues."

Dr. Sandy Khan, PK site curriculum lead

"It really is a joy to bear witness to residents' growth as astute and compassionate clinicians. I really enjoy mentoring former residents who now have thriving family practices of their own in the Peterborough Family Health Team, as well as those in whom I have helped spark the passion for family medicine obstetrics. These young colleagues are competent to practise anywhere, with highly developed team and community values. They truly elevate the profession of family doctoring." *Dr. Michelle Vilcini, lead preceptor for maternity and newborn care*

"After spending two years in the Peterborough-Kawartha Family Medicine program through Queen's University, it was clear my wife, Dr. Becca Webster, and I were going to stay and practise in this community. "I feel as though this training program has been very effective in recruiting and retaining new physicians to Peterborough and the surrounding communities over the past decade." *Dr. Sachin Waghmare, PK graduate*

Peterborough-Kawartha



PK 2022 graduates Drs. Marissa Ukos, Tristan Brownrigg, Sophie Kloppenburg, Kina Ellison, Erin Nishikawa, and Sean Munoz

"I chose Queen's Family Medicine because of the horizontal curriculum and specifically the PK site because of its strong FM + OB program. Queen's FM stood out during the CaRMS process as being extremely friendly and welcoming, and very accommodating for the couples match process."

Dr. Allison Pumputis, PK PGY1

"(When choosing Queen's FM), the program, itself, stood out to me as providing training in all aspects of family medicine, with sufficient time in each specialty rotation to become familiar with the field. The longitudinal nature of the program also offers the chance to really appreciate what being a family doctor is, and allows us to integrate what we learn in our rotations back into our clinic practice. I also appreciate having a month of Toolbox to help us better understand our roles as residents and best prepare us to be the best clinicians we can be."

Dr. Andrea Zukowski, PK PGY1

10 Reasons Residents Love our **PK Site**

- **1.** The people: You are surrounded by staff who are all genuinely interested in teaching and committed to your success.
- **2.** Small program: You get to know your co-residents, faculty, and preceptors. The group of Peterborough residents is famously tight-knit.
- **3.** Few learners: Few other learners on most rotations, creating a friendly learning environment with maximal opportunities for hands-on practice.
- **4.** Longitudinal family medicine: Longitudinal relationships with amazing preceptors and patients, which allows you to build independence and confidence over time, and practise continuity of care.
- **5.** Specialty rotations: Specialty rotations are specifically designed for their relevance to family medicine.
- **6.** Involvement in teaching: You have ample opportunity to contribute to, organize, and lead teaching sessions for your cohort.
- **7.** State-of-the-art hospital: A beautiful new hospital with a busy ER, timely access to most specialty services, and weekly grand rounds.
- **8.** Community activities: Plenty of outdoor activities and events, community sports teams, art, music, and a year-round farmers market.
- **9.** Work-life balance: Call duties are very manageable with minimal overnight call, to maximize daytime learning and encourage healthy work-life balance.
- **10.** Minimal travel: Most clinical duties are within a one- to two-km radius, making it easy to walk or bike to most places. You are also out of town for rotations for only three to four blocks over the two years, so you feel rooted in the community.

Learn more!

<u>Watch our PK site video</u> <u>Visit our website</u> <u>Living and working in Peterborough</u> <u>Check out thekawarthas.ca</u>



Bowmanville-Oshawa-Lakeridge (QBOL)

Sitting at the eastern edge of the Greater Toronto Area, the QBOL site has flourished since going live in 2012, and celebrates its 10th anniversary this year.

Bowmanville-Oshawa-Lakeridge



Sitting at the eastern edge of the Greater Toronto Area, the Queen's Family Medicine Bowmanville-Oshawa-Lakeridge (QBOL) site celebrating its 10-year anniversary this year

— overlaps with Durham Region, which includes Pickering, Ajax, Whitby, Oshawa, Clarington, and Port Perry. The area's population is currently about 700,000 people and is expected to boom over the next 10 years.

It's an exciting time to practise medicine here as a number of medical facilities are expanding to try to keep pace with the population growth. Lakeridge Health is adding an extension to its Bowmanville site and has announced its upcoming sixth hospital site will be in north Whitby. Construction of the Oshawa Clinic Group's West Whitby site, expected to be the largest private multidisciplinary medical clinic in Canada upon completion in 2024, is also well underway.

Between numerous medical facilities (five Lakeridge Health hospital sites and multiple family medicine clinics), a huge array of patient populations is being served. This contributes to the rich selection of family medicine-centred clinical experiences available to QBOL learners.

Our residents' extremely positive feedback over the years informs how we continuously fine-tune and improve our program. Throughout the pandemic, we have demonstrated the priority we place on residents' learning needs, wellness, and safety in all our decisions.

We are proud to see how many QBOL graduates are now colleagues practising in the area, with about one-third to one-half of each graduating class practising in Durham Region. Many have also started teaching and some have already stepped forward to take on leadership roles here. These are great indicators of the positive experiences our residents have had while training at QBOL.

Future expansion here will include additional QBOL PGY1 spots being added this year and up to 20 Queen's integrated medical student / family medicine trainee positions a year, starting as early as next year.

Please do take every opportunity to learn about each of our sites. They are all excellent. I hope you will consider joining us here at Queen's Family Medicine, and at QBOL specifically.

Dr. Wei-Hsi Pang

Bowmanville-Oshawa-Lakeridge Site Director

Just a few words...

"I really appreciate the emphasis on resident wellness at Queen's and the supportive environment the program creates. I also like the flexibility within the Queen's program and opportunity to cater the horizontal program. I specifically was interested in QBOL because it provides a unique balance between urban and rural family medicine."

Dr. Mranali Dengre, QBOL PGY1

" ... an incredible residency experience with a huge diversity in practice. There are many opportunities to engage in all facets of family medicine. You will frequently (encounter) opportunities for continuity of care by meeting the same patients in multiple settings, thereby experiencing the true beauty of family medicine. *Dr. Jocelyn Stewart, QBOL graduate*

"Many preceptors I've had have spoken about how well the Queen's FM program prepares its residents for real-life independent practice. During CaRMS, the program ... emphasized how it is responsive to our particular needs both as individuals and as family medicine residents who are looking to develop skills tailored for family medicine and our own special interests." *Dr. Ronny Tse, QBOL PGY1*

"I landed my dream job thanks to my time at QBOL — all because of the amazing, supportive preceptors I had and the unique flexibility of the program, which allowed me to truly tailor my schedule to my clinical interests."

Dr. Vance Tran, QBOL graduate

Bowmanville-Oshawa-Lakeridge



QBOL Site Director Dr. Wei-Hsi Pang, left, with 2022 graduates Drs. Gordon Yao, Anuja Bhalerao, Justin Wong, Amber Miatello, Angela Qin, Christine Poon, Annet Antanrajakumar, and Aalok Shah.

"QBOL has allowed me to explore the full breadth of family medicine through rich and diverse experiences in communities across Durham and the GTA, ranging from urgent care to memory clinics, to caring for refugees, and doing coroner calls. I've felt so incredibly supported amongst the brilliant and tight-knit group of residents, recent grads, preceptors, and staff, and know these will be lifelong friends and mentors." *Dr. Kate Gong, QBOL graduate*

"I love that QBOL was set up to address the academic day topics in the first year, so the residents are ready for exam prep and electives in their second year. The ongoing horizontal family medicine experience models real family practice, where learning outside of family medicine is constantly brought back to the family practice. And our electives and selectives and totality of experiences mean each resident can tailor their time with us to meet their educational needs and future practice plans." *Dr. Aubrey Kassirer, Assistant Professor*

10 Reasons Residents Love our QBOL Site

- **1.** Small program with incredible flexibility to select educational experiences that align with clinical interests.
- **2.** Close-knit community of residents.
- **3.** State-of-the-art LHEARN simulation centre, library and resident lounge.
- **4.** Almost always working one-on-one with staff.
- **5.** Family medicine preceptors with a variety of clinical interests. Exposure to the breadth and scope of family medicine in both urban and rural communities.
- **6.** Favourable education-to-service ratio and top-notch formal teaching, including academic seminars, journal clubs, nightmares course and problem-based learning groups for R1s and CCFP prep course for R2s.
- **7.** Close proximity to Toronto.
- **8.** Personal relationship with most of the preceptors, often leading to employment opportunities in the Durham area after residency. You feel like you are treated as colleagues, not residents.
- **9.** Program is very committed to providing residents with the best education possible, is very responsive to feedback, and nearly all rotations are directly relevant to future practice.
- **10.** The horizontal program allows residents to follow a large number of patients and to offer continuity of patients and continuity of care.

Learn more!

<u>Visit our website</u> Oshawa Visitors' Guide Clarington Tourism Discover Durham Region

Train at Queen's. Work Anywhere.



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We are **Family Medicine**. For **Learners**. For **Patients**. For **Communities**.