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.

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

2

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 communities.

### OUR MISSION

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

### OUR VALUES

Respect. Leadership. Inquisitiveness. Equity. Diversity. Compassion. Collaboration. Accountability.

Incorporate social accountability and health equity throughout our work.



#### We recognize that each resident has their own learning goals, and therefore benefits from customized clinical experiences and scheduling to achieve those objectives.

# Message from the **Program Director**

**Dr. Kim Curtin** 

Welcome to Queen's Family Medicine and thank you 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 training can reach 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 goals, and therefore benefits from customized clinical experiences and scheduling to achieve those objectives. This individualization is met within the primary context of every graduate requiring competency in all family medicine realms.

With many available choices, and to help guide our residents through their postgraduate journey, each resident is 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 likely have experience and expertise in CBME. Perhaps one of our more unique strengths is a solid dedication to program improvement. Our robust, multi-layered program evaluation and qualityimprovement process continually informs adaptation and innovation of our curriculum, clinical experiences, assessment, and wellness approaches.

At Queen's Family Medicine, we have prioritized wellness initiatives to support you during your postgraduate training. Our faculty is exceptionally dedicated to our program and, more specifically, to our residents. Our Resident Wellness and Resilience sub-committee, comprising 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.

Any program is only as good as its faculty and residents, and at Queen's we are fortunate to have phenomenal people. Our resident-driven initiatives such as our Nightmares-FM 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 significant 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 eight other years, from 2012 to 2023 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 we hope to meet you in person. Please reach out with questions about our Queen's Family Medicine program.

#### Dr. Kim Curtin

Postgraduate Program Director, Queen's Family Medicine kim.curtin@queensu.ca

#### 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 recognize that life happens outside of residency, and every effort is made to help you adjust and ride the unpredictable waves of training.

### Message from the Program Lead Resident

#### Dr. Jesse Tabije

Allow me to extend the warmest of welcomes to Queen's Family Medicine. If you're reading this, you're likely embarking on one of the most exciting yet pivotal phases of your medical journey. You've put in a tremendous amount of work, so amidst the uncertainty of the match, hold your head up high — proud of what you've been able to accomplish. It's my hope that you'll take your next steps with us.

I have no doubt that Queen's will equip you with the tools necessary to achieve your desired practice goals. As you'll see, our program spans multiple training sites across some of Southern Ontario's most vibrant communities. Broader still is the breadth of clinical experiences available to our residents. No two paths are identical. We have residents in the coastal communities of northern Ontario down to the southern edge of the South Atlantic (though, not quite Antarctica). Should you prefer an urban or rural setting, or a practice focused in any of family medicine's many dimensions, Queen's will give you the flexibility to tailor your residency experience with unbridled support. I often find it remarkable how our program, with its near-unrivalled range of opportunities, places its residents' learning at the forefront.

Residency is challenging. It takes time, effort, and *you* out of your comfort zone. At Queen's, our department strives to make sure you're never alone. You will be placed within a supportive network of preceptors and allied health professionals who have a vested interest in your growth. Mentorship is a key aspect of training, and there is no shortage of this at Queen's. Your wellness as a resident is also prioritized. We recognize that life happens outside of residency, and every effort is made to help you adjust and ride the unpredictable waves of training.

Personally, I have seen how Queen's Family Medicine advocates for its residents. If we ever have the chance to chat, I'll tell you how they've moved mountains on my behalf. The spirit of collegiality is a key characteristic of the culture at Queen's, and you'll be surprised by how quickly you and your colleagues will become friends. Suffice it to say: my coresidents are some of my most treasured friends.

As the match unfolds, my hope is that you'll find the residency program that fits you — one that values you as a learner, supports you as you are, and provides you with every opportunity to succeed. Know that Queen's provides those qualities and much more.

I wish you all the best with CaRMS 2024. I look forward to meeting ya!

Best,

#### Dr. Jesse Tabije

2023-2024 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 their 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 eight other years, from 2012 to 2023 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.

The KTI site 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 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

#### ر ح 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 PGY2

"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, the program director along with education committee and administrative staff members were crucial in assisting in the organization of a peerto-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!

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

#### **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. Samantha Buttemer** 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 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**



Drs. Liane Macdonald (Public Health Physician, Public Health Ontario), Sudit Ranade (Chief Medical Officer of Health, Yukon), Fareen Karachiwalla (Associate Medical Officer of Health, York Region), Samantha Buttemer (Associate Program Director), Dani Kilani (PGY1), Laura Wells (PGY1), Takshveer Singh (PGY2), and Hugh Guan (Associate Medical Officer of Health, KFL&A Public Health) at the PHPM 2023 Annual Retreat at The Waring House, Picton, ON



"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

Professor, Emergency Medicine, Family Medicine and Policy Studies, Queen's University Consultant Staff, Kingston Health Sciences Centre

#### 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**



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.

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. We have a strong relationship with the Queen's undergraduate military medical community, and serve medical officers at CFB Kingston and Trenton.

Dr. Matt Simpson, a family physician at Queen's and the DND director for the Queen's undergraduate medical program, served in the CAF both domestically and overseas and brings his unique experiences, mentorship, and relationships with the CAF to the program as faculty lead.

#### Adapted experiences include:

- expanded mental health experience in care of active military members, their families, and veterans;
- · customized experience in trauma medicine;
- core exposure to orthopedics, sports medicine, and ICU;
- electives available at both CFB Kingston and CFB Trenton; and
- resident research project opportunities through the Canadian Institute for Military and Veteran Health Research at Queen's University.

**Dr. Matthew Simpson** Military Stream Faculty Lead

#### 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 PGY2, 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 PGY2, DND

#### Learn more!

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## 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 2023 graduates Drs. Madeline Taylor, Kelsey Mongrain, William Wu, Lindsay Webster, Cathy Moran, and Caroline Williams.* 

## 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 has trained more than 70 family physicians who now work across the country. Many of these graduates, me included, have

chosen to stay in Peterborough and now call it home. I cannot think of a better endorsement for our medical community!

You can find our graduates working in family medicine offices, emergency departments, and palliative care units as hospitalists, etc. Our goal is for you to finish this program feeling prepared for whatever your career as a family physician may look like.

We are fortunate to have dedicated awardwinning family medicine and specialist preceptors who are an integral part of teaching and supervising our residents. Family medicine clinic is woven throughout the two years with the same preceptors who all work in family health teams. This longitudinal approach to family medicine helps build relationships between the residents and their patients, and with their preceptors. Our residents also train at the state-of-theart Peterborough Regional Health Centre. 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. We have a busy emergency department, hospitalist service, and labour and delivery ward. Comprehensive learning means we will guide you as you become proficient in the full scope of family medicine.

Peterborough is a wonderful place to live and play. It 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 excellent restaurants with multicultural cuisine and cosy coffee shops. Surrounded by 135 lakes, outdoor options as well as urban amenities are at your doorstep year-round. In summer, cycle or hike the extensive local trail systems, or paddle along 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 more than 50 km of trails. It is so easy to get outside!

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

#### Dr. Chloé Corbeil

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 2023 graduates Drs. Laura Walton, Kristina Sawatzky, Justine Fletcher, Adam Vanderleest, Breanne Cadham, Brian Lukaszewicz, and Jaimee Carter.

"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 PGY2

"(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 PGY2

## 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 launching in 2012.

#### **Bowmanville-Oshawa-Lakeridge**



Sitting at the eastern edge of the Greater Toronto Area, the Queen's Bowmanville-Oshawa-Lakeridge (QBOL) site largely overlays Durham Region, which includes Pickering, Ajax, Whitby,

Oshawa, Clarington, and Port Perry. The area's population is 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, is on schedule for completion in 2024. Between numerous medical facilities (five Lakeridge Health hospital sites and multiple family medicine clinics), a large array of patient populations is 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. Resident learning needs, wellness, and safety are all paramount.

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 taken on leadership roles here. These are great indicators of the positive experiences our residents have had while training at QBOL.

We are also excited to see further expansion to family medicine education here with 20 first-year medical students just started in the new Queen's Lakeridge Health MD Family Medicine Program in August 2023.

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. Seema Jain

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 PGY2

" ... 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 PGY2* 

"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 2023 graduates Drs. Jesse Li, Panta Babelmorad, David Rizzuti, Jesse Maracle, Ravi Datar, Emily DeHaas, and Hilary Noble.

"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 <u>Clarington Tourism</u> Discover Durham Region

## Train at Queen's. Work Anywhere.



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