



OUR FAMILY DOCTOR NEWS

ISSUE 1 - MARCH 2021



Dr. Sonny Collis
President, NL CFP

President's Message - **Advocacy**

It takes many efforts to affect positive change, but one of the mainstays is advocacy. Advocacy is any action that argues for cause on behalf of others, and this can occur at many levels.

Over the past year, despite the challenges of the current COVID pandemic the College has continued to work on building the relationships to advocate for our needs. Our DEE and executive have been building relationships and having our voices heard at many tables including the Government of NL, Family Practice Renewal Program, Faculty of Medicine, Quality of Care NL, Health Accord and the NLMA.

All this work resulted in being invited to speak to the recent health-care task force and to have family medicine involvement in every aspect. Our voice is being heard at more tables, and our agenda is being legitimized with many stakeholders. It is this sort of advocacy that will lead to positive change in the future.

As members of the College you have a unique ability to advocate to a very important group, the people of Newfoundland and Labrador. Despite the barriers and challenges we face, we must continue to provide quality and compassionate care to our patients and communities every day.

We are highly valued by our patients and this grass roots support will help to carry our needs forward and make sustainable change into the future. Our long term relationships with our patients is our biggest asset.

I would like to thank you all for your ongoing support and I look forward to our future together.



**WE ARE ALL IN THIS TOGETHER
THANK YOU AND STAY SAFE**

Dr. Chris Patey
President-Elect, NL CFP



NL Family Physician Profile

Overview:

The NL CFP believes in the value of understanding the true breadth and depth of family practice in Newfoundland and Labrador. Since 2016, we have been developing our database which currently reflects the practice characteristics of over 180 NL family physicians. We continue to use this valuable information to assist with:

- 1) Recruiting and retaining family physicians.
- 2) Responding accurately to government inquiries.
- 3) Connecting medical learners to family practice.
- 4) Allocating resources to develop our specialty.

If you have not yet done so, or your practice has recently changed, we ask you to kindly complete this survey by clicking on the link below:

<https://www.surveymonkey.com/r/SH5TX7H>

If you have completed it recently (1-2 years) and haven't made any significant changes in your style of practice, we thank you for your support and wish you to encourage others to contribute to the database.

Ownership:

The non-anonymous data collected will be property of the NL CFPC and secured with Debbie Rideout, Administrator, NL CFP.

If you have any questions, please do not hesitate to contact drideout@nlcfp.ca

THANK YOU

A light gray map of Newfoundland and Labrador is positioned behind the 'THANK YOU' text.

Meet some of your colleagues!



Dr. Mari-Lynne Sinnott
MD, CCFP

Dr. Mari-Lynne Sinnott is a two-time graduate of Memorial University. In 2009 she was a proud recipient of a Bachelor of Arts with honours. From there she entered Memorial's Medical School, and graduated in 2013 with her MD.

After she finished her family medicine residency in June 2015, she and her colleague opened Clinic 215, a neighbourhood family practice in downtown St. John's where she focused on LGBTQ2SIA+ health.

With a special interest in the care of vulnerable populations, she worked with the province and community partners in the development of the Downtown Healthcare Collaborative: a network of clinics that work within community organizations to provide inclusive and complete primary care to the marginalized populations of the city.

She is proud of her primary care practice, with a focus on providing gender-inclusive transition related care to trans* and gender non-conforming folx throughout the province. She is involved in research and has co-authored several articles on gender-affirming care that were published in peer-reviewed scientific journals, and has peer-reviewed for several publications on topics related to gender diversity.

She sits on the Board of Directors of Trans Support NL, Inc. and has spoken at multiple conferences on transition-related care and fostering gender-inclusive clinical practice. As well, she holds a part-time faculty position with the Family Medicine Department at Memorial University and is involved in teaching both medical students and residents.

Dr. Amy Pieroway is a Family Physician working in Corner Brook

She grew up on the West Coast of Newfoundland and completed medical school and family medicine residency in 2013, both at Memorial University.

Since that time, she has worked in general family medicine, gender-diverse affirmative care, and care of the older adult population. She is passionate about teaching, creating linkages between physicians and gender equity in medicine.

When she is not working, she can be found on skis in the snowy seasons, and in her camper van with her husband and dogs throughout the rest of the year.



Dr. Amy Pieroway
MD, CCFP

We want to know more about you!

The NL College of Family Physicians would like to continue to profile our family doctors in our newsletter.

Please help us by sending in a picture (headshot) of yourself or your family and tell us a little about yourself and where you are practicing. Let's get to know each other. Please send to drideout@nlcfp.ca

How are you caring for yourself?

In our next issue, we hope to show your colleagues what some of you are doing for self-care.

Please send in your self-care activity along with a picture that we can post in our collage of self-care activities by our family doctors.

All submissions will be entered for a chance to win \$100 gift card.



Self-care means something a little different for everyone. It's something that can help take care of our mental, emotional, spiritual, or physical health.

The value of self-care is often underestimated, and it can be important in navigating through uncertain times.

Stay safe and take care!

Big thanks to Dr. Parinita Verma, R2-MUN for this great self-care graphic, and other graphics throughout this newsletter.

Dr. Nicole Stockley Director of External Engagement NL CFP



As Director of External Engagement (DEE), I sit on a variety of committees as a representative of the NL College of Family Physicians (NL CFP) and, more importantly, as a representative for NL family physicians. The graphic below highlights the organizations with which the NL CFP is currently engaging most closely.

Here's an update regarding my current activities:

Government of NL – As DEE I'm constantly engaging with members of the Provincial Government on a variety of committees, and therefore I am frequently able to provide a family medicine perspective directly to those working on government initiatives. As well, during the recent election, a letter was sent to each party leader to make them aware of the NL CFP's role both as a member organization, and as an active and well-connected partner organization.

Family Practice Renewal Program – The NL CFP sits on the Family Practice Renewal Committee as a non-voting member. I provide input into initiatives designed specifically for family physicians, and I am in close contact with the FPNs.

NLMA – The relationship between the NL CFP and the NLMA continues to be strong. We meet regularly to discuss common issues and messaging. Joint statements are issued from time to time, and we utilize each other's resources and member reach.

MUN Family Medicine – While COVID has created challenges for our regular activities, we are developing new ways to interact with medical learners. Recently, I gave a presentation to all of the MUN residents during Resident Appreciation Week. We are also working on how to deliver some virtual procedural skill training to the medical students.

Quality of Care NL/Choosing Wisely NL – As DEE, I sit on the Quality of Care NL Working Group, which helps provide direction for the organization's projects. Through this role, I'm able to provide feedback on a variety of initiatives that target/involve family physicians, including Practice Points. My work in helping Quality of Care NL improve its direct engagement with family physicians across the province is ongoing.

Health Accord – This is what is keeping me the busiest these days. I sit on the Community Care Committee, which is working to develop a vision for community and primary care in our province. I have presented the Patient's Medical Home Model to the Committee, and the model will also be presented to the Task Force in the coming weeks. The NL CFP has also been asked to collect feedback from NL family physicians to bring directly back to the Task Force.

Lots of work is being done, with lots more to do over the next year. If you have any questions about the DEE position, or my role with any committees or organizations, please email me anytime (engagement@nlcfp.ca).

As well, if there is an organization with which you feel the NL CFP should be engaging, please let me know.

Stay safe!

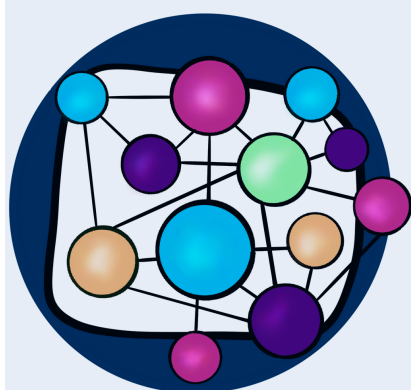
Is there another organization you feel the NL College of Family Physicians should be meeting with?

If so, please let us know by emailing
Dr. Nicole Stockley, DEE - engagement@nlcfp.ca
or
Debbie Rideout, Administrator - drideout@nlcfp.ca



DID YOU KNOW?

We now have four Family Practice Networks in our province



Family Practice Networks provide formalized structures and tools to enable community-based family physicians, in collaboration with their regional health authorities, to identify and address common health care goals/gaps in local communities, and in so doing, ultimately contribute to population health outcomes.

Join today! Contact the Family Practice Renewal Program and learn more about the great work the Family Practice Networks are doing in our province. <http://familypracticerenewalnl.ca/>

NL CFP, Honours and Awards

Dr. Shelley Sullivan
Honorary Treasurer,
Chair, Honours and Awards
Committee
NL CFP



Dear NL College Members:

If you know of someone who meets the requirements for the awards below, please take the time to complete the short nomination form and send it to Debbie Rideout, Administrator, NL CFP at drideout@nlcfp.ca

Please visit the NL Chapter website for more information on these awards, including the nomination forms. <https://nl.cfpc.ca/>

Family Physician of the Year 2021

The Family Physician of the Year awards, named in honour of Dr Reg L. Perkin, CFPC Executive Director from 1985 to 1996, recognize outstanding CFPC family physician members who exemplify the best of what being a family doctor is all about, including exceptional care of patients combined with a significant contribution to the health and well being of communities and/or society in general.

***Deadline for nominations for the
Family Physician of the Year Award is Friday, April 16, 2021.***

Awards of Excellence

The Awards of Excellence recognize CFPC members who, in the past 12 to 24 months, have made an outstanding contribution in a specific area pertaining to one or more of the following: patient care, community service, hospital or health care institutions, College activities (National or Chapter), teaching, research, or other elements of the academic discipline of family medicine.

***Deadline for nominations for the
Awards of Excellence is Friday, May 21, 2021.***