



OUR FAMILY DOCTOR NEWS

ISSUE 2 - MAY 2021



Dr. Sonny Collis
President, NL CFP

President's Message

The Greene Report, "The Big Reset" was recently released painting a picture of the changes needed to secure our fiscal future in Newfoundland and Labrador. It was released amidst a fury of controversy as it outlines the many hardships we will need to endure to get to our destination. Despite the controversy, there are two fundamental points that we cannot argue; the current system is unsustainable and revolutionary changes need to be made.

Soon the healthcare task force will release its report on the current status of healthcare in Newfoundland Labrador and the changes needed to pave our path forward. As with the Greene Report, it too will undoubtedly create a ton of controversy. However, the same two basic fundamentals still apply; the current system is unsustainable and fundamental changes need to be made.

On top of the many system changes that must happen, as Family Physicians we too will have to change. These personal changes are how we can make the most impact on the healthcare system. We will have to open our minds to new ways of doing things, not all of which we may be immediately comfortable with. On top of this, the pace of this change must be rapid and revolutionary. As much as all of this will cause us all high levels of anxiety for the future we must focus on our end goals and not get bogged down in the many details that we will have to work out.

Despite all this, two fundamental factors give me great hope for the future. As I have watched us all make fundamental changes in our practices due to the current pandemic, I know if we have the ability to adapt rapidly to the changing medical needs of our community, I also know that our entire Family Physician workforce is committed to the highest quality healthcare and the best outcomes for our patients and our communities. I know that if we all keep the fundamental goal of having a high-quality and sustainable healthcare system in our province foremost in our minds, we will be able to make and lead the charge into the future.

Sincerely,
Sonny Collis, MD, CCFP, FCFP

Happy Family Doctor Day!

THANK YOU FOR ALL YOU DO!



NEWFOUNDLAND AND
LABRADOR COLLEGE OF
FAMILY PHYSICIANS



LE COLLÈGE DES MÉDECINS
DE FAMILLE DE TERRE-
NEUVE-ET-LABRADOR

A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

Mark Your Calendars



NL CFP Family Medicine Conference
October 22 & 23, 2021

NL CFP Annual Members Meeting
November 18, 2021

Both meetings will be virtual!

Meet some of your NL colleagues!



Elhamy Samak
MD, CCFP

Dr. Samak is a practicing Family Physician in his third year of practice at the Dr. Charles L. LeGrow Health Centre, Port aux Basques, NL.

He is an International Medical Graduate, and finished his MD from Cairo University in Egypt. He also completed the CSAT Program from MUN in association with CPSNL in 2018.

During his career in rural and underserved communities, he practices medicine with deep empathy and compassion for those who lack healthcare benefits.

Dr. Samak believes in the importance of lifelong learning, innovation and improvement in outcomes for patients. He likes to expose learners to a large variety of clinical situations enabling them to expand their skills and become well-rounded clinicians. "The sky is the limit."

Dr. Samak is on the NL CFP Board and the current NL CFP National Membership Advisory Committee Representative.

Dr. Verma is a second year Family Medicine Resident at Memorial University. Originally from Stephenville on the West Coast of Newfoundland, Parinita completed a Bachelor of Science in Pharmacy and Medical School at Memorial University. She was a recipient of the Drs. James and Leslie Rourke Convocation Award in Medicine.

Parinita has been passionate about Family Medicine. She has been involved as a Student and Resident Representative on the CFPC NL Chapter Board and National CFPC Section of Residents. She values connecting with her patients and education in preventative and chronic disease management. She plans on practicing as a Locum Family Physician within our province.

Parinita has been an avid volunteer in the community, involved with fundraising, and initiatives through the Easter Seals Newfoundland and Labrador Program.

Throughout her university years, she has continued to connect with her creative side, as an owner and artist of "Henna Body Art Newfoundland" and "Parinita's Abstract Paintings," which has enabled her to meet inspiring individuals.

Parinita enjoys spending time with her fiancé (Ish), parents (Subhash and Rosie), sisters (Sonali and Radhika), family and friends. She loves painting, photography, travelling and hiking!



Parinita Verma
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

Dr. Nicole Stockley
Director of External
Engagement
NL CFP



Happy spring!

Just as a reminder, the role of the Director of External Engagement (DEE) is to 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. Here is an update on my most notable recent activities:

- **Government of NL** – Ongoing engagement with government representatives through the Health Accord and other projects. Letters were sent to government officials reminding them of Family Doctor Day on May 19th, and encouraging a public show of support.
- **MUN Medicine** – A retreat focusing on NL physician recruitment and retention will be taking place in June, organized by MUN Medicine. I was asked to provide input into this event on behalf of the NLCFP, and to encourage you to attend if you're able.
- **Health Accord** – The Health Accord has moved into the implementation phase, meaning that the Community Care Committee is now focusing on the “how” of primary health care reform. A big thank you to those who attended our focus groups in March! Your feedback was presented directly to the Health Accord Task Force, and was very well received. I will be reaching out again in the coming months to collect further feedback from NL family physicians about the Interim Report and implementation ideas.
- **Other Organizations** – The NLCFP is constantly looking for new organizations with which to connect. Most recently I have contacted the various nursing associations in order to start thinking about how we can better support one another. I will be reaching out to other health associations over the next several months.
- **Other Activities** – Various groups now contact me on a regular basis looking for input on their project ideas and program proposals. It is clear that the NLCFP is viewed by many as a strong, representative voice for NL family physicians.

Aside from what has become the “usual” DEE activities, I also facilitated the 2021-2023 NL College of Family Physicians (NL CFP) strategic plan. If you have any questions about the DEE position, or my involvement 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,
Nicole Stockley, MD, CCFP

Here are some of the activities your colleagues are doing for self-care?

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.

Our \$100 gift card goes to Dr. Jackie Elliott. Congratulations Dr. Elliott!
Thank you all for your submissions!



DR. NICOLE STOCKLEY

Walks with my Family



DR. JACKIE ELLIOTT

Enjoying the Great Outdoors Snowmobiling



DR. PARINITA VERMA

Snow Sliding



DR. DANIELLE O'KEEFE

Baking with the Kids



DR. CHRIS PATEY

Canoeing with the Kids



IQSHVAKU (ISH) MISHRA
MUN MEDICAL STUDENT

Enjoying the Great Outdoors!



DR. NORAH DUGGAN

Hiking with my Children



DR. CARMEN GRINTON
FAMILY MEDICINE RESIDENT - MUN

Hiking with my Fiancé & Pup



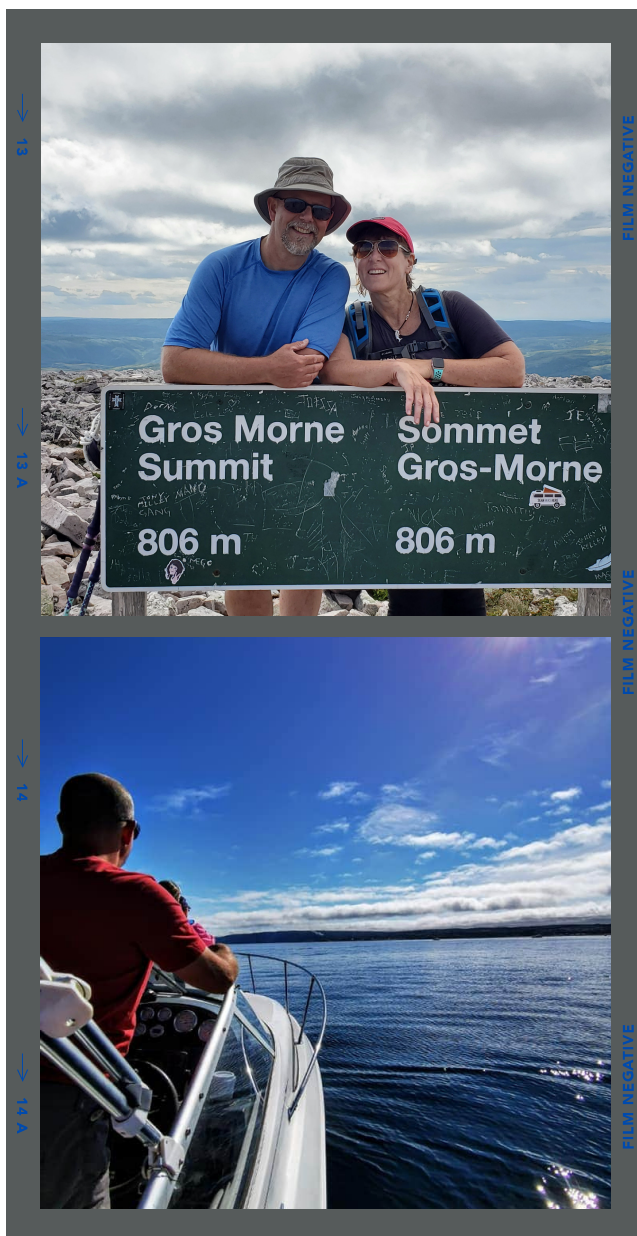
DR. ELHAMY SAMAK

Enjoying the Sun & Ocean in the Cold



DR. AMY PIEROWAY

Exploring with our Puppy!



DR. SONNY COLLIS

Hiking & Boating with my Family

*Continue to
Take Care of You*

THANK YOU FOR YOUR
SUBMISSIONS!

NL CFP, Honours and Awards

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



Dear NL College Members:

Thank you for your nominations for our 2021 Family Physician of the Year Award. Recipient of this award will be announced October 2021.

LAST CHANCE TO NOMINATE !!!!!

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

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.

**Nomination deadline for the
Awards of Excellence is Friday, May 28, 2021.**

Please visit the NL Chapter website for more information on this award, including the nomination form.
<https://nl.cfpc.ca/>

PEI - 2021 FAMILY MEDICINE CONFERENCE

The Prince Edward Island College of Family Physicians will be holding their 2021 Family Medicine Conference on June 11, 2021.

Please check out their website for further information.

<https://pei.cfpc.ca>

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.