



OUR FAMILY DOCTOR NEWS

ISSUE 3 - AUGUST 2021



Dr. Sonny Collis
President, NL CFP

President's Message

The first five years of practice is a pivotal time in the career of a Family Physician. After years of training it is time to put the knowledge and skills to work. It is however, a time of many challenges.

Despite our training, nothing prepares you for the challenge of figuring out where you fit in your local community and in the larger medical community. Many often find that they may re-evaluate how they want their career to proceed into the future. It is often a time fraught with indecision and self doubt. Some are lucky enough to find a mentor but often many must face the challenges alone.

To add to the complexity these challenges are often quite different from region to region. Local advice and representation is the key to success.

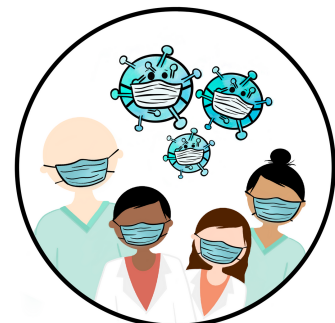
The First Five Years in Family Practice (FFYFP) group of the CFPC was founded to help support these challenges and to provide input to the college on these issues. It has representation both on a national and local level. As a local chapter, good FFYFP support is important to the recruitment and retention of the next generation of Family Physicians in Newfoundland and Labrador.

The NL CFP is committed to growing the support of the FFYFP group, and we will be working hard to help support this very important group of future physicians and leaders in our community.

We want to hear from you.

Sincerely,

Sonny Collis, MD, CCFP, FCFP



WE ARE ALL IN THIS TOGETHER
THANK YOU AND STAY SAFE

VENA

Dr. Paula Slaney
First Five Years Family Practice (FFYP)
Representative
NL CFP



First Five Years in Family Practice Report

Hi Everyone and welcome to the newest section of Our Family Doctor News.

As your First Five Years in Family Practice representative (FFYFP) I wanted to update you on our work both at the local and national level.

National level

We are working on sessions for the upcoming Family Medicine Forum (FMF) that will be virtual again this year from November 10-13th. There will be several sessions specifically targeted for FFY physicians including the FFY snappers and a virtual social which we hope you will join.

We are currently updating the website and plan to have great new resources available to you all very soon such as a locum infographic and our FFY essential guides. If you have any topics that you think would make great essential guides please do not hesitate to reach out.

Our next national meeting will take place in September and I encourage any FFY physician to let me know of any concerns you would like discussed at this meeting as I want to advocate for you to our National College.

Provincial level

We now have a section in the Our Family Doctor News and it would be great if other FFY physicians wanted to contribute to this section of our newsletter.

We are planning the upcoming NL CFP Family Medicine Conference for October 22nd and 23rd. I would like to have some topics covered that will help our FFY physicians and would appreciate any suggestions.

Our Facebook group is a great way to support one another, and I encourage you all to join "First 5 Years in Family Practice – Newfoundland and Labrador".

If you have any questions or concerns as a first five years in family practice physician please email me anytime at paula.slaney@mun.ca.

Stay Well,
Paula Slaney MD, CCFP, FAWM

Meet some of your NL colleagues!



Danielle O'Keefe
MD, CCFP

Dr. Danielle O'Keefe is a Family Physician and Chair of the Discipline of Family Medicine in the Faculty of Medicine at Memorial University.

Dr. O'Keefe grew up in Ferryland, Newfoundland and Labrador and upon completion of high school moved to Antigonish, Nova Scotia to complete a Bachelor of Science degree at St. Francis Xavier University. She returned home for medical school and residency and upon graduation worked as a locum physician. Dr. O'Keefe joined the Discipline of Family Medicine as a Full-Time Faculty member in 2011.

From January 2012-June 2020, Dr. O'Keefe was the Residency Training Program Director. In this role, Dr. O'Keefe managed significant program changes that included: the implementation of the CFPC's Triple C Competency Based Curriculum and the program's evolution to residency training Streams. Of most importance was overseeing the education of approximately 70 residents per year. In July 2020, Dr. O'Keefe assumed the position of Chair of the Discipline.

Outside of work, Dr. O'Keefe and her husband, Dave, are busy raising their five-year-old twins, Emily and Benjamin.

Dr. Paula Slaney is a rural fee-for-service family physician in Burin. She enjoys practicing full scope family medicine including emergency medicine, clinic, OR assist and minor procedures. She is originally from the small town of Lawn and started her practice in August 2018.

She completed all her education, including a Bachelor of Science honors degree (2010), graduate diploma in clinical epidemiology (2011), medical degree (2016) and family medicine residency (2018) at Memorial University.

Paula was able to combine her love of the outdoors and her profession by completing a fellowship in wilderness medicine through the Wilderness Medical Society in August 2019. She does not do well in large cities or with leaving Newfoundland for extended periods of time.

She spends any free time she has with her incredible partner, Matthew and their two dogs Everest and Ziggy. They can often be found on trails or kayaking enjoying all the beauty Newfoundland has to offer. Paula currently is the Newfoundland representative on first five years in family practice committee with the CFPC as well as the Society of Rural Physicians of Canada. She recently accepted a position on the WONCA Polaris committee as a representative from Canada.



Paula Slaney
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



It's summer! Admittedly, I'm always just a little bit nervous that summer will forget to come to NL, but thankfully this year it seems to have arrived a little early.

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:

- **Nurse Practitioner Association** – I recently met with Margot Antle, the President of the NLNPA. We had a great discussion about the many things we have in common, including our shared concern for the state of primary care in NL. We discussed ways that MDs and NPs can support each other to better care for our patients and communities.
- **NL Physician Recruitment and Retention Workshop** – This event was held in June and was well attended. One focal point was that without the proper system-supports, recruitment and retention of family physicians will continue to be very difficult. As we all know, financial incentives alone cannot make up for a system that does not support primary care.
- **Health Accord** – Hopefully, you will soon be able to see the implementation plans that the Health Accord Task Force has put together. Once this information is publicly presented for feedback, I will be reaching out to you all to get your thoughts, ideas and concerns about the Interim Report and implementation strategies.

As always, 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



Dr. Chris Patey
President-Elect, NL CFP



NL Family Physician Profile

Welcoming and congratulating Erika Maxwell as this year's recipient of the NL CFP 2021 Medical Student Summer Fellowship Award.

Erika is presently a second-year MUN medical student who has extensive research experience and an interest in family medicine. As this year's recipient, she will be continuing with the growth of our NL Family Physician Profile database and updating accordingly. (Please see Erika's bio below)

Kindly take a moment to update your profile (see survey link below) to help us get a clearer picture of the true breath of Family Medicine in our province. If you have not completed in the past couple of year's Erika may contact you in the next couple of months for further information on how you uniquely practice as a Family Physician in NL!

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

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

Erika is a second-year medical student at Memorial University.



Erika Maxwell
MUN MS, 2nd Year

She grew up in New Brunswick but moved to St. John's in 2014. Before medicine, Erika earned a Bachelor of Science from Mount Allison University, a Master of Science in Community Health from MUN, and a Master of Public Administration from Queen's University.

Throughout this time, Erika had the opportunity to develop interests in various aspects of research, health, and medicine and is looking forward to continuing to foster these interests as she learns about the diverse range of practice for family physicians in Newfoundland and Labrador.



MARK YOUR CALENDARS!

NL CFP Family Medicine Conference - Virtual
October 22 & 23, 2021

NL CFP Annual Members Meeting - Virtual
November 18, 2021

NL CFP Celebration of Family Medicine
GlenDenning Golf Clubhouse - More information to come.
November 26, 2021

Call for Abstracts!

We are busy planning the 2021 NL Family Medicine Conference which will be held virtually on October 22nd and October 23rd.

We are putting out a call for sessions and workshops. Anyone who is interested in presenting should submit their proposed topic (name of session and 3 learning objectives) to Debbie at drideout@nlcfp.ca
DEADLINE: Friday, August 20, 2021.

If you have any questions about the call for abstracts, please do not hesitate to contact us.

