

OUR FAMILY DOCTOR NEWS

ISSUE 6 - DECEMBER 2021



Dr. Chris Patey
President, NL CFP

President's Message

Hello All,

THANK YOU! Firstly, I sincerely wish to thank you for this opportunity to serve as the President of NL College of Family Physicians, and really to be part of such a special team and organization. It is truly an honor.

BIG PICTURE GOALS: Clarity has surfaced over the past number of years of our true mandate.

- 1. EDUCATION:** Ensure high level of Undergraduate and Post Graduate Medical Education directed for and by Family Medicine.
- 2. PROFESSIONAL DEVELOPMENT:** The Professional Development of Family Practice in NL through coordinate CME.
- 3. STANDARDS:** Ensuring High standards of medical care and education in Family Medicine through connectively with Memorial Medical School.
- 4. ACCESS:** Improved access to high quality family medicine services to all residents of this province.

IN THE TRENCHES: In this context we are astutely aware of a growing list of critical issues that are facing all Family Physicians in this province. From the increasing burden and complexity of patients, to the cost and difficulty running private practice, to feeling unsupported by RHA's as you continue to work in the trenches, the exponential growth of orphaned patients, the inadequate recruitment measures, and sadly, the tired young docs who continually advocate for their patients.

NL CHAPTER RESPONSE: What is crystal clear of my five plus year involvement with this College, is that it will continue to work diligently in the background, to research and assist with the direction of our specialty. This organization will continue do its utmost best to hear the stories, to condense the message as pure as possible and to create actions to unite, promote and grow our specialty. We will continue to seek and analyze the challenges, build the projects that make us stronger, ensure there are voices of support and connect, and gain the well-deserved respect for this profession.

FAMILY PHYSICIAN RESPONSE: What is impressive is that as Family Physicians you have been the ones who have responded, the ones who continue to aspire to provide broad spectrum of care and always advocate for our patients through global pandemics and ransomware attacks. You are patient and family lifelines. Despite all the negatives your response is, and continues to be, impressive and congratulatory.

Again, I feel honoured and privileged to assume such a role and will provide true dedication and energy to the obligations. It is my sincere hope that I can meet the expectations and the high bar that has been set by so many before me. Please reach out to me anytime.

Chris

2021-2022 Board of Directors NL College of Family Physicians



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Medicine Resident



Kayla Viguers
MUN Medical
Student (2023)



Sarah Williams
MUN Medical
Student (2024)



**HAPPY HOLIDAYS FROM THE
NL COLLEGE OF FAMILY PHYSICIANS**

NL CFP Director of External Engagement Report



Dr. Nicole Stockley
Director of External Engagement

Just as you think things are going to quietly wind down heading into Christmas, you remember that you are a Family Physician, and really should know better!

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 – The NLCFP was contacted by several residents following what can only be described as a disastrous recruitment session presented to them by Government representatives.

An open letter was penned, addressed directly to the Premier, calling for "immediate and substantive action to enhance the recruitment and retention of Family Physicians." We requested to meet directly with the Premier to discuss this, as well as the harm that has been done to the relationship between Family Medicine and the Government of NL.

Our letter was quickly picked up by the media, and myself and Dr. Patey were interviewed on its contents. The Premier's office reached out quickly to schedule a meeting with myself, Dr. Patey and Dr. Collis. We met face-to-face with the Premier on December 17th.

The meeting was overall very positive and collegial. From the start, the Premier acknowledged and validated the frustration, concern, disappointment, anger, and exhaustion felt by NL Family Physicians. The NLCFP presented several recommendations to the Premier, which were well received. We agreed on next steps that will lead to greater Family Physician involvement in the Department of Health, especially in the areas of physician recruitment and retention. We are currently working on a joint statement with the Premier's office and will then be able to discuss the specifics of the meeting in more detail. The NLCFP thanks you, our members, for your ongoing support as we continue with this vital advocacy work!

Health Accord – The work of the various Task Force sub-committees is coming to an end, and the final reports will be released over the next several weeks. The amount of work that has gone into the Health Accord process has been immense, and Family Physicians have played an integral part – providing a presence on every sub-committee. I hope that once the final reports are released, we as a province can start building a better health care system, one that recognizes and values primary care, and specifically family medicine, for its integral role.

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, and have a wonderful holiday season!

Nicole

First Five Years in Family Medicine



Dr. Paula Slaney
NL CFP FFYFP National Representative

Another year is ending, and it sure has been a challenging one, between a pandemic and a cyber attack no one was prepared for a year quite like this one.

Your first five years in practice are well known to be a difficult transition as you try to balance your personal life and setting up a practice, but our cohort of first five years physicians have had to face numerous obstacles. I applaud you all for your hard work and advocacy for family medicine during the last year.

National level

- Our most recent FMF was virtual again this year from November 10-13th. The sessions aimed toward FFYP physicians were well attended and provided great information on important topics such as transgender health, sports medicine and imposter syndrome.
- We are currently starting to generate ideas for sessions for the next FMF and encourage all our FFYP physicians to reach out if there are topics that would be great to cover at future conferences.
- Our next national meeting will take place in the Spring, and I look forward to updating everyone following that meeting.

Provincial level

- We recently had our celebration of Family Medicine dinner and presentation which was a wonderful opportunity to catch up with colleagues in person after such a long time apart. The CFPC-NL chapter kindly offered the FFYP group a table at the event to network and support each other.
- I would like to see our FFYP group grow into a more active and supportive branch of the CFPC-NL chapter and as such I am open to all suggestions that may help us achieve this goal.

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.

Enjoy the holiday season!

Paula Slaney MD, CCFP, FAWM

Congratulations NL CFP Award Recipients!

2021-2022

NL CFP Family Physician of the Year Dr. Wendy Graham, Port aux Basques

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.



2021 NL CFP Medical Student Oration Award Ms. Hannah Brennan

For her essay on "Adapting to Life as a Family Physician During the COVID-19 Pandemic"



Congratulations NL CFP Award Recipients!

2021-2022 Award of Recognition Dr. Dave Thomas, Port aux Basques Dr. Amy Pieroway, Corner Brook

"For your real-time, evidence-informed responses to the people of NL through your podcasts during the COVID-19 Pandemic"



2021 Mohamed Ravalia IMG Award Dr. Get Nel, Old Perlican

This award recognizes excellence in an International Medical Graduate physician who has committed themselves to becoming a respected member and leader of their local and medical community, by upholding the College of Family Physicians of Canada principles of Family Medicine.



Congratulations NL CFP Award Recipients!

2021-2022 Awards of Excellence

Dr. Bruce Hollett, St. John's

"Nominated for your extensive knowledge in the fields of psychiatry, chronic pain, and addiction medicine, and the significant contributions you have made to those afflicted with disabling and life altering psychiatric illnesses and their families."



2021-2022 Awards of Excellence

Dr. Gena Bugden, St. John's

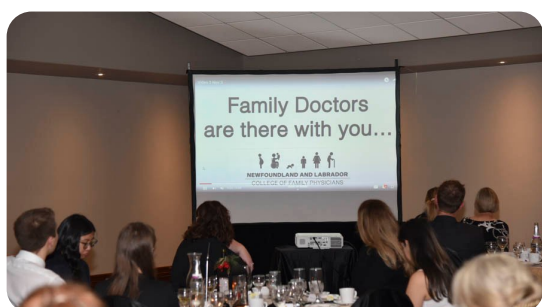
"Nominated for your exceptional leadership skills in the Emergency Department through the COVID-19 Pandemic, and your contribution in organizing the community COVID assessment clinic within the Eastern Health Region."



NL CFP Celebration of Family Medicine Event

We would like to take this opportunity to thank the following groups for attending the NL CFP Celebration of Family Medicine.

- *NL CFP Board of Directors
- *CEO & Executive Director - National CFPC
- *Family Practice Networks
- *Newfoundland and Labrador Medical Association
- *MUN Family Medicine Residents
- *MUN Medical Students (FMIG)
- *Family Practice Renewal Program
- *First Five Year Family Practice
- *NL CFP Award Recipients
- *Discipline of Family Medicine Faculty
- *ALARM Faculty



MUN Family Medicine Interest Group (FMIG)



The MUN Family Medicine Interest Group (FMIG) is run by medical learners for medical learners. Our goal is to increase exposure of Family Medicine during undergraduate medical training. We offer a variety of learner activities to help increase awareness and understanding of the opportunities, roles, responsibilities and diversity within the specialty of Family Medicine.

Some of our current events include **"Fridays with Family"** lunchtime talks on Fridays. If you are interested in talking to medical students about Family Medicine, we would love to have you participate. We are always looking for physician speakers and activities to engage the students. If you are interested in opportunities to engage with students please contact Sarah Eustace at FM.UGME@med.mun.ca or Debbie Rideout, Administrator NL Chapter drideout@nlcfp.ca

In November the NL College of Family Physicians hosted a "Walk and Talk with Family Docs" for the medical students. This event was much appreciated by our medical students. A big thank you to the family doctors who came out to talk with the students.



MUN Family Medicine Residents

In November, the NL Chapter hosted two events for the MUN Family Medicine Residents. It was wonderful to be able to meet face to face again.

The NL College would like to send out a big thank you to all teaching faculty for the Advances in Labour and Risk Management (ALARM) course offered to our residents in November.



2021 ALARM Faculty

Dr. Norah Duggan
Dr. Steve Parsons
Dr. Susan Avery
Dr. Sam Ralph
Dr. Kelly Monaghan
Dr. Karen Horwood
Ms. Clare Bessell



Resident Core Content Social

