Message from the Chair

Among the transformational changes afoot in Alberta health care these days is the introduction of the provincial physician resource planning (PRP) process. I’ve heard a lot of concern about it, and that’s natural for anything that so significantly changes the expectations and assumptions we’ve held for a long time. I’d like to offer some comments on it, from my perspectives of being involved and also having taught health workforce planning and distribution at the graduate level. (I should also note that my involvement is on the technical working group, as a health services researcher - I do not represent family medicine, medicine in general, or the Faculty of Medicine & Dentistry. I’m there for my nerd skills.)

I’ve heard some comments painting the PRP as unjustified government intrusion. I take strong issue with that view. The point is one our department has been committed to long since: social accountability. Large areas of Alberta don’t have enough family physicians. Patients are not getting the care they need. We – the medical profession generally and our department specifically – have an obligation to change that. Assuming it’s done responsibly and well, physician resource planning is something that very much deserves our support.

So is it being done well? Regardless of how genuine the need, if the process were done badly it could easily become a lesson in unintended consequences, and leave patients even worse off. That’s not a theoretical risk; Canada has two examples of provinces doing just that right now. The good news is that Alberta is not headed toward being a third. You’ve probably seen the communique from the AMA SGP pointing out that the rumours of impending draconian action are not true. All parties are talking, and more importantly listening. I see a shared understanding being built, one that recognizes both the necessity and the many complexities of addressing health workforce distribution, the human realities, the potential misinterpretations of data, and many other crucial details too numerous to list in this short note. As a professor who’s taught this stuff, I see Alberta working hard to get it right, and I think positioning itself to be the model for Canada.

- Dr. Lee Green

2016-2017 Teaching Excellence Award

The 2016-2017 Teaching Excellence Awards were announced and presented at the June 15, 2017 Grand Rounds.

Congratulations to this year’s recipients:

Shirley Schipper (Grey Nuns Family Medicine Centre), Sudha Koppula (Royal Alexandra Family Medicine Centre), Debora Corby (Northeast Community Health Centre Family Medicine Clinic), Kimberly Loeffler (Grey Nuns Family Medicine Centre), and Ross Dunbar (Westview Physician Collaborative).
CONGRATULATIONS GRADUATES

Congratulations to our 2017 residency program graduates, who celebrated the completion of the program at the Mayfield Golf & Country Club on June 17 (urban) Coast Edmonton Plaza on June 8 (distributed). The graduation ceremonies included the presentation of a number of awards and recognition of outstanding work by family medicine residents.

The 2017 Family Medicine Award recipients
Department of Family Medicine Resident Leadership Award: Rieza Zara
Department of Family Medicine Resident Peer: Chris Beavington
Department of Family Medicine Research: Fangwei Liu

Lionel A. Ramsey Award: Adam Mildenberger (Grande Prairie) and Amy Cockburn (Red Deer)

Dr. Joe Tilley & Allin Clinic Award: Chris Beavington

Patricia Ann Peat Residency & Student Family Medicine Enhancement Fund: Kiranpal Dhillon

The Westview Physician Collaborative Awards
Clinical Excellence (PGY1): Alina Ponomarev
Clinical Excellence (PGY2): Alexandra Knebel
Resident Leadership (PGY1): Kiranpal Dhillon
Resident Leadership (PGY2): Jaspreeet Lidder
Resident Research: Fangwei Liu

NAPCRG Student Family Medicine/ Primary Care Research Award: Natalia Binczyk

Department nominees for the College of Family Physicians of Canada (CFPC) residents/medical students awards
Family Medicine Resident Leadership: Chris Beavington
Family Medicine Scholarly Achievement: Fangwei Liu
Family Medicine Resident Research: Fangwei Liu
Medical Student Leadership: Madalena Dearden
Medical Student Scholarship: Joelle Baskerville

Dr. Paul Humphries Resident as Teacher Award for Teaching Excellence: Hillary Korner
Welcome Carry Perrier and Kristen Czarny

The department is pleased to welcome Carry Perrier into the new position of administrative assistant, women’s health, enhanced skills and marginalized populations. Mother to four and a native of Seattle, Washington, Carry has been with the University of Alberta for just over three years, joining us from the Department of Rheumatology.

Kristin Czarny also joined the department in early July in the role of integrated curriculum coordinator. Kristin has returned to her native Edmonton after a year spent in Montreal. She previously worked in the videogame industry in quality assurance and administrative support.

Emily Friedrich, the current integrated curriculum coordinator, will be leaving the department to return to school in September. Our thanks to Emily for all of her work to usher the various changes residency has undergone over the last year, including the transition of the women’s health and marginalized population education support roles. We wish her the very best!

Connie Lebrun Inducted into Volleyball Manitoba Hall of Fame

Connie Lebrun, professor in the department and program director for sport and exercise medicine, has been inducted into the Volleyball Manitoba Hall of Fame. Connie grew up in Manitoba, where she played volleyball at Kelvin King High School and the University of Manitoba, eventually earning a spot on the Canadian National Team. She played for volleyball for Team Canada in the 1976 Montreal Olympics. Congratulations Dr. Lebrun.

Terry DeFreitas Named Chief Medical Advisor for Taekwondo Canada

Department of Family Medicine Assistant Professor Terry De Freitas has been named Chief Medical Advisor for Taekwondo Canada. This appointment is a continuation of her work with competitive athletes, community athletic organizations such as the 2015 FIFA U20 and 2015 Women’s World Cup venue (medical officer) and the 2016 Alberta Summer games (co-medical director) and of course her ongoing work as a sport medicine physician at Glen Sather Sport Medicine Clinic. Congratulations on your appointment, Dr. Defreitas. Watch a video of Taekwondo Canada medical services at work with Team Canada at the World Championships in South Korea in June 2017.

Louanne Keenan Shares Qualitative Research Expertise

Louanne Keenan, associate professor with the Department of Family Medicine, shared her knowledge and expertise about qualitative research at the University of Alberta International Institute for Qualitative Methodology’s Teaching Qualitatively week, held June 19 – 24. She instructed workshops about holding focus groups and using Photovoice as a methodology.

Louanne will be chairing the International Institute of Qualitative Research’s Qualitative Health Research Conference 2017 being held in Quebec City October 17 – 19, 2017. She will also be teaching the Focus Group workshop and another half day workshop on Grounded Theory at the conference.

Former Family Medicine Resident Nathalie Sleno Short-listed to Become Astronaut

St Albert native and former family medicine resident Nathalie Sleno was short-listed to become one of Canada’s newest astronauts in February, 2017. Although she was not one the final two chosen and announced on Canada Day, we are pleased to have her remain here with us on earth to provide medical care as Medical Officer, team lead with the 1 Field Ambulance Detachment in Yellowknife, NWT. Read more about Nathalie’s journey.
Q & A: Dr. Roshan Abraham

In June, the department welcomed a new faculty member: Roshan Abraham. Roshan will be one of the department’s newest faculty advisors, and will also working with the department’s undergraduate program as assistant program director—clerkship. We sat down with Roshan to get his thoughts about choosing family medicine, practicing in Alberta, and the importance of learning every day.

What Brought You to Edmonton?
I was born and raised in Ottawa and came to Edmonton for medical school. The University of Alberta was my first choice because I really wanted to see a different part of Canada. I was fortunate enough to meet my wife in medical school, and we both matched to family medicine at the U of A. There are so many opportunities in Edmonton for us and our future family and I am excited to call this my home.

Did You Always Plan to Become a Family Medicine Physician?
Medicine was always the plan, but only after second year did I find my true passion: family medicine. It was through family medicine that I realized I had an opportunity to make substantial changes in people’s lives. The relationship between a person’s overall health and their social determinants of health became quite apparent through my training, and so family medicine was the obvious choice to address those needs.

I’ve Heard You Are an Advocate for Rural Family Medicine. What Was Your Experience Working in Rural Communities?
Before I came to the faculty I did rural locums all throughout Alberta; the family medicine program trained me well for that. I worked for two months after residency at the Moose & Squirrel Medical Clinic in Sundre, Alberta and it was incredible! They are a really passionate and understanding group of people that share a singular vision about patient care. The clinic is set up almost like an academic clinic and I looked at it as an extension of my residency. I specifically signed up with them because I knew I would get the mentorship I needed in all aspects of family medicine. They also take on so many learners and I only wish they could take on more! Jasper was also a fantastic place to practice medicine with people coming from all over the globe. I learned so much from my clinical experience there and the mentorship there was also exceptional. The view wasn’t bad either. Jasper actually really needs physicians right now. I would encourage all residents to consider working in a rural town; you can really make a difference.

What Do You Enjoy the Most About Your Work?
Without question it’s the people. I get to interact with people from all walks of life. Their experiences shape their perspective, and being mindful of that allows me to optimize my care for them. Not only that, but also being part of team effort. We all help each other and bring medical expertise in a very approachable way in family medicine. To be a family doctor you have to know a good amount about everything, and that’s difficult. Keeping up to date on all of the information is tough, but also a benefit to your patients. Family medicine is fun and challenging because we have to take into account people’s expectations in order to find the necessary compromises. I enjoy all parts of medicine, and in family medicine I can do anything. It’s a chance to keep learning every day.

On Being an Advisor
One of the reasons I took this advisor position was for the education. My biggest desire in coming back to the faculty of medicine, especially the U of A, was to try to garner a bit more influence with medical students as a family doctor, so they could see the true scope of family medicine. That and being a role model, even a mentor, for medical students. I learned pretty early on that family medicine would be for me, but it was great to have a mentor like Dr. Lillian Au there to give me that support and show me what a family doctor can do for their patients. Family physicians can do rural medicine, hospitalist medicine, palliative care, cancer care, occupational medicine, etc. You can do anything you put your mind to as a family doctor and I’m hoping to bring that same message to the table when I start my work at the Faculty.

About Roshan
I am a musician at heart. I played piano for over 10 years and am thankful I finished my training. Because of that, I learned to play the sax, drums, guitar, and have been in different bands playing different genres of music since high school and right through residency. I also enjoy playing a variety of sports, including hockey and soccer. Spending time with my wife is very important to me, and we both enjoy exploring Edmonton’s food scene together.
Research Day
The department’s Annual Research Day was held on June 9, 2017. In addition to Dr. Sheny Khera’s plenary address, “Research Journey from Fenway Park to the Seniors Community Hub”, there were 16 oral presentations and 16 poster presentations.

The topics this year spanned a wide range of healthcare research of interest to primary care physicians and teams, from childhood injuries to advanced care planning.

Dr. John Chmelicek, director of family medicine postgraduate studies, presented this year’s research awards. Congratulations to Kiranpal Dhillon, recipient of the Patricia Ann Peat Residency & Student Family Medicine Enhancement Fund Award.

Congratulations also to Fangwei Liu, recipient of the Department of Family Medicine Research Award, the Westview Physicians Collaborative Resident Research Award and was announced as the department’s nominee for the College of Family Physicians of Canada (CFPC) Resident Research Award.

BETTER Incorporated into Newfoundland and Labrador’s Chronic Disease Action Plan
BETTER is gaining traction and influencing policy: on June 19, 2017 the Government of Newfoundland and Labrador released its Chronic Disease Action plan, which includes launching the BETTER program to provide one-on-one lifestyle coaching. The plan includes a substantial financial investment to have Prevention Practitioners in sites throughout the province. Click here to read the full news release.

Summer Student Mentorship Program
This year the Research Program is pleased to have 15 summer students. To help welcome them into the Department and engage them further, we are hosting bi-weekly mentorship sessions. At each session, a Department member will be invited to talk about his or her career path and the key decisions and lessons along the way. The purpose of the sessions is to give our students a chance to hear about a variety of careers linked to family medicine and how people got there. Our inaugural session was led by Dr. Scott Garrison and was a success. We have an exciting schedule planned but if you would also like to share your story, please let us know! - Andrea Gruneir and Oksana Babenko

Summer Students
The department has welcomed two additional summer students. JingWei Lim will be working on the Staff Burnout and Resident Outcomes in Nursing Homes project and Kristy Yae Lim Kang will be working on the Staff Burnout and Resident Outcomes in Nursing Homes and Unbefriended elderly in long-term care project. Both JingWei and Kristy Yae will be working with Andrea Gruneir.
Publications


**Salvalaggio G, Meaney C, Moineddin R, Grunfeld E, Manca D.** Moderate mental illness as a predictor of chronic disease prevention and screening. *BMC Family Practice, 18*:73. [Dx.doi.org/10.1186/s12875-017-0645-x]


The following publications were submitted on behalf of the International Competency-Based Medical Education (ICBME) Collaborators, which includes department faculty members Mike Donoff and Shelly Ross.


Publications Cont’d


NACTRC One Stop Research Checklist Tool is Now Available

Navigating the clinical research environment can be complex. The University of Alberta FoMD and NACTRC have collaborated to develop customized checklists to help researchers develop and conduct their clinical research studies. Answer two simple questions to download a customized checklist that will guide you to the available resources to make your research a success. Check it out in the services section on the NACTRC website.

If you have any comments on these checklists, please contact Dr. Jillian Byrne or Ron Welch.

Research Services Office Announces Reduction in Required Signatures for Amendments

To better serve the research community and reduce workloads, the Research Services Office (RSO) has made significant changes to reduce signature requirements for amendments. This change will reduce signatures needed to the following:

1. No cost end date extensions where only the end date is changing. We no longer require the use of the Request for Amendment form, only an email or phone call from the principal investigator (PI) with written sponsor approval. If this request comes to our office directly from the sponsor, we will process the no cost end extension without a request from the PI.

2. Amendments where there is a change to amount, scope, or principal investigator. Now we will only need a signed Request for Amendment Form.

For more information, please visit the Signature Requirements for Amendment page of the research services website.

Discovery Day in Health Sciences: Help Educate and Inspire Curious Minds!

The Faculty of Medicine & Dentistry is once again partnering with the Canadian Medical Hall of Fame to offer high school students and teachers from Edmonton and surrounding areas the opportunity to explore careers in medicine and other sciences at the 2017 Discovery Day in Health Sciences. They are looking for engaging workshop presenters and display hosts to join us in this outreach initiative to educate and inspire curious minds. The Department of Family Medicine has been involved in previous years and has been invited to participate again this year. This year’s event will be held Thursday, October 12, 2017 here at the University of Alberta campus.

The submission deadline for Workshop Presenters is August 30, and for display table hosts it is September 15. If you are interested in being a workshop presenter or display host, please contact Danica.erickson@ualberta.ca for an application form.

Questions and completed forms can be directed to Janice McNorgan, Information Systems and Program Coordinator, Medical Hall of Fame.
PROFESSIONAL DEVELOPMENT

Practical Evidence for Informed Practice 2017

Save the Date: October 20-21, 2017 DoubleTree by Hilton in West Edmonton. The planning committee is busy working behind the scenes to create another great program for this year’s conference. Confirmed sessions include:

- Concussion management,
- Medical marijuana,
- Medical reversal,
- Migraine management,
- Opioids,
- Social determinants of health, any many more!

New for 2017!

Don’t want to travel, or perhaps wish to take in the conference in your pyjamas at home? PEIP 2017 will be available once again by live webcast. Feedback from our first webcast in 2016 was overwhelmingly positive with 100% of webcast respondents indicating it is their preferred mode of participating in the conference.

Looking for additional learning opportunities? ACFP is happy to offer two pre-conference workshops on Friday morning before PEIP begins. More information is available on the ACFP website.

Allergy and Clinical Immunology Update 2017

Date: Saturday, September 23, 2017
Location: SFU Segal Building, Vancouver BC
Target audience: Family physicians, pediatricians residents & students

The robust agenda captures the most common allergy and immunology issues faced by family physicians in a clinical setting. Participants will hear from leaders in the field on such topics as food allergy, drug allergy, immunodeficiency, and asthma. For more information, visit the conference website.

Fall Harvest

Date: October 13—15, 2017
Location: Varscona Hotel, Whyte Avenue, Edmonton, AB

Registration for this annual rural faculty development conference is now open! This year’s theme is “Jazz up Your Teaching”, and will be a fun and informative weekend where you can meet new colleagues and connect with old colleagues and friends.

2017 Pediatric Update

Date: November 2—4, 2017
Location: University of Alberta (Lister Centre and Edmonton Health Clinic Academy)

Registration is now open!

This year’s conference will feature topics such as asthma medication management, abdominal pain and caring for families after the death of a child. This conference will be of interest to family physicians and residents, and other health care professionals who work with children.
Staff & Faculty Recognition Awards: Nominate Someone Today

Support Staff Recognition Award

Do you know a support staff member who goes the extra mile to support the success of their program, department and the university? Nominate them for a Support Staff Recognition Award. The award is designed to not only recognize individuals who carry their day-to-day duties with excellence, but also represent the university in a positive manner. Awards are available in the following categories:

- Business/Administration/Finance/Clerical (maximum 2)
- Technical/Information Systems (maximum 1)
- Transport/Maintenance/Utilities/Trades (maximum 1)
- Health (Medicine/Dentistry/Pharmacy i.e. dental assistant, lab technologist) (maximum 1)

The deadline for nomination is September 30, 2017 and you can nominate employees from within or outside of your department or unit.

More information as well as award criteria and nomination forms can be found on the Support Staff Recognition Award page.

Achievement Award for APO’s, FSOs and Librarians

Do you know an Administrative Professional Officer (APO), Librarian or Faculty Service Officers (FSO) who has made extraordinary contributions the University? Nominate them for an Achievement Award for APO’s, FSO’s and Librarians.

Nominees must be:
- Employed for 12 consecutive months on either a full-time or part-time basis in a designated position (i.e. APO, FSO or Librarian)
- Nominated by two University staff members

Individuals can nominate APOs, FSOs and Librarians from within or outside their own Faculty/Department or Administrative Unit. A maximum of three awards will be presented each year.

For more information as well as award criteria can be found on the Achievement Award for APO’s, FSO’s and Librarians page.

FAMILY MEDICINE IN THE NEWS

Evidence Based Medicine’s 2014 study “Televised talk shows—what they recommend and the evidence to support their recommendations: a prospective observational study” was referenced in a recent Eating Mindfully blog post in Psychology Today online.

Tune in to Edmonton’s CKUA Radio, and you might hear Shirley Schipper and Kim Loeffler, who are contributing to a weekly wellness spot. Listen often: they will be covering a different topic each week!

COMMUNICATION TIP

Copyright Reminder

As we proceed into a new academic year, it’s a good time for a reminder about that little word that is so important to those working in the academic world: copyright. Adrian Sheppard, Director, Copyright Office at the University of Alberta has provided a refresher, including resources, about copyright for academics. You can read the article Things to Keep in Mind: Copyright and Academic Publishing on The Quad.

Visit our website at www.ualberta.ca/medicine/departments/family-medicine

About FAMILY MATTERS

Family Matters is the monthly Department of Family Medicine newsletter highlighting the work of department faculty, staff and researchers. If you have news or information for Family Matters, please send it to danica.erickson@ualberta.ca.