Message from the Chair

This month’s message is about getting out there. “There” being the communities we live in and serve. It’s central to our mission, to teach and study where our patients and colleagues live, and that’s no surprise to readers of this newsletter. I was musing on that while sitting in on that dependably-excellent gathering of teachers, Fall Harvest. So, in addition to the Fall Harvest item in this issue, I’d like to call out some other examples.

In education, Dr. Nichols’ presentation at Discovery Days is also in this newsletter, but much more important is the Integrated Community Clerkship (ICC) that he directs. Much of what Dr. Pickle does in the Longitudinal Clinical Experience (LCE) is oriented similarly. Teaching medical students in the community setting is still an innovation - but we look forward to the day when it is routine. We’re already doing so in residency, we just have to convince the medical school to get out there.

We’ve certainly gotten our research out there, too. Pretty much all our research is conducted, and much of it is designed from the outset, in partnership with the people we hope to benefit with it. I’ll have many examples to comment on after the upcoming FMF, where we will be well represented. For now, I’ll just point out the MARD Centre’s pioneering work on alternative transportation for seniors described in this issue. It’s a perfect example of advanced research work in the service of local communities, that will help them now and many others in the future.

Watch this space for news from Family Medicine Forum! - Dr. Lee Green

DR. PAUL HUMPHRIES NAMED ONE OF CANADA’S TOP DOCS!

Congratulations to Dr. Paul Humphries on being named one of Canada’s Top Ten Family Physicians of the Year by the College of Family Physicians of Canada (CFPC). As one of Canada’s ‘Top Docs’, Dr. Humphries will join his fellow honourees in receiving the Reg L. Perkin Award. He was also named the 2016 Alberta Family Physician of the year by the Alberta College of Family Physicians (ACFP).

These two honours add to the Ian McWhinney Family Medicine Education Award he received earlier this year, making it a Hat Trick! Congratulations, Dr. Humphries: you are a true MVP!

Dr. Paul Humphries has now been designated a Lifetime Member of the College of Family Physicians of Canada.
STAFF WELCOMES

Welcome to three new research program staff who have joined family medicine.

Allison Boileau

Allison Boileau is our new and enthusiastic NAPCReN Research Assistant. Allison will be working on the Data Presentation Tool (DPT) project.

Allison has a Masters of Arts and many years of experience in community health, health promotion and facilitating adult learning. She has a good understanding of the clinical environment and has worked with physicians.

Isabella Carneiro

Welcome Isabella Carneiro, who has joined the BETTER WISE Project team. Isabella is currently working on her Master of Science degree at the U of A in the Department of Agricultural, Food and Nutritional Science. She is a registered dietitian in Brazil.

Isabella joins the BETTER WISE team as a graduate research assistant and will be working closely with the team’s clinical working groups throughout phase 1 of the project, which involves a review of the available clinical evidence and the development of the BETTER WISE tool kit.

Jessica MacDonald

Jessica comes to us as a new grad from U of A Department of Human Ecology with a major in family studies and a minor in aging, and experience working with elderly populations and organizations from the Edmonton area. She will be working as the administrative assistant for Dr. Scott Garrison’s BedMed Initiative. We are looking forward to working with Jessica!

Allison, Isabella and Jessica are all located in 6-10 University Terrace. Welcome to family medicine!

WARM WISHES FOR A HAPPY RETIREMENT TO DR EARLE WAUGH

A fond farewell and best wishes to Earle Waugh, who will be retiring after 13 years with the Department of Family Medicine.

Dr. Earle Waugh

Earle joined family medicine following a fruitful career in the Faculty of Arts, including being chair of the Department of Religious Studies. When he joined family medicine in 2003, he brought with him the Center for Health and Culture (formerly the Centre for the Cross-Cultural Study of Health and Healing), and as its director he led efforts to increase health care professionals’ understanding of the unique relationship between health and culture. In collaboration with his colleagues, notably Dr. Jean Triscott and Olga Szafran, he developed a number of resources for health care providers, including the Cultural Competency Skills for Health Professionals series, and the book At the Interface of Culture and Medicine.

As a result of his extensive work with the Cree people of Alberta, Waugh was bestowed the Cree name Piwapisk-omostos, which means Iron Bull, in 2011. In a special ceremony, he received a headdress that accompanied the name, and on November 7, 2016 he will transfer that headdress to permanent loan at the University of Alberta in a ceremony marking the occasion.

Dr. Waugh wearing the headdress.
POSTGRADUATE UPDATE

Planning for CaRMS 2016 is underway! Mark your calendars for the following dates:

**November 22, 2016:** File reviews begin.
**November 29, 2016:** Letters of reference come on-line.
**January 14, 15, 20, 21, 2017:** Edmonton Interview dates.
**January 28 – 31, 2017:** Red Deer Interview dates.
**February 2, 2017:** Grande Prairie Interview date.

Fort McMurray interview dates will be integrated with interview dates at the Red Deer and Grande Prairie sites.

Rural and Regional Health Fall Harvest 2016

Family medicine faculty took part in the Office of Rural and Regional Health (ORRH) Fall Harvest October 14th to 16th at the Varscona Hotel in Edmonton. Despite Mother Nature’s surprise winter storm, many still braved the terrible roads to attend. In the end, 28 of the 35 original registrants participated. The overall theme of the conference was Competency Based Medical Education (CBME). Dr. Mike Donoff, a world leader in CBME, gave an inspiring keynote address about the whys and hows of implementing this perspective on medical education. In addition to the keynote, there were many different workshops related to this theme or other innovative ideas or topics related to clinical teaching.

Sunday morning a panel of representative from the Faculty of Medicine & Dentistry presented information about the various development resources available to clinical faculty.

Discovery Days

On Friday, October 21, 2016, the Faculty of Medicine & Dentistry hosted 301 high school students for Discovery Days in Health Sciences. Discovery Days are one-day workshops that give secondary school students (primarily Grade 11) who are interested in science the opportunity to explore a variety of career options in medicine and the health sciences. Discovery Day is comprised of a dynamic keynote lecture, interactive workshops and a career panel discussion. Students get a clear picture of what it would be like to be a health professional by interacting with researchers, clinicians and educators in their real-life work setting.

Dr. Darren Nichols, Director of the Integrated Community Clerkship (ICC) program, provided an inspiring innovative keynote address entitled "Lifehacks for teens: Secrets to a fun career and a meaningful life", complete with magic tricks and a unique perspective on "gut stuff" that held everyone’s attention for the entire address. Whenever our learners are in community, we always support and encourage participation in any outreach opportunities to high school students that might present themselves. - Dr. Fred Janke

*Discovery Days was held in conjunction with the Canadian Medical Hall of Fame.*
Practical Evidence for Informed Practice (PEIP) Conference a great success!

Together with the Alberta College of Family Physicians, the Evidence Based Medicine team presented the fifth Practical Evidence for Informed Practice (PEIP) Conference in Edmonton on October 21-22, 2016. Nearly 460 family physicians, residents, students, and allied health care professionals were in attendance.

Once again the conference was incredibly well received by attendees and speakers, with in-person seats sold out three weeks prior to the conference. Early evaluation results show that nearly 95% of attendees plan to attend again next year, while 99% would recommend PEIP to a colleague. Due to the popularity of PEIP, for the first year nearly 100 individuals were able to join the conference from across the country via live webcast.

One of the distinguishing features of the PEIP conference is in being completely free of industry support, which attendees and planning committee members alike believe is important in providing the best possible forum for evidence-based discovery and discussion. This feeling is echoed in the feedback provided by attendees: “Quality material, no industry-sponsored influence—an excellent educational program.”

As a multidisciplinary event highlighting relevant, evidence-based, and thought-provoking topics in health care, PEIP has consistently scored very high in relevancy to family medicine (4.93/5.0) and information useful for future practice (4.81/5.0).

The PEIP Planning Committee members are Mike Kolber, Mike Allan, Tina Korownyk, Adrienne Lindblad, Carmen Gingles, and Tony Nickonchuk with ACFP conference support from Sharon Nickel and Susan Wong Armstrong.

What else are people saying about PEIP?
- “Always a great weekend, always clinically relevant!”
- “Fantastic presentation style, entertaining, academically sound, just the right length of each talk, and varied topics. You guys do a great job and are invaluable to family medicine!”

Best Poster Award

Congratulations to Dr. Jasneet Parmar and her team for earning the Best Poster Award in the 27th Annual Palliative Education and Research Days held October 24 - 25, 2016 at the Fantasyland Hotel in Edmonton.


RESEARCH UPDATE

Best Poster Award

Congratulations to Dr. Jasneet Parmar and her team for earning the Best Poster Award in the 27th Annual Palliative Education and Research Days held October 24 - 25, 2016 at the Fantasyland Hotel in Edmonton.


Practical Evidence for Informed Practice (PEIP) Conference a great success!

Together with the Alberta College of Family Physicians, the Evidence Based Medicine team presented the fifth Practical Evidence for Informed Practice (PEIP) Conference in Edmonton on October 21-22, 2016. Nearly 460 family physicians, residents, students, and allied health care professionals were in attendance.

Once again the conference was incredibly well received by attendees and speakers, with in-person seats sold out three weeks prior to the conference. Early evaluation results show that nearly 95% of attendees plan to attend again next year, while 99% would recommend PEIP to a colleague. Due to the popularity of PEIP, for the first year nearly 100 individuals were able to join the conference from across the country via live webcast.

One of the distinguishing features of the PEIP conference is in being completely free of industry support, which attendees and planning committee members alike believe is important in providing the best possible forum for evidence-based discovery and discussion. This feeling is echoed in the feedback provided by attendees: “Quality material, no industry-sponsored influence—an excellent educational program.”

As a multidisciplinary event highlighting relevant, evidence-based, and thought-provoking topics in health care, PEIP has consistently scored very high in relevancy to family medicine (4.93/5.0) and information useful for future practice (4.81/5.0).

The PEIP Planning Committee members are Mike Kolber, Mike Allan, Tina Korownyk, Adrienne Lindblad, Carmen Gingles, and Tony Nickonchuk with ACFP conference support from Sharon Nickel and Susan Wong Armstrong.

What else are people saying about PEIP?
- “Always a great weekend, always clinically relevant!”
- “Fantastic presentation style, entertaining, academically sound, just the right length of each talk, and varied topics. You guys do a great job and are invaluable to family medicine!”

Preparing to present “What’s New, What’s True and What’s Poo:” (L-R) Mike Kolber, Mike Allan, Tina Korownyk, Adrienne Lindblad
Publications


Adams LM, Manca DP, Bell RC. Can Facebook be used for research? Experiences using Facebook to recruit pregnant women for a randomized controlled trial. Journal of Medical Internet Research 2016; 18(9): e250. DOI: 10.2196/jmir.6404


Medically At-risk Driver Centre (MARD) News

Implementation and Assessment of Ride-Scheduling Software for Alternate Transportation for Seniors (ATS) Services - Alberta Pilot Project

The Medically At-Risk Driver (MARD) Centre is pleased to announce that the Wetaskiwin Community Transportation Society has been selected as the successful applicant for this project. The MARD Centre is looking forward to working with the society over the next year. We extend our thanks to all those communities who expressed interest in this pilot project.

Request for Proposal (RFP): Implementing and Assessing Alternate Transportation for Seniors (ATS) – Validation of the Transportation Toolkit for the Implementation of Alternate Transportation for Seniors in Alberta Submission Due Date – December 7, 2016

The Medically At-Risk Driver (MARD) Centre is inviting proposals from interested rural Alberta community organizations, rural municipalities, counties, or municipal districts to work with MARD to implement a sustainable model of alternate transportation for seniors (ATS) and persons with disabilities (PWD) in a rural (population less than 15,000) area in Alberta. This pilot project will use the Transportation Toolkit for the Implementation of Alternate Transportation for Seniors in Alberta as a resource to guide in the development and implementation of an ATS service in a rural Alberta community. MARD will work with the successful Alberta applicant in the development and implementation of this ATS service. An overarching goal is for MARD to use the learnings from this project to validate the contents of the Toolkit.
FACULTY DEVELOPMENT

Introducing David Pickle

I am currently the coordinator for the Longitudinal Clinical Experience in Family Medicine (LCE-FM). This is my second year in the role. My first foray into the academic world was as the acting assistant undergraduate coordinator in 2012. My job description in that role included a number of academic odd jobs but mostly a great deal of learning.

I graduated from the University of Alberta with the class of 2007 and began to practice in 2009. I worked as a locum for the following 4 years which included a stint covering a maternity leave at the Grey Nuns Family Medicine Centre. I will have been working at the Magrath Medical Clinic now for just over 3 years.

I currently am taking on a full complement of LCE students, 3rd year clerkship students, elective students, and family medicine residents.

I really enjoy what I do and I love passing on that passion to learners. It’s great interacting with students and residents all at different stages in their education and seeing their progression. It makes me appreciate what I do more and certainly keeps me evidence based and on my toes.

My favourite conference is St. Paul’s in Vancouver. It’s a great learning format, it’s in the thick of things downtown, we get to rewind the weather by about a month, and then there’s a slim but real chance of getting some skiing in.

PROFESSIONAL DEVELOPMENT

Health Ethics Symposium
Keynote Speaker: Dr. James Downar, Critical Care and Palliative Care Physician, University Health Network, Toronto. This symposium will bring together experts from various fields to discuss key elements and challenges, highlighting ethical and legal concerns surrounding Medical Assistance in Dying (MAID).

Date: November 25, 2016
Location: Maple Leaf Room, Lister Conference Centre
08:30 a.m. – 4:15 p.m.
Regular rate: $150.00 + GST, Student rate: $85 + GST (Fees include lunch, refreshments and resource material).

Wilderness Medicine Seminar Series
A Wilderness Medicine Seminar series has been initiated at the university. Sessions will be held the third Monday of every month from 4:30 p.m. – 5:30 p.m. in 2F1.04 (Classroom D) in the Walter C. McKenzie Health Sciences Centre.
If you would like to be involved, or would like more information, contact Dr. Debra Hammer: dhammer@ualberta.ca

Northern Research Workshop Series
UAlberta North is hosting a series of workshops about Northern research. ‘Navigating the Process of Northern Research: Ethics, Licensing, and Funding’ will be held November 17th.

UAlberta North welcomes faculty and students who are interested in participating in their respective fields of research to the workshops. This workshop series will be held again during the winter term. To receive notification about upcoming workshops, join the UAlberta North listserv: http://www.mailman.srv.ualberta.ca/mailman/listinfo/ualberta_north

Practical Ophthalmology for the Non-Ophthalmologist
Website: http://ubccpd.ca/course/Ophthalmology2017
Date: Saturday, March 4, 2017
Location: UBC Life Sciences Centre, Vancouver, BC
Target audience: Family physicians, pediatricians, neurologists, residents.
FACULTY AND STAFF INFORMATION

Goal Orientations Survey of Practicing Physicians

Researchers in the Department of Family Medicine are conducting a survey to examine goal orientations of practicing physicians and invite you to complete a 5-minute online questionnaire.

This is a Tri-Council funded research project. Your participation in the survey will contribute to our understanding of goal orientations and how they relate to personal and professional outcomes. The direct benefit to you is a potential for greater self-awareness.

To take the survey, please click on the following link: https://goo.gl/forms/x0llAhwZttgr1Trx2

For more information about the study, "Exploring goal orientations of learners in professional education and of practicing professionals”. please contact Dr. Oksana Babenko: obabenko@ualberta.ca.

University Research Services Funding Fair

Funders and campus services at the booths can help you with your research goals. Take the opportunity to meet funders from multidisciplinary and multiple sectors at casual one-on-one drop-in sessions. For more information, visit the Research Funding Fair webpage.

Winter Closure Dates

The holiday season is just around the corner! To help you with your holiday planning, here are the university’s winter closure dates for 2016/2017:

Monday, December 26 (in lieu of Sunday, December 25)
Tuesday, December 27
Wednesday, December 28
Thursday, December 29
Friday, December 30
Monday, January 2, 2017 (in lieu of Sunday, January 1)

Reminder: Spending Account Allocations

On January 1, 2017, support staff with supplemental health benefits will receive a total allocation of $1,250 to be divided between your health spending account (HSA) and your personal spending account (PSA). You decide how much of the $1,250 you want to put in each of your accounts.

The deadline to make or revise your choice is midnight on November 30, 2016. Staff not electing to make a choice before November 30, 2016 will be allocated $1,000 to HSA and $250 to PSA.

To make your choice on how you would like to allocate your $1,250, you can visit https://apps hrs.ualberta.ca/BenefitsElection

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.