

Palpate This! 2022 Edition

By residents

For residents



Queen's
UNIVERSITY

Table of Contents

Welcome from your Lead Residents!	3
Stay Connected	4
Program Director's Message.....	5
What has Changed due to COVID?	6
Orientation 101 Checklist	7
Medical Memberships	9
Finding a Family Doctor in your City	11
Kingston	11
Belleville	11
Peterborough	11
QBOL	12
Kingston & the Thousand Islands.....	13
Housing:	13
The Social Side of Kingston	15
Tasty Eats	16
Activities Await	18
Local Travel	20
Sporting and Outdoor Activities	20
Life on Family Medicine @ QFHT.....	23
Belleville-Quinte.....	26
Oshawa-Bowmanville (QBOL)	29
Peterborough-Kawartha	31
Public Health and Preventive Medicine Program (PHPM).....	34
PGY3 – Enhanced Skills Year	36
Getting Involved.....	37
Resident Wellness.....	39
MOTP/MMTP Residents	41
On the Road to Graduating.....	42

Welcome from your Lead Residents!

Welcome to the Queen's Family Medicine Residency Program!

We look forward to meeting you, learning with you, and having some fun over the course of our training together. I would also like to extend a sincere congratulations on finishing your MD training - a huge accomplishment in itself. I hope you use this time before residency to celebrate.

We are confident that the rigorous training you will receive at Queen's will shape you into the best family physician you can be, both in terms of your personal career goals and in preparing you to serve the needs of any community. We are also confident you will find something you enjoy at any of our sites - including the best [sourdough](#), [movie popcorn](#), [shopping](#), [brunch](#), [beaches](#), [sports clubs](#), [folk festivals](#), and much more, all listed for you in this document.

The transition to residency can be challenging in many ways, so we hope this guide - created by residents, for residents - helps to distill the disparate to-dos into a single document streamlined by multiple generations of Queen's FM graduates.

I do encourage you to read through this guide before your first day to get your bearings and ensure you don't miss any deadlines. Please also visit and bookmark <http://www.qfmblog.com> for resident specific updates and resources over the next two years.

If you have any questions at any time, please do not hesitate to reach out to me at DFM-Progrelead@queensu.ca.

Looking forward to meeting you soon,

Meg

Meghan Victoria Kerr
Program Lead Resident
Queen's Family Medicine

This guide was compiled by past and present resident leaders.

Stay Connected

Your Facebook group is: <https://www.facebook.com/groups/dfm2024>

Program Lead Resident: Meghan Kerr – DFM-Progrelead@queensu.ca

KTI Site Leads: Allyshia Van Tol and Bryce Chen – DFM-Reslead.KTI@queensu.ca

BQ Site Lead: William Wu – dfm-reslead.bq@queensu.ca

PK Site Lead: Adam Vanderleest – dfm-reslead.pk@queensu.ca

QBOL Site Lead: Hilary Noble – DFM-Reslead.QBOL@queensu.ca

PGY3 Leads: Carlee Stoyanovich and Stephanie Cheon – pgy3chief@dfm.queensu.ca

PHPM Lead: Kathryn Cleverley and Janice Mok – DFM-phpmrelead@queensu.ca

Wellness Team: Anastasia Lezhanska, Jerry Grewal, Diana Varyvoda, Becca Lumley (KTI reps), David Rizzuti (QBOL rep), Caroline Piccininni (BQ rep), Justine Fletcher (PK rep) – DFM-WellResident@queensu.ca

Program Director's Message

We are delighted that you have matched to Queen's Family Medicine and look forward to welcoming you to the program very soon! While it certainly has been an unusual past couple of years, with understandable impacts on your education, I am confident that you will exit the Queen's Family Medicine program very well equipped to work wherever your medical career takes you. During that journey you will also form connections and friendships that will be with you for the rest of your life.

This collection of very helpful hints, created by our residents, will hopefully ease your transition from medical school to residency. Also, for those of you who don't know your site city, this will point you in the direction of all things good— restaurants, hair salons (no, I did not contribute to that portion), sports adventures, a bar or two and much more. I'm sure the medical library is in there too! Residency flies by quickly so being quickly oriented to your community is vital.

I should also note that our program is what it is in large part due to resident input and feedback. So in the spirit of starting out with collaboration and resident input, if you think there's something else you would have liked to have heard about and it's not here, let us know.

We are excited to get to know each of you and look forward to meeting you face-to-face in a few months.

See you in July!

If you have any questions or concerns before then don't hesitate to get in touch.

Dr. Brent Wolfrom
Program Director
Family Medicine, Queen's University



What has Changed due to COVID?

The COVID pandemic has presented many challenges, some of which have necessitated significant changes to the residency experience. In some ways, this has empowered a push toward innovation in medicine, such as with the adoption of virtual collaboration and telemedicine. In other ways, social restrictions and public health prioritizations have required programs to modify or even entirely change the way some parts of the residency curriculum is delivered.

Some of the programming and experiences discussed in this guide may not take place exactly as described. ***Our response to the vagaries of the COVID-19 pandemic remain dynamic in order to adapt to the current context.*** Some adjustments that have been required for current residents are listed below:

- Changing the delivery of some large-group orientation/academic/social activities to be delivered in a virtual or small-group format.
- Unfortunately, many of the large in-person social gatherings that were planned have not been able to take place in their intended capacity.
- Providing some aspects of patient care virtually, when appropriate.
- The Long-Term Care (LTC) experience has been susceptible to changes, given the vulnerability of the patients involved. In-person care continues with virtual care occasionally superseding in response to community outbreaks and resident physician exposures.
- Dynamic changes to the capacity for resident learners in some clinical rotations, including visiting elective rotations.
- Frequent updates to hospital screening, workplace isolation, and mandatory quarantine requirements and how these interact with out-of-region/province travel (for leisure and/or work-related reasons).

These changes continue to be re-assessed and modified as needed on an ongoing basis. Some of these changes may no longer be in place by the time you begin residency. Throughout this process, ***patient care and the quality of resident education remain top priorities*** in shaping the ongoing response. We will continue to keep you updated on any new information we can share as it becomes available.

Orientation 101 Checklist

This list is by no means exhaustive. The paperwork will just keep coming so stay organized, write things down, and tackle them one at a time.

- **Firstly, and most importantly - *take a deep breath*** and prepare for the mounds of paperwork. By now you may have received a large envelope from the Postgraduate Medical Education Office (PGME Office). If not, you will soon. You may already be through most of this paperwork and if so, congratulations!
- **Create an organizational system:** use productivity apps, agendas, calendars, or whatever works for you to stay organized. Find a system and stick with it. Useful tools include but are not limited to (1) OneNote/Evernote for taking notes during Bootcamp, Core Seminars, Academic Days (2) Reminders apps for daily and weekly tasks (2) Compile day-to-day logistical information in a Note app on your phone as you go for easy accessibility (4) Find an email client that is compatible with your devices (5) Put EVERYTHING in your calendar!



- **Complete the Queen's Postgraduate Registration Process:** Opens in April. **DEADLINE June 27, 2022.** Includes Letter of Appointment, CMPA, CPSO, Criminal Record Check, Online Registration, ACLS, etc.

<https://meds.queensu.ca/academics/postgraduate/current/registration/new-residents>

You must complete this before starting residency - do this early!

- **Complete the KHSC (Kingston Health Sciences Centre) Application for Appointment to the House Staff.**

(For residents in Belleville-Quinte, Peterborough-Kawartha and Bowmanville-Oshawa-Lakeridge, please contact your program assistant to complete the appropriate application for privileges at your respective hospital.)

- **Complete the Occupational Health, Safety & Wellness Documentation**
- **Complete the mandatory online modules for KHSC**

There are a few Training Modules that require quizzes to be submitted for completion and two that require submission of a declaration.

*You will receive this information as part of your online **PGME registration**. The modules*

are broadly geared towards all employees of KGH. If done quickly, they can all be completed within 1-2 hours. These must be done before starting residency or you will not be able to start. Seriously - just do them and get them out of the way!

- **Attend PGME Orientation in Kingston on June 30, 2022.**
NOTE: Applies to all PGME programs at Queen's University. Date and programming is subject to change, pending COVID restrictions. More information can be found at:

<https://meds.queensu.ca/academics/postgraduate/current/orientation>

- **CPSO Registration**
- **CMPA (Canadian Medical Protective Association) Registration**
- **Sign up for the CMPA-MOHLTC (Ministry of Health and Long-Term Care) MLP Reimbursement program.**

*The cost for the first year CMPA fees will be reimbursed (except for the base fee) by the end of April of the qualifying year or in quarterly deposits through the Medical Liability Protection (MLP) Reimbursement Program as part of the Ministry of Health and Long-Term Care of Ontario. For reimbursement there is an online form that requires submission along with an "Acknowledgement form" from the CMPA. **Be sure to keep your receipts for your taxes next year!***

<http://www.health.gov.on.ca/en/pro/programs/ohip/mlp/forms.aspx>

- **Occupational Health and Wellness Documentation**

*We highly recommend that you have all immunizations, titres, and test results done before you start residency. Being organised and photocopying all your vaccine and titre documentation will prevent a lot of hassle in upcoming months. **Keeping electronic records will save you time in the future for electives.***

- **KHSC Mask Fitting, Scrubs, Identification and Dictation Code**

During Orientation Day, you should receive information about how to obtain a KGH/HDH card to get scrubs out of the machines, where to get a photo taken for your hospital I.D., and how to set up the phone dictation system. Should this not be covered in orientation, you should ensure that you have this done in your first month of residency (even if you are on family medicine). You never know when you will be called to one of your QFHT patient's deliveries, so it is best to be prepared! You will require mask fit testing for a specified N95 mask at the beginning of residency. This will be scheduled for you during the first few days of orientation (see below). It will take place at KGH.

Medical Memberships



It's a good idea to get a few memberships to professional organizations. Certain are mandatory (CMPA, CPSO) and you will need to know these numbers. Additionally, student numbers and your CFPC numbers are often asked for -- worth it to commit these to memory or keep them in an accessible place (see suggested organizational systems in the Orientation 101 Checklist).

OMA and CMA

Membership in the Ontario Medical Association (OMA) has a number of benefits including OMA Insurance Plans, Pregnancy/Parental Leave Benefit, Physician Health Program, and monthly Ontario Medical Review magazine.

Membership in the Canadian Medical Association (CMA) gets many benefits including a subscription to CMAJ, access to free textbooks online, discount GoodLife membership, and MD Financial Services to help with budgeting and financial advice.

Neither OMA nor CMA membership is mandatory in residency. You may, however, want to maintain your membership in order to take advantage of their member benefits. OMA membership becomes mandatory after residency.

The OMA offers disability and life insurance, which are both important considerations as you transition into residency. Private providers are also available, and this will be a personal choice you have to make.

OMA Membership Benefits Page:

<https://www.oma.org/what-we-do/membership/resident-orientation/>

CMA Resident Resources:

<https://www.cma.ca/resources-residents>

College of Family Physicians of Canada (CFPC)

As a PGY1 in Family Medicine, your CFPC membership will be handled by the Program Director and the CFPC. You will receive information about this in August (likely in the mail). Your first year of membership is free. You require resident membership to be eligible to sit the CFPC Certification exam. Membership is about \$100 per annum for second and third year. For more information visit <https://www.cfpc.ca/en/member-services/for-residents>.

Finding a Family Doctor in your City

These lists are subject to change but at the time of distribution, are up to date. Please let us know if any of the doctors below are no longer accepting or if you are still having trouble finding a family doctor.

Kingston

Dr. Brian Hart

25 Mill Street
Gananoque, ON K7G 2L5
(613) 382-3974

Dr. Sonal Patel

Suite C01
Unit A
310 Bridge Street West
Napanea, ON K7R 0A4
(613) 354-285

Other Options:

Queen's Health, Counselling and Disability Services

146 Stuart St (on Queen's Campus)
613-533-2506

* You will need your student card number

CDK Family Medicine and Walk-In Clinic

175 Princess St
613-766-0318
<http://www.cdkmd.com>

Belleville

BQ residents as well as their partners/family members who have moved to Belleville with them will be set up with a family physician in July. You will receive an email from Jessica Hughson (our site coordinator) to set this up. As a note, the two family doctors who take on residents as patients do not have teaching roles with residents.

Peterborough

Incoming PK residents will be rostered with a family doctor in the Peterborough community. This will be organised after you are assigned a preceptor, and efforts are made to ensure your doctor is in a separate clinic from your preceptor(s). Anjali Sivan will be in touch with you about this in Toolbox month but you can email her sooner if you are concerned.

QBOL

Dr. Emmanuel Okwar

Glazier Medical Centre
11 Gibb Street
Oshawa ON, L1H 2J9
Phone: (905) 579-1212

Dr. Mike Xue

Clarington Medical Clinic
50 Mill St. North #C
Newcastle, ON, L1B 1L4
Phone: (905) 446-1700

Dr. Saif Syed

Clarington Medical Clinic
50 Mill St. North #C
Newcastle, ON, L1B 1L4
Phone: (905) 446-1700

Dr. Annet Antanrajakumar

Clarington Medical Clinic
50 Mill St. North #C
Newcastle, ON, L1B 1L4
Phone: (905) 446-1700

North Whitby Medical Centre

(Family Medicine, Walk-in and urgent care)
3975 Garden Street North
Whitby, ON, L1R 3A4
Phone: (905) 430-2400

Courtice Health Centre Urgent Care

1450 Highway 2 (King St.)
Oshawa, ON,
Phone: (905) 723-8551

Bowmanville Urgent Care Clinic

222 King Street East
Bowmanville, ON, L1C 1P6
Phone: (905) 623-6458

Kingston & the Thousand Islands

Housing:

Kingston is a fantastic city to call home! However, finding a place to live can be daunting, especially if you are conducting your search from afar. You may find the following to be a helpful list as you look for where to begin your search:

- Join our Queen's Family Medicine Housing Facebook Group to check out sublets and leases posted by your graduating and co-residents, or to ask any of your housing questions: <https://www.facebook.com/groups/queensfmhousing>
- Queen's University Community Housing website <https://community.housing.queensu.ca/>
- Kijiji real estate listings
- Facebook Marketplace listings
- Property management company listings

Some examples in Kingston include: BumbleBee, Frontenac Property Management, Keystone Property Management, Limestone Residential, Heron Management, Braebury Properties, BPE Rentals, Panadew Property Management, RHA holdings, Homestead

Below are some tips for the frequently used landlords and real-estate agents in the city and helpful hints from upper-year residents.

Where to Live:

Check out the Kingston Neighbourhood Profile Website for a general sense of what the city looks like. <https://apps.cityofkingston.ca/MyNeighbourhood/>. Here, you will find mini maps that outline each Kingston "neighbourhood".

One of the many highlights of Kingston is its downtown core, Sydenham Ward. Many residents choose to live in the heart of downtown, as it gives them easy access to groceries, the gym, an LCBO (liquor store), delicious restaurants, shops and boutiques...and of course, work! This neighbourhood offers several waterfront properties and proximity to our Family Medicine clinics, both hospitals, and the Long-Term Care Home (Providence Manor).

To the north of Sydenham Ward is Inner Harbour neighbourhood. The two are separated by Princess Street, where you will find a long strip of restaurants, shops/stores, boutiques, and other small businesses. Many residents live in the southern region of this neighbourhood as it gives them easy access to our clinics and all of the amenities offered by the downtown core. It is about a 15-20 minute walk to get to Kingston General Hospital from the southern part of this neighbourhood.

To the west of Sydenham Ward is the Queen's neighbourhood. Queen's University and Kingston General Hospital are located in its southern part and it is bordered by Princess Street to its north. The part in between is where many undergraduate students live and is colloquially known as the "Student Ghetto." As such, this neighbourhood can get quite rowdy during the

months of the year when school is in session. The housing in this area is quite cheap but also lacklustre in quality. You may want to avoid this region if you value quieter nights.

A few residents also choose to live further uptown in Kingston and drive/park downtown each morning to go to clinic or the hospital. The homes and apartments in these regions are often cheaper and nicer/as nice as those found downtown. The downside is that downtown parking is not always easy to come by. You can use the link above to check out bus stops and parking lots near the university and the family medicine clinics.

Reference Addresses:

- | | |
|---|---------------------|
| 1. Queen's Family Health Team - Haynes Hall ----- | 115 Clarence Street |
| 2. Queen's Family Health Team - Bagot St ----- | 220 Bagot Street |
| 3. Kingston General Hospital ----- | 76 Stuart Street |
| 4. Hotel Dieu Hospital ----- | 166 Brock Street |
| 5. Providence Manor (long term care home) ----- | 275 Sydenham Street |

Renting:

There are many management companies from which you can rent in Kingston. You can start looking as early as April/May! Most property management companies in Kingston have a 60-day move out notice, so places of many residents on their way out may not become available until the beginning of May.

Many companies have an initial 12-month rental agreement that becomes rent-by-the-month after the first year. For planning purposes, you will be spending the majority of your time (at least 7/13 blocks) in Kingston in your first year, and you may be spending considerably less time in Kingston in your second depending on where you choose to do your rotations. You may also want to factor in renting for an extra month (starting in June) if you want to take some time to move before July 1st.

No matter where you choose to rent, make sure to ask about parking spots (either included or nearby) if you plan to bring a vehicle. Overnight parking spots are hard to find in Kingston. The parking garages are usually full and street (permit) parking is not very stable as it is first come first serve. If your place of rental does not come with a parking spot, you may be able to find private monthly rentals on Kijiji, Craigslist, and property management company websites.

When speaking with landlords and rental companies, don't forget to mention that you are a resident who will be staying for 2 years. This makes you more appealing as a tenant!

Buying:

Buying can seem very appealing. To know that each month that cheque you write is going towards a financial investment of your own can be reassuring. However, everyone's situation is unique and you should review your options with a trusted financial advisor. Consider areas close to the hospital including Sydenham Ward, Alwington, Sunnyside, and Portsmouth Village. They are all lovely neighbourhoods, but on the more expensive side. They are sure to maintain value, but are also more likely to have young students nearby. Inner Harbour, just north of

Princess, is a quickly gentrifying part of the city. You'll find better prices and fewer students in this region.

You may hear rumors about North of Princess (NOP); historically, this area of town was more run-down and less desirable to live. However, due to affordability, over time, more young professionals, couples, and families have moved to NOP, so don't shy away!

A few pieces of advice/suggestions: (from those who've been there and done that!)

- Talk to multiple banks/mortgage brokers for financing
- Save money for closing costs such as lawyer fees, title search, insurance, land transfer tax
- Using a budget will help you consider taxes, utilities, maintenance costs, condo fees, etc.
- Consider how long you are going to live in the home - consider using an online "rent vs. buy" calculator
- Don't forget the home inspection, and preferably have someone NOT affiliated with the buyer or seller real estate agency
- If your new home is a fixer-upper, don't forget to add on a minimum of 20% contingency to your renovation budget. And have your estate agent book contractors, plumbers, electricians to come and give you free quotes on the work that needs to be done. This is the best way to figure out what renos will really cost you.
- Homeowner's insurance is necessary to close the deal on your new home, but consider Mortgage and Property/Contents Insurance as well!
- Spend time in the area you are looking to buy. What are the amenities (gym, groceries, gas stations)? Walk or jog the area and see the house during the day and at night.
- Don't forget to look into the parking situation.
- Always take a MUST HAVE and a WISH LIST with you on home visits and open houses. This will help you stay focused and get what you want!

Helpful Websites:

PGME Website: <https://meds.queensu.ca/academics/postgraduate>

The postgraduate office supplies great information for New Residents

Queen's University Listing Services:

<https://listingservice.housing.queensu.ca/index.php/rental/rentalsearch/action/search/>

Queen's University does operate a Landlord Contract Program (listings have been inspected by an independent third party for compliance with City of Kingston Property Standards).

The Social Side of Kingston

Kingston may be small but it is packed with great places to eat, things to do, and (of course) great people.



Tasty Eats

Best Brunch

Toast & Jam:

A restaurant in the West end specializing in breakfast and lunch. Attached to Bread & Butter Bakery, this spot is great for anyone who loves enjoying fresh baked goods in a fun atmosphere! (No reservations)

www.toastandjamcafe.com

Northside espresso + kitchen:

Trendy breakfast spot located downtown on Princess. Great Avo smash and you'll spot many residents here on a weekend morning. (No reservations)

www.northsideespressoandkitchen.com

Aqua Terra:

Known as the best brunch in town, this extensive gourmet buffet features eggs, meats, salads and waffles made in front of your eyes. The gorgeous view of the waterfront is icing on the cake. www.aquaterrabyclark.com/home.html

Pan Chancho Bakery and Café:

The bakery sister to Chez Piggy, a classic for yummy desserts, exotic cheeses and gourmet prepared foods, not to mention the fantastic brunch menu and gorgeous patio in the summer months.

www.panchancho.com

Lovely Lunch and Casual Eats

Sima Sushi:

Find all of your favourite maki rolls at this downtown spot.

www.simasushi.com

Harper's Burger Bar:

Not your traditional burger bar... far more delicious! Flat top seared burgers, hot and crispy yukon fries, handspun premium shakes and more!

www.harpersburgerbar.com

Score Pizza:

Build-your-own pizza (or salad) with unlimited toppings.

www.scorepizza.ca

Crave Coffee House & Bakery:

Located just a few steps north of QFHT - grab a healthy lunch and caffeine boost on clinic days.

www.cravecoffeehouse.ca

Fancy Dinner

Casa Domenico:

By far a favourite spot in Kingston! A bit pricey, but perfect for special occasions. Be sure to try the Focaccia di Casa and Tonno alla Griglia!

www.casadomenico.com

Olivea:

Delicious and authentic Italian food.

<https://www.olivea.ca/#about>

Tango Nuevo:

Tapas tapas tapas! Enjoy sharing Spanish-inspired small plates with tasty cocktails. You won't leave disappointed.

www.tangonuevo.ca

The Everly:

A new Kingston favourite!

<https://theeverly.ca/>

Chez Piggy:

A true Kingston classic, affectionately known as "The Pig", with a mix of local and international cuisines. One of the only spots in Kingston that serves fresh raw Canadian oysters.

www.chezpiggy.com

Delectable Desserts

White Mountain Ice Cream:

Homemade all natural ice cream - need I say more?

<https://whitemountainicecream.com/>

Mio Gelato:

A summer favourite with a variety of gelato flavours.

www.miogelato.ca



Activities Await

Nifty Nightlife

Palpate This! 2022 Edition

Red House:

A resident favourite! A hot spot for a drink...or two...or three! You will be sure to see familiar faces at this trendy joint.

www.redhousekingston.com

Kingston Brewing Company

A Kingston favourite.

<https://www.kingstonbrewing.ca/>

Tír na nÓg:

Traditional Irish pub with beer, hearty eats, karaoke and live entertainment.

www.kingston.tirnanogpubs.com

Grizzly Grill:

Whether you want to play a game of pool or dance the night away, the versatility of “the Grizz” makes it a resident favourite for a night out!

www.thegrizzlygrill.ca

Musiikki Cafe

Cafe by day and live music every night.

<https://www.musiikkicafe.com/>

Stone City Ales:

A brewery located on Princess Street in downtown Kingston. Perfect for trying unique beers with friends. Check out their delicious appetizers.

www.stonecityales.com

Mesmerizing Movies**Movies in the Square:**

Bring your chair and watch a classic in the open-air theatre of Springer Market Square. Summer months only.

www.downtownkingston.ca/experience/events.htm

The Screening Room Movie Theatre:

Watch independent and international films in a cozy, intimate setting. Like home, but with movie theatre popcorn!

www.moviesinkingston.com

Kingston Classics**Trivia:**

Want to impress with your non-medical knowledge? Come out to Trivia Nights with your friends. Trivia Nights usually occur several times per week at different venues, including on Daft Brewing, Fine Balance Brewing Company, Tir Na Nog, and more!

Kingston 1000 Island Cruises:

Set sail to see Kingston and the surrounding islands. Enjoy a bite to eat on board, live music and the unforgettable Kingston sunset.

www.1000islandscruises.on.ca

Kingston Public Market:

Enjoy locally grown produce and crafts by local artisans. Open Tuesdays, Thursdays and Saturdays during Summer months at Springer Market Square.

www.cityofkingston.ca/business/marketsquare/

The Wolfe Island Corn Maze:

Get lost this Fall in more than 50 acres of cornfield maze!

www.wolfeisland.com/maze/

Skating in the Square:

Skating is free at Springer Market Square in the winter months. Washrooms, change areas and skate rentals available on-site. Don't forget your gloves and mitts!

www.cityofkingston.ca/residents/recreation/arenas/skatinginthesquare.asp

Improbable Escapes:

Challenge your coresidents to an escape room or scavenger hunt. Conveniently located in downtown Kingston.

www.improbableescapes.com

Local Travel

Hoping for a little getaway or visit with friends/family? VIA Rail offers convenient trains east to Brockville, Ottawa, and Montreal, and west to Belleville, Toronto, and beyond. Note that the CMA also provides discounts for certain tickets when booked online. MegaBus and Greyhound buses offer similar routes at low prices, especially when booked well in advance.

Prefer a weekend of wining and dining? Prince Edward County - famous for its wineries, breweries and world-class restaurants - can easily be reached by car or bike. Meanwhile, Wolfe Island is a free ferry-ride from Kingston and offers beachside views and cycling adventures - not to mention a few patios in the summer months. Be sure to check out the Wolfe Island Music Festival every year in August (www.wolfeislandmusicfestival.com)! *(Has not run for the past several years due to COVID-19).*

Sporting and Outdoor Activities



Kingston Sport and Social Club:

Each season, we attempt to organize one or two co-ed teams to participate in Kingston Sport and Social Club leagues. Keep an eye out for emails trying to rally athletes to play on various teams. You can also join other teams as an individual or with a small group of friends. See the website for more details:

www.kssc.ca

Queen's Intramural Sports:

Queen's residents are eligible to participate in the wide offerings of university intramural sports - keep an eye out as the residents either form or join forces with medical students to field teams in just about every sport!

www.rec.gogaelsgo.com/sports/2013/7/19/AboutIntramurals.aspx

Squash:

The ARC (Queen's Athletic Recreation Centre) is a large facility that has 10 squash courts. This easily learned activity has become a favourite of many residents. Court rental requires ARC membership. Rackets and balls can also be rented for a small fee.

www.rec.gogaelsgo.com/sports/2013/7/30/Fac-Serv_0730132306.aspx

Local Gyms and Yoga:

GoodLife Fitness:

A large gym close to downtown offering fitness classes and yoga; very popular among residents! Membership discounts available through the OMA.

www.goodlifefitness.com

The ARC (Queen's Athletic and Recreation Center):

Workout rooms, courts for squash and pick-up basketball, and even a swimming pool. Memberships here are inexpensive but come at the price of undergrad students.

www.rec.gogaelsgo.com/sports/2018/3/7/rates-passes-membership.aspx

Studio 330:

Although no longer a "by donation" studio, several great classes and student pricing

<http://www.studio330.ca>

Palpate This! 2022 Edition

Morro Yoga:

Women-owned hot yoga studio downtown with unique classes and a beautiful space

<https://morroyoga.com/>

Other Sports!

- Boiler Room Climbing Gym: Huge indoor climbing gym at 4 Cataraqui Street.
- Walton Boxing Gym: Offers male and female conditioning and sparring classes - awesome workouts! 132 Princess Street.
- Ahoy Rentals: Rents sailboats, canoes, kayaks, and paddleboards. 23 Ontario Street.
- Kingston Running Room: Offers clinics for all levels from “learn to run” to marathon. Free weekly drop-in runs. 277 Princess Street.
- Runner’s Choice Kingston Store: Offers free “pack runs” on most days of the week. 56 Brock Street.

Outdoor Adventures

- Hiking: Local parks for hiking include Frontenac Provincial Park, Charleston Lake Provincial Park, Gould Lake Conservation Area, Lemoine Point Conservation Area and Little Cataraqui Creek Conservation Area
- Canoeing/Kayaking: St. Lawrence Islands National Park, Frontenac Provincial Park and the Rideau River.
- Camping: Frontenac Provincial Park, Bon Echo Provincial Park, and Sandbanks Provincial Park.
- Cross-Country Skiing: Little Cataraqui Creek Conservation Area and Murphy’s Point Provincial Park.
- Downhill Skiing/Snowboarding: Small hills at Batawa Ski Hill and Calabogie Peaks and larger hills at Whiteface and Lake Placid (upper NY state).
- Cycling: There is certainly no shortage of bike lovers in Kingston! Day trips to Wolfe Island, Gananoque, Prince Edward County and NY (via Wolfe Island) are all easily done. KGH and HDH have safe storage available if you plan on commuting to work.

Check out this map identifying roads with bike lanes in town:

www.media.wix.com/ugd/3409b9_20ffe60ba8a204b04003c145a8ca1b96.pdf

More cycling maps are available at www.cityofkingston.ca/residents/getting-around/cycling, www.gearsandgrinds.com/kingston-ontario-cycling-routes and www.wolfeisland.com/mtarchives/000137.php.

Life on Family Medicine @ QFHT

Queen's Family Health Team:

The Queen's Family Health Team (QFHT), comprised of 220 Bagot Street and Haynes Hall, is where you will spend the majority of your time while on family medicine in PGY1. The QFHT is made up of various clinic teams that generally include 2-3 staff physicians, a full-time clinic nurse, and 2-3 residents. Like other family health teams in Ontario, we have access to other allied health care professionals including pharmacy, nurse practitioners, social workers, a dietician, a lactation consultant, and a diabetes foot care nurse, to name a few.

Electronic Medical Record (EMR):

The QFHT uses an EMR called OSCAR for its charting. You will quickly develop a love-hate relationship with the program. There will be training at the beginning of your PGY1 where you will learn the ins and outs of OSCAR. Access is available from home that allows you to read up on patients before/after clinic. An internal messaging system within OSCAR also allows you to confidentially email other health care providers with questions or updates. Most referrals can also be done electronically through this system.

Notes in OSCAR are written in a continuous "toilet paper roll" through which one can scroll back to the beginning of the EMR (approx. 2008). Prior to this, information is found in paper charts.

Each resident will have a group of patients within their clinic for which they will be the MRR (most responsible resident). Typically, you will share this group of patients with another resident from the opposite cohort. While you are on family medicine, you will receive updates for these patients including labs, clinic notes, prescription requests, ER visits, etc. They will be scanned into your personal inbox on OSCAR as they arrive. It is generally expected that you check your inbox daily and have it clear prior to the weekend. Should you want to act on information that comes into your inbox you have the option to: call the patient, message the referral clerk or receptionist and have them schedule an appointment, message the nurse and ask them to call the patient, or message your staff (or speak to them directly) to ask questions.

OSCAR has the ability to allow you to create reminders on a patient's chart. This is often useful for marking down future lab tests/things that need to be done in future appointments. Be sure to keep your patients' medical history, medication lists, and social history up to date -- all of these make it easier for the next generation of residents to look after your patients!

On-Call Responsibilities:

After-Hours Clinic (AHC):

Part of the advantage for patients belonging to a family health team is access to after-hours coverage. This hopefully provides better continuity of care and reduces visits to the emergency department. The AHC at the QFHT runs from 5-8 pm Monday to Thursday and on Saturday from 1-4pm. Two on-call residents and one staff member run the clinic. There is sometimes an extra

staff. The AHC tends to see more acute problems and generally sees 10-20 patients per shift. Medical students may also come to observe and learn at AHC so you will have the opportunity to teach if you choose.

QFHT and Long Term Care (LTC) Call:

While on family medicine, two residents are on-call daily: one for QFHT and one for LTC. Both are responsible for running the AHC from 5-8 pm (or 1-4 pm on Saturday) while on call. There is also a family medicine preceptor staff as backup (one for each call responsibility) that can be contacted if any questions arise. Both QFHT and LTC call starts at 5pm and ends the following morning at 9 am. There are separate binders and pagers used while on call. Handover of these items are generally arranged independently between the outgoing and incoming residents. In general, call is not that busy.

The QFHT on-call resident is responsible for answering pages from patients of both the QFHT and the North Kingston Family Health Team. There are also a couple of group homes for which the QFHT resident is responsible. The group home calls tend to be more complex than those from the community as they are patients with higher needs. As a resident, you will receive a text page from the answering service describing why the person is calling as well as a callback number. You can look up the patient's medical information through OSCAR. Issues are generally handled over the phone, but if you believe a patient needs to be seen by a physician (including yourself), you can ask them to come into the AHC (if you get the call early enough) or you can advise them to go to the emergency room. Communications between you and the patient should be documented in OSCAR, and a message should be sent to the MRP and MRR to update them about anything that needs to be followed up on.

The LTC on-call resident is responsible for covering the patients at Providence Manor, a long-term care facility. Some issues can be dealt with over the phone, but sometimes you do have to go into the facility. If called about a patient in LTC, you should notify the physician and resident that normally follows that patient the next day to update them about what happened. This can be done via the OSCAR messaging system.

Jeopardy Call:

There is a third and fourth resident on call listed as "Jeopardy Resident 1" and "Jeopardy Resident 2". This is essentially a two-tiered back-up system in case one of the residents who is on call is sick or has other unforeseen circumstances. Jeopardy Resident 1 is the first backup resident, and if they are unavailable, Jeopardy Resident 2 is the 2nd backup resident. As the Jeopardy resident, you do not have any call responsibilities if you are not contacted by 5 pm. If you take someone's call while on Jeopardy, they generally take one of your calls at a later date.

A Typical Day on Family Medicine:

While on QFHT, you will be working with the same clinic group (divided by clinic rotation) for all 6 months spent on Family. A typical day on Family Medicine begins at 9am and your last patient is usually booked for 4:00 pm or 4:30pm. Patients are usually booked every 30 minutes to 1 hour throughout the day. Grand Rounds are held via zoom every Tuesday over lunch time.

Wednesday afternoons are family medicine academic half days, usually comprised of 2-3 lectures by family physicians and/or other specialists.

One half-day per week is dedicated to Providence Manor (see below). There are also horizontal clinics scheduled for residents in a variety of sub-specialized areas. These allow residents to work with experts in a particular area and then integrate these skills into family medicine. Approximately one or two half-days per week are spent in such clinics. About once weekly residents will have a “Professional Half Day”. This half-day can be used for a variety of things such as: seeing patients in LTC, reading, inbox, research, or personal errands.

Field Notes and Direct Observation:

As part of your evaluation, you must obtain field notes. Field notes are a method for getting day-to-day feedback from your preceptor, generally after a direct observation. Residents should ideally get one field note per half day while on family medicine. Preceptors are generally proactive in doing field notes for you but may need the occasional gentle reminder. If you ever have any concerns and do not feel comfortable contacting your preceptor you can always contact the Program Director, your Academic Advisor, or the Program Lead Resident.

Providence Manor (PM) Long-Term Care:

PM is a long-term care facility where you will spend a half-day per week while on family medicine. You are generally in charge of 8-10 patients at PM. All patients must be seen at least twice a month and any issues that come up must be dealt with.

In a typical morning at PM, residents round on their patients (not every patient is seen every week). There is a logbook with your preceptor's name on it where you can check for any active, and usually more pressing, issues identified by nursing. These items should be prioritised during your visit. Generally, all of the residents will meet with the staff in the middle of the morning to give a quick update, ask any relevant questions, and possibly have a short teaching session. It's important to keep in mind that PM is a nursing home and doesn't have the same services that a hospital would have. Blood work is done twice weekly, on Mondays and Thursdays. Services such as X-rays are variably available due to pandemic staffing shortages, and when available these may only happen once per week. They are not able to start an IV at PM, although fluids can be given slowly through hypodermoclysis. Throughout the week you are responsible for your patients from 8am – 5pm. Nursing will page with any issues. The volume of calls is relatively low. If you take time off during a FM block, you are responsible for finding a resident willing to cover your patients.

Belleville-Quinte

Welcome to Belleville! We are so excited to have you join our team this summer.

My name is William Wu and I'm the BQ Site Lead Resident for 2022-2023. I'm looking forward to meeting you in a few short weeks! Please don't hesitate to email me or text me with any questions you may have in the next few weeks as you prepare for your move to the Quinte area, and your new role as a resident doctor. Our current residents would be happy to show you around the city, assist you with finding a place to live, or with anything else you may need.

See you soon!

William Wu

Dfm-reslead.bq@queensu.ca

13ww16@queensu.ca 613-581-6542

Instagram: @queensdfmbq

For Incoming Belleville Residents:

We will be having our own in-depth orientation when you arrive in the first week of July to go over all the details about clinics, call, and more, so don't stress!

Family medicine clinics are located at the Station St. office (145 Station St.) with free parking on Reid St. across from the building, Connor House (240 Pinnacle St.) with free parking in the small lot at the rear of the building, and the Front St Clinic (231 Front St) with free parking in the back lot past the bank.

During orientation, you will receive a document with the locations of all the specialty clinics you need, but they are mostly around the hospital.

For Visiting Residents:

Belleville General Hospital is a mid-sized community hospital with 206 beds and its own CT and MRI.

There is a small cafeteria with a full Tim Horton's as well as some basics (Pizza Pizza, sandwiches/salads); open 6:30am-6pm on weekdays and 8am-3pm on weekends. There are scattered vending machines but best to bring meals on call.

Park in either of the lots at the front and side of the building – buy parking passes at the front entrance for 5 uses (\$22.50), 10 uses (\$45) or 30 uses (\$110) – each use has in-and-out privileges for 24h at a time.

Social Life & Activities:

Where to Eat and Drink in Belleville:

- Birdy's Casual Fine Dining: bistro-style food, from breakfast to dinner and drinks
- Boathouse: seafood and drinks on the Bay of Quinte – awesome patio!

- Bourbon St Pizza: Belleville's favourite pizza, eat in or take out
- Brake Room: independent combination coffee shop + bike repair
- Burger Revolution: local burger establishment with unconventional toppings
- Chilango's: authentic Mexican fare created by owners from Mexico City
- Dragon Rolls: all-you-can-eat sushi with an iPad ordering system
- Glazed and Confused: amazing selection of cupcakes, doughnuts and desserts, with dine-in options
- Royal Haveli: excellent dine-in Indian cuisine
- Signal: brewery and upscale sharing plates on a gorgeous waterside patio
- Slicker's Ice Cream: local ice cream and gelato chain, perfect in the summer
- Reid's Dairy: longstanding local dairy with tasty and very cheap ice cream
- Toro Sushi: a-la-carte sushi that is arguably better than sushi from the city

Where to Eat and Drink in Prince Edward County:

- Agrarian: locally sourced fresh and farm inspired dishes in a cottage-like setting
- Closson Road Wineries: a string of excellent wineries all in a row for your wine touring convenience
- Lake on the Mountain: two restaurants and breweries with stunning views
- Parson's Brew Co: locally brewed beer alongside Mexican-style snacks
- The Drake Devonshire: upscale comfort food from the County branch of the famous Toronto hotel and restaurant
- The Hubb: chef-curated seasonal menu with somalier-approved wine pairings

Grocery Stores: Dewe's Independent, Metro, Food Basics, Fresh Co, No Frills, Walmart Super Centre

Sports and Gym Facilities: Goodlife, Planet Fitness, YMCA, Quinte Sports and Social Club, Boiler Room Climbing Gym

Hiking:

- Walking trails: not quite a hike, but nice to catch a breath of fresh air. Map here: http://belleville.ca/images/uploads/Belleville_Trail_Map_corrected.pdf
- Frink Conservation Area: over 10 intersecting trails, 0.5-2 km each to mix and match. Features waterside boardwalk, forest, wetlands and a sugar bush.
- Vanderwater Conservation Area: up to 15 km of trails along the banks of the Moira river, including low-lying cedar forests and coniferous forests in the high ground

Golf Courses: Trillium Woods, Black Bear Ridge

Other Places to Explore in Belleville and the County:

- Sandbanks Provincial Park: gorgeous sandy beaches, \$17 per car per day or cheaper season passes available
- North Beach Provincial Park: more beach, and often less crowded than Sandbanks
- Belleville Farmer's Market: farm fresh local produce and other fares weekly
- The Empire Theatre: live music and theatre events year-round

- Belleville Senators: grab pre-game drinks at Slapshots and then head to the hockey game down the street
- Quinte Sports and Social Club: look into what recreational league sports are starting when you are rotating through – there's a doctor hockey team as well!

Oshawa-Bowmanville (QBOL)

Welcome incoming residents! My name is Hilary Noble and I'm the QBOL Site Chief Resident for 2022-2023. I am so excited to meet you all in July! This guide is meant as a general overview of the QBOL site (I will also be sending you a Q-tips manual with tips/info from our residents for call, rotations, vacations and more). If you have any questions not answered here, feel free to contact me at qbolchief@dfm.queensu.ca anytime!

Working in Durham:

Hospital: Lakeridge Health Oshawa (LHO) is a large 500-bed community hospital with most surgical services, a critical care unit, Level 2C NICU, and a busy obstetrics department with over 2,800 deliveries per year. It is also the local ER trauma centre, stroke centre and regional cancer centre for Durham. In general, hospital services do not rely on residents, which leads to a more education-based rather than service-based experience. Preceptors are chosen for their willingness to teach, and call schedules tend to be more flexible. In the basement of LHO is the new LHEARN (Lakeridge Health Education and Research Network) Centre, where you'll find a library, meeting rooms, a call room, and our resident lounge – fully equipped with a fridge, microwave, kettle, TV, lockers (including a snack locker filled with snacks for call and academic days), and a 3-in-1 billiards table!

Food Options: The LHO cafeteria has a Tim Horton's, Pizza Pizza, and daily specials (burgers, spaghetti and even Beyond Meat options). You can pre-order food using the Tap2Eat app and pick it up on your way to your next consult without waiting in line! The Tim Horton's is open 24/7. There is also a volunteer-run café on the 1st floor open on weekdays that's great for coffee and the best homemade muffins (currently closed due to Covid but hopefully will be back up and running soon!).

Rotations for KTI Residents: OB/GYN, Psychiatry, Paediatrics, General Surgery, Orthopaedic Surgery, Medicine Subspecialties (ICU, Cardiology).

Living in Durham:

Housing: There are many options for housing. Previous residents have lived in Newcastle, Bowmanville, Oshawa, Whitby, Ajax, Pickering, and even the Greater Toronto Area (GTA). For KTI residents, your housing will be sorted out for you based on the location of your rotation. For QBOL residents, your home family medicine clinics will mainly be located between Oshawa and Bowmanville, which is where you'll be spending more than 50% of your two residency years. Around 30% of your time will be off-service at LHO. If you're planning to live in Oshawa, North Oshawa is a great option for a safe and affluent neighbourhood. Residents have rented single or townhouses in Bowmanville, Oshawa, Whitby, and Pickering. There are also various condo options in Oshawa (Bond Street Condos), Ajax (Vision), Pickering (San Francisco by the Bay), and Scarborough (Solaris).

Commuting: Commute times vary depending on location. Generally, you're looking at 10-30 minutes within Durham and 40-60 minutes within the GTA. Commuting is an essential part of

the residency, but not to worry if you're not a big commuter – you'll get used to it real quick. Just ask around, current QBOL residents have a ton of podcast recommendations if needed!

Activities:

- QBOL wellness events: board game nights, dinners, steps challenge, group salsa lessons – for KTI residents, email the QBOL Site Chief Resident (qbolchief@dfm.queensu.ca) for more info about social events during your stay and come join us!
- Hiking/biking: Waterfront trail extending from Scarborough to east of Clarington; visit Durham Tourism for more trails.
- Skiing: Lakeridge Ski Resort (Uxbridge), Brimacombe (Orono).
- Other: Ziplining (Treetop Adventures), escape rooms (Durham Escape Rooms in Oshawa, Whitby, Ajax), bowling (Leisure Lanes, Neb's Fun World), BATL Axe (Pickering), board game cafés (Brew Wizards in Oshawa), indoor skydiving (iFly).

Food/Drinks:

- Oshawa
 - Café: Cork and Bean (great craft beers in the evening), Isabella's Chocolate Café, Brew Wizards Board Game Café.
 - Dinner: Avanti Trattoria (Italian), Spicy Affairs (Indian), Teddy's Restaurant & Deli (comfort), Chef Tommy's (Greek), Country Perks and Grill (Thai & Caribbean), The Crooked Uncle (wings), Bang Bang Burrito, Kenzo Ramen, Pho Viet Nam 999.
 - Drinks: Portly Piper, Buster Rhino's, Riley's, Butchies.
 - Dessert: Hollywood Cone, Felicio's Cake Boutique, Ice Bar Café (Asian desserts).
- Whitby
 - Dinner: Bistro 67 (farm-to-table), KB (comfort), Signature (Indian), Sushi Mountain.
 - Drinks: The Tap & Tankard, 5 Paddles Brewing Company, Town Brewery.
 - Dessert: Cupcake Junkie, Caldense Bakery (amazing Portugese tarts).
- Bowmanville
 - Café: Cakes and Coffee.
 - Dinner: Hanc's Fries (food truck), Three Six (French fusion), Frosty John's (pub fare), Toasted Walnut (comfort), Mito Sushi, Junior's Handmade Sourdough Pizza.
 - Drinks: Manantler Craft Brewing, Copperworks, Chronicle Brewing Pub.

Shopping: Oshawa Centre Mall, Downtown Bowmanville (lots of artisanal shops), North Oshawa Farmer's Market (May to October).

Gym: GoodLife (Oshawa Centre Mall), YMCA, LA Fitness.

Peterborough-Kawartha

Peterborough-Kawartha: affectionately known as the Gateway to the Kawarthas, Peterpatch and simply PTBO. With a high retention rate of FM graduates in the area, the residents here find the medical community to be welcoming and supportive, and enjoy calling PTBO home. The PGY2s look forward to meeting you and showing you what life is like in PTBO.

As your site lead resident, I look forward to meeting all of you in Toolbox month and helping you settle into life and residency at the Peterborough-Kawartha site.

For other residents and learners, if you are coming to Peterborough for a rotation, please let me know at DFM-Reslead.PK@queensu.ca so that I can share information with you about our weekly teaching sessions, social/athletic events, and things to do in the community while you're here!

Cheers,

Adam Vanderleest
PK Site Lead Resident 2022-2023
DFM-Reslead.PK@queensu.ca

Where to Live:

Peterborough has several different neighbourhoods to live in, and current residents are spread all over. Most of your clinical time will be split between the hospital (Peterborough Regional Health Centre, PRHC), the Queen's House (737 Victory Cr), and your home family medicine clinic (usually the Medical Centre, Medical Arts Building, Peterborough Clinic or Turnbull Clinic downtown). Most residents use a car regularly to commute, though it would be feasible to walk and bike to work most of the year. Popular neighbourhoods for residents include, East City (quiet and friendly, near the river), The Avenues (quiet heritage neighbourhood near the hospital) and several subdivisions a short drive from PRHC and downtown (lots of coffee shops and restaurants). Most rentals come available in the Spring and Fall, due to the high number of students in town, but a June/July lease is definitely doable. Anjali, our site admin, is a great resource when it comes to finding housing in the area.

Some residents have elected to buy a house in the past, but the majority rent. If you are contemplating buying, feel free to contact your lead resident so that you can be put in touch with current/past residents who have bought places.

Academics & Medical Community:

Peterborough boasts a supportive and close-knit medical community. This holds true for both the resident cohort and wider community of family doctors and specialists.

As a PK resident or visiting learner, you are invited to attend:

Grand Rounds through the Peterborough Family Health Team: Every Friday at 8AM from Sept to June. Topics are family medicine oriented. Currently virtual given the pandemic.

Resident Half Days: Every Wednesday afternoon starting 1PM at the Queen's House (737 Victory Crescent) during non-COVID times, but currently virtual. Sessions are led by both staff and residents.

Journal Club: These occur approximately once a month on a Wednesday evening 5-7PM at the Queen's House (737 Victory Crescent) during non-COVID times, but currently virtual. Sometimes dinner is provided from a local restaurant. Residents take turns working in groups to present an article of their choosing. There is ample support from one of the local ICU docs.

Hospital:

Our home learning hospital is Peterborough Regional Health Centre (PRHC), which has a capacity of 494 beds, a high-volume Emergency Department, and an extensive range of services. It is the regional cardiac centre with a busy cath lab. PRHC does not house neurosurgery, thoracic surgery or cardiac surgery. There is a cafeteria, a Tim Horton's, and a gift shop.

Rotations (for elective students):

PRHC is a regional referral centre and able to offer many elective opportunities. Staff are very enthusiastic about teaching residents, and learners find the learning experience to be a positive one.

Commonly available rotations include: Hospitalist, Obs/Gyne, General Surgery, Ortho, Geriatrics, Subspecialty Internal Medicine (Respirology, Nephrology, Cardiology), Community FM, Dermatology, Emergency Medicine). The ICU is generally only available to ICU residents and PGY3s.

Social Life in Peterborough:

Year-Round:

- Showplace Performance Centre - Live music, theatre, musicals: <http://www.showplace.org/>
- Cineplex Movie Theatre
- Weekly Farmer's Market (a must do!)
- Canadian Canoe Museum

Spring/Summer/Fall:

- Peterborough Lift Lock
- Riverview Park & Zoo – great place for the kids and is FREE!
- Petroglyphs Provincial Park
- Warsaw Caves
- Kawartha Highlands Provincial Park – good place for a weekend of canoeing/camping
- Paths for running & biking
- Free Concert Series at Del Cray park, Wednesday evenings in the summer
- Peterborough Folk Festival!

Winter:

- OHL Hockey at the Peterborough Memorial Centre
- Brimacombe/Devil's Elbow Ski Hills
- Kawartha Nordic Ski Club
- Ganaraska Forest Centre

Other Events:

- Hockey – every Sunday night Doc's on Ice League during Winter season. Bring your pads/gear!
- Social Events – both resident and faculty driven. Ask to find out what's going on. We enjoy lots of potlucks in non-COVID times.
- Plays / Choirs – strong Resident involvement in the local art scene.
- Ultimate Frisbee - popular among past residents and in the local community

Coffee & Restaurants:

- St. Veronus – great local and international beer selection
- Ashburnham Ale House – good pub grub
- Publican House – local brewery
- Night Kitchen – delicious take-away wood-fired thin crust pizza, open late
- Oasis Mediterranean Grill – amazing pita, falafel and shawarma downtown
- Silver Bean Café – beautiful outdoor café open in the Summer, with a patio overlooking the water
- One Fine Foods – a bit out of the way, but good pasta and pizza; also a market and bakery for take-away
- Black Honey – great coffee/deserts and lots of study space; no Wifi unfortunately
- Cork & Bean – coffee shop with wifi (and wine)

Gym Facilities:

- GoodLife Fitness: 1154 Chemong Rd (24 hours) & 898 Monaghan Rd (24 hours)
- YMCA: 123 Aylmer St S (variable hours)

Public Health and Preventive Medicine Program (PHPM)

Welcome to our newest PHPM residents! We are so happy you have joined our program. To our family medicine resident colleagues, please read on as well. We look forward to working with you over the years to come.

What Is Public Health & Preventive Medicine (PHPM)?

Public Health and Preventive Medicine is a specialty focused on the health of communities and populations. Our job is to assess and measure the health status of populations and develop interventions through health promotion, disease prevention, and health protection. We work in measuring, tracking, and preventing diseases, as well as promoting and developing policies to keep communities well.

PHPM is a five-year Royal College specialty program that comprises:

- One to two years of clinical training;
- One to two years of academic study; and
- One and a half to three years of public health rotations

Our PHPM training sites include:

- Kingston, Frontenac, Lennox & Addington Public Health
- Hastings & Prince Edward Counties Health Unit
- Leeds, Grenville and Lanark District Health Unit
- Peterborough County-City Health Unit
- Public Health Agency of Canada
- Public Health Ontario
- The Department of National Defence
- The Office of the Chief Medical Officer of Health of Ontario

Where to Learn More?

The academic program for PHPM residents is strong and continues to evolve. We have a variety of opportunities for our residents to gain a solid foundation in public health principles that are well integrated into family medicine training. Some of our yearly events include our annual bootcamp, retreat, and the National Review Course.

Electives for PHPM and Family Medicine residents can be coordinated at any of our partner sites, especially KFL&A Public Health! A general elective at KFL&A Public Health can be tailored to your interests, such as environmental health, immunization, sexual health, breastfeeding, speech and language development, travel health, or surveillance. There are also numerous research projects available for research electives.

Academic half days are held every Friday morning from 0900 to 1200 in the Boardroom of KFL&A Public Health (221 Portsmouth Avenue). Teleconference capabilities are available to residents who are away from Kingston. These sessions are an opportunity to encourage personal, professional, and scholarly development. Sessions include: special lectures, journal clubs, writing seminars, communication skills, exam practice, and similar activities. We welcome visitors to our academic half days - please contact the PHPM chief residents (dfm-phpmrelead@queensu.ca) if you would like to attend!

The PHPM program at Queen's is thrilled to be part of the DFM. We look forward to sharing a bit of what we do and **can't wait to meet you all!**

PGY3 – Enhanced Skills Year

Huge welcome to our new residents! To our returning residents, welcome back! We are Carlee Stoyanovich and Stephanie Cheon, the incoming PGY3 co-lead residents for the 2022-2023 academic year. We can be reached at pgy3chief@dfm.queensu.ca.

For those of you interested in further training after core family medicine residency, the Department of Family Medicine offers many enhanced skills programs. For a full list of programs and faculty contacts, please visit the following page:

<https://familymedicine.queensu.ca/academics/enhanced-skills-pgy3>.

If you have any questions or would like to get in touch with any of the current PGY3s, please feel free to get in touch with us and we'd be happy to help or direct your inquiry.

For the incoming PGY3s, you will find information about our department, the city of Kingston, and some of the nearby communities in this lovely booklet. There is a lot more information coming your way - expect a few emails from us in the near future, if you have not already gotten some. Please reach out if you have any questions in the meantime!

We hope you enjoy your time here!

Carlee Stoyanovich and Stephanie Cheon
PGY3 Co-Lead Residents



Getting Involved

As many of you will know from medical school, getting involved can help keep you balanced and is a great opportunity to meet new people! Queen's Family Medicine is known for the vast number of committees that always require resident participation. There are also a ton of opportunities to get involved in the greater Kingston community. Here are a few:

Committees and Organisations:

Representatives for PARO, OCFP, and CFPC

In the summer months, a few elections will be held looking for eager first year family med residents to volunteer to represent Queen's FM on the PARO Council, Ontario College of Family Physicians, and the College of Family Physicians of Canada. Open to all PGY1 residents.

PGME/DFM Committees

An email will be sent out in the summer asking for resident volunteers for the dozens (or more!) PGME/DFM committees. Here is a sample of some of the committees that will be looking for volunteers:

- Assessment Advisory Group
- Centre for Studies in Primary Care (CSPC)
- Immunisation Working Group
- Information Technology Committee
- Undergraduate Committee
- Resident Education Advisory Committee
- Resident Wellness Committee

Resident Leadership Positions

Consider running for Site Lead Resident or Program Lead Resident if you are interested in honing your leadership skills during residency, advocating for resident wellness, getting to know the program administrative staff, and participating in higher level decision making within the DFM and PGME more broadly.

Resident Retreats

Each year, there is a retreat for residents alternating between Camp Oconto and the more wilderness medicine focused, Temagami. These are great opportunities to meet residents from all sites, build leadership skills, and work on your team building. A resident favourite, it is definitely something to look forward to!

Below is a photo of all PGY1 and PGY2 residents at Camp Oconto 2018:



Palpate This! 2022 Edition



Resident Wellness

As previously mentioned, residency can be **STRESSFUL**, and you don't have to manage it on your own! The Resident Wellness Committee's goal is to help residents navigate all of this, and maintain balance throughout their residency.

During your core rotations, we organize **Ice Cream Rounds** at KTI, which are protected lunch periods to discuss recent events, share stress management strategies or simply connect with each other while enjoying some ice cream.

We also organize a variety of events and distribute wellness related info on a regular basis; everything from fun things happening in the local community to tips on managing your finances. Each regional site has its own **Social & Wellness Reps** and we will be looking for new PGY1s to join the team this summer!

In addition to the resources already listed in this section, the following are some GREAT additional resources to be aware of:

- Queen's PGME website for Resources for Resident Health and Wellness: <http://meds.queensu.ca/education/postgraduate/wellness/resources>
- PARO's website on Resident Wellness and help line: <http://www.myparo.ca/during-residency/#thriving-during-residency>, <http://www.myparo.ca/helpline/>
- Queen's Self-help Books (Improving Your Mood, Managing Your Anxiety, Self-Care and Compassion) <http://www.queensu.ca/studentwellness/counselling-services/counselling-resources/self-help-workbooks>
- OMA Physician Health Program: <http://php.oma.org>
- CMPA: <https://www.cmpa-acpm.ca/en/advice-publications/physician-wellness>

Furthermore, residents in the Department of Family Medicine have access to a Faculty Advisor in each training site. The Faculty Advisor is a member of the Department who does not have a supervisory role. The Faculty Advisor is available to discuss personal stresses. The Program Director, Site Director, and the Program Coordinator in the Department are other resources to you if stress is becoming an issue. We have an open door policy and invite you to come by at any time if you feel the need. Sometimes an informal chat can be useful or more formal meetings can be arranged if this is appropriate.

- Kingston Site Faculty Advisor: **Dr. Richard Rowland** (rr59@queensu.ca)
- QBOL Site Director: **Dr. Wei-Hsi Pang** (wei-hsi.pang@dfm.queensu.ca)
- Belleville-Quinte Site Faculty Advisor: **Dr. Lois McDonald** (613-242-8014; drloismcd@gmail.com)
- Peterborough-Kawartha Site Director: **Dr. Kim Curtain** (705-775-0619; kim.curtain@dfm.queensu.ca)

Please be assured that confidentiality will be maintained at all times.

And of course, like your chief residents, any of the wellness reps are always happy to chat with you one on one about any personal concerns you might have!

We look forward to meeting you in July!

Your friendly neighbourhood Resident Wellness Committee



(Bird's eye view of Camp Oconto!)

MOTP/MMTP Residents

Welcome to Queens FM, and Bravo Zulu! Your fellow CAF residents are excited to meet you - stay tuned for direct contact. As you well know, in addition to all the Queen's paperwork and admin, there is plenty of CAF admin to be done. Hopefully you get your posting messages ASAP (or already have them!) so that you can get started. Don't forget to request a house hunting trip (and reach out to us while you're in town so we can show you around!) From our collective experience last year, we would recommend having a low threshold to follow-up on email requests and questions, and when in doubt, call. If applicable, it is also worth thinking about promotion requirements and scheduling things like a FORCE Fitness test, medical, etc. if these are not current so that your promotion is not delayed. Once you get your PGY1 schedules, (especially if you have away rotations in Block 2 or 3), remember to request TD and submit the applicable documents at least 6 weeks in advance.

The start of residency can be daunting, remember that you are not alone - not only are you part of Queen's FM, you're also part of the larger CAF community. Don't hesitate to access CAF resources such as the CF Member Assistance Program, which offers confidential counseling 24/7(1-800-268-7708). If you haven't already, consider joining the Canadian Military Medical Officers Facebook group. Also feel free to reach out to any of the PGY2 CAF residents with questions or just to chat!

Lt Rebecca Lumley (becca.lumley@queensu.ca) & the PGY2 CAF residents

On the Road to Graduating

There are a few things you must get done in the next 2 years...

Field Notes and Direct Observation

You should be observed and evaluated about once every half day during your core family medicine rotation. These “field notes” will be entered by your preceptor into the online portfolio system where you can view them. Some preceptors are better at completing field notes than others so friendly reminders may be required to reach your targets. When off service, there are also regular evaluations that must be completed. Check in with your off-service rotation regarding how you will be evaluated before you begin because many evaluations have changed as programs transition to a competency-based curriculum.

Rotation Evaluations

At the end of each rotation you will receive evaluations via Elantra (a reminder will be emailed). You will be given the opportunity to evaluate the rotation and preceptors of your choice. You will also receive an evaluation of your performance during the rotation. It is important to complete your evaluations as the program actually uses the feedback to the benefit of future residents! You will also require a mid-term and final evaluation from one of your Long Term Care supervisors. Finally, you require a completed evaluation at the end of each horizontal rotation experience on core family medicine.

Research Project

Most of the work on this project is completed during PGY2. This project can take many different forms including a literature review, critical appraisal, primary research project, advocacy project, or tech design project. There are several teaching sessions to introduce this project in the PGY1 year and a research proposal must be completed before the end of PGY1. The final product is both presented (either poster or oral presentation on Primary Care Research Day in February of PGY2) and submitted in written format in April PGY2. Be sure to pick a project you are interested in!

Quality Improvement Project

This is a project completed in your PGY1 year. It is a group project involving two clinic teams or LTC groups. As a team, you pick a topic (e.g. How many diabetic patients in the QFHT have regular HbA1c checks) and measure how well the QFHT is doing against an accepted gold standard. If the QFHT is not doing as well as it should be, make suggestions on ways to improve, i.e. reminders in the EMR. This project takes place in your PGY1 year with final presentations during grand rounds of your last PGY1 block. The future goal of this project is to promote leadership in residents.

Academic Advisory (AA) Meetings

You will have 3 meetings with your academic advisor during PGY1 and 3 meetings during PGY2. These are generally to review your progress on everything listed in your portfolio, identify any weaknesses and plan future learning experiences. Your AA is assigned to you at the beginning

of the year and they will be able to review your entire portfolio so be sure to keep it as up to date as possible!

Portfolio Content

Clinical Question Logs: A clinical question log is basically a written summary of a topic you have researched, i.e. Do elderly patients need bisphosphonates after a fracture? You will need to complete three of these over two years. There is a sample on the Intranet. These are posted in your portfolio and reviewed by your academic advisor.

Case Reflection Logs: Case reflections are formulated based on real or fictional clinical encounters that involved strong emotions (i.e. shocked, surprise, upset). One must be based on a patient with developmental disability and one must involve an ethical dilemma. Three of these are to be completed over the two years and are discussed with your academic advisor.

Consult Request Review: During your PGY1 core family medicine experience you must ask one of your preceptors to review a consult letter that you have written. They will fill out an evaluation/feedback sheet that is scanned into your portfolio.

Other:

- Longitudinal primary care obstetrics experiences
- Obstetrical delivery log
- Palliative care patient log
- House-call patients
- Procedure log

Teaching Moments:

Resident Rounds: Every resident is required to complete a 30-min presentation to fellow residents (and one faculty member who marks it) on a topic of your choice. This occurs during PGY1 while you are on core Family Medicine. Previous students have picked one of the 99 core topics and presented cases around these learning objectives.

Journal Club: Occurs on three occasions over the course of PGY1. Residents are divided into groups and need to select two articles on a similar topic that have the same study design ie: RCT, case-control, cohort. Each article is then critically appraised and a discussion is had about the quality of the study during a session facilitated by a faculty member.

Problem-Based Small Group Learning (PBSGL): Each resident will be placed in a PBSGL group that is facilitated by a fellow FM resident. Generally, groups meet about once per block of core family medicine to go through modules. These are usually very informal and often a great way to socialise with colleagues while gaining experience in the CME style learning you will need to complete as a staff!

CFPC Qualifying Examination

In PGY2, all family medicine residents must complete the CFPC Qualifying Examination.

At Queen's Family Medicine, preparation for this starts early, with an introductory lecture in the first 4 months of residency. In prep for the CFPC exam, you will complete 4 practice Simulated Office Orals (SOOs) during PGY1 and several during PGY2. There will also be guideline review days and many reviews of various 99 topics during PGY2 academic teaching days.

In the meantime, the 105 Priority Topics in Family Medicine should be your study guide. Practice SAMP's (Short Answer Management Problems) and SOOs can also be found under Self Learning on the CFPC website.

With any luck, by the time it comes to finally write your exams you should be more than prepared!

Have a great year and...

Good Luck, Doctor!

- Queen's Family Medicine Resident Leaders

Train at Queen's



Work anywhere!