



Celebrating Family Medicine Teaching Excellence

2020

Honours and Awards Program

THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA

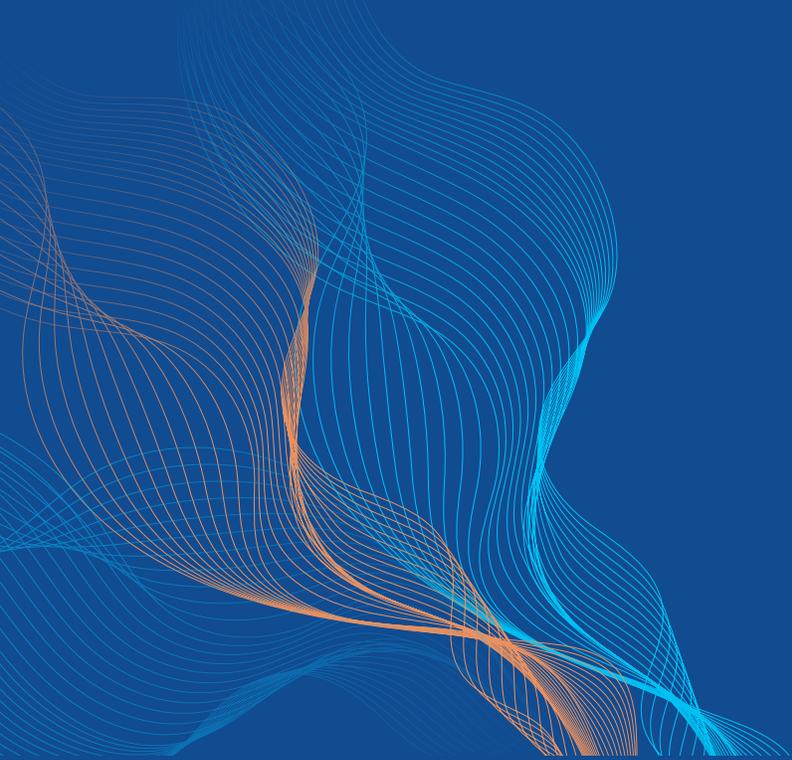


LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA

Foundation for
Advancing
Family Medicine



Fondation pour
l'avancement de la
médecine familiale



We are grateful to all teachers, preceptors, and educational leaders for their ongoing contributions to family medicine education, and to all those who support them with their donations.

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CFPC Medical Student Scholarships

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors, Scotiabank and MD Financial Management.

These awards recognize the leadership abilities of outstanding medical students in their final year of undergraduate study. Each of the 17 medical schools in Canada selects one recipient annually.

“

The best thing my preceptor taught me was ...

Arielle Roberts
University of British Columbia

“... the enormous value of longitudinal relationships, both between patients and their family physicians but also between family physicians and other members of their medical community.”



Kerry Howell
University of Alberta

“... listening non-judgmentally and empathically is half of the treatment.”



Helen Tam-Tham

University of Calgary

"... how to foster a lasting and trusting relationship with our patients, the attitude of continued learning, and the importance of interdisciplinary teamwork for optimized patient care."



Cadence MacPherson

University of Saskatchewan

"... we can't treat every illness or end all suffering, so instead we must count our triumphs in the number of times patients leave our offices feeling heard and cared for."



Amy Sahai

University of Manitoba

"... to learn just as much from your patients as you seek to counsel them. Patients will continuously humble you, and it's up to the physician to be open to learning from them to grow themselves, their relationship, and their practice."



Alexandra Raynard

Western University

"... how to be the best physician I can be for my patients, as well as one of their main supports and advocates."



Angel Onyi Tse
McMaster University

“... to always have the courage to ask the difficult questions because the answers may help save a patient’s life.”



Jenny Thomas
Northern Ontario School of Medicine

“... advocating for patients within and beyond the clinical environment can be life changing for them, and to never underestimate the importance of the patient’s story—my best teachers may be my patients. Also, don’t forget to ask the nurses how the patient’s night was!”



Andrew Terence Lam
University of Toronto

“... to always advocate for my patients, particularly those most vulnerable.”



Lauren Wierenga
Queen’s University

“... when deciding whether or not to order a given investigation for a patient, answer the following question: Will I be able to sleep tonight if I don’t? There is value in a gut feeling and your mental health is also important at the end of the day.”



Marie-Ève Dufour

University of Ottawa

"... c'est d'avoir confiance en mes compétences et aptitudes dans un milieu de soins de santé. En apprenant à exprimer à l'équipe de soins mes opinions, inquiétudes et suggestions pour les patients, j'ai pu maximiser mes apprentissages. En participant activement aux soins de mes patients, j'ai vu l'impact positif que j'ai su leur apporter."



Valérie Breton

University of Sherbrooke

"... qu'un élément clé d'un bon médecin de famille est la relation de confiance qu'il bâtit avec ses patients."



Marianna Archambault

University of Montreal

"... d'apprécier chaque jour les moments de partage privilégiés avec les patients."



Safina Adatia

McGill University

"... that as you are more empathetic with patients you will feel more pain, but that pain is what makes us human as physicians and keeps us going as health care professionals."



Elizabeth Godin

Laval University

“... de toujours respecter les patients dans leur globalité et d’entretenir ma passion par la médecine en constante évolution, en plus de maintenir un équilibre de vie sain pour avoir une belle et longue pratique.”



Emily Haynes

Dalhousie University

“... how family physicians really embody the principle of treating the whole patient, not just the disease. I want to know my patients—who they are and the meaningful things in their lives—so I can build strong longitudinal relationships and provide patient-centred care.”



Aanchal Ralhan

Memorial University of Newfoundland

“... to wait a full three minutes before interrupting your patient with your first question. The patient will give you the information you need if you let them—this is the beginning of a patient-centred approach.”



CFPC Family Medicine Resident Scholarships

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors, Scotiabank and MD Financial Management.

These awards recognize the leadership abilities of outstanding senior family medicine residents from each of the 17 Canadian family medicine residency programs.

“

The best thing my preceptor taught me was ...

Dr. Anmol Lamba
University of British Columbia

“...to trust my gut. Continuity of care is priceless and if something seems off, the instinct that develops from knowing your patients cannot be captured by any guideline.”



Dr. Nathanael Reid Turner
University of Alberta

“... even if we don't have all the answers, we can always do something to support our patients and there's always help available.”



Dr. Sunny Ho
University of Calgary

“... the value of humility as a family physician. Medicine continues to evolve, and we regularly learn from patients, learners, and other medical staff. Humility allows doctors to form long-lasting relationships with patients and staff alike.”



Dr. Candina Beaurivage
University of Saskatchewan

“... the importance of communicating with patients in a way that makes them feel heard and understood.”



Dr. Thomas Hedley
University of Manitoba

“... the art of family medicine—embracing uncertainty, being an open-minded and creative problem-solver. Patient-centred care begins with seeking to understand your patients’ life experiences.”



Dr. Lawrence Yau
Western University

“... to never accept anything in medicine at face value and to always continue asking the question ‘Why?’ ”



Dr. Tanveer Singh
McMaster University

“... the importance of understanding our patients’ stories. Regardless of the clinical setting, exploring a patient’s illness narrative allows us to truly contextualize the patient and to empathize with their illness experience.”



Dr. Katrina Ward
Northern Ontario School of Medicine

“... to save time for paperwork and play good music.”



Dr. Elliot Lass
University of Toronto

“... that you do not have to have all the answers, but you can work with your patients to get them. As a family physician, you are there to guide them through their health care journey and ‘to cure sometimes, to relieve often, and to comfort always.’”



Dr. John Adamich
Queen’s University

“... that even the best physicians are going to make mistakes, but what matters is that you learn from them, be accountable to your patients, and always stay humble.”



Dr. Kathryn Trebuss
University of Ottawa

"... the importance of taking time to reflect and refuel, to care for myself so that I can be the best physician possible for my patients."



Dr. Katherine Larose
University of Sherbrooke

"... que lorsqu'une situation complexe ou urgente se présente, il est toujours possible de prendre un instant pour réfléchir à son plan d'action."



Dr. Claudel Pétrin-Desrosiers
University of Montreal

"... n'oublie jamais que tu traites une personne, pas qu'une maladie."



Dr. Wesley Cote
McGill University

"... to never forget where I came from because it will lead me to my future."



Dr. Chloé Baril

Laval University

“... de ne jamais arrêter de défendre mes convictions sociales et ma conception d’une pratique médicale humaine, malgré toutes les situations où le cynisme, le status quo et l’épuisement nous guettent.”



Dr. Madeline Arkle

Dalhousie University

“... that teaching keeps us young! Also, to strive to provide your patients and community with the best care you are able to, recognizing that we are only human.”



Dr. Lisa Burke

Memorial University of Newfoundland

“... that as family physicians, we never stop learning. We gain knowledge and insight from our patients, colleagues, and learners. Imposter syndrome is real, but you must lean into this uncertainty and hone your skills in finding out the most up-to-date and evidence-based information for our patients.”



CFPC Indigenous Medical Student Scholarship

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors, Scotiabank and MD Financial Management.

This award recognizes the leadership abilities of an outstanding Indigenous student in their final year of study currently enrolled in one of the 17 Canadian medical schools.



The best thing my preceptor taught me was ...

Jennifer Robinson
McGill University

“... that medicine is a lifelong learning process that complements our clinical skills as physicians and allows for the development of evolving collaborations that are key to providing the best patient-centred care.”



Previous recipients

2019 – Ève Mailhot-Daye

2018 – Chelsey Bertrand

2017 – Tamara Pokrupa-Nahanni

Indigenous Family Medicine Resident Scholarship

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors, Scotiabank and MD Financial Management.

This award recognizes a top First Nations, Metis, or Inuit family medicine resident in Canada who has shown a commitment to a career in family medicine.

“

The best thing my preceptor taught me was ...

Dr. Rebekah Eatmon
University of British Columbia

“... that the relationship is the intervention.”



Previous recipients

2019 – Dr. Jennafer Wilson

2018 –None awarded

2017 – Dr. Cassandra Felske-Durksen

Val Rachlis Leadership in Family Medicine Award

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors and Dr. Val Rachlis.

This award recognizes a senior family medicine resident who has demonstrated outstanding academic, research, and communication skills and is recognized as a future leader in our discipline.



Dr. Wesley Cote

Dr. Wesley Cote was born and raised in the Kitigan Zibi Anishinabeg community in Quebec. Building on his interest in ancestral, traditional medicine and holistic healing, he obtained his medical degree and completed his family medicine residency at McGill University. Today, he is proud to help establish bridges between traditional medicine and Western medicine.

As a member of the Anishinaabe First Nation, his goal is to apply his cultural knowledge and traditional teachings to his practice. He works as a family physician for the Eeyou Istchee Cree territory of James Bay. He says he feels a kinship with his patients because he understands their struggles, experiences, and needs.

He is passionate about teaching staff, residents, and medical students, especially about matters related to Indigenous health. Additionally, he regularly works with Indigenous youth to inspire them to see, feel, and understand the importance of education and to encourage them to pursue medical studies or other professional careers. For Dr. Cote there is no greater reward than seeing young people's eyes light up when they see one of their own doing something that they—and he—never imagined would be possible.

Outside of medicine, Dr. Cote is committed to exploring traditional Indigenous activities, such as participating in community politics, hunting, fishing, and making moccasins. He and his wife of 23 years have two children, Ryder and Quill.

Jim Ruderman Academic Family Medicine Leadership Award

This is a program of the Foundation for Advancing Family Medicine, through the generosity of its donors and the family and friends of Dr. Ruderman.

The award recognizes an outstanding Canadian family physician academic who embodies those qualities that made its namesake such an outstanding leader—wisdom, equanimity, compassion, and the capacity to attract and mentor talented individuals and forge them into a dynamic and productive team.



Dr. Rajani Vairavanathan

Dr. Rajani Vairavanathan obtained her medical degree, completed her family medicine residency, and did enhanced skills training in low-risk obstetrics at the University of Toronto (U of T). She also completed an emergency medicine fellowship at McGill University.

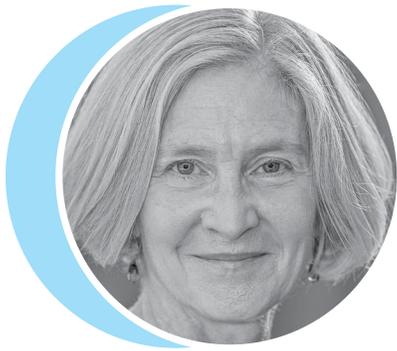
In addition to providing primary care at Flemingdon Health Centre, Dr. Vairavanathan works in the emergency department and in labour and delivery at Michael Garron Hospital in Toronto. At both sites, she is happy to be involved in teaching family medicine residents and medical students from U of T. Dr. Vairavanathan also works with the Supplemental Emergency Medicine Experience Program at U of T to help family physicians gain comfort in providing emergency medicine services. At the Touchstone Institute she helps prepare international medical graduates for residency programs in Canada.

As a family physician, Dr. Vairavanathan is proud to take care of people every day and teach others to do the same. She enjoys the continuity of care she provides for her patients and the opportunities she has to work with community members and allied health professionals. She is especially interested in the diagnostic and management challenges that family medicine continually offers.

Ian McWhinney Family Medicine Education Award

This is a program of the Foundation for Advancing Family Medicine (FAFM), through the generosity of its donors and the Ian McWhinney Endowment Fund of the FAFM.

This award honours excellence in family medicine education and is presented to a teacher of family medicine deemed by their peers to have made a unique and innovative contribution to family medicine education in Canada.



Dr. Elizabeth Shaw

A graduate of the medical school and family medicine residency program at McMaster University in 1981 and 1983, respectively, **Dr. Liz Shaw** is proud to share her knowledge and experience with current McMaster students as a professor in the Department of Family Medicine. She teaches residents in the mental health and behavioural sciences portion of the curriculum and in the Practice-Based Small Group Learning Program. Dr. Shaw also serves as the Associate Chair of Education and is the Director of Module Development for the

Foundation for Medical Practice Education.

After 35 years of practising comprehensive family medicine, Dr. Shaw now works in the Shelter Health Network in Hamilton where she provides care to an inner-city population that is profoundly affected by poverty and homelessness. Her interests in reproductive health care, women's health, and addiction during pregnancy have also led her to provide prenatal care to women struggling with substance use through the Maternity Centre of Hamilton.

Dr. Shaw has a Certificate of Added Competence in Addiction Medicine. She treats patients with substance use disorder at both a continuity clinic and a rapid-access clinic. Her focus is on providing addiction consultation, opiate substitution therapy, and mental health support to patients in various settings.

Connecting with patients and helping them identify and work toward their health goals are incredibly rewarding aspects of Dr. Shaw's work. She says being both a learner and a teacher feeds her soul, and she describes her colleagues as amazing people who bring joy to her work.

Dr. Shaw loves spending time outdoors with her husband, children, and grandchildren, especially when they get quiet time away at the cottage together.

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Please join us in continuing to support excellence in family medicine

The Honours and Awards Program at the College of Family Physicians of Canada is made possible by the Foundation for Advancing Family Medicine (FAFM) with your support.

The FAFM is more committed than ever to ensuring the future of family medicine is vital and vibrant. With your help we will continue to fund programs and projects in family medicine and provide research grants, scholarships, and awards to recognize the achievements of clinicians, teachers, researchers, family medicine residents, and medical students. Your contribution to the FAFM will have a meaningful and lasting impact on the advancement of family medicine in Canada.

Please connect with us to learn more about how you can support the momentum and dedication of Canada's family medicine community.

To **support the FAFM** and to **find out more about legacy giving and tax benefits** please contact:

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905-629-0900 ext. 219

For information about **sponsorship and partnership opportunities**

please contact:

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