

2022

Celebrating Family Medicine Research

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



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Welcome from the Section of Researchers Chair



**Vivian R. Ramsden,
RN, BSN, MS, PhD, FCAHS, MCFP (Hon.)
Chair, Section of Researchers**

Welcome to the Section of Researchers (SOR) celebration of excellence in family medicine and primary care research. I am thrilled that we can be together to celebrate in person for the first time in three years. It is an honour and privilege to be hosting this event and recognizing the leaders in our field who continue to advance family medicine/primary care research.

As we all know, the COVID-19 pandemic has tested our resiliency both professionally and personally. Increasing workloads and demands for those working in family medicine/primary care proved to be challenging and stressful. As such, I would like to acknowledge those who were able to continue their research and scholarship endeavours despite the increased challenges and demands on their time. Your continued perseverance to address, through research, the critical issues affecting family medicine/primary care shows an incredible dedication to the discipline.

Tonight, as we celebrate our SOR award winners, I want to recognize, thank, and celebrate all family medicine/primary care researchers who continue to keep the discipline grounded in the best evidence and the specialty up to date. I would also like to acknowledge and thank the communities that we work in and with, including our patient partners, for their contributions to family medicine/primary care research. Research is truly a team endeavour—positive engagement from all involved enables the work to move forward.

Thank you to the College of Family Physicians of Canada and the Foundation for Advancing Family Medicine for their continued support of family medicine/primary care research. I hope you all enjoy this special celebration of family medicine/primary care research and scholarship successes.

Message from the Foundation for Advancing Family Medicine



**Mr. Tom Berekoff,
M.A., CFRE**

**Chair, Board of the Foundation
for Advancing Family Medicine**

Looking Forward

This year we welcome the return to an in-person Family Medicine Forum after two years of virtual gatherings. With this return, we are delighted to host the Foundation for Advancing Family Medicine (FAFM)'s celebration of outstanding achievements and leadership in family medicine. This celebration honours CFPC members who have distinguished themselves in family medicine research in 2022 and throughout their careers.

You have demonstrated your mastery of the discipline and an unparalleled commitment to your patient communities beyond the call of duty. Whether strengthening the delivery of primary care in rural settings, advocating against health inequities, or inspiring your fellow family doctors, all of you represent the best in the field of family medicine.

The FAFM is uniquely positioned to provide support, educational opportunities, and recognition to emerging and established family medicine leaders. Know that we do not take this responsibility lightly—the FAFM board, staff, CFPC colleagues, leadership, and many volunteer contributors work diligently to support family medicine advancement across Canada.

A sincere thank you to our donors, partners, and corporate sponsors for your generosity. It is only with your support that we can continue our work and celebrate the achievements of the family medicine leaders that have gathered here. I also extend my gratitude to our dedicated Board Directors and committee volunteers, whose thoughtful guidance continues to light the way for the FAFM to advance family medicine.

Please enjoy this moment of celebration and recognition of your resilience, dedication, and leadership in family medicine. The FAFM proudly supports you—the family physicians of today and tomorrow—in your pursuit of excellence in patient care, teaching, and research.

Research Awards for Family Medicine Residents

The Research Awards for Family Medicine Residents recognize family medicine residents in their first or second years of training for excellence in research.



Casey Rosen

Western University

Project title: Beyond the medals: A cross-sectional study investigating retired high-performance female athletes' health.

Dr. Rosen presented their findings during Family Medicine Forum 2022.



Alexander Rudecki

University of Calgary

Project title: Emergency department utilization following COVID-19 diagnosis.

CFPC Outstanding Family Medicine Research Article

This award recognizes the best research article published in a national or international journal during the preceding year that was based on original family medicine research carried out by a CFPC member.



Dr. Denise Campbell-Scherer

Following her deep-rooted love for research advocacy, medical treatment, and teaching, Dr. Denise Campbell-Scherer embarked on a pathway to a career in primary care. She graduated from McMaster University where, in 2002, she completed her residency in family medicine. Her extensive experience in residency education and evidence-based medicine led her to work in rural northern Canada, at the University of Michigan, and at the University of Alberta.

Dr. Campbell-Scherer became the Associate Dean at the University of Alberta Office of Lifelong Learning and Physician Learning Program (PLP) in 2017 and a professor of family medicine in 2018. With Dr. Campbell-Scherer as the co-lead, the PLP team focuses on engaging physicians, partners, and patients to co-create sustainable solutions to advance practice. She also heads interdisciplinary research programs to improve the care of people living with obesity.

COVID-19 had major impact on people in vulnerable circumstances within ethnocultural communities. In response Dr. Campbell-Scherer co-led the Illuminate Project with Dr. Yvonne Chiu of the Multicultural Health Brokers Co-operative to understand and mitigate the complex impacts of the pandemic.

Dr. Campbell-Scherer is a recipient of large national and provincial research grants seeking to transform the primary prevention and screening of multiple conditions in diverse regions of Canada.

Canadian Family Physician Best Original Research Article

This award recognizes the best article based on original research carried out by a CFPC member that was published during the preceding year in *Canadian Family Physician*.



Dr. Dominik Nowak

Instilled with the vision to provide care for families, Dr. Dominik Nowak trained at McMaster University, specializing in family medicine and serving as chief resident. In 2020 he finished a master of health administration at the Institute of Health Policy, Management and Evaluation at the University of Toronto and holds a certified health executive designation from the Canadian College of Health Leaders.

Dr. Nowak is currently a faculty member at the Dalla Lana School of Public Health and the Department of Family and Community Medicine at the University of Toronto. In his clinical practice, Dr. Nowak believes established relationships enhance the understanding of a person's history and values, allowing for high quality care with a human touch.

By leading research on medical management, Dr. Nowak strives to uncover themes that people appreciate about the long-term care that family doctors provide. These values have made him a dependable leader and trusted facilitator in building teamwork across the health system.

Dr. Nowak understands the responsibility of health, community, and business leaders to work across disciplines to build a brighter future for the next generation.

Family Medicine Resident Awards for Scholarly Achievement

The Family Medicine Resident Awards for Scholarly Achievement recognize outstanding scholarly achievements by family medicine residents.



Dr. Vikas Sharma

University of British Columbia

Project title: Obesity and Hand Osteoarthritis: A systematic review.



Dr. James Rogers

University of Alberta

Project title: A practice audit of Euglycemic DKA and Euglycemic Ketoacidosis testing in the Rural Emergency Department – A case for the VBG.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Mohit Kumar

University of Calgary

Project title: Improving Cervical Cancer Screening in Primary Care.



Dr. Emmett Harrison

University of Saskatchewan

Project title: Quality Assurance of Emergency Department Ultrasound Documentation in a Regional Centre.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Jennifer Gray
Western University

Project title: Do rural adolescents that use social media with a high degree of literacy experience less psychological distress? Exploring the social media behaviours and mental health outcomes of a sample of adolescents in Petrolia, Ontario.



Dr. Kathryn Cottrell
McMaster University

Project title: Living Under Pressure: Improving Lifestyle Discussions in Hypertension Care.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Kylie Crocker and Dr. Megan St-Aubin

Northern Ontario School of Medicine University

Project title: Influence of Primary Care Provider Attachment on Re-Presentation Rates to the Emergency Department at North Bay Regional Health Centre.



Dr. Christine Poon

Queen's University

Project title: Exploring resilience in individuals experiencing homelessness at Mission United.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Stephen Andrews

University of Ottawa

Project title: Emergency department use by patients with and without family doctors and how COVID-19 has affected this association in Ottawa.



Dr. Vanessa Perto

University of Montreal

Project title: Les obstacles culturels aux soins de santé : à la rescousse des familles immigrantes.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Hannah Hyde-de Sousa, Dr. Harsh Bhardwaj, and Dr. Maitreyi Pal-Singh McGill University

Project title: Culturally Targeted Dietary Interventions for Iron Deficiency in South Asian Women.



Dr. Andrée-Anne Paradis Laval University

Project title: Uniformiser l'exposition clinique :
implantation et impact de cohortes homogènes sur la
satisfaction, la prise en charge et l'intention de pratique
des résidents du GMF-U de la Haute-Ville.

Family Medicine Resident Awards for Scholarly Achievement



Dr. Kathryn Binnersley

Dalhousie University

Project title: I could use a hand: a medical resident's personal narrative of formal and informal caregiving.



Dr. Taylor Anderson

Memorial University of Newfoundland

Project title: Prenatal Visit Timeline, for use in Newfoundland and Labrador: A Patient Education Resource.

Nadine St-Pierre Award

This award is named in honour of the late Dr. Nadine St-Pierre, who was instrumental in the development of the French-language version of the Certification Examination in Family Medicine. The award recognizes the best scholarly work of an outstanding francophone family medicine resident (R1, R2, or R3) for work done in French.



Dr. Vanessa Perto

After completing her college studies at the CÉGEP Jean-de-Brébeuf in Montreal, Dr. Vanessa Perto received her medical degree from Laval University. She is currently a second-year family medicine resident at the University of Montreal and is keenly interested in a diversified practice based on clinical, technical, and research skills.

She is motivated by the challenge of practising in various clinical areas and providing comprehensive care, both medical and biopsychosocial, to patients of all ages and backgrounds. Driven by a desire to acquire and share scientific knowledge, Dr. Perto has taken part in many research studies, including a project entitled “Prevalence of hyperactivity and amenorrhea among youths with eating disorders pre-and post Covid-19,” which was published and presented at the Sainte-Justine University Hospital Centre (CHU) Residents’ Symposium.

Committed to improving access to primary health care and fighting to overcome the barriers faced by immigrants in Canada, she took part in an in-depth study at the beginning of her first year of residency entitled “*Les obstacles culturels aux soins de santé : à la rescousse des familles immigrantes*” (Cultural Barriers to Health Care: Helping Immigrant Families). In her study, Dr. Perto sought to better understand the barriers to treatment adherence among new immigrant families who have a child with autism spectrum disorder. She argues that cultural competency training for family physicians would allow physicians to develop their ability to provide culturally appropriate care that is tailored to the immigrant families they meet.

CFPC Lifetime Achievement Award in Family Medicine Research

This award honours an individual who is a trailblazer and leader in family medicine research and has made substantial contributions to family medicine research during their active career years. This award gives public recognition to their work and to the discipline of family medicine.



Dr. Marshall Godwin

Dr. Marshall Godwin's passion for family medicine sparked an early interest in pursuing a career in primary care. In 1977 Dr. Godwin completed his doctorate in medicine from the Memorial University of Newfoundland (MUN). At the time it was optional to take on additional projects. Despite it being uncommon, he demonstrated a sincere ambition by completing a research-based academic project during his residency in family medicine at Dalhousie University.

Dr. Godwin wrote many celebrated articles throughout his career. In 1984 while working as a rural doctor in Canso, Nova Scotia, the *Nova Scotia Medical Bulletin* published his first article. Three years later, now a rural doctor in Whitbourne, Newfoundland, Dr. Godwin published his first article in *Canadian Family Physician* before stepping in as the research director of family medicine at MUN.

Over the next decade Dr. Godwin became the research director at Queen's University Department of Medicine and, in 2001 along with Ruth Wilson, established the Centre for Studies in Primary Care at the university.

After moving back to Newfoundland in 2005 Dr. Godwin established and directed the Primary Healthcare Research Unit at MUN, where he remained until his retirement in 2015.

Even now, as a retired academic, he continues his work as a family physician providing service at critical times of great need. He runs virtual clinics helping physicians, nurse practitioners, and other professionals to maintain quality health care for the people of the Bay St. George area in Newfoundland and Labrador.

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Dr. Frederick Burge

After acquiring a doctorate in medicine from Queen's University in the 1970s, Dr. Frederick Burge gravitated toward advancing health care and focusing on patients facing chronic end-of-life illnesses.

Dr. Burge practised palliative medicine for a time before returning to regular practice. During his early work as a palliative care doctor he had a brief and intense involvement in dying patients' lives. His experience with a particular long-standing patient triggered an emotional response in Dr. Burge, redefining his relationships with non-palliative patients.

For over 30 years Dr. Burge has been with Dalhousie University as a physician and as the Director of Research for the Primary Care Research Unit in the Department of Family Medicine. Deeply embedded in the academic research community, this unit has grown from its early days to a self-sufficient, nationally-funded, interdisciplinary research team.

In 2016, as a testament to Dr. Burge's lifetime devotion and significant contributions as a leader in family medicine, he was awarded the inaugural Dr. Charles & Mrs. Jean Gass Lifetime Achievement Award from the Nova Scotia College of Family Physicians.

Dr. Burge also worked with a team on a study funded by the Canadian Institutes of Health Research to support Nova Scotians who lost family members to chronic disease. The products of that study are now moving into the field to help shape the future of care.

Family Medicine Researcher of the Year Award

This award recognizes a family medicine researcher and member of the CFPC who has made original contributions to research and knowledge building for family medicine in Canada. The contribution may encompass any aspect of family medicine research, from clinical to health services to education. It honours a family medicine researcher who is a pivotal force in the definition, development, and dissemination of concepts central to the discipline of family medicine.



Dr. Martin Fortin

Dr. Martin Fortin received his medical degree from the University of Sherbrooke in 1983 and completed his family medicine residency there in 1985. He later received a master's degree in epidemiology from Laval University in 1997. Originally from Matane, he settled in Chicoutimi and helped establish the region's first university family medicine group (U-FMG). He is currently the director of research at the Centre intégré universitaire de santé et des services sociaux (CIUSSS) of Saguenay–Lac-Saint-Jean.

Throughout his career, Dr. Fortin has published more than 144 articles dealing primarily with chronic diseases and multimorbidity. As the holder of two research chairs in chronic diseases in primary care, he presented his results at almost 200 events and also supervised more than a dozen new researchers. In 2017 he was named Chair of the CFPC's Section of Researchers for a two-year term. His impact on research in family medicine extends well beyond our borders—he has shared his expertise with international family medicine groups, including as leader of the International Community of Multimorbidity since 2007.

Dr. Fortin received the title of TUTOR-PHC (Transdisciplinary Understanding and Training on Research in Primary Health Care) Fellow in 2003. He was awarded Fellowship in the College of Family Physicians of Canada in 1994, received a specialist's certificate in family medicine from the Collège des médecins du Québec in 2010, and was elected as a Fellow of the prestigious Canadian Academy of Health Sciences in 2017.

Dr. Fortin believes that family medicine is a comprehensive practice that allows a physician to accompany and provide support to all the members of a family, from the youngest to the oldest, for many years. He attaches particular importance to the role played by family physicians in supporting individuals with a disease, no matter how complex.

About the Foundation for Advancing Family Medicine

The Honours and Awards Program is made possible by the FAFM with your support.

The FAFM is committed to supporting a vital and vibrant future for family medicine by supporting innovation through research, educational initiatives, and strategic partnerships. The FAFM's programs support CFPC members with research grants, scholarships, and funding to attend the CFPC's annual Family Medicine Forum and they celebrate the achievements of clinicians, educators, researchers, family medicine residents, and students.

Join the family medicine donor community and help advance family medicine with your generosity. Your donation to the FAFM matters!

To donate to the FAFM, please follow the links shared during the event or visit <https://fafm.cfpc.ca/>.



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