



# Celebrating Family Medicine Teaching Excellence 2023

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 to the Foundation for Advancing Family Medicine.

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## Message from the Outgoing Section of Teachers Chair



**Aaron Johnston,  
MD, CCFP (EM), FCFP  
Chair, Section of Teachers**

Greetings and welcome to the annual Section of Teachers (SOT) Celebrating Family Medicine Teaching Excellence event, the best party in family medicine!

It is because of you that we are celebrating our 45th year of excellence in family medicine teaching in Canada. Our gratitude and appreciation abound for each of you—teachers, preceptors, and educational leaders—for your support and your dedication to the teaching of family medicine in Canada.

We are fortunate to be able to celebrate together again this year and have an amazing event planned this evening. Tonight, I hope you see some old friends, meet some new friends, laugh, dance, and feel re-energized through connecting with colleagues from across the country.

The College of Family Physicians of Canada (CFPC) knows that this continues to be a demanding time for family medicine teachers. Your coaching, leadership, and mentorship is invaluable in building the next generation of family doctors in Canada.

The strength of the SOT has always been its community—the teachers and preceptors who work together, face challenges together, and share laughter together. I feel privileged to be a part of this group and to have been the SOT Chair for these past three years.

Tonight it is about you. It is about saying thank you for what you do, and it is about recognizing talented new and future preceptors as well as those who have taught for many years. I hope you take the opportunity tonight to enjoy being with new and familiar faces, and sharing your stories about teaching and being taught. My thanks and best regards to all of you.



## Message from the Incoming Section of Teachers Chair



**Jobin Varughese**  
**MD, CCFP (COE), CMD**  
**Chair, Section of Teachers**

Our warmest welcome to you!

As your incoming Section of Teachers (SOT) Chair, I am particularly proud of the dedication and ingenuity of our preceptors and teachers, as well as the perseverance and commitment of our learners and leaders in an ever-evolving family medicine environment. Representation matters. Acknowledgment matters. Celebrating achievements in family medicine teaching excellence matters.

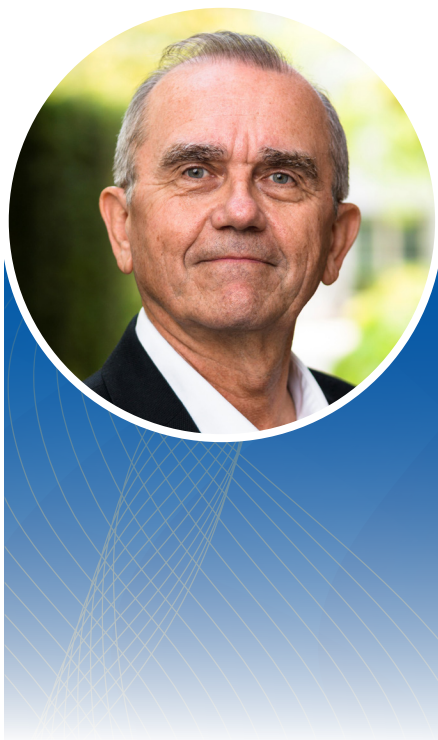
I am confident in the resilience of our community to train and model comprehensive, competent, and compassionate team-based care, and to practise cultural safety and humility in any system or setting they may find themselves. I hope to be able to continue this long-honoured role as Chair to lead the SOT community through whatever differentials the health care system presents to us in family medicine.

I know that the success of this annual event depends on the many people who have worked with us in planning and organizing both the teaching stream and supporting our social activities. Thank you to the SOT Council and its subcommittees for their involvement, engagement, and thorough and timely review of teaching abstracts and award nominations. Thank you to our sponsors who continue to help us recognize and acknowledge our national rising stars and supernovas in family medicine. Finally, recognition should also go to all of you for your ongoing and unwavering support of family medicine teachers, preceptors, learners, and educational leaders.

I hope you will continue your support as we appreciate your contributions to awards, grants, and scholarships that support our learners. Your generous financial contributions allow our teachers and learners to succeed as well as prepare themselves for the challenging task of strengthening family medicine in Canada, one preceptor at a time.

Together, we can create the synergy that will take family medicine teaching to its natural iteration as the core ethos of primary comprehensive health care in Canada.

# Message from the Foundation for Advancing Family Medicine



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

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

## Looking Forward

As we gather to celebrate the 2023 Honours and Awards recipients, we embrace the opportunity to be together in person and the value of human connection of which we are reminded. Family Medicine Forum remains a beacon of professional development for family physicians at all stages of their career, and an opportunity for the Foundation for Advancing Family Medicine (FAFM) to celebrate, support, and inspire the continuous progress in family medicine.

We are delighted to host the awards events together with the CFPC! Through the challenges of the past year, family physicians have worked to enhance primary care delivery in rural settings, advocated against health inequities, and inspired your fellow family doctors. Your dedication to supporting the health journey of your patients has resonated across the country and highlighted your role as leaders in the health continuum.

The FAFM salutes you and reaffirms its role in supporting you through the current and future challenges and proudly celebrates your achievements. The awards events are also an opportunity to celebrate the power of community, which includes the many volunteers, donors, sponsors, and supporters who generously contribute their time, expertise, and resources to sustain the work of the Foundation. To all of them, we extend our deepest gratitude.

The unwavering commitment and resilience of family physicians have not only made a significant impact on individual lives but have also shaped the broader landscape of health care. As we honour the remarkable achievements of our peers, we are reminded of the collective strength and unity of the family medicine community. The journey ahead may present new challenges, but with the continued support and collaboration of each member, we are confident in forging a brighter and healthier future. Let's continue to uplift and inspire one another, for the betterment of family medicine and the communities you serve. Cheers to the relentless spirit of family medicine!



## CFPC Medical Student Scholarships

The FAFM gratefully acknowledges Scotiabank and MD Financial Management's generous support of this award.

The CFPC Medical Student Scholarships recognize outstanding medical students who have demonstrated an interest in or commitment to a career in family medicine. Each Canadian medical school is invited to nominate a medical student in their second-last undergraduate year of study at the time of nomination.



**The best thing my preceptor taught me was ...**



**Annie Foreman-Mackey**  
University of British Columbia

"Sit down, be present, and listen with an open heart. Learn about your patients' life stories outside of their presenting medical concern."



**Leanne Ejack**  
University of Alberta

"Treat the person not the problem!"



### **Katrina Taylor**

**University of Calgary**

"How to balance the demands of rural medicine and personal life, and where to find free biscuits."



### **Calista Lytle**

**University of Saskatchewan**

"How adaptable family medicine can be. You can do anything in family medicine and the joy of building meaningful long lasting relationships with your patients and colleagues is essential to a health, sustainable, and satisfying career in family medicine."



### **Jae Yeon Park**

**University of Manitoba**

"Always consider a patient's social factors, including if they have coverage for medications, where they live, their values and beliefs, and try to cater your medical management appropriately."



### **Tyrus Gibson**

**Western University**

"That continuity of care saves lives!"





### **Dani Lee**

**McMaster University**

"One of the best ways to provide care for your patients is to care about your patients."



### **Kristiina Frechette**

**NOSM University**

"You grow with your patients and colleagues. There is always something to learn from those around you when you listen, regardless of where you are in your life and career."



### **Claire Sethuram**

**University of Toronto**

"The importance of modelling healthy lifestyle behaviours to 'practice what you preach' and build strong rapport with patients."



### **Ivneet Garcha**

**Queen's University**

"Become a lifelong learner by fostering discomfort with certainty. Certainty does not always mean you have the right answers. In the context of family medicine where social factors meet medicine, where patients come from diverse populations, and where each community has its own needs, being willing to explore a broad differential that is specific to the patient in front of you ensures that you never stop learning and you never fail a patient."



**Christina Di Carlo**

University of Ottawa

"Look at family medicine as the beginning of embarking on hundreds of 40+ year friendships."



**Flavie Dutrisac**

University of Sherbrooke

"L'importance de l'approche holistique face à un problème de santé chez un patient"



**Kendrick Lam**

University of Montreal

"Le rôle de la capacité d'écoute et de l'empathie dans une alliance thérapeutique efficace et respectueuse."



**Lauren Tracey**

McGill University

"Listen to the patient and understand how and why their chief complaint is affecting their day-to-day life. Treat the patient and not their medical condition, to ensure that your goals are aligned with theirs."





### **Myriam Pelletier**

**Laval University**

"Toutes les idées, même les plus folles, méritent d'être tentées. La promotion de la médecine familiale passe par notre originalité et notre innovation!"



### **Miranda McConnell**

**Dalhousie University**

"If the patient feels listened to, you will maintain a strong therapeutic relationship with them and have better treatment outcomes."



### **Nicole Barry**

**Memorial University of Newfoundland**

"It is much better to be overly thorough than quick!"

## Family Medicine Resident Scholarships

The FAFM gratefully acknowledges Scotiabank and MD Financial Management's generous support of this award.

The Family Medicine Resident Scholarships 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. Robin Craven**  
University of British Columbia

"Make sure you've treated your patients in such a way that you can sleep at night."



**Dr. Zachary Urquhart**  
University of Alberta

"How to be a leader within a community clinic."





**Dr. Alex Love**  
University of Calgary

"Variety is the spice of life and if you climb the mountain, eventually you will meet the tiger"



**Dr. Olivia Robertson**  
University of Saskatchewan

"Accept that there may not be one right answer, more so many 'right' answers and different approaches to a patient's case - make sure you have a reason for what you are doing/justify your plan."



**Dr. Nicholas McCaughan**  
University of Manitoba

"Try to put yourself in your patient's shoes or try to ask questions which will pin down why they've come into clinic or your rural emergency department. What are they worried about? What do they think is going on? What were they hoping to get out of this encounter?"



**Dr. Matthew Ladda**  
Western University

"Family Medicine is whatever you make of it. The possibilities within a career in Family Medicine are near unlimited."



**Dr. Lucy Federico**  
McMaster University

"Encouraging and supporting my personal learning goals from my first day of residency and providing me with exceptional mentorship."



**Dr. Kathleen Walsh**  
NOSM University

"Treat the patient, not the disease."



**Dr. Qin Yuan Xu**  
University of Toronto

"Clinical excellence is the foundation of all good leadership skills as a healthcare provider."



**Dr. Meghan Kerr**  
Queen's University

"Embrace uncertainty, be curious, and carry high protein snacks."





**Dr. Courtney Guy**  
University of Ottawa

"Tetracaine the eyeballs first!"



**Dr. Benoît Chartrand**  
University of Sherbrooke

"L'importance de l'humilité dans le métier que nous exerçons. À l'égard de nos patients, de nos collègues, des autres professionnels que nous rencontrons, mais surtout vis-à-vis nous-même."



**Dr. Anne-Frédérique Brizard**  
University of Montreal

"Qu'avec ma détermination, ma couleur unique et ma résilience, je suis capable d'accomplir de grandes choses. L'enseignement hors pair que j'ai reçu à mon UMF a motivé mon choix de poursuivre ma carrière médicale dans l'enseignement à mon tour, afin d'encourager, d'écouter et de guider des apprenants en médecine comme j'ai eu la chance de le vivre."



**Dr. Léanne Roncière**  
McGill University

"Remain humble, especially in a discipline where we must learn to navigate uncertainty. The best preceptors I've had the privilege of learning from were the ones who had the courage to admit they didn't know and then spent time finding the evidence that would help them tailor their management plans."





**Dr. Claudia Vincent-Boulay**

Laval University

"l'importance de l'humilité et de l'équilibre de vie."



**Dr. Vladislav Evdaev**

Dalhousie University

"I will be tempted to get more involved, seek out leadership roles and take on more tasks, but unless I make time for self-care I will not be able to show up fully for others."



**Dr. Myfanwy Price**

Memorial University of Newfoundland

## CFPC Indigenous Medical Student Scholarship

The FAFM gratefully acknowledges Scotiabank and MD Financial Management's generous support of this award. The CFPC Indigenous Medical Student Scholarship recognizes a top First Nations, Métis, or Inuit medical student in Canada who has shown an interest in or commitment to a career in family medicine.



The best thing my preceptor taught me was ...



**Ashley Monture**  
University of Manitoba

"It's okay to take time to connect with your patient and to hold the space for them that they need."

### Previous recipients

**2022** – Bobby McNair

**2021** – Sarah Douglas

**2020** – Jennifer Robinson

**2019** – Carly McLellan

## Indigenous Family Medicine Resident Scholarship

The FAFM gratefully acknowledges Scotiabank and MD Financial Management's generous support of this award. This award recognizes a top First Nations, Métis, 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. Brooke Cochrane**  
University of Manitoba

"The best piece of advice my preceptor taught me was the importance of wellness and respecting our own limitations and boundaries. They emphasized taking care of one's own physical, mental and spiritual wellbeing in order to provide the best care for others. We often had long conversations around wellness in medicine and the difficulty of taking time for yourself in the very demanding and challenging field of family medicine. I hope that this is a message that continues to echo for the current and future generations of physicians and hopefully, becomes a cornerstone of the practice of family medicine!"

### Previous recipients

**2022** – Alexa Lesperance

**2021** – Kate Elliot

**2020** – Rebekah Eatmon

**2019** – Ève Mailhot-Daye



## Val Rachlis Leadership in Family Medicine Award

This award is possible thanks to the generous support of the FAFM's Val Rachlis Endowment Fund. It acknowledges a senior family medicine resident who has demonstrated outstanding academic, research, and communication skills and is recognized as a future leader in family medicine.



**Dr. Meghan Kerr**  
Kingston, ON

As a medical student, Dr. Meghan Kerr was fascinated by the extensive scope of family medicine. And, after working with exceptional clinicians and role models in the field, she embarked on a career in family medicine, obtaining her medical doctorate from the University of Toronto in 2021. Dr. Kerr then began her residency in emergency medicine to help her balance urban and rural practices .

During her initial two years of residency at Queen's University, Dr. Kerr represented the 2021 to 2023 cohort as the Program Lead Resident. She became involved in primary care research with the INSPIRE-PHC team . Dr. Kerr is also working to promote sustainability in medicine. As a medical student, she was recognized with the Awards for Young Leaders by the Canadian Medical Association for her commitment to climate change advocacy and medical education.

As a family physician, Dr. Kerr loves the possibilities of family medicine—from delivering a child into this world to easing someone's departure from it and caring for everyone in between.

## Jim Ruderman Academic Family Medicine Leadership Award

This award is possible thanks to the generous support of the FAFM's Jim Ruderman Fund. It 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 dynamic and productive teams.



### Dr. Cheri Heather Bethune

Iroquois Falls, ON

Completing her family medicine residency program from Queen's University in 1983, Dr. Cheri Heather Bethune began a dedicated career as a family physician. As an athlete in her teenage years, she recognized the value of teamwork on and off the playing field. Supporting others and, in turn, being helped to achieve the best has been the foundation of her professional and academic work. She has had the great fortune to have the support of others such as her parents, mentors, community members, colleagues, and patients.

As a member of many teams, Dr. Bethune strives to offer support, guidance, empathy, and positive regard. She learned early in her career that paying attention to people and processes is vital to effective teamwork and excellent growth. She is passionate about many issues, concepts, and ideas within medical education and elsewhere.

Dr. Bethune says that her deep connection with patients over many years has taken her as a family physician to a greater level of trust and intimacy. Over the years of providing compassionate care, she has built a reputation for diagnosing and treating various medical conditions while providing personalized health care services to her patients. In her teaching practice she often shares the joys of caring for multi-generational families. With her own passion fueling her, Dr. Bethune will persist in learning and fostering that passion in others.

## Ian McWhinney Family Medicine Education Award

This award is possible thanks to the generous support of the FAFM's Ian McWhinney Endowment Fund. It 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. Lisa Graves**

**Ancaster, ON**

With the hope of leading a successful career as a family physician, Dr. Lisa Graves graduated with a medical doctorate from the University of Ottawa in 1991. She completed her residency in family medicine and enhanced skills training in maternal and child health at McGill University in 1994.

As a faculty member at McGill, she occupied several leadership positions including clerkship chair. Dr. Graves completed her master of clinical science at Western University in 2018. She has a Certificate of Added Competency in Addiction Medicine.

From 2010 to 2013, Dr. Graves was the associate dean for Undergraduate Medical Education at NOSM University. From 2016 to 2022, she was associate dean for Faculty Affairs at Western Michigan University Homer Stryker M.D. School of Medicine. She is currently the Secretary of the Committee on Accreditation of Canadian Medical Schools, and the Secretary of the Committee on Accreditation of Continuing Medical Education. She has furthermore authored over 100 peer-reviewed publications.

Dr. Graves continues to use her clinical, teaching, and research interests to provide quality care through medical education on maternal and child health, especially for those belonging to vulnerable populations.





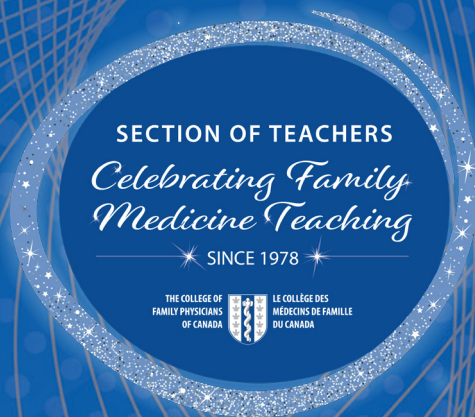
## About the Foundation for Advancing Family Medicine

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 providing funding for research projects, educational initiatives, and the Honours and Awards Program. 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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