



Schulich

MEDICINE & DENTISTRY

# Land Acknowledgement

We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (e.g. First Nations, Métis and Inuit) whom we recognize as contemporary stewards of the land and vital contributors of our society.

# Resident Orientation

Dr. Daniel Grushka, Postgraduate Program Director

Dr. Christina Cookson, Associate Postgraduate Program Director

Ms. Liz McInnis, Postgraduate Education Manager



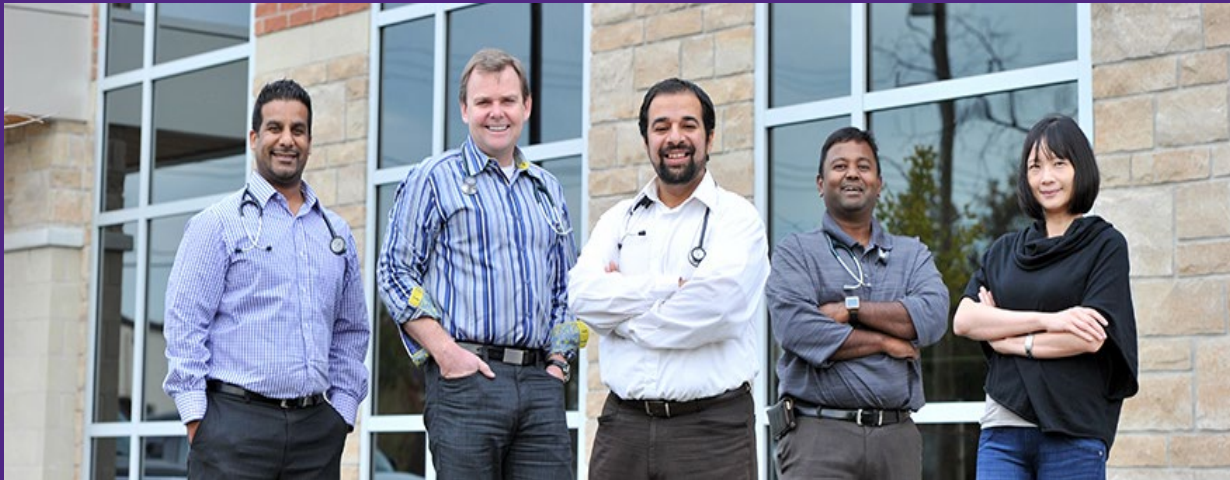
Dr. Daniel Grushka



Dr. Christina Cookson

# Objectives

By the end of the presentation, you will be familiar with the major components of the 2 years ahead



# Important Contacts

## General Inquiries:

- [fmpgc@schulich.uwo.ca](mailto:fmpgc@schulich.uwo.ca)
- 519-661-2037



## Administrative Contacts:

John Berger  
Christine Gignac  
Claudia Jarosz  
Cheryl Leystra-Lantz  
Liz McInnis  
Melissa Veens  
Kayla Walter-Connoy  
Pat Yong

Recruitment and Scheduling Coordinator  
Windsor Education Assistant  
Academic and Research Project Coordinator  
Student Relations / IMG Coordinator  
Postgraduate Education Manager  
Enhanced Skills and Scheduling Coordinator  
Finance and Evaluation Coordinator  
Financial Officer

[John.Berger@schulich.uwo.ca](mailto:John.Berger@schulich.uwo.ca)  
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[Pat.Yong@schulich.uwo.ca](mailto:Pat.Yong@schulich.uwo.ca)

# Important Contacts

## Chief Residents (2024/25):

Dr. Abdullah Haroon

Dr. Mohmeet Brar

Dr. Rachel Haywood

TBD

London Urban Program

Regional/Rural Program

Windsor Program

PGY3 Program

# Important Contacts

## Faculty contacts:

Dr. Scott McKay	Family Medicine - Chair/Chief
Dr. Daniel Grushka	Postgraduate Program Director
Dr. Christina Cookson	Associate Postgraduate Program Director
Dr. Helena Hamdan	Windsor Program Director
Dr. Tatiana Jevremovic	Enhanced Skills Program Director
Dr. Jay Taylor	Academic Program & QI/Research Coordinator
Dr. Phil Vandewalle	Resident Competency & Assessment Director



# Email

Very important to regularly check both of these email addresses:

- @uwo.ca (regularly check spam) or @meds.uwo.ca
- @londonhospitals.ca



***\*We only communicate via your official Western email\****



# College of Family Physicians (CFPC)

## CFPC Membership:

- CFPC offers complimentary membership for first year PGY1 residents. PGY2 and PGY3 residents receive discounted rates.
- Western Family Medicine will provide the CFPC with personal information (e.g. name, address, email) to facilitate automatic registration
- If you have any concerns, please contact us at [fmpgc@schulich.uwo.ca](mailto:fmpgc@schulich.uwo.ca)



# Family Medicine Longitudinal Survey

- As part of our on-going curriculum evaluation, you will be asked to complete the **CFPC Family Medicine Longitudinal Survey (FMLS)**
- It's an online survey used to evaluate the effectiveness of the Triple C competency curriculum
- Allows for the evaluation of educational experiences at three stages: on program entry, program exit and at 3-5 years into practice
- Incoming PGY1s will receive an email invite this week
  - Please ensure you complete the survey



# Family Medicine Website

- **Great resource for all inquiries related to the program**

<https://www.schulich.uwo.ca/familymedicine/postgraduate/index.html>

- **Facebook:**

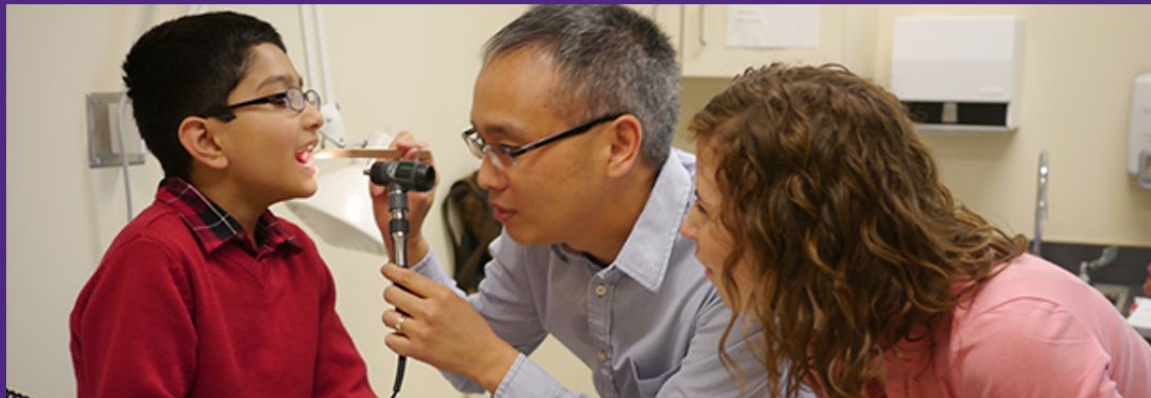
<https://www.facebook.com/westernuFamMed/>

## Popular links

- **MyFM** – Log procedures, field notes, academic credits and OB experiences
- **One45** – Rotation Schedule and evaluations, Service Contact List for requests for leaves
- **Microsoft Teams** – Course content for academic events
- **Western Libraries** – access to many resources

# Teaching Undergraduate Students

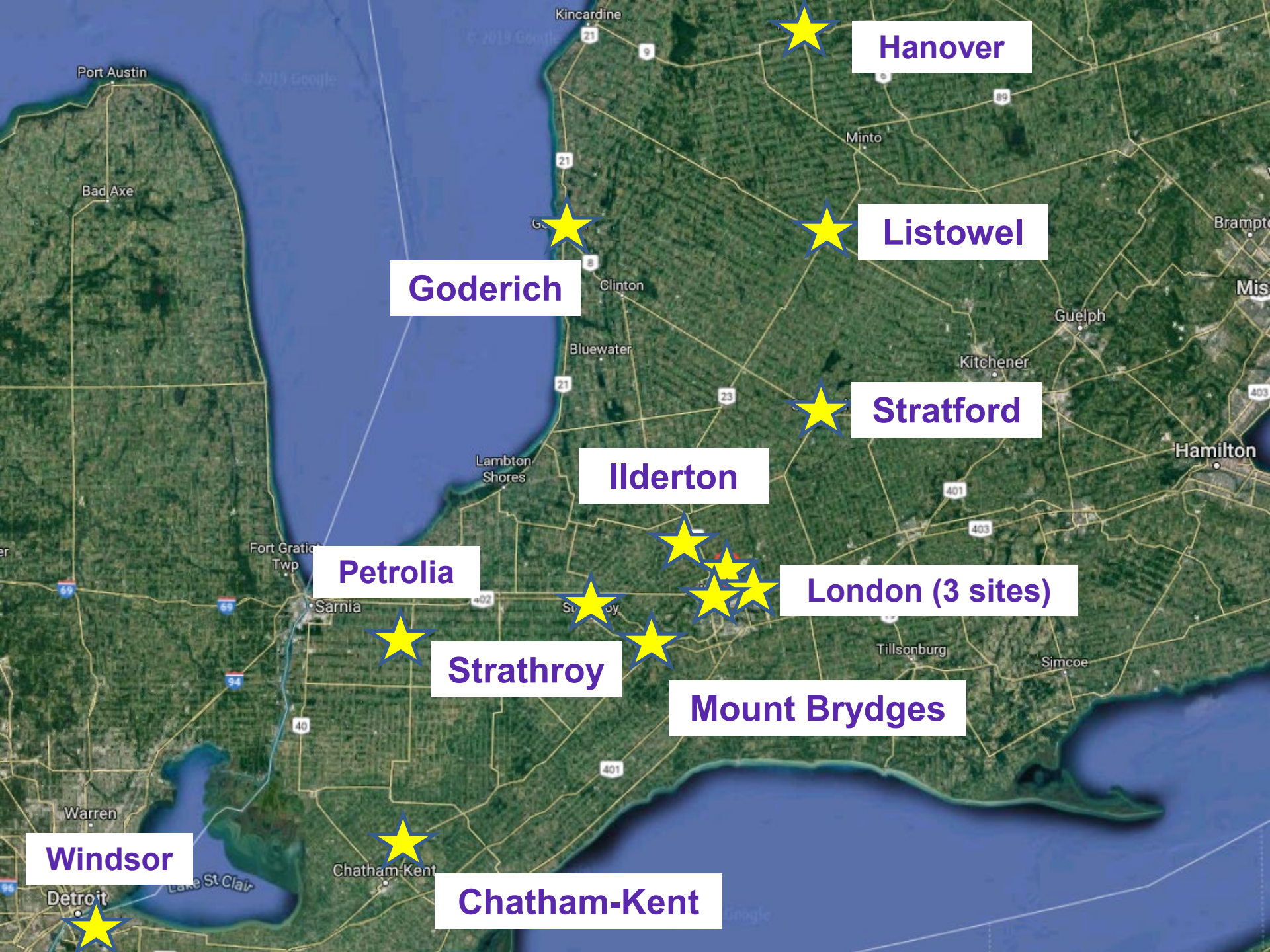
- All residents play a vital role in **teaching clinical clerks** that rotate through the Academic Family Medical Centres.
- All clinical clerks have a set of objectives (available online) that inform their learning experience.
- You will be asked to provide feedback on the clerk's performance
- If you are uncomfortable supervising clinical clerks, please let your supervisor know.



# Program Overview







**Windsor**

**Chatham-Kent**

**Petrolia**

**Strathroy**

**Ilderton**

**Goderich**

**London (3 sites)**

**Mount Brydges**

**Stratford**

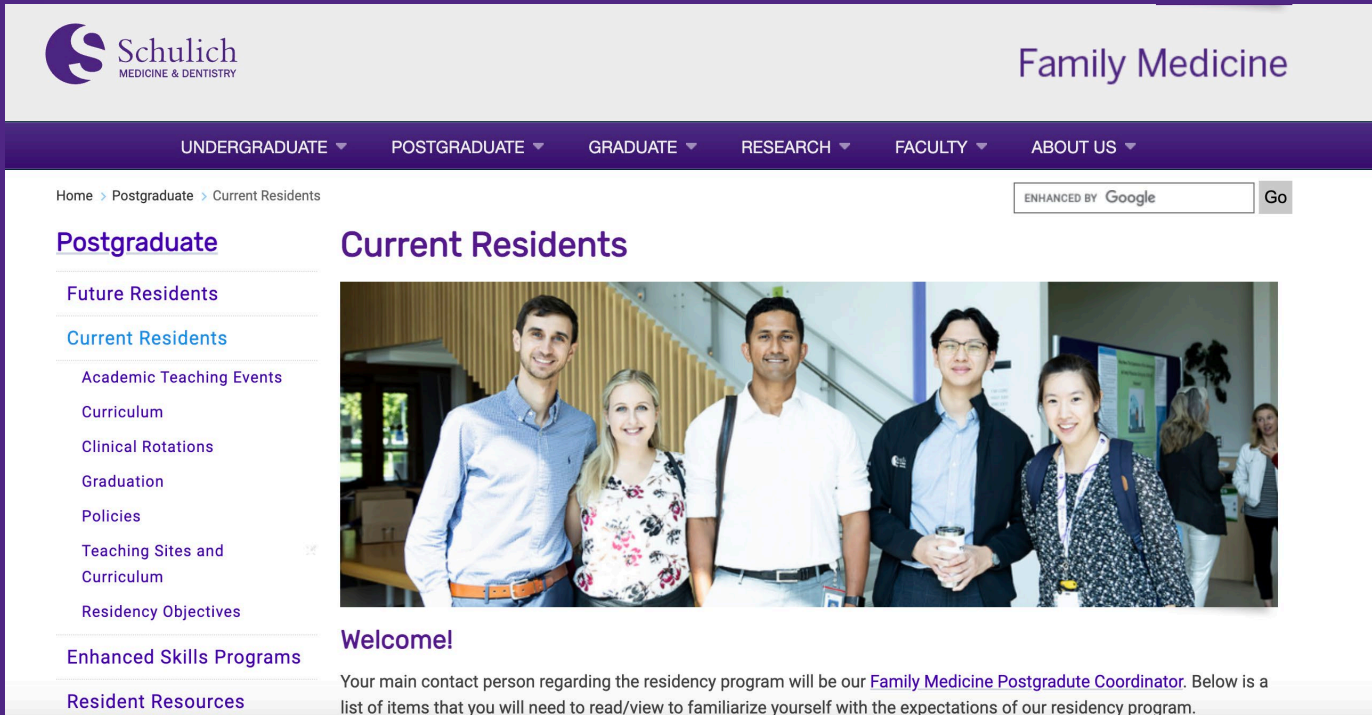
**Listowel**

**Hanover**

# Mandatory Requirements

To access the list of curriculum requirements for each year of training visit the Family Medicine website as follows:

- Family Medicine Website > Postgraduate > Current Residents > Curriculum



The screenshot shows the Schulich Family Medicine website. The header includes the Schulich Medicine & Dentistry logo and the text "Family Medicine". A navigation menu contains links for UNDERGRADUATE, POSTGRADUATE, GRADUATE, RESEARCH, FACULTY, and ABOUT US. The breadcrumb trail is Home > Postgraduate > Current Residents. A search bar is present with the text "ENHANCED BY Google" and a "Go" button. The left sidebar lists navigation options under "Postgraduate": Future Residents, Current Residents (highlighted), Academic Teaching Events, Curriculum, Clinical Rotations, Graduation, Policies, Teaching Sites and Curriculum, Residency Objectives, Enhanced Skills Programs, and Resident Resources. The main content area is titled "Current Residents" and features a photograph of five smiling residents. Below the photo is a "Welcome!" section with the text: "Your main contact person regarding the residency program will be our Family Medicine Postgraduate Coordinator. Below is a list of items that you will need to read/view to familiarize yourself with the expectations of our residency program."



# FM Website

<https://www.schulich.uwo.ca/familymedicine/index.html>

The screenshot shows the website's header with the Schulich Medicine & Dentistry logo on the left and the text 'Family Medicine' on the right. A navigation bar below the header contains links for 'UNDERGRADUATE', 'POSTGRADUATE', 'GRADUATE', 'RESEARCH', 'FACULTY', and 'ABOUT US'. The main content area features a large black and white portrait of Dr. Ian McWhinney on the right and the text 'Dr. Ian McWhinney Lecture Series' and 'September 18, 2024' on the left. At the bottom, there are buttons for 'Discover Family Medicine' and 'Family Medicine News', and a search bar with the text 'ENHANCED BY Google' and a 'Go' button.

WesternU.ca Popular Links

Schulich  
MEDICINE & DENTISTRY

Family Medicine

UNDERGRADUATE ▾ POSTGRADUATE ▾ GRADUATE ▾ RESEARCH ▾ FACULTY ▾ ABOUT US ▾

Dr. Ian McWhinney  
Lecture Series  
September 18, 2024

Discover Family Medicine Family Medicine News

ENHANCED BY Google Go

## By End of PGY1

- [Clinical rotations \(successful completion\)](#)
- [Faculty Advisor Program \(three meetings per year\)](#)
- [Field Notes \(Log 3/week during FM Rotations via MyFM\)](#)
- [Procedures and Obs Log \(log required experiences via MyFM\)](#)
- [Rotation evaluations \(complete for each rotation via one45\)](#)
- [Resident evaluations \(ensure preceptor has completed before end of rotation\)](#)
- [In-Centre Teaching \(e.g. Procedures Curriculum, Audit\)](#)
- [Complete Academic Program](#)
  - [Log 150 Academic Credits via MyFM](#)
  - [Attend Wed. FM Academic Half Days](#) (All residents- FM Orientation, Obstetrical Skills Day, Resident Project Day; Windsor Residents- Windsor Half-Days; London/Rural/Regional Residents- London Half-Days)
  - [Attend Behaviour Medicine Teaching Sessions](#) (in Centre)
  - [Attend Ethics Teaching Session](#)
  - [QI Curriculum](#) (5 IHI Online Modules -due in Sept.)
  - [Submit Resident Project Proposal](#)

## By End of PGY2

- [Clinical rotations \(successful completion\)](#)
- [Faculty Advisor Program \(three meetings per year\)](#)
- [Field Notes \(Log 3/week during FM Rotations via MyFM\)](#)
- [Procedures and Obs log \(log required experiences via MyFM\)](#)
- [Rotation evaluations \(complete for each rotation via one45\)](#)
- [Resident evaluations \(ensure preceptor has completed before end of rotation\)](#)
- [In-Centre Teaching \(e.g. Procedures Curriculum, Audit\)](#)
- [Complete Academic Program](#)
  - [Log 150 Academic Credits via MyFM](#)
  - [Attend Wed. FM Academic Half Days](#) (All residents- FM Orientation, Obstetrical Skills Day, Resident Project Day; Windsor Residents- Windsor Half-Days; London/Rural/Regional Residents- London Half-Days)
  - [Attend Behaviour Medicine Teaching Sessions](#) (in Centre)
  - [Attend Ethics Teaching Session](#)
  - [Submit and present completed Resident Project](#)

# Clinical Rotations

## Schedule:

- 13 blocks per year; 26 blocks in your entire residency
- Each block is 4 weeks (exception: core/rural FM rotations)
- Changeover Day = Tuesday
- Depending on your core teaching site, you will have specific clinical curriculum



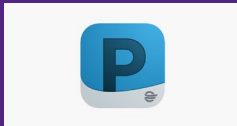
# Tips to optimize your learning!

1. **Advocate** for your learning needs
2. Let all team members know that you're **there and ready to get involved**
3. Remember to have your preceptor **complete your assessment** before you finish the rotation
4. **Learning objectives** for each rotation are on the FM website
5. **Communicate!** Ensure that you discuss how to contact your team members and vice versa

# Rotation Requirements

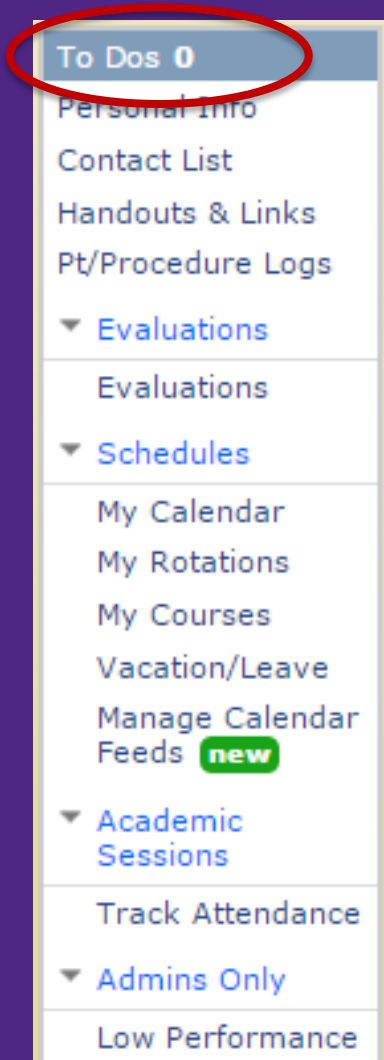
## Different requirements per rotation:

- Contact the rotation lead at least 1 month in advance of the rotation. Contact information can be found in One45, in the **Handouts & Links section** of your eDossier
- Hospital Forms
  - **It is essential you complete and submit required Hospital Forms in a timely manner.**
  - **If your rotation is through a hospital affiliated with another university, you must be credentialed with them and complete all requested documentation from them.**
  - **Some rotations will cancel the rotation if documentation is not completed two weeks prior to the start date.**
- **Power Chart** electronic order entry **training is mandatory** for residents.





# Rotation Evaluation



- One45 is used to manage rotation schedules and evaluations
- Please complete your “To Dos” as soon as possible (click on any to do item and follow instructions):
  - Complete rotation and/or faculty evaluations (required to view your results under “evaluations”)
  - Some assessments of your performance will go directly to your preceptor; other assessments you will need to distribute directly to a preceptor to complete:

The screenshot shows a section titled 'Forms to distribute (1)'. Below the title, it says 'Please distribute the forms below'. There is a table with the following columns: Activity, Program, Dates, and Form. One row is visible, showing 'SWOMEN Rural - ICU - Sarnia (c)' under Activity, 'Fam Med Postgrad' under Program, 'Jun 5 /18 - 30/18' under Dates, and 'Clinical Experience - Intensive/Cr' under Form. A redacted area is present below the first row.

Activity	Program	Dates	Form
<a href="#">SWOMEN Rural - ICU - Sarnia (c)</a>	Fam Med Postgrad	Jun 5 /18 - 30/18	Clinical Experience - Intensive/Cr



# Reminder...

- It is your responsibility to ensure that your preceptor has completed your assessment before the end of the rotation using One45 (approach them 1 week prior to the end of the rotation)
- **Rotation assessments must be completed to successfully complete the program**

## Note:

Many Royal College residency programs are using Elentra instead of One45. It is important you ask your off-service preceptor to continue to use One45 for your assessment.



# one45 demo



<https://one45.schulich.uwo.ca/webeval/>

# Rotation Outcomes

- **Unsatisfactory/Does not meet expectations**
  - Unsuccessful rotation – triggers formal remediation process
  - Outcome can be appealed per the Schulich Resident Evaluations and Appeals policy
  - Resident and Associate Postgraduate Program Director meet to discuss
  - FM PG Executive Committee involved in process
- **Borderline ratings**
  - Program notified and evaluation discussed with resident
  - FM PG Executive Committee determines and organizes any educational/remediation plans that may be required
  - Committee decision can be appealed if leads to formal remediation

# Core and Core Selective Rotations

- CANNOT be changed once scheduled due to patient care requirements and priorities
- Rotations limited to within Southwestern Ontario



# Elective Rotations

- Cannot be changed **within 8 weeks of the rotation start date**
  - If you wish to change a non-Windsor elective, contact original rotation to get released and new rotation to get accepted. Must advise Family Medicine office of change
  - If wish to change a Windsor elective, contact [FMWindsor.Schulich@wrh.on.ca](mailto:FMWindsor.Schulich@wrh.on.ca)
- Electives can be taken outside of Southwestern Ontario catchment, up to 3 maximum. Residents are fully responsible for arrangements (e.g. Submitting requirements of different universities)
- Elective supervisor must have an academic appointment with an accredited medical school. All communications must be with a university/hospital email address
- Maximum of 3 electives in any one specialty except Family Medicine

# Unique Electives

## Research Elective

- Proposal must be completed
- Used to work on resident research project (see policy)
- 1 Block Maximum

## Vacation Elective

- 1 block maximum
- 7 days of educational leave and floater day remain



# Horizontal Electives

- Can only take place during core Family Medicine rotations;
  - **PGY2 residents** can do up to 6 half days during regular working hours;
  - **PGY1 residents are not eligible for horizontal electives during regular working hours** due to the importance of focusing on their core Family Medicine competencies in the first year of residency training;
- Horizontal electives **outside of regular working hours** can only be done during core Family Medicine rotations.
  - Your Faculty Advisor **must approve** these horizontal electives (can discuss after you have completed at least 1 month of core FM with your Faculty Advisor) and the **Family Medicine Postgraduate Office must be notified**.



# FM Rural Rotation

- Occurs in PGY2 for London Urban and Windsor residents

## Eligible rotations (consult FM website):

- In Southwestern Ontario catchment area with a clinician with a faculty appointment
- Not in city/town with academic centre/tertiary care hospital
- Preceptor must work in 2 or more settings in addition to the office setting: inpatient, ER, OB, surgical assist, GP-anesthesia, nursing home/LTC
  - If your core FM site does not provide FM-OB exposure, you should be trying to ensure you do your FM Rural Rotation in a centre that provides FM-OB exposure



# Faculty Advisor Program

## What?

- Periodic Review that helps to provide longitudinal mentoring and support
- Help develop individualized learning plans and track progress through residency
- Complete the **Periodic Review Form** to track progress using One45

## Who?

- **Resident is responsible** for arranging meeting with Faculty Advisor (in person, phone or Skype/Facetime/Zoom. Cannot be over email)
- FM preceptor = default Faculty Advisor (FA)

## When?

- **Resident to arrange to meet with FA three times per year** (every 4 months)
- Email reminder will be sent out



# Faculty Advisor Program

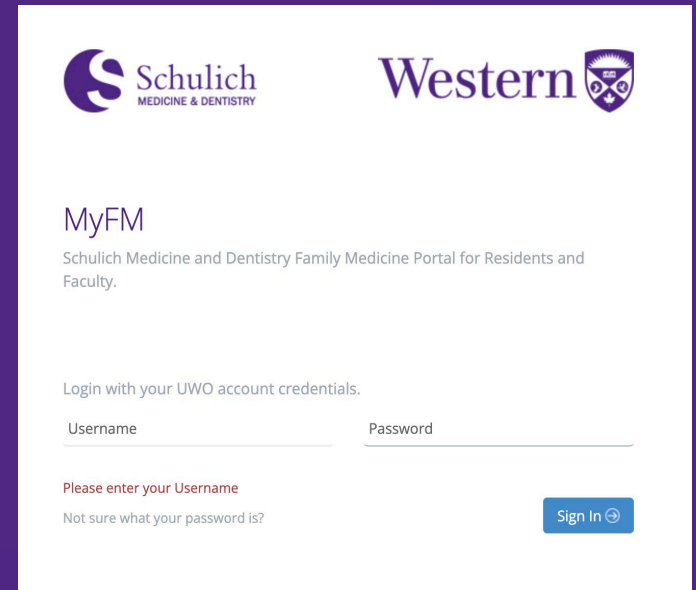
**Prior to the meeting**, Residents need to:

- Log into MyFM > click on “Resident Assessment” > download Periodic Review Form and fill in and bring with you to the meeting
- **Reflect** on learning needs and progress in residency
- Ensure you are keeping your **MyFM logs updated**
- **Come prepared** to discuss with FA
- FA then completes Periodic Review through One45



# MyFM

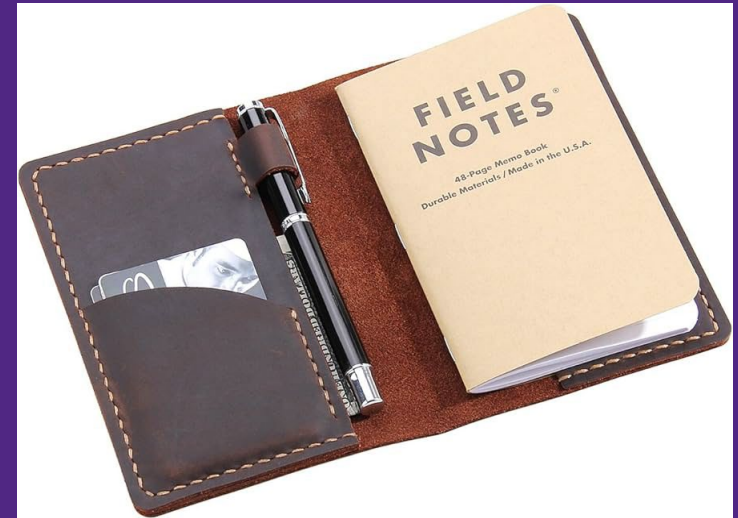
- <https://fm.schulich.uwo.ca/MyFM>
- As soon as possible, please log into MyFM, with your Western login credentials
- Any issues, please contact [fmpgc@schulich.uwo.ca](mailto:fmpgc@schulich.uwo.ca) after the session



The screenshot shows the MyFM login interface. At the top left is the Schulich Medicine & Dentistry logo, and at the top right is the Western University logo. The page title is "MyFM" with a subtitle: "Schulich Medicine and Dentistry Family Medicine Portal for Residents and Faculty." Below this, it says "Login with your UWO account credentials." There are two input fields: "Username" and "Password". Below the "Username" field, there is a red error message: "Please enter your Username". Below the "Password" field, there is a link: "Not sure what your password is?". At the bottom right, there is a blue "Sign In" button with a right-pointing arrow.

# Field Notes

- Logged using MyFM - electronic assessment system
- During core FM must complete ~1 field note/day
  - At least 3/wk during core FM time
    - 50 by end of PGY1 year and 100 by end of PGY2 year
- Field Note Information
- Field note demo





# Procedures in Family Medicine

- Log **procedures** completed on **all rotations**
- Logged via MyFM using a field note
- Must have learned or performed all of the core and enhanced procedures by the end of training



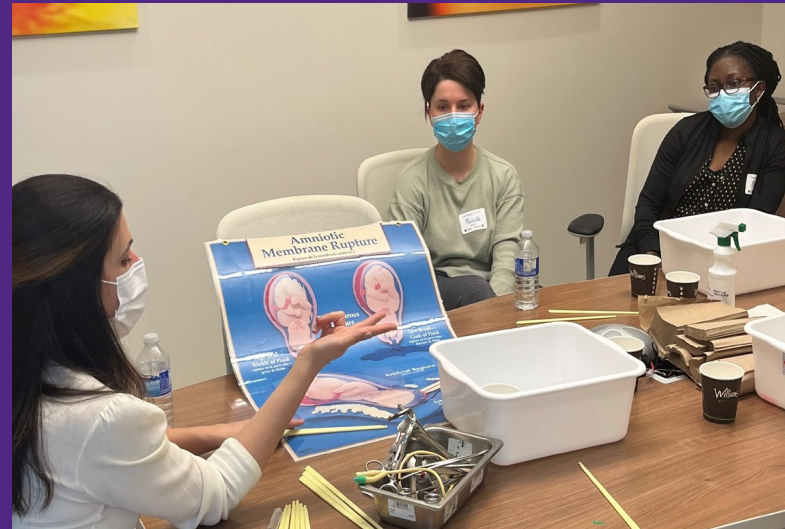
## Procedures Curriculum:

- 1-2 small group-based teaching sessions during FM block
- Use of DVD/online videos to aid instruction
- Each teaching unit does procedures



# FM Obstetrics Policy

- Log all OB Experiences noting which experiences are FM OB experiences
- Logged via MyFM using a Field Note





# Academic Programming



# Academic Program Bulletin

- Distributed via email prior to each block
- Highlights upcoming academic events
- ***\*\* Please don't unsubscribe from these Department of Family Medicine emails***
- Also posted on the website



# Academic Half-Days

- Protected academic time every Wednesday afternoon from 1:30-5:00 pm
- Rotations are notified, but please let your preceptor know so that you can block Wednesday afternoons off from clinical activity
- Mix of mandatory scheduled learning sessions and self-directed learning time when no session is scheduled
- Windsor Program has separate Academic Half-Day program
- Schedules found in One45 and on FM website



# Academic Credits

- Minimum of 150 hours / 150 credits of eligible educational activities in prescribed criteria per year (total 300 credits by program completion)
- Logged via MyFM
- Must maintain proof of participation in CME events (e.g. certificates)
- Try to complete Credits at least 1 month before program end date



# Academic Credits

Eligible activities for academic credits:

- Academic Half Day
- Reading (journals, books, guidelines, McMaster modules, audio/video tapes, CFPC programs)
- Educational sessions organized by residents & staff physicians (during FM block time)
- Accredited conferences/courses/workshops: in person/on-line
- Hospital rounds
- Departmental Grand Rounds (1<sup>st</sup> Wed of each month 8:30-9:30)
- Research/Publication (excludes residency project)
- ACLS, ATLS, NRP, PALS, ALSO, ALARM, ACoRN, etc.
- Practice audits/quality assurance



# Transition to Residency (T2R)

- Mandatory educational sessions for PGY1s
- Hosted by the Schulich Postgraduate Medical Education (PGME) Office on Wednesday afternoons through July and August
- Attendance taken
- T2R contact: Scott MacGregor in the PGME office:  
[scott.macgregor@schulich.uwo.ca](mailto:scott.macgregor@schulich.uwo.ca)





# Medical Ethics Program

- Mandatory attendance
  - See website calendar for more details



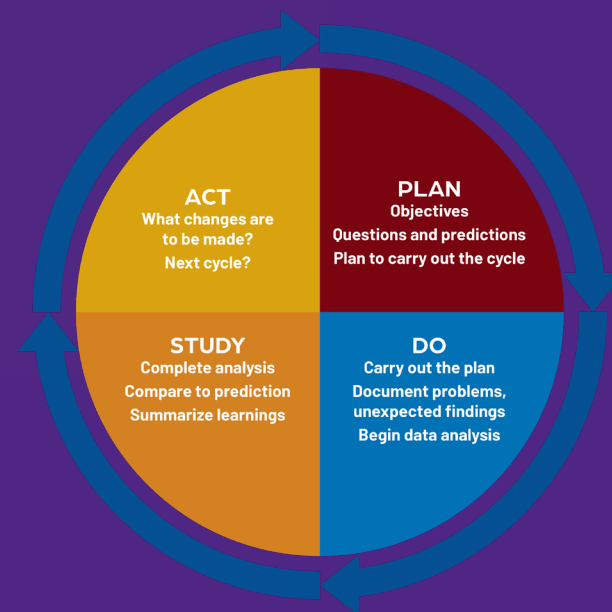
# Neonatal Resuscitation Program (NRP)

- London, Regional, Rural Residents:
  - Completed during PGY1 year
  - On-line exam must be completed prior to in person session.
  - One 4-hour session per core Family Medicine block
  - Held in-person at Western Centre for Public Health & Family Medicine
- Windsor & Hanover Residents:
  - Held in-person in Windsor & Hanover
- Mandatory attendance



# Quality Improvement Curriculum

- 5 online modules through the Institute for Healthcare Improvement to be completed by end of September – PGY1
- Approximately 5-6 hours to complete
- Residents will receive an email with login instructions and due dates. The email will also contain instructions for how to let us know if you have already completed the modules in medical school.
- Copies of certificates acknowledging completion to be sent to [fmpgc@schulich.uwo.ca](mailto:fmpgc@schulich.uwo.ca).





# Resident Project

- Choice of Research Project OR Quality Improvement (QI) project



# Resident Project

Work in groups (up to 5 residents) typically at home Family Medicine training site

- PGY1
  - Proposal completed by the end of your core FM block. Due date is the last day of the block.
- PGY2
  - Completed 2 weeks after the end of your Family Medicine core block. Exception is for those starting core FM in block 9 or 10 where project will be due at the end of April. Claudia Jarosz will email you with the exact date.
  - Residents are required to give a presentation of their project at Resident Project Day in June.

# Policies to review...

## Policies



Below are policies as outlined by the Schulich Family Medicine Postgraduate Program.

- > Rotations
- > Professional Leaves, Vacation, Religious Holiday
- > Accommodation, Travel, Conference Expense
- > Evaluation and Appeal
- > Residency Program Transfer
- > Assistance for Residents During Residency
- > Accommodations for Residents with Unique Needs
- > Resident Safety
- > Miscellaneous Western University and London Hospital

# Time Away

- If > 1 week of a 4-week rotation is missed due to any reason (including vacation), this may affect the preceptor's ability to provide an accurate assessment of your abilities. This may result in an incomplete rotation or in remediation in the form of additional time in that particular rotation
- If a significant portion of a 16-week family medicine core rotation is missed due to any reason (including vacation), this may affect the preceptor's ability to provide an accurate assessment of your abilities. This may result in remediation in the form of additional time in family medicine

# Time Away

- Residents are required to notify [fmpgc@schulich.uwo.ca](mailto:fmpgc@schulich.uwo.ca) with ANY time away from the rotation. This includes:
  - Vacation
  - Professional Days
  - Formal Leaves
  - Emergency, Sick or Compassionate Leaves
- If it is not recorded in the Vacation/Leave tab in One45, it is not an approved time away from the program.
- Residents should approach their block preceptor at least 1 month prior to the start of the block with a time away request.
- Service Contact List for requests for leaves can be found in One45 under **Handouts & Links**



# Professional Funding

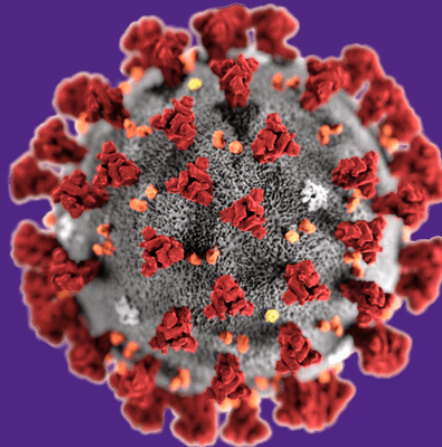
## Funding Policy:

- Eligible activities:
  - Any educational course (within/external to program)
  - Any conference registration fees
- Available Funding:
  - \$400/year
  - Can be carried over
- Conditions of reimbursement:
  - **Original** receipts submitted within **60 days** of the incurrence of the expense
  - Reimbursement occurs only after the course date
  - Funding can **ONLY** be applied to registration fees



# Residency and COVID

- Residents who are ill, infected or directed to self isolate should contact the FM PG office as well as their rotation contacts ASAP.
- Residents who are self isolating are permitted to work remotely (where the rotation allows) if they feel well enough.



# Resident Work-Life Balance

It is important for residents to be aware of the parameters of their obligations and rights so they may achieve work life balance.

- PARO as a resource

<https://myparo.ca/>

- PARO Duty Hours

<https://myparo.ca/top-contract-questions/#duty-hours>



PARO

Inspired by our  
love of medicine

# Resident Safety

## Main Message:


- A resident is excused from duties if in their opinion, their **safety is at risk**.
- A resident must notify their preceptor and program director **immediately** in this case.




# Resident Safety

## Key points:


- Safety risks should be discussed prior to start of clinical/academic/research activity between resident and preceptor
- Weather conditions can make travel unsafe and prevent a resident from attending their duties
- Residents generally should NOT work alone in the ambulatory setting during office hours
- Residents may attend house calls alone but safety must have been determined beforehand
- Fatigue Risk Management & Safe Ride Home Program




**SAFE RIDE HOME PROGRAM  
FOR MEDICAL RESIDENTS**




 **LONG SHIFT?  
FEELING FATIGUED?**

 **PLEASE STOP AND  
CONSIDER THE SAFE  
RIDE HOME PROGRAM**

 Fatigue is dangerous. When fatigue hits, choose the Safe Ride Home Program for Medical Residents.

 Call Checker (24/7) at 519-659-0400 to book your Checker Limo Safe Ride Home from any hospital site in London.

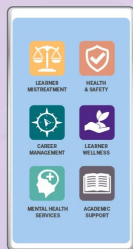
 Medical Residents are covered. Use the PIN provided by Medical Affairs for a complimentary ride, when fatigue hits.

 Rest well, safe at home. Choose the Safe Ride Home, for Medical Residents.



# Resident Wellness

- You may be stressed....if you find yourself in difficulty:
  - Talk to your family/friends
  - Talk to your supervisor, faculty advisor or chief resident
  - Talk to your family physician
  - Talk to one of your program director(s)
  - Talk to one of our confidential mentors
  - Contact Wellness (LE) Office



*LEARNER EXPERIENCE*

*REACH OUT. GET CONNECTED.  
RECEIVE THE SUPPORT YOU NEED.*



# Resident Wellness

- If you experience **intimidation or harassment**, report **immediately** to:
  - Your Program Director or Postgraduate Director
  - Wellness (LE) Office



# Questions?





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