Welcome to Victoria

A CaRMS Info Presentation

2013
Victoria

- BC's capital
- Population: 350,000
- Great weather, less rain than Vancouver
- Friendly, active
- Great size, easy to commute around.
Victoria

Dallas Road

Inner Harbour
Victoria

- Very bike-able

- Amazing outdoor recreational opportunities
  - Hiking, kayaking, cycling, horseback riding, running...
  - Gulf Islands, Tofino...
  - Many provincial parks
  - Mt. Washington
Victoria Site

- The largest UBC family practice training site
- For 2012-2013:
  - 16 R1s Victoria Site
  - 4 R1s ARTS
  - 4 R1s IMG
  - 23 FP R2s
FP residents come from medical schools across Canada
- 14 Royal College - R1 only
  (Obs/Gyn, Psych, Pathology, Radiology etc.)
A few Royal College elective/senior residents
- Internal Medicine, Pediatrics, General Surgery, Psychiatry
Family Medicine residents form the core of the medical team on every specialty service and rotation.
You are never “just a family practice resident”
Victoria Site

FACULTY

• Dr. M.E. (Lys) Fonger, Site Director, Victoria Site
• Dr. Danièle Behn-Smith, Site Director, Aboriginal Residency Training Site (ARTS)
• Dr. Pierre Dil, Site Director, IMG Victoria Site

ADMINISTRATION

• Josie Terlesky, Site Coordinator
• Antoinette Picone, Site Coordinator, IMG
• Carlea Remodo, Site Coordinator, ARTS
• Stephanie Goult, Assessment & Evaluation Coordinator
The Hospitals

ROYAL JUBILEE HOSPITAL

• Victoria’s central hospital
• New 500-bed Patient Care Centre recently opened
• ICU, Medicine, Cardiology, Plastics, Psychiatry, Hospitalist
• Hospital library, classrooms, teleconference facilities
• New on call facilities
• Island Medial Program
The Hospitals

VICTORIA GENERAL HOSPITAL

- Trauma centre for Vancouver Island
- 350 beds
- ICU, General Surgery, Gynecology, Obstetrics, Pediatrics, Hospitalist
- Hospital library, classrooms, teleconference facilities
- New on call facilities
- 15min car by car
- 30min bike, a long walk from Downtown (Galloping Goose Trail)
### The “Sample” R1 Rotations

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Rotations: R1

INTRO TO FAMILY MEDICINE  4wk
- Community preceptor-based
- Light call with the RJH House Physician service
- Obstetrics call possible with preceptor
- Behavioral medicine

Family Medicine 4wk

Half-day back throughout the year

Can do longitudinal electives: dermatology, sports medicine, sexual health, STI clinic, etc...
Rotations: R1

MEDICINE (CTU and Cardiology)  8wk

- CTU 4 weeks
- Cardiology 4 weeks: ward, or CCU opportunities
- Team-based at RJH
- 1-in-4 call
- Internal Medicine Seniors from Vancouver
- Med students
Rotations: R1

OBSTETRICS AND GYNAECOLOGY  8wk

• 6wk Obs, 2wk Gyne at VGH (no call during gyne)
• Gyne Preceptor-based
• 1-in-4 call on Labour and Delivery
• 80% of deliveries are by FP-Obs: excellent exposure to full-service FM
• ~ 3 000 deliveries/year; 30-40 deliveries/resident/rotation

• Specialty clinics
  • Staff obstetricians and gynecologists
  • STI, sexual health, genetics, colposcopy
Rotations: R1

PAEDIATRICS  8wk
- 4wk Inpatient Pediatrics
- 4wk Outpatient Pediatrics clinics
- 1-in-4 call
- Team-based ward at VGH
- Preceptor-based outpatient community clinics

- Specialty clinics
  - Child Psychiatry
  - Endocrine
  - Cardiology
  - Developmental
  - Ortho
Rotations: R1

EMERGENCY  4wk

• Cowichan District Hospital in Duncan, or Victoria Hospitals
• 16-17 eight-hour shifts
• Work with Royal College, CCFP-EM,
• Great teaching
• Award winning rotation
• Accommodation provided in Duncan
Rotations: R1

Selective: ICU 4wk

- 1-in-4 call
- 2wk at RJH: CCU/CVU, post-op
- 2wk VGH: trauma, neurosurg, stroke
- Excellent teaching, brilliant staff: basic science and physiology will finally make sense, opportunities for procedures (lines, LP, intubation).
- No elbow-to-elbow like in big centres.
Rotations: R1

Selective: Plastics/Surg Subspecialty  2/2 wk

1) Plastics at RJH
   • 1-in-4 call on average
   • Clinic/OR/Office

2) ENT/Neurosurgery/vascular surgery/Rad Onc/Thoracics
   • 1-in-4 call on average
   • Clinic/OR/Office

*** No surgical specialties residents, great 1-on-1 working with staff.
Rotations: R1

Selective: General Surgery 4 wks

1) VGH In Patient Surgical Ward experience for 2 weeks

2) Ambulatory Surgical Clinic for 2 weeks

*** Incoming cohort of FP residents expected to complete General Surgery rotation either in R1 or R2 year.
Rotations: R1

ELECTIVE  2wk x2

- Under-serviced populations project
- Intra/inter provincial/national

- ViVa: Victoria-Vanuatu programme
  - Victoria FPs go to Vanuatu to provide healthcare
  - 6mo at a time, families come too
  - Residents can do 1mo elective (many in R2 year)
Rotation R2

4 wk Block

1. FP
2. Psyc
3. Ortho / MSK
4. Elective

5. Rur
6. Surg
7. Elect
8. Vac
9. Hosp/ Pract
Rotations: R2

FAMILY MEDICINE (Integrated/Horizonal 28wks)
- With both primary and obs preceptor
- Integrated with Psychiatry, Ortho/Sports Med, Elective

RURAL FAMILY MEDICINE 8wk
- Province wide program with a lottery based match
- You run the “show”: clinics, ER, surg assist, obs, etc
Rotations: R2

ORTHOPAEDICS  2 weeks spread over 4 weeks  
Horizontal with FP  
  • OR, clinic, cast clinic, no ortho resident  
  • Very light call

SPORTS MEDICINE  2 weeks spread over 4 weeks  
Horizontal with FP  
  • Outpatient clinic with experienced FPs

PSYCHIATRY  4 weeks spread over 8 weeks  
Horizontal with FP  
  • Emergency Psychiatry, Outpatient mental health clinics, Ward,  
  • Island Psychiatry post-grad program  
  • 4 on-call shifts over 4wk
Rotations: R2

Elective Emergency 4 weeks
  • Either Duncan or Victoria site depending on what you did first year
  • Program has accommodation in Duncan

Palliative Care 2 wk
  • 2 week rotation: 1 wk hospital; 1 wk community-based
  • Victoria Hospice is on the cutting edge of palliative care

Hospitalist Rotation/Elective 4 wks
  • Can do either Hospitalist (very worthwhile) or elective
Rotations: R2

ELECTIVE 6wk

• Can be local or outside of BC/Canada
• Up to 4wk international: e.g. Vanuatu
Academics

ACADEMIC HALF-DAYS

• Every Wednesdays afternoon
• Resident-guided Guideline Presentations on CCFP objectives. *Preceptor/Faculty facilitator
• McMaster Modules
• Specialists/FP preceptor lectures

SPECIALTY ROUNDS:

• MSK rounds: Monthly by Orthopods
• Rad rounds: Monthly by Radiologists
• CTU morning reports, Friday grand rounds,
• CCU ECG Teaching on Tuesday
Academics

COURSES - free!

- NRP: sometime in R1 year
- ALSO: in Victoria with all the FM residents
- Soft Tissue Trauma by Plastic surgeons!
- Palliative Care course
- ATLS optional in R2
- IUD workshop

CCFP Exams

- Exam prep by preceptors and site faculty

MOCK CODES: monthly, organized by ER docs and CCU/ICU nurses. Valuable experience with all team members/learners present: RTs, RNs, MDs etc.
Medical Student Teaching

UBC ISLAND MEDICAL PROGRAM

• 3rd- and 4th-year clerks on wards and clinics with you
• Lots of new infrastructure: new library, call rooms etc
• Not too many learners on any services
Education/Research

SCHOLARLY PROJECTS

• R1: “Practice Improvement Processes“ (PIP)
  • Practice Audit
• R2: Resident Scholar Project
  • Province wide requirement with research day in June of R2 in Vancouver

RESIDENCY EDUCATION FUND

• $700/2yr for books, UpToDate, conferences, etc
Resident Life
Resident Life
Resident Family Life
Skits Night!!!
Resident Life

**PROS**
- Friendly city, lots to do
- Close-knit residents, get to know everyone
- Tons of great outdoors: hiking, cycling, swimming etc.

**CONS**
- Housing can be difficult as rental market is competitive
- Not so much ethnic food
- Not a heckofalot of nightlife ;(
  - Steve doesn’t agree….but then he’s old and goes to bed early.
Strengths

• Pro-Family Medicine culture
  • Family physicians working Emerg, doing Obstetrics, running wards

• Small enough that staff get to know you and trust you
  • Never "just a Family Resident"

• Friendly, laid-back atmosphere
  • Monday evening soccer, Wednesday afternoon & Thursday night hockey, cycling
Strengths

- FM residents are key on every service
  - Often you're the only person on working directly with Staff
- FM residents can run the Code:
  - Lots of experience running it instead of standing behind other senior residents looking over their shoulders
  - Staff always standing right beside you in case you need them
- Flexible
- Supportive site faculty
- Excellent admin staff
- Great life outside of work, great place to live.
Strengths

Site graduates ready for and do well in various settings
- 50% go rural
- 50% go urban

Strong candidates for R3 programs
- 100% EM matching this year (3 for 3), 7 EM match last year.
- 1 choose to do Palliative
- The program has a reputation of producing strong residents likely because of the volume we see and independence we have.
“Not-so-strengths”

• Integration of med students a work in progress
• Less contact with Royal College and senior residents
  – Little resident-to-resident teaching (but still has monthly IM chief resident teaching onsite)
• Infrequent organized bedside teaching
  – More on-the-fly style with your preceptor
• Requires self-motivation and ability to seek out own experiences (only a weakness if you want to be told what to do)
• Busy R1 year: transitioning from Internship history to Residency training site. Some staff still remember being on call 1-in-2.
Is Victoria the site for you?

MAYBE NOT, IF YOU...

• Want to train at a major academic centre and prefer looking over someone’s shoulders
• Need a lot of structure and hand holding
• Want to do 1 in 7 call with no weekends, and a hot tub in the call room. (*no such program exists. Trust me, I looked)
Is Victoria the site for you?

MAYBE, IF YOU...

• Are self-motivated and can function independently
• Want to be respected as a Family Practice resident
• Want to be respected as a “Victoria grad”
• Are looking for a fun, comprehensive, "full-service Family Medicine" program
• Want to live a balance life!
Hope to see you this July 1st!

Questions?