Chilliwack

- Population 85,000 +
- Located between Hope & Abbotsford in the heart of the Fraser Valley
- Less than 100 km from Vancouver
- Beautiful scenery, abundant outdoor recreation
- Small town feel, with nearby urban amenities
PROGRAM OVERVIEW

- The 1st community-based family medicine program in Canada
  - Established in 1990
  - Residents have defined role
  - Provided framework for other Canadian programs.
PROGRAM OVERVIEW

• Community-based medicine
  ➔ not a tertiary care centre
• Full-service general practice
• Hospital, office, & community experiences
• Majority of training occurs in Chilliwack, but also in the nearby community of Abbotsford with brief periods in Vancouver
CHILLIWACK GENERAL HOSPITAL

• Family medicine centered hospital
• All admitted patients have a family physician involved in their care
• Great working relationship between specialists and family physicians
• Fantastic support for residents!
CHILLIWACK GENERAL HOSPITAL

- Provides services at the primary & secondary referral level to ~ 90,000 people in Fraser Valley
- 140 bed hospital
- Average Year:
  - 6,200 admissions
  - 6,500 surgical procedures
  - 35,000 emergency visits
  - 1,000+ deliveries
CHILLIWACK GENERAL HOSPITAL
SPECIALTIES REPRESENTED

- Internal Medicine
- General Surgery
- Orthopedics
- Urology
- Obstetrics & Gynecology
- Ophthalmology
- ENT

- Pediatrics
- Radiology
- Psychiatry
- Pathology
- Emergency Medicine (CCFP)
- Anesthesiology
- Geriatrics
- Palliative Care
MARK LONGHURST MEMORIAL LIBRARY

- Full-time librarian
- Well-equipped clinical resource centre
- Journals, texts, audio-visual material
- Plenty of computer access for on-line literature searches & interactive computer-based learning
<table>
<thead>
<tr>
<th>Speciality</th>
<th>Blocks</th>
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</thead>
<tbody>
<tr>
<td>Family Medicine: Chilliwack Rural</td>
<td>8</td>
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<tr>
<td>Internal Medicine</td>
<td>2</td>
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<tr>
<td>Palliative/Anaesthesia</td>
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<tr>
<td>Psychiatry</td>
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<tr>
<td>Surgery (incl Subspecialties)</td>
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<tr>
<td>Emergency</td>
<td>1</td>
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<tr>
<td>Obstetrics/Gynecology</td>
<td>2</td>
</tr>
<tr>
<td>Pediatrics (incl 2 weeks NCN @ Children’s)</td>
<td>2</td>
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<tr>
<td>Musculoskeletal (Sports Med / Ortho / Rheum)</td>
<td>1.5</td>
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<tr>
<td>Electives</td>
<td>3.5</td>
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</tbody>
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FAMILY MEDICINE ROTATION

- Matched to a family physician preceptor with similar interests
  - R1 – 4 month block
  - R2 – 4 month block
- 1/2 day back encouraged but not mandatory
- Full scope of practice: clinic, hospital, minor surgical, obstetrics, OR assist
- Includes community experiences:
  - Palliative Care
  - First Nations Medicine
  - Geriatrics and Home Health Care
- 2 month rural rotation
  - Hope & other UBC Rural Sites are options
SPECIALTY ROTATIONS

• Internal Medicine
  • 8 weeks Abbotsford – mix of Medicine Consult Team, Cardiology + Nephrology

• Pediatrics
  • 3 weeks Abbotsford (in-patient), 3 weeks Chilliwack (Ambulatory clinic)
  • 2 weeks in NCN at BC Children’s Hospital

• Musculoskeletal – 6 week combination of:
  • Orthopedics
  • Rheumatology
  • UBC Sports Medicine Clinic
EMERGENCY EXPERIENCE

• 4 week mandatory rotation PLUS
• Longitudinal experience
  • Approximately 2 weeknights per month
  • 18:00 to 23:00
  • If keen can work in ER during hospital call shifts
• Electives!
ON-CALL

• Call averages 1/6 - 1/7
• Lots of responsibility but with support
• In-House Hospital Call
  • Weekday 18:00 - 07:30, Weekend 09:00 - 09:00
  • Cover all inpatients
  • Optional: ER & maternity if not covered by another resident
• Specialty Call
  • Typically home call
  • Coordinated with your hospital call to minimize nights on call
ACADEMIC CORE CURRICULUM

- Thursday morning academic \( \frac{1}{2} \) day
- Specialist, FM & peer teaching
- Case presentations
- Critical appraisals of literature
- Radiology seminars
- Mock Codes
- Additional excellent weekly hospital grand rounds
TEACHING OPPORTUNITIES

• Peer teaching is central to the program
• Medical students
  • UBC 3rd year clerkship program (6 students currently)
  • Elective students (mostly in emerg)
  • Residents supervise on-call, encouraged to mentor and teach medical students
MORE EDUCATION…

- Funded & organized by the program
  - NRP: Neonatal Resuscitation Protocol
  - ALSO: Advanced Life Support in Obstetrics
  - ACLS: Advanced Cardiac Life Support
  - ATLS: Advanced Trauma Life Support
  - ALARM: Advances in Labour and Risk Management (R2)

- $700 Education Fund
  - e.g., UpToDate, towards conference fees (R2)
EXAMINATION PREPARATION

• Unique to Chilliwack - LMCC Part 2 prep
  - Practice OSCE
• CCFP Certifying Exam
• Practice SOOs (Preceptor-led)
Great relationships with preceptors:

At work…
...and at play!
Overnight hike to Lake MacFarlane
Lots of group outings

Two call-protected weekend retreats
  • Residents + family only…
  • Excused from call responsibilities!
• Whistler Ski Weekend
• Abbotsford/Chilliwack Ski Weekend
• BBQs, Pub nights
• Lots of other informal get-togethers
Chilliwack Team Spirit!

Residents’ Retreat 2010 – Penticton, BC
Annual Whistler Weekend Retreat
FRIENDS!
Chilliwack Arts and Sports

Chilliwack Cultural Centre

- New cultural facility for performing arts
- Great addition to Chilliwack since Sept. 2010

Prospera Centre

- 5,000 seats
- Sports, concerts, special events
Chilliwack Landing Leisure Center
Shopping

• Historic Downtown Core
  • Heritage buildings
  • Unique boutiques
  • Specialty shops, gift shops, antique shops

• Newer commercial developments
  • Department stores
  • Big Box stores
  • Unique boutiques and independent shops

• Convenient access to everything you desire!
Dining and Drinking…

- Fantastic Restaurants – our favorites include:
  - Chilies Thai Cuisine
  - Shandhar Hut Indian
  - Vedder Sushi
  - The Greek Islands
  - Trattoria Italian
  - Evangeline’s
  - Bravo’s
  - Mill Street Cafe

- Pubs

- Coffee Shops and Cafes
More great food!

- Lots of agriculture and dairy farms
- Markets and road-side stands
  - Tons of local fresh produce
  - Famous Chilliwack corn
  - Cheap fresh-cut flowers
Culture and the Arts…

- Chilliwack Symphony Orchestra
- Chilliwack Players’ Guild
- New 500+ seat Cultural Centre
- Theatre – University of the Fraser Valley
- Chilliwack Bluegrass Festival
- Dixieland Jazz Festival
- Christmas Craft Market
- Chilliwack Museum
Minter Gardens
Harrison Lake & Hot Springs
Annual Sand-Castle Competition
Harrison Lake
Mountain biking!

Mountain Biking Trails
Great Fishing!
Out-of-this-world skiing

Downhill
Cross-country
Back-country and Adventure
Mt. Baker, WA ~ 1hr drive
Loads of Golfing
Kayaking!
River Rafting!

The Chilliwack River boasts some of the best white water around. Canada's national white-water kayaking team regularly trains here.
And don’t forget running...
Great for couples...
Great for families...
and... great for singles!
Why we LOVE our program!

• Great prep for full-service family medicine
• Collegial environment with faculty and residents
• Consistent ER exposure
• 1-on-1 with attending physicians
• Emphasis on learning, minimal scut/service
• Independence and responsibility
• Excellent program director and administrator
• Strong academic 1/2 days
• Flexible call schedule
• Great climate, endless outdoor recreation (warmest city in Canada)
What’s the down side?

• Pediatric exposure
  • 3 pediatricians in Chilliwack, but...no pediatric admissions

• Out-of-town rotations involve driving
  • Fantastic basement suite for Vancouver rotations
  • Mileage reimbursement for mandatory rotations

• Occasional “agricultural aroma”

• For you “city-slickers”…
  Chilliwack is rural
Chilliwack Family Medicine:
Excellent hands-on training...
with an excellent quality of life!
We hope to see you next year!!!