FAMILY MEDICINE

(1) INTRODUCTION

General practitioners are primary care physicians. They diagnose and treat any illness or injury that does not require the service of a specialist. When their patients need more specialized or extensive treatment than they can provide, general practitioners refer them to the appropriate specialist. The practitioners have the ability to order further diagnostic tests and procedures such as urine or blood tests, electrocardiograms or CAT scans. Unlike a specialist the general practitioner treats the whole patient, not just specific illnesses. They may offer advice on diet, lifestyles and methods of preventing disease or injury.

The majority of a general practitioners workday is spent in office, seeing patients by appointment. They also make hospital rounds, perform minor surgery (either at the hospital or at an outpatient surgery clinic) and in some cases, visit patients in nursing homes or other residential facilities. As described below, general practitioners may choose to limit the particular kind of patient they see, by focusing on one particular aspect of primary care within their practice.

Specialty Requirements
To receive certification by the College of Family Physicians of Canada you must complete a two-year family medicine training program and pass the College's certification examination.

(2) FAMILY MEDICINE PROGRAMS ACROSS CANADA

<table>
<thead>
<tr>
<th>University of Manitoba</th>
<th>The University of Western Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memorial University</td>
<td>University of Saskatchewan</td>
</tr>
<tr>
<td>Dalhousie University</td>
<td>University of Alberta</td>
</tr>
<tr>
<td>Université Laval</td>
<td>University of Calgary</td>
</tr>
<tr>
<td>Université de Sherbrooke</td>
<td>University of British Columbia</td>
</tr>
<tr>
<td>Université de Montréal</td>
<td>Northern Ontario School of Medicine</td>
</tr>
<tr>
<td>McGill University</td>
<td>University of Toronto</td>
</tr>
<tr>
<td>University of Ottawa / Université d'Ottawa</td>
<td>McMaster University</td>
</tr>
<tr>
<td>Queen's University</td>
<td></td>
</tr>
</tbody>
</table>

Third year certification opportunities in different programs across Canada include:

- Emergency Medicine
- Academic Family
- Northern Medicine
- Palliative Care
- Women’s Health
- Medicine
- Anesthesia
- Sports Medicine
- Psychiatry
- Geriatrics
- Addictions
- Research
- International Health
- Environmental
- Health
- Obstetrics
- HIV
- Adolescent Health

For further information, access the College of Family Physicians of Canada for most updated programs and contacts across Canada: [http://www.cfpc.ca/education/sor/sor3-rdyear.asp](http://www.cfpc.ca/education/sor/sor3-rdyear.asp)
(3) UNIVERSITY OF MANITOBA PROGRAM

Our Departmental Mission is to provide a diverse educational environment that develops excellent family physicians.

We prepare you to provide comprehensive patient care. You will become a family physician who is skilled and comfortable providing a full scope of care, from office-based care, in-patient care, to chronic and emergent care. Our program is excellent preparation for practice.

The central activity of Manitoba's Department of Family Medicine is educating residents. We are a dedicated, experienced and diverse faculty. Our program taps into a rich variety of resources and clinical pathology. Two of the educational strong points in our program are interactions with patients in many settings and individualized mentoring with faculty. We focus on your needs both as a learner and as a person. Our practices are office-based, and all faculty physicians provide in-patient and after-hours care to their patients.

We safeguard and monitor the educational standards in our program closely. We maintain or exceed College of Family Physicians of Canada ratios of supervisor-physicians to residents. You and your supervisor-physician have scheduled Monthly Review of Resident Progress meetings to discuss your rotations, review learning objectives, and plan for improvements. Chief Residents attend monthly Faculty Meetings and monthly Department Postgraduate Education Meetings to ensure a strong resident voice in all educational decisions. Manitoba's family medicine resident evaluation system and degree of resident input are considered outstanding by national accreditors.

We are fully accredited by the College of Family Physicians of Canada.

*Our program is looking for and rewarding applicants who have completed a broad range of electives.

**PROGRAM CONTACT**

Dr. Tamara Buchel/Ms. Nancy Eidsvig  
Postgraduate Medical Education - Family Medicine  
University of Manitoba  
T-158, 770 Bannatyne Avenue  
Winnipeg MB R3E 0W3  
Tel: (204) 789-3314 (voice mail)  
E-mail: pgme_fammed@cc.umanitoba.ca  
Websites: [Department of Family Medicine](http://www.fammed.mb.ca) ; [Destination Winnipeg](http://www.destinationwinnipeg.ca) ; [Travel Manitoba](http://www.travelmanitoba.com)

---

**Approximate Quota (2009): 40**  
- **Bilingual Stream**: 3  
- **Northern/Remote Stream**: 10  
- **Rural Stream**: 9  
- **Urban Stream**: 17  
- **Military Stream**: 1

Number of applications reviewed 2008: 431  
Number of interviews 2008: 166  
Average Manitoba applicants matched 2008: 34%

*For complete details on the rotations across The University of Manitoba Family Medicine program please review the following page insert.
### First Year Curriculum

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Rural</th>
<th>Northern/Remote</th>
<th>Bilingual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Medicine</td>
<td>24 weeks</td>
<td>24 weeks</td>
<td>16 wks total</td>
<td>24 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4 wks at Aboriginal site</td>
<td></td>
</tr>
<tr>
<td>Adult Emergency</td>
<td>4 weeks</td>
<td></td>
<td>4 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>8 weeks</td>
<td>8 weeks</td>
<td>8 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Obstetrics</td>
<td>8 weeks</td>
<td>12 weeks</td>
<td>8 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Palliative Medicine</td>
<td></td>
<td></td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Pediatric Emergency</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Pediatric Wards</td>
<td></td>
<td></td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Psychiatry *2</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
</tr>
<tr>
<td>Research project</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
</tr>
<tr>
<td>Vacation *3</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>total</td>
<td>52 weeks</td>
<td>52 weeks</td>
<td>52 weeks</td>
<td>52 weeks</td>
</tr>
</tbody>
</table>

### Second Year Curriculum

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Rural</th>
<th>Northern/Remote</th>
<th>Bilingual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Medicine</td>
<td>12 wks Urban</td>
<td>12 wks Dauphin</td>
<td>32 weeks northern/remote sites</td>
<td>12 wks Ste Anne</td>
</tr>
<tr>
<td></td>
<td>8 wks Rural</td>
<td>8 wks Ste. Rose</td>
<td></td>
<td>8 weeks NDL</td>
</tr>
<tr>
<td>Adult Emergency</td>
<td></td>
<td>with FM</td>
<td>4 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Elective</td>
<td>8 weeks</td>
<td>8 weeks</td>
<td>4 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Health Policy</td>
<td></td>
<td></td>
<td>with FMBT</td>
<td></td>
</tr>
<tr>
<td>ICU</td>
<td></td>
<td>4 weeks</td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Palliative Medicine</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Psychiatry *2</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
<td>with FMBT</td>
</tr>
<tr>
<td>Selective *1</td>
<td>4 weeks</td>
<td></td>
<td>4 weeks</td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>8 weeks</td>
<td>8 weeks</td>
<td>8 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Vacation *3</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>total</td>
<td>52 weeks</td>
<td>52 weeks</td>
<td>52 weeks</td>
<td>52 weeks</td>
</tr>
</tbody>
</table>

*1 For the selective, choose one of: gynecology, obstetrics, ICU, cardiology, endocrinology, or geriatrics

*2 Psychiatry is done horizontally over the 2 years and equals 4 weeks

*3 Vacation may be split into 2 x 2-week blocks

(Updated September 2008)
Resources

We operate two busy family medicine teaching units in Winnipeg - one at St. Boniface Hospital (in central Winnipeg) and the other at Seven Oaks General Hospital (in Winnipeg’s famous North End). In each of the teaching units, there are seven academic family physicians, a social worker, a dietician and experienced nursing staff who help you to become an excellent family physician. Acceptance into our Urban Program means you will rank order your preference for either of the two urban teaching units in an internal match, prior to July 1st. Detailed information concerning the urban sites will be provided and you will have a chance to talk with residents from the two units prior to the internal match.

Regardless of your home teaching unit, both tertiary (there are two – the St. Boniface General Hospital and the Health Sciences Centre) and community hospitals (there are four) can be utilized for other rotations such as obstetrics, surgery, internal medicine, emergency, palliative care, intensive care and so on. Psychiatry (utilizing seminars, one-on-one patient assessments and community resources) is integrated into the urban family medicine rotations in the teaching units. Winnipeg has a Children's Hospital where pediatric rotations occur.

Our faculty, at all sites, is committed to working with you and to provide the best learning environment possible. Family Medicine is exciting, diverse, and challenging – just like the program here at the University of Manitoba.

What are our strengths?

- An environment of **high standards** and **high morale**.
- An **integrated, experiential curriculum** of psychiatry, behavioral medicine and nutrition.
- **Busy** teaching units with **one-on-one teaching** by a primary preceptor.
- **Cost of living**, especially rent and automobile insurance, is one of the most affordable in Canada.
- **Resident salaries** are as good, if not better, than other provinces with a solid resident contract.
- Winnipeg Regional Health Authority pays your University **registration fee**.
- Your **medical protective insurance fee**, through the Canadian Medical Protective Association, is significantly **subsidized** with the Winnipeg Regional Health Authority paying 100% of the difference between current and 1986 rates.
- Improve your skills as a teacher with participation in the Undergraduate clinical skills program and our Resident TIPs (Teaching Improvement Practices) program.
- A clear and fair **maternity / paternity leave** policy.
- An annual two-day **Resident Retreat** held in a resort area outside of Winnipeg.
- A weekly Academic half-day.
- Neonatal Resuscitation and ACLS re-certification **course fees reimbursed**.
- Winnipeg, a **vibrant city** of 685,000, is one of the most culturally diverse cities anywhere. Some 100 languages are spoken and Winnipeg is known for its cultural achievements, amazing restaurants and flourishing arts scene. The average summer temperature is 25.4°C, the average winter temperature is -12.9°C, and we have over 2,300 hours of sunshine per year – among the highest of Canadian cities. Check us out at [http://www.travelmanitoba.com](http://www.travelmanitoba.com) and [http://www.tourism.winnipeg.mb.ca](http://www.tourism.winnipeg.mb.ca)
- **Manitoba** has some of Canada’s best lakes, parks, and cottage country for year round enjoyment.

Manitoba has some of Canada’s best lakes, parks, and cottage country for year Advanced Cardiac Life Support (ACLS)

We require all candidates to have successfully completed an ACLS course prior to starting on July 1st. We provide a re-certification course in your second year of residency prior to graduation.

**Driver's License:** A current driver's license and access to a vehicle are recommended due to the strong likelihood of traveling within the city and within the province.
Distinctive Aspects of Your First Year

**Family Medicine**
24 weeks is spent in a Family Medicine ambulatory-care teaching unit where you are paired with a primary preceptor. There are a wide variety of patients and teaching sessions specific to community needs, rounds, plus integrated psychiatry, behavioral medicine and nutrition programs. We pride ourselves in our delivery of evidence-based medicine and our ability to allow you to develop your clinical and procedural skills essential to being an excellent family physician.

Family Medicine experiences include caring for outpatients, doing home visits, caring for your patients admitted to hospital, and following maternity patients through pregnancy and delivery. In addition, protected time is provided for horizontal experiences during Family Medicine block time including such areas as dermatology, radiology, emergency care, and family planning clinics.

**Behavioral Medicine**
An integrated approach to behavior medicine is utilized during your Family Medicine experiences. Key areas are:

- Mental health concerns (curriculum in consultation with Department of Psychiatry),
- Helping patients develop coping skills,
- Knowledge of community resources,
- Communication skills.

**Nutrition Education & Care**
The dedicated nutrition curriculum and staff are unique aspects of our program. Nutrition therapy, education and counseling are essential components in the practice of Family Medicine. Medical Nutrition Therapy, primary prevention of disease and healthy nutrition throughout the life cycle are all integrated into your Family Medicine experiences.

Distinctive Aspects of Your Second Year

**Family Medicine**
Twelve weeks is spent in your home Family Medicine teaching where you an increased level of independence and responsibility. As in first year, there are a wide variety of teaching sessions specific to community needs, rounds, and the integrated psychiatry, behavioral medicine and nutrition programs. We pride ourselves in our delivery of evidence-based medicine and our ability to allow you to develop your clinical and procedural skills essential to a family physician. Family medicine experiences include caring for outpatients, doing home visits and caring for your patients admitted to hospital. In addition, protected time is provided for horizontal experiences during family medicine block time including the areas of psychiatry, psycho-geriatrics, orthopedics, allergy, geriatrics, radiology, and community medicine.

**Family Medicine Rural Selective**
You will work out of one of the two urban teaching units for your Family Medicine rotations, except for eight weeks in the second year which will be in a rural community of your choice. We have a wide selection of rural communities including Steinbach, Winkler, Hamiota and Dauphin to name a few. As well, we are affiliated with the Northern Medical Unit where Family Medicine experiences can be arranged in some of Manitoba's northern and remote communities. We are in the process of formalizing ties with Nunavut as well. In cases where travel to a rural site presents a difficult burden, experiences can be arranged in communities close to Winnipeg.
Palliative Care
Winnipeg has one of the longest traditions in Canada of providing hospital and community palliative care to its citizens. This rotation has been evaluated by residents as one of the most rewarding and unique to their Family Medicine training. Skills taught by palliative care family physician specialists enable residents to gain skills essential to providing comfort care to dying patients.

Surgery
You can choose your surgical experience to be either in a tertiary hospital, where there are a large number of resources, or a community hospital where there are few, if any, other residents. The experience can be trauma based, general surgery based, orthopedic based, or a combination.

Selective
All of the options here are Family Medicine friendly, but the specialty services that are providing experiences have indicated they will only take residents for a 4 week rotation. Thus we cannot split the selective into two week experiences.

Behavioral Medicine
An integrated approach to behavior medicine is utilized during your Family Medicine experiences. Key areas are:
- A social worker to assist with improving patient-centered counseling skills and knowledge and utilization of community resources
- Mental health concerns (curriculum in consultation with Department of Psychiatry)
- Psycho-geriatric home visits
- Opportunity to participate in psychiatry emergency call schedule

Nutrition Education & Care
Nutrition education and counseling skills are a key component of Family Medicine residency training. Faculty dietitians provide expertise and experience in key areas, such as:
- Diabetes
- Cardiovascular illness
- Weight management
- Opportunities for enhancing health promotion skills through education to community groups

Scholarly Activity
We require you to complete a research project in this program. The project consists of the preparation and presentation of a Research Proposal, along with an appropriate literature review and critique, by the end of your first year. Protected time to work on your research project is provided. You can access the support of our Primary Health Care Research Unit. If you desire, and you qualify, four weeks of time can be scheduled in second year to implement your research proposal.

Other scholarly activities in our program include:
- participation in monthly Journal Clubs,
- presentations at rounds,
- quality assurance activities such as chart audits,
- critical appraisal assignments,
- weekly academic half-days throughout the year,
- Family Medicine rotation seminar series.
Year 3 Post-Program Enhanced Skills Opportunities

We recognize that, after graduation, working in certain communities may require enhanced skills. We offer a variety of post-program (PGY-3) positions. These enhanced skills programs include:

- Anesthesia
- Care of the Elderly
- Emergency Medicine
- Family Medicine research fellowship
- Palliative Medicine
- Sports Medicine Fellowship
- Women's Health

The following programs are available, as provided by the College website:

<table>
<thead>
<tr>
<th>Program</th>
<th>Lead</th>
<th>Information Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Medicine (CCFP-EM)</td>
<td>Dr. Paul Doucet</td>
<td>Monica Wilgosh (interim) Dept. of Emergency Medicine T258 – 770 Bannatyne Avenue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Winnipeg, MB R3E 0W6 Ph: (204) 789-3626/5664; Fax 789-3515 E-mail: <a href="mailto:wilgosh@cc.umanitoba.ca">wilgosh@cc.umanitoba.ca</a></td>
</tr>
<tr>
<td>Anaesthesia (CCFP)</td>
<td>Dr. Anthony Wiens</td>
<td>Nancy Eidsvig (interim) Dept. of Family Medicine T158 – 770 Bannatyne Avenue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Winnipeg, MB R3E 0W6 Ph: (204) 789-3314; Fax: (204) 789-3917 E-mail: <a href="mailto:eidsvign@cc.umanitoba.ca">eidsvign@cc.umanitoba.ca</a></td>
</tr>
<tr>
<td>Care of the Elderly (CCFP)</td>
<td>Dr. Joanna Lynch</td>
<td>Nancy Eidsvig (interim) (per address above)</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jlynch@sbgh.mb.ca">jlynch@sbgh.mb.ca</a></td>
<td>(per address above)</td>
</tr>
<tr>
<td>Palliative Medicine (CCFP)</td>
<td>Dr. Jana Pilkey</td>
<td>Nancy Eidsvig (interim) (per address above)</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jpilkey@sbgh.mb.ca">jpilkey@sbgh.mb.ca</a></td>
<td>(per address above)</td>
</tr>
<tr>
<td>Primary Care Sports Medicine Fellowship</td>
<td>Dr. Swee Teo</td>
<td>Ms Dana Pateleski Pan Am Clinic Foundation 75 Poseidon Bay, Winnipeg R3M 3E4</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:step@panamclinic.com">step@panamclinic.com</a></td>
<td>Ph: (204) 925-7488; Fax (204) 927-2775 E-mail: <a href="mailto:dpateleski@panamclinic.com">dpateleski@panamclinic.com</a></td>
</tr>
<tr>
<td>Family Medicine Research and Academic Fellowship</td>
<td>Dr. Jeffrey Sisler</td>
<td>CancerCare Manitoba ON 2076-675 McDermot Avenue Winnipeg, MB R3E 0V9</td>
</tr>
<tr>
<td></td>
<td>Fellowship Director</td>
<td>Ph: (204) 787-3595; Fax: (204) 786-0196 E-mail: <a href="mailto:jsisler@cc.umanitoba.ca">jsisler@cc.umanitoba.ca</a></td>
</tr>
</tbody>
</table>
(4) ADDITIONAL INFORMATION

Web Pages

The Department of Family Medicine, University of Manitoba
http://www.umanitoba.ca/medicine/family_medicine
www.nextdoctors.com

The College of Family Physicians of Canada
www.cfpc.ca

The Canadian Medical Association
www.cma.ca

The Office of Rural and Northern Health
www.ornh.mb.ca

Links for detailed information on Family Medicine Programs at University of Manitoba

Family Medicine Bilingual
https://w1c.e-carms.ca/pdws/jsp/pd.do?p=655831&f=1&m=1

Family Medicine Northern/ Remote
https://w1c.e-carms.ca/pdws/jsp/pd.do?p=655731&f=1&m=1

Family Medicine Rural
https://w1c.e-carms.ca/pdws/jsp/pd.do?p=655631&f=1&m=1

Family Medicine Urban (Winnipeg)
https://w1c.e-carms.ca/pdws/jsp/pd.do?p=655531&f=1&m=1

Family Medicine MOTP (Military Officer Training Program)
For applicants sponsored by Department of National Defense

Family Medicine Enhanced Skills (Year 3)
http://www.umanitoba.ca/faculties/medicine/units/family_medicine/thirdyear/index.html

Journals

American Family Physician
Archives of Family Medicine
Canadian Family Physician
Family Medicine
Journal of Family Practice
Meetings / Conventions

Manitoba College of Family Physicians Annual Scientific Assembly
April 30, May 1-2, 2009
Winnipeg, Manitoba

CFPC National – Family Medicine Forum
November 27-29, 2008, Toronto, Ontario
October 29-31, 2009, Calgary, Alberta

Family Medicine Interest Group

FMI G: Family Medicine Interest Group
University of Manitoba
fmig_UofM@yahoogroups.com

Faculty Advisors:
Dr. S. Hauch
shauch@sbgh.mb.ca
Dr. T. Buchel
buchelt@cc.umanitoba.ca

Committees

Standing Subcommittee on Residency Transfer (SSORT)

Chair: Dr. Paul Daeninck
Internal Medicine
Asst. Prof
Phone: (204) 235-3394
E-mail: paul_daeninck@cancercare.mb.ca

Re-Entry Committee

Chair: Dr. Ira Ripstein
Faculty of Medicine
Assoc. Dean (PGME)
Phone: (204) 975-7715
E-mail: ripstein@cc.umanitoba.ca

Planning your future as a doctor in Manitoba