Program Highlights

- First two months of program “tool-kit” to assist in transition to residency:
  - Queen’s Nightmares FM Simulation Course
  - NRP course
  - Health Care self-defence course
  - Introduction to community services and resources
  - EMR training
  - Team building
  - Introduction to evidence-based medicine and research
- Family Medicine-centred 2-year integrated, horizontal “Triple C” Curriculum (Comprehensive learning, Continuity of learning, and Family Medicine-Centred education)
- An average of 50% of your time will be spent in Family Medicine clinics each week with your primary preceptor (encourage change in primary preceptor for Year 2)
- Additional horizontal experiences in other disciplines relevant to Family Medicine
- 8 weeks of electives over the two years
- 4 weeks of dedicated hospitalist/inpatient medicine per year
- Graduated responsibilities and volume in Emergency Medicine
  - Starting at Lakeridge Health Bowmanville in PGY1 to build proficiency, then additional volume and complexity at Lakeridge Health Oshawa in PGY2
  - OB shifts in a high volume setting in the first half of first year to build proficiency
- 8-12 weeks of rural community Family Medicine in PGY2
- Surgical and procedural skills through outpatient/office procedures

PGY1

- First two months provide “tool-kit” of important skills and training
- Average 50% of time in community Family Medicine practice with one primary preceptor
- Full day academic teaching spaced out over the year based on the 99 priority topics and journal club
- Family Medicine on-call and urgent care clinics
- 4 weeks of hospitalist/internal medicine
- Additional horizontal experiences:
  - OB Call (24 hour shifts)
  - Emergency Medicine
  - Office Procedures
  - Dermatology Clinics
  - Psychiatry/Behavioural Medicine
  - Pediatrics
  - Long Term Care
  - Palliative Care
  - Other outpatient clinics (e.g. cardiology, oncology, community health centres, sexual health clinic, addictions medicine, etc.)
- 4 weeks of Electives available
PGY2

- Average 50% of time in community Family Medicine practice with one primary preceptor (opportunity to change from Year 1 for different practice profile, style, and community)
- Consolidated teaching specific to PGY2 focused on evidence based medicine review and exam prep
- Family Medicine on-call and urgent care clinics

- 8-12 weeks of rural community Family Medicine (locations could include Lindsay, Port Perry, or others)
- Increasing responsibility and complexity in ER as you progress
- Option to continue participating in labour and delivery shifts to build obstetrical skills and confidence
- Continued horizontal experiences from first year

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<thead>
<tr>
<th>BOWMANVILLE-OSHAWA-LAKERIDGE PGY1 SAMPLE SCHEDULE</th>
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<tbody>
<tr>
<td><strong>PGY1</strong></td>
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<tr>
<td>Resident 1</td>
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<td>Resident 8</td>
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Flexible and Supportive Program

At the Queen’s Department of Family Medicine, we strive to ensure that your learning schedule works for you. We will work with you to determine a schedule that meets your educational needs and accommodates your personal life too. Further, you will be provided with an education allowance that can be used for conferences, courses, or other educational materials.

Learning Opportunities

• Resident Project tailored to your interests. This could be an original research project, an advocacy project, an ethics project, an IT project or a systematic review
  • Opportunities to work with vulnerable or underserviced populations locally and globally
  • Learning modules to enhance your understanding of issues in Global Health
  • Global Health Seminar series
• Women’s Health Global Health Seminar Series
  • Examining gender, equity and other determinants of health
• Procedural and Technical Skill Learning
  • Procedural skill days (MSK, Eye skills, office procedures, etc.)
  • Simulation Courses (NRP, ALARM)
  • Innovative “Nightmares FM” Course
    (“I can’t imagine doing hospital work without this course!” – Resident)
• Journal Club, working with medical students, and other formal and informal opportunities as well!
  • Bedside Ultrasound teaching
  • Otosim + Opthosim
Living in Durham Region:

Practising in the Durham Region (which includes Bowmanville and Oshawa) gives you the opportunity to live, learn, and work in both large and small communities. You will serve a broad and diverse patient population of all ages, and social and economic backgrounds.

Oshawa is the largest municipality in Durham Region and the eastern gateway to the Greater Toronto area. Sitting on the north shore of Lake Ontario, Oshawa extends north to the beautiful landscape of the Oak Ridges Moraine, yet is only 45 minutes from downtown Toronto and 40 minutes from “Cottage Country.”

You may be familiar with Oshawa due to its longstanding relationship with General Motors, but there is an enormous variety of things to enjoy while living here. Downtown Oshawa is undergoing a renaissance with the Tribute Communities Centre, a modern arena that hosts the OHL’s Oshawa Generals. Additional events such as concerts, family entertainment, and other sporting spectacles have all utilized this venue. There is also the newly restored historic Regent Theatre for live performances. Lakeview Park provides a small beach, picnic areas, sports fields/diamonds, and access to the Waterfront Trail.

The development of the downtown campus of the University of Ontario Institute of Technology has been an impetus for redevelopment of the downtown, and supports a variety of new and interesting restaurants and cafes.

Bowmanville is the central town in Clarington, which is a collection of vibrant small communities (including Courtice, Newcastle Village and Orono). All of these communities are surrounded by scenic countryside which is favoured by cyclists. Clarington captures the spirit of a small town without sacrificing the amenities of a larger city. It balances urban services with small-town appeal, and is close to both Toronto and cottage country. In the winter, there is downhill skiing at Brimacombe. Mosport International Speedway is a great place to take in a race or even participate in a track day. Families can pick seasonal produce and participate in outdoor activities at Pingle’s or Watson Farms.

Visit oshawa.ca/index.asp, clarington-tourism.ca and durhamtourism.ca for more information.
Train at Queen’s, Work Anywhere!

The Queen’s Family Medicine Residency Program is at the forefront of medical education in Canada. Our goal is to prepare you to become a capable and confident Family Physician with the skills to practice Family Medicine anywhere in the world.

Our curriculum is based on the CFPC “Triple C” Curriculum model (Comprehensive learning, Continuity of learning, supervision and patient care, and learning that is Centred in Family Medicine).

In the Spring of 2018, the CFPC conferred full accreditation status on all our Family Medicine programs.

In 2012 and 2016, the Professional Association of Residents of Ontario (PARO) presented the Department of Family Medicine with their Residency Program Excellence Award, nominated by residents and given yearly to one Royal College or Family Medicine program.

Our graduates can be found working across Canada and throughout the world, in many different settings.

For more information, visit: dfmqueens.ca
DEPARTMENT OF FAMILY MEDICINE

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