

Department of Family Medicine

2022

ANNUAL REPORT



WELCOME

The University of Ottawa's Department of Family Medicine (DFM) is the largest clinical Department at the Faculty of Medicine. It offers unparalleled opportunities in education and research in both official languages for our learners and teachers, both locally and beyond.

INDIGENOUS AFFIRMATION

Ni manàdjyànànig Màmìwininì Anishinàbeg, ogog kà nàgadawàbandadjig iyo akì eko weshkad. Ako nongom ega wikàd kì mìgiwewàdj.

Ni manàdjyànànig kakina Anishinàbeg ondaje kaye ogog kakina eniyagizidjig enigokamigàg Kanadàng eji ondàpinangig endàwàdjìn Odàwàng.

Ninisidawinawànànig kenawendamòdjig kije kikenindamàwin; weshkinìgidjig kaye kejeyàdizidjig.

Nigijeweninmànànig ogog kà nìgànì sòngideyedjig; weshkad, nongom; kaye àyànikàdj.

Nous rendons hommage au peuple algonquin, gardien traditionnel de cette terre. Nous reconnaissons le lien sacré de longue date l'unissant à ce territoire qui demeure non cédé.

Nous rendons également hommage à tous les peuples autochtones qui habitent Ottawa, qu'ils soient de la région ou d'ailleurs au Canada.

Nous reconnaissons les gardiens des savoirs traditionnels, jeunes et âgés.

Nous honorons aussi leurs courageux dirigeants d'hier, d'aujourd'hui et de demain.

We pay respect to the Algonquin people, who are the traditional guardians of this land. We acknowledge their longstanding relationship with this territory, which remains unceded.

We pay respect to all Indigenous people in this region, from all nations across Canada, who call Ottawa home.

We acknowledge the traditional knowledge keepers, both young and old.

And we honour their courageous leaders: past, present, and future.

Table of Contents

Vision, Mission & Values	2	Pillar 3: Research & Innovation	18
Message from the Chair	3	Our Research – Advancing Primary Care Scholarship	18
Introduction	4	Our Innovation - The Project Management Office (PMO)	20
By the Numbers	5	Pillar 4: Social Accountability	22
The Four Pillars	6	Global Health PGY3 Resident Shares Highlights	22
Pillar 1: Our People	7	About the Program	22
Awards	9	Global Health	23
Learning, Innovation, and Community Building	10	Besroux Partnership	23
January – April	10	La Francophonie Program	23
May – August	11	Moving the Needle: Improved Skin of Colour	23
September – December	13	Teaching, and Anti-racism Efforts	23
Pillar 2: Education	14	Veterans Task Force	24
Medical Education - Teaching Sites of Excellence	14	Addressing the Crisis of the Unattached	24
Rural Programs: Winchester and Pembroke	14	Patient in Ottawa	24
The Montfort Program	14	Looking Ahead	25
Community Teaching Site	14	Accreditation	25
Urban Teaching Sites – Civic and Riverside	15	Expansion	25
Bruyère and Primrose	15	Three-Year Program	25
The Undergraduate Program	16		
The PGY3 Program	16		
Faculty development and Curriculum	17		



Vision

As leaders in Family Medicine, we deliver excellent education, innovative research, and strong advocacy to support high-quality, sustainable primary care in both official languages.



Mission

Through dedicated engagement and commitment, we advance the discipline of family medicine and prepare learners to excel as Family Physicians by:

- Providing learner-centered medical education, modeling quality patient-centered care, and responding to community needs
- Advancing the delivery of evidence-based medical education, medical practice, and health services through research, scholarship, and teaching
- Advocating locally, nationally, and internationally through academic, professional, and government organizations for comprehensive and accessible patient care

Values

Compassion, diversity, inclusion, integrity, professionalism, respect, social accountability, sustainability, transparency, wellness



Message from the Chair

As the Chair of the University of Ottawa's Department of Family Medicine, I invite you to review our Annual Report for the 2022 calendar year. We are proud to have continued to build on our mandate as defined in our 2021-2026 Strategic plan. In the following pages, you will have the opportunity to see our educational initiatives, research, and innovative projects, as we strive to meet our strategic mandate of supporting our people, education, research and Innovation, and social accountability.

Our strategic direction aligns with the University of Ottawa's Transformation 2030 pillars and the Faculty of Medicine's current strategic plan with its mission of Leading Innovation for a Healthier World. As an academic department, we are mindful of the challenges our physicians and communities face. We are involved in seeking solutions and providing leadership, and having a deliberate approach to removing systemic barriers in our society. The heart of our work is supporting our people. From learners to faculty to staff, we looked for ways to connect and keep each other well while we met the challenges of our work. In 2022, we were able to return to many in-person events and are proud to have had opportunities for celebrations and learning. With purpose, we focused on upholding our strategic pillars and ensured academic success, creating projects to support e-learning and enhance our program while investing in research and scholarship.

We are committed to advancing the discipline of family medicine. It has never been as vital as it is now, and we hope you will enjoy sharing in our many accomplishments as we look ahead and strive to do better.

A handwritten signature in black ink that reads "Clare".

Dr. Clare Liddy, Chair
Department of Family Medicine



INTRODUCTION

This past year saw our staff returning to 600 Peter Morand in a hybrid work model as implemented by the University of Ottawa. Coming back together in person allowed us to work collaboratively with our teams and build on the foundational work completed in the previous year. We enhanced our teams to support new projects and educational initiatives, while integrating our learners and faculty members into more in-person events. Our postgraduate program responded to the challenges faced by our learners with the formal launch of the resident mentorship program now available to all incoming residents. The anti-racism and long-term care e-learning modules were inserted into the curriculum, addressing the needs of our communities, enhancing the training for our learners, and keeping with the social accountability pillar in our strategic plan.

We built on our partnerships with communities to address further challenges brought on by the pandemic and to address the needs of the unattached patient in the City of Ottawa. We connected with the government and city partners to improve the lives of our Veterans, always keeping in mind our social accountability goals when addressing issues of equity and access.

Our Project Management Office (PMO) received a second round of funding from eCampus Ontario and the first round from Supporting Psychological Health in First Responders (SPHIFR) grants from the Province of Alberta to support innovations in education and mental health.

We proudly showcased the accomplishments of our people as demonstrated by the large number of awards received by our learners, faculty and staff members. We came together to connect, to celebrate and look ahead to the next year at our annual Departmental Assembly.

We hope you will enjoy our 2022 Annual Report as it highlights the second year of building on our strategic plan of 2021-2026. Our engaging events, our curriculum enhancements, our research, all with a focus on innovation, and built with a lens of social accountability, were integrated into all aspects of our departmental activities. We have also included a snapshot of our plan for 2024 as we have many initiatives on the horizon. Our primary goal remains to train the best family doctors in the country and to build an equitable primary care health care system.

BY THE NUMBERS

OUR LEARNERS



755 APPLICANTS
from across Canada



**73 FAMILY
MEDICINE
GRADUATES**



72 UNIVERSITY of Ottawa
students matched out of **168** to
Family Medicine across Canada



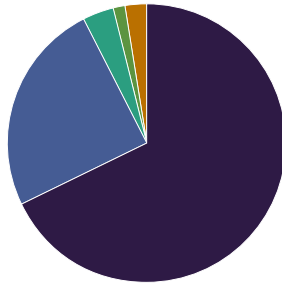
PGY1 Residents: **71**
PGY2 Residents: **75**
PGY3 Residents: **26**

SUPPORTING OUR FACULTY MEMBERS THROUGH ACADEMIC CAREER PROGRESSION

To support our faculty across all teaching sites, we have a deliberate and strategic approach to recognizing and encouraging our members through the promotion process.

FACULTY MEMBERS BY ACADEMIC RANK

- Lecturers (526)
- Assistant Professors (192)
- Associate Professors (27)
- Full Professors (10)
- Adjunct (19)



36 New Faculty Appointments

FOUR New Full-Time Academics

FIVE
ACADEMIC PROMOTIONS
From Assistant to Associate Professor

TEN
RE-CLASSIFICATIONS FROM
Lecturer to Assistant Professor



The Department's Academic Leadership and Support Fund (ALSF) offered financial support (over \$50,000) to faculty and staff members enrolled in educational programs and professional development & leadership courses.

SUPPORTING PROFESSIONAL GROWTH THROUGH FACULTY DEVELOPMENT

In 2022, **176 faculty members** attended **23 faculty development sessions** for a total of **1273.25 Mainpro+ credits**.

7
Faculty
Development Days

23
Individual
Workshops & Sessions

176
Faculty Member
Attendees

1273.25
Mainpro+ Credits
awarded

ADMINISTRATIVE STAFF DEVELOPMENT

46
Departmental Staff

25
Co-Op Students

21
Work Study
Students

SCHOLARSHIP – 2022 KEY RESEARCH ACHIEVEMENTS

139 ACTIVE
Grants in 2022

39 NEW
Grants awarded in 2022

\$41 MILLION
NEW Grants awarded
in 2022



25
Family Medicine
Grand Rounds
presentations



21.9M
in active research
dollars in 2022

49
Family Medicine
Resident Scholarly
Project (FMRSP)
Presentations

8
PGY3
Presentations

Department of Family Medicine Strategic priorities

The 4 pillars



PILLAR 1 Our People

Our learners, faculty members, staff, and the patients they serve are the foundation of our Department. To deliver the best family medicine program, we commit to providing the support, tools, and resources required to promote faculty, staff, and learner well-being.

PILLAR 2 Education

The Department is committed to supporting learners as they develop the skills needed to provide Canadians with comprehensive primary care. Our faculty must deliver evidence-based education adapted to the changing landscape of the society we serve.

PILLAR 3 Research & Innovation

Supporting research is a core part of the Department's mission. We are building research expertise, continuously seeking out funding, maximizing existing infrastructure and partnerships to advance research in primary care for all Canadians.

PILLAR 4 Social Accountability

Social accountability will remain a guiding principle in our learning environment and a critical component for training our future doctors and improving the health care of our population. We will promote an atmosphere of social accountability through all Departmental initiatives focusing on improving health equity in our community and beyond.



AWARDS

The Department of Family Medicine is proud to acknowledge the many faculty, residents, and staff award recipients in 2022 across numerous award categories nationally, regionally, locally, and from within the Faculty and Department of Family Medicine. Annually, through our Departmental Awards and Recognition Committee, our internal awards program for faculty and staff recognizes its members' accomplishments and achievements across medical education, research, and innovation.

2022 AWARD WINNERS



National and Provincial Award Recipients: 9

Regional Award Recipients: 3

Internal Award Recipients: (Faculty of Medicine and Department of Family Medicine): 33

National and Provincial Awards

Dr. Alykhan Abdulla

Award: The College of Family Physicians of Canada (CFPC) – Award of Excellence

Dr. Marie-Hélène Chomienne

Award: Ordre des francophones d'Amérique

Dr. Chantal D'Aoust-Bernard

Award: The College of Family Physicians of Canada (CFPC) – Award of Excellence

Dr. Doug Gruner

Award: The College of Family Physicians of Canada (CFPC) – Award of Excellence

Dr. Rita Hafizi

Award: The College of Family Physicians of Canada (CFPC) – Early Career Development Award

Dr. Ellias Horner

Award: College of Family Physicians of Canada (CFPC) – 2022 Family Medicine Resident Award for Scholarly Achievement

Dr. Nili Kaplan-Myrth

Award: The College of Family Physicians of Canada (CFPC) – Award of Excellence

Dr. Jean Roy

Award: CAME/ACÉM Certificate of Merit Award

Dr. Gary Viner

Award: The College of Family Physicians of Canada (CFPC) – Life Member Achievement Award

Regional Awards

Dr. Rohit Gandhi

Award: Ottawa Business Journal's Forty Under 40 Award

Dr. Ellias Horner

Award: The Ottawa Hospital Foundation – Dr. John Simms Award for Excellence in Family Medicine

Dr. Farhad Motamedi

Award: The Ottawa Hospital – Physician Clinician Recognition Award

FACULTY OF MEDICINE AWARDS OF EXCELLENCE

Francophonie Awards of Excellence

Dr. Michelle Anawati

Award: Award for the Promotion of la Francophonie

Dr. Clare Liddy

Award: Francophile Award

Faculty Member Awards of Excellence

Dr. Kendall Noel

Award: Outstanding Service Award

Dr. Jolanda Turley

Award: Professionalism Award

Support Staff Awards of Excellence

PMO Team: **Marisa Duval, Kendra Stapleton, Ryan Morrison, Oksana Sasovska, Ali El Achkar, Pavel Martchenkov, Osama Alghamyan, and Jeffrey Puncher**

Award: Service Excellence Award

Jeffrey Puncher

Award: Innovation Award

Andrea Rawley

Award: Engagement – Professionalism Award

Asiya Rolston

Award: Engagement – Equity, Diversity, and Inclusion Award

Dr. Maddie Venables

Award: Research Award

FACULTY OF MEDICINE AWARDS IN EDUCATION

Continuing Professional Development Teaching Skills Attainment Awards (TSAA)

Dr. Michelle Anawati

Award: Teaching Skills Attainment Award with Merit (Level II)

Dr. Parisa Rezaiefar

Award: Award of Excellence

Postgraduate Medical Education Award

Dr. Elias Horner

Award: Award in Education for Communicator Competency

Undergraduate Medical Education Awards

Dr. Gaëlle Bekolo-Evina

Award: Health Advocate Competency Award

Dr. Mélissa Guindon

Award: Person Competency Award

Dr. Marie-Ève Bérubé

Award: Collaborator Competency Award

DEPARTMENT OF FAMILY MEDICINE AWARDS

Dr. Leonard Bloom

Award: Undergraduate Educator of the Year Award

Dr. Annabelle Pellerin

Award: Undergraduate Educator of the Year Award

Dr. Shauna Hacker

Award: Clinical Preceptor Award

Dr. Parisa Rezaiefar

Award: Scholarly Achievement Award

Dr. Amy Hsu

Award: Scholarly Achievement Award

Dr. Sarah Rice

Award: Educational Leadership and Teaching Award

Dr. Richard Johnson

Award: Clinical Preceptor Award

Dr. Victoria Swan

Award: Educational Leadership and Teaching Award

Dr. Robin Kennie

Award: Mentorship Award

Dr. Taryn Taylor

Award: Outstanding Faculty Award

Dr. Madeleine Montpetit

Award: Outstanding Faculty Award

Ashley Mautbur (staff)

Award: Staff Service Excellence Award

Dr. Avik Nath

Award: Mentorship Award

Louise Weir (staff)

Award: Staff Behind the Scenes Award

Dr. Alan Ng

Award: Educational Leadership and Teaching Award

POSTGRADUATE MEDICAL EDUCATION ADMINISTRATOR AWARD OF EXCELLENCE

Chandra Landry

Award: Leader Competency

Kim Rozon

Award: Leadership in Exceptional Circumstances

Ashley Mautbur

Award: Collaborator Competency



LEARNING, INNOVATION, AND COMMUNITY BUILDING

The Department supports learning, innovation, and community building through faculty engagement. This is achieved through faculty, community, and resident retreats, faculty development sessions, celebrations of incoming and outgoing learners, curriculum reviews, and proposing innovative approaches to enhance family medicine via the interactive and novel DFM Dragons’ Den.

JANUARY - APRIL

Community Retreat

In March, the Community Retreat made its return to Wakefield, QC. It was led by the Director, Dr. Robin Kennie, with the theme of “reconnecting.” Community preceptors gathered to discuss how to best support learners in their environments while reflecting on challenges brought on by the pandemic. There were also teaching sessions on skills training, narrative medicine, and managing multiple learners in community settings.



Dragons’ Den returned in April in collaboration with EarthDay.org, focusing on planetary health. The Clinic Goes Green sought innovative solutions in family medicine settings by inviting community members to submit proposals on sustainable environmental strategies. The winning team, with the plan to “Let’s cut the paper,” provided a novel and safe way to clean examination tables and was led by Nathan Chiarlitti, Mitchell Crozier, Raphael Lessard (University of Ottawa Medical Students), Mary MacDonald, an ICU nurse at The Ottawa Hospital, and Dr. Curtis Lavoie, an Emergency Physician at The Children’s Hospital of Eastern Ontario.

Annual Faculty Retreat

The theme for the 2022 retreat was *Destination Family Medicine*, promoting family medicine as a career choice for medical students. With a strong focus on faculty development, departmental members gathered to learn, engage, and discuss current challenges and future planning. There were many sessions, including leadership training, defining an academic path, building community engagement, new approaches in clinical practice, and research and funding support. Faculty also participated in a poster session with seventeen submissions covering various topics. The retreat concluded with a panel discussion on new ways of marketing the discipline of family medicine and planning for upcoming changes to the program. The event was an excellent opportunity to network, connect and stay healthy outdoors in Montebello, Québec.

Community Outreach

Our Department participated in Discovery Days in Health Science, welcoming high school students to our teaching spaces for a hands-on family physician experience. The students were given the opportunity to interact with our researchers, clinicians, and educators in real-life work settings. Fifty-nine students from both Anglophone and Francophone high schools participated in four instructional and interactive stations: Blood pressure, medical history, injections, and a display of our innovative VR projects. In addition, many of our senior leaders in the Department volunteered their time to participate in this community and educational activity.



Faculty Development Half Day

Faculty members from our teaching sites gathered for a half-day faculty development titled: A New Hope. Opening the day with one of our essential teaching skills sessions, *Fundamentals of Supporting Struggling Learners* (ETS2), participants discussed how to best support residents in attaining key competencies. A working lunch provided faculty the opportunity to meet members of the departmental *CLIMB! Mentorship* group, and have an interactive discussion on how to meet challenges related to Clinical Care, Leadership, Investigation/research/scholarship, Medical education, and "Best self" (CLIMB!). In the afternoon sessions, Dr. Steve Ballou, an Assistant Professor with our Department, described the challenges in training residents to work with Indigenous communities and identified resources to assist with barriers. Ms. Sylvie Dagenais-Douville, from the Institut du Rire | Laughter Institute in Montreal, shared the health benefits of laughter in clinical health settings and demonstrated how laughter diffuses anxiety among learners. The day concluded with a session on mentorship for scholarship and how to assist learners and faculty with research.



Exploring Digital Learning

In June, the *Curriculum Review Advisory Group* (CRAG) held a curriculum retreat to explore the use of digital learning modalities (eLearning) in the current curriculum. Participants discussed updating the curriculum through an intersection of education and design. In addition, the advisory group agreed to set a goal of converting 25% of the curriculum to e-learning and shared ideas to develop future projects and opportunities.

New Faculty Orientation

Our new faculty orientation in June allowed new members to meet our senior leadership team and attend information sessions. These sessions focused on teaching our learners, providing them with resources, and informing them how to participate in departmental activities and become involved in our robust mentorship program.



June Graduation and Saying Farewell to Our Outgoing PGY2s

We were pleased to host our graduation and Research Inquiry Opinion Day (RIO) in person after a two-year hiatus. Our outgoing PGY2 residents presented their final scholarly project and celebrated with friends and family, marking the end of their training and becoming dynamic members of our primary care health communities.



Teaching Our Undergraduate Learners

We were delighted to have our first in-person Undergraduate Bootcamp in two years, welcoming more than 100 incoming medical students to our teaching space. It was met with great success by all who attended, providing a great introduction to family medicine to both the Anglophone and Francophone streams. The Bootcamp would not have succeeded without the generous help of our physicians and residents, who provided students with hands-on experience in doing procedures such as knee injections, pap tests, and suturing.

Starting a New Academic Year – Our New Incoming PGY1 Residents

Many of our new residents were excited to start their academic journey by attending our inaugural Postgraduate Bootcamp before the official start of their program. The day was held at our teaching space, where participants learned about documentation, handover pearls, consent, declaration, referrals, pharmacology, and more.

Fall Retreats and Wrapping Up the Year

The arrival of fall created new energy as we set our sights on 2023. The Postgraduate Quality Improvement Retreat in September focused on quality improvement, looking ahead to accreditation 2024 and planning for a 3-year program.



Resident Retreat

The Annual Resident Retreat took place with both PGY1 and PGY2 residents coming together for a wellness and team-building day. The retreat was held in Gatineau Park, where residents enjoyed a hike on the Skyline trail. The afternoon segment of the retreat took place in our teaching space. The group gathered for an inspiring story-sharing wellness event in which they discussed ways of building resilience and mitigating burnout. The retreat allowed peers to recognize challenges and develop a supportive environment to achieve their learning goals.



Departmental Assembly and Dragons' Den

We had our final event in December, combining our annual Departmental Assembly and our Dragons' Den, focusing on *"Innovations to build local community energy, connection, purpose."* There were five competitive submissions to win a community-building grant. The 1st prize was awarded to the Community team with their wellness pitch *"Singing for the Soul,"* with a second prize awarded to the Primrose Teaching Unit for *"Reconnecting Through Reflection and Art,"* and a final, third prize awarded to two winning teams at the Riverside and Civic Units for *"Promoting Wellness and Celebrating Together"* and *"Cafe Connections,"* respectively. There was also an opportunity to receive an update on the departmental activities from across teaching sites, an Essential Teaching Skills session, and an inspiring keynote address from Dr. Brodie Ramin on *"Prevention: Invisible heroes saving invisible victims."*





MEDICAL EDUCATION – TEACHING SITES OF EXCELLENCE

We were proud of our program as it continued to support learners across our eight teaching sites and fulfilled our mandate of educational excellence while serving our communities with commitment, compassion, and fortitude through challenges brought on by the continued impact of the pandemic.



RURAL PROGRAMS: WINCHESTER AND PEMBROKE

The Winchester site continued its inter-institutional affiliation with McGill University, offering our learners more clinical opportunities in the Akwesasne residency program. This placement has become a vital curriculum component and is mandatory for first-year (PGY1) residents, providing them with essential, longitudinal training. In 2022, there were three PGY1 residents who went to Akwesasne once a month for the entire academic year.



The Pembroke teaching site continued to offer a unique learning opportunity in Renfrew County. As part of the *Renfrew County and South Algonquin primary care network*, our teachers and learners coordinated working groups to enable primary care to organize and influence health care in the region. From vaccination to providing access to mental health, our program led the way in impacting our local communities and training our residents for the future. Pembroke established the first remote residency pilot in the Barry's Bay region at the end of 2022. Residents are placed in this region for a three-month period.



THE MONTFORT PROGRAM

The Montfort program, located at l'Hôpital Montfort, the only Francophone community teaching hospital in Ontario, continued its tradition of providing a unique opportunity for our learners. The site welcomed new leadership in the program, with Dr. Stefan de Laplante joining Dr. Marjorie Pomerleau as Co-Director of the Montfort teaching site, and adding Dr. Hélène O'Connor in her new role as Director of Francophone Sites at the Department. In addition, new enhanced procedure clinics were added to the curriculum, and additional learning at academic days to support and augment learning for our residents. The year concluded with a retreat for preceptors to build community and wellness and plan for the following year.



COMMUNITY TEACHING SITE

Once again, the Community site fully matched at CaRMS as applicants continued to apply and joined an engaged and welcoming group for our learners. With twenty-one residents supported by committed preceptors, the Community site showed its commitment to our program by coming together at a community retreat in the spring and renewing journal clubs that could restart in person.



URBAN TEACHING SITES – CIVIC AND RIVERSIDE

Joint Trans Health Clinic – To meet the needs of our community and improve patient access for those who are medically transitioning, Dr. Erin Hanssen from the Centertown Community Health Centre (CHC) reached out to the Ottawa Hospital Academic Family Health Team (TOHAFHT) to invite our faculty to participate in a pilot project. TOHAFHT’s engagement and collaboration with the CHC have allowed our members to participate in numerous educational sessions for the entire clinic and providers, including orientation sessions, an overview of access issues in the Champlain, medical transitioning presentations, and administrative and social services. When the pilot is finished, the leaders of this initiative at TOHAFHT, Dr. Justine Callahan, Dr. Taunia Rifai, and Dr. Leah Smith, Faculty members with our Department, will continue to take patients on Dr. Hanssen’s waitlist for medical transitioning. The first Trans-Clinic was held in November 2022 and will move forward with two clinics per month.

The Civic team, led by our Director of Faculty Development, Dr. Eric Woollorton, initiated the French Club “Vingt et Fromage,” a monthly team-building event focused on learning the French language and culture while spending time together. At this interdisciplinary event, team members are invited to learn with each other and support wellness while taking a break from busy schedules and work demands.

The Civic and Riverside physicians held their wellness retreat at the end of the year, with a keynote by Dr. Mark Dermer, sponsored by the Ontario Medical Association (OMA), who spoke to the group on practice efficiency. The group held breakout sessions focusing on implementing efficiencies at the Civic/Riverside teaching sites and presented the different strategies for reflection and implementation. Finally, there were two new leadership additions at Riverside: Dr. Shauna Bassel, who took on the role of Postgraduate Unit Director, and Dr. Oussama Outbih, who is now the Medical Director of the unit.



BRUYÈRE AND PRIMROSE

The Bruyère site enhanced teaching with new procedural electives, including point-of-care ultrasound-guided injections and Nexplanon training for all residents. A new staff physician joined the site, focusing on the LGBTQIA+ community and offering learning opportunities for our residents. In addition, there was increased interdisciplinary teaching, including a new well-baby exam teaching with our nurses, a new dermoscopy clinic with a nurse practitioner, and an MSK clinic with the staff Kinesiologist. The unit also gained new leadership, with Dr. Shauna Hacker as the new Postgraduate Unit Director, and Dr. Martha Holt, who took on the role of Medical Director of the unit.

The Primrose site, as a multidisciplinary clinic, working collaboratively with RNs, social workers, pharmacists, dieticians, and a shared mental health team, continued to provide inner city health care and refugee health care, primarily to a Syrian and Burmese population. In addition, our learners were provided teaching opportunities in well-baby and procedure clinics, allowing for a specialized primary care focus for our residents. In addition, there were more in-person events with Bruyère, including welcome BBQs and journal clubs which were very positive for team cohesion and wellness.



THE UNDERGRADUATE PROGRAM

Dr. Lina Shoppoff, our Undergraduate Director, and Harriet Yan, a University of Ottawa medical student, attended the Choosing Wisely Conference highlighting the work of the Department in developing interactive learning modules. These fun and engaging modules are based on the “choose your own adventure series” and will guide learners on the choosing wisely principles while enhancing the learning process. There was also new leadership as Dr. Sylvie Caissie started her role as the Physician Skills Development Preceptor Community Director, and Dr. Robin Kennie, Director of the Community Residency Program, joined the Undergraduate Advisory Committee.

THE PGY3 PROGRAM

The Enhanced Skills Programs in Family Medicine was proud to welcome 23 residents in 2022 across 11 focused programs.

Our Sport & Exercise Medicine residents continued to provide medical coverage for exciting events, including being the Team Physicians for the New Zealand Women’s Soccer Team while they were in Canada and Chief Medical Officer for the Ontario Indigenous Summer Games.

The Addictions Medicine program had its first graduate in 2022, and a new Hospitalist program has been planned with streams at the Montfort and Ottawa Hospitals set to be launched in the coming year.

Our programs continued collaborations with other departments:

- **Our Anesthesia residents participated in more simulation activities with the Department of Anesthesiology and Pain Management**
- **The Oncology Department developed a new oncology/palliative care POCUS course attended by radiation oncologists, medical oncologists, palliative care residents, FP-oncology residents, and staff from all programs**
- **Our Women’s Health program launched a monthly seminar series for staff and residents**

Our PGY3 residents and staff produced excellent scholarly work, including:

- **Our Clinical Scholar program contributed to publications regarding a digital health messaging strategy to address COVID-19 vaccine hesitancy in primary care**
- **Care of the Elderly residents publishing on Long Term Care needs**
- **Emergency Medicine Program Directors published on CCFP (EM) curricula**

Our residents secured positions in their desired areas of enhanced skills. For example, our enhanced maternity skills residents brought their Family Medicine Obstetrics (FMOB) skills to support locum coverage in northern communities, and our Family Practice Anesthesia (FPA) residents secured employment in rural New Brunswick and Hawkesbury.

The program welcomed new staff with Associate Program Director Dr. Suzie Lotimer in Palliative Care, Assistant Program Director Dr. Andrew Stiell in Emergency Medicine, Interim Program Director Dr. Amanda Wilson in Care of the Elderly, and the Women’s Health Program Director, Dr. Elise Azzi.

Our PGY3 programs continue to expand in novel ways with the acceptance of VISA trainees for various programs, re-entry candidates under exceptional circumstances, and external funding to accept more residents.

FACULTY DEVELOPMENT AND CURRICULUM

A “centered in family medicine” approach to the Point-of-Care Ultrasound (POCUS) is coming soon to the uOttawa family medicine residency experience. In September 2022, a working group of family medicine faculty members and residents met at the Ottawa Hospital to define how to make Family Medicine-centered POCUS training a reality. Dr. Denice Lewis, the Curriculum Director, outlined the proposed POCUS procedural curriculum objectives and plans for teaching this new curriculum in academic sessions. Dr. Jason Trickovic, Assistant Professor, discussed his research and the literature surrounding the pros and cons of POCUS and the related costs. In addition, Dr. Eric Wooltorton, Associate Professor and Faculty Development Director, presented the plan to equitably purchase eight new devices to be distributed to the teaching units and community sites.



Our faculty development program, led by Dr. Eric Wooltorton, continued to support our teachers through diverse virtual sessions covering a wide range of topics.

The faculty mentorship program implemented in 2021, with 25 mentors from early, mid, and late-career faculty members, continued in 2022, with members meeting in June to discuss leadership challenges and clinical, medical education, teaching, and teaching investigation challenges. In addition, faculty members continued to connect with and mentor mentees.

The DFM successfully ran 7 faculty development days in 2022, comprised of 23 accredited sessions, including a Faculty Development Half-Day, a New Faculty Orientation session, Essential Teaching Skills sessions, Mentorship sessions, a Departmental Assembly, and an Annual Departmental Retreat. In addition, sessions that included invited speakers provided opportunities to learn tips on supporting Indigenous patients and communities, demonstrated the benefits of laughter yoga and how it can be incorporated into a medical setting, and informed on the role of prevention strategies in medicine and the medical community.

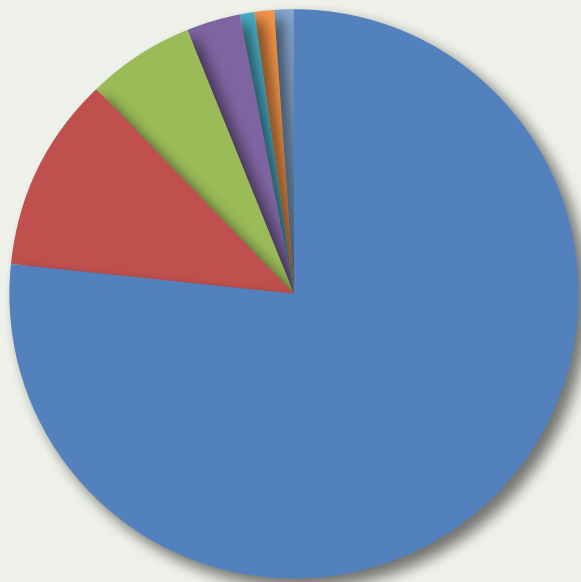


OUR RESEARCH – ADVANCING PRIMARY CARE SCHOLARSHIP

The work of our researchers, clinician investigators, members of the research operations team, and the Research Executive Committee is crucial for providing knowledge for practitioners, learners, and the communities we serve. This knowledge is applied to primary care service delivery, clinical practice, and medical education. The focus of our research and applied approach provides value and a framework for future research.

Our Research Foci

- Health Care System and Service Delivery
- Family Medicine Practice – Quality Improvement
- Primary Care Health Research for Minority Francophone Populations
- Primary Care Health Research for Vulnerable Populations
- Health Professions Education



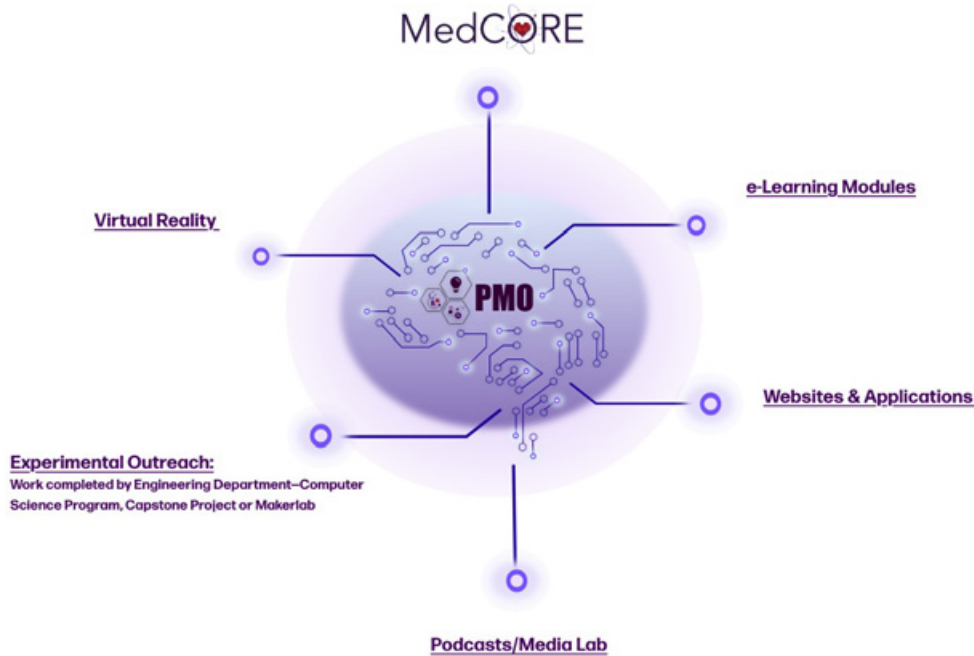
SOURCE OF ACTIVE RESEARCH DOLLARS IN 2022

- CIHR, SSHRC, NSERC (**77%**)
- Gov: Federal, Provincial (**11%**)
- Professional Associations, Foundations, Others (**6%**)
- uOttawa, FoM, DFM (**3%**)
- Bruyère, BAMO (**1%**)
- CNFS, ISM, AMUHM (**1%**)
- TOH, TOHAMO (**1%**)



OUR INNOVATION – THE PROJECT MANAGEMENT OFFICE (PMO)

Our PMO office continued to support learning through digitalization and the use of new technologies, building on the following six areas:



MedCORE

2022 was a foundational year for the MedCORE project, which will replace the outdated Femoral application. The team decided to proceed with a custom-developed solution and collected requirements from all stakeholders. A business and technical architecture was presented to the University’s Architectural Review committee outlining that the University will host the new application, and both passed. The development team is now busy developing the first interface pages of the new MedCORE application. The PMO continued to provide support and maintenance for Femoral, and a project change report was drafted.

The past year was a busy time for the PMO. Their hard work and success was reflected at the Family Medicine Forum Innovation booth in Toronto and the PMO’s recognition by the Faculty of Medicine through a Service Excellence award.

E-Learning Modules

The PMO team is proud to have delivered educational technologies to learners across Ontario. One of our notable achievements was the creation of socially accountable eLearning modules aimed at helping learners and faculty members understand their impact on marginalized communities. Our Anti-racism and Long-Term Care (LTC) modules have been well received, and we are excited to announce that an additional five LTC modules will be added to our portfolio of self-study materials in 2023. In addition, Dr. Lindsay Bradley, an Assistant Professor and Family Medicine Enhanced Skills and Sport & Exercise Medicine Program Director, developed e-Learning modules for our family medicine residents under the Musculoskeletal (MSK) program.

Podcasts/Media Lab

The team produced media content for various events, initiatives, and podcasts throughout the year. We are also proud to have developed and launched new CaRMS videos and two podcasts, part of a Sport & Exercise Medicine Podcast series called Cardio - Exercise for Patients with Coronary Artery Disease, led by Dr. Lindsay Bradley and Dr. Kayla Gallo.

Websites & Applications

Overall, our team has worked on several website development projects, including supporting the re-design of existing websites, designing new wireframes, implementing infrastructure improvements, and providing consultation and support services.

In the first quarter, the team made significant progress towards completing the TOH Family Health website re-design project by providing support and consultation.

Additionally, wireframes for the Choosing Wisely & Hypertension projects were re-designed in the third quarter. In addition, the team provided consultation services to the redesign of the CityStudio Ottawa website project.

Virtual Reality

Virtual reality applications are being developed to educate users through fun and engaging technologies.

The team's virtual reality projects include "Escape the Office," "Contamination Control and Spread," and "Scuba for Stress and Anxiety," and are aimed at creating an immersive and interactive learning experience outside of traditional methods.

After numerous feedback sessions, our virtual reality Escape Room has undergone refinement and translation and will be ready for rollout to our incoming cohort of learners in the fall of 2023. Teams of 2 to 4 learners can now collaborate to solve 10 Quality Improvement puzzles to reinforce the principles they've learned in an introduction to QI session.

The PMO continues to evolve the Scuba for Mental Health application through a series of grants. The second version of the application has incorporated feedback to improve playability, graphics, and stress and anxiety content. The third version, funded by the Government of Alberta, will help support psychological health in first responders. In addition, the PMO has submitted a subsequent grant towards the Veteran and Family Well-Being fund to further expand the scuba application to help support Veterans and suffering from Post-Traumatic Stress Injuries (PTSI) and their family members as a multi-player application. The newest version aims to build connections between Veterans suffering from PTSI and their family members in a safe and supportive environment.

Experimental Outreach

During the past year, the team has been engaged in various experimental outreach projects. These included the Sim City Ottawa project, in partnership with the Software Engineering Capstone team, Dr. Kheira Jolin-Dahel, and colleagues. In addition, students from the University of Ottawa's Engineering Department's Makerlab were tasked with prototyping solutions to address Unattached Patients, Mental Health, and Remote Medicine.

In several team bonding events, the PMO equipped DFM's media lab with soundproofing and professional-grade audio/video equipment used in various DFM projects and events.

To improve efficiency, the team migrated the Innovation projects from GitHub to the University's GitLab, reviewed workflows, and implemented a sprint-based methodology for all projects.

The team presented the DFM's innovation projects alongside our clinical practitioners, showcasing procedural skills to high-school students during Discovery Day to generate interest in family medicine studies.



SOCIAL ACCOUNTABILITY – OUR IMPACT

The Department partnered with regional communities, other universities, and institutions to champion our current challenges. We sought ways to lead, have a meaningful impact, and seek solutions to complex problems with compassion, equity, and inclusion.



Dr. Lissa Bair sitting by Kaieteur Falls in Guyana.

Global Health PGY3 Resident Shares Highlights About the Program

Dr. Lissa Bair

This year, as part of my Global Health fellowship, I spent a month in Guyana. The trip was organized through a pre-established exchange program between uOttawa and the Guyanese Family Medicine residency program. Unfortunately, the program was put on hold, as with many similar initiatives, due to the Covid-19 pandemic. I believe I was the first uOttawa resident to visit since 2019.

My experience in Guyana was eye-opening and extremely valuable for my learning. I had the opportunity to work with every family medicine resident in the various health centers around the capital of Georgetown. Each resident taught me something new about themselves, their patients, the struggles and frustrations they face (sometimes similar to mine) in their healthcare system, and their outlook on family medicine as a specialty in a quickly developing country. I was also able to do some teaching, both in clinic and at their academic days. ***The residents took me around the city on weekends, and on my last weekend, I visited the world-famous Kaieteur Falls.***

I am very grateful to have had this experience, especially as a woman of Afro-Caribbean descent. Guyana is a beautiful country with beautiful people and a rich history. My four weeks there felt very short, and I am already looking forward to my next visit. I encourage uOttawa residents to do this elective if they have the chance. I also sincerely hope that Guyana residents will be able to visit Ottawa soon so that I can show them around my city as they did for me!

GLOBAL HEALTH

In 2022, the Global Health program set the stage for renewing its Memorandum of Understanding (MOU) with its Guyanese partners. It won the CFPC's Besroul Centre's annual poster award outlining the capacity-building progress made over the past six years.

The program transitioned the uOttawa Family Medicine Global Health Training Track to the uOttawa International and Global Health Office's (IGHO) Concentration in Global Health and Social Accountability for broader interest and centralized support.

As part of addressing the Truth and Reconciliation Commission of Canada's calls to action, the DFM is developing an Indigenous application stream for residency applicants, with mentorship support.

Besroul Partnership

A new, first-in-Canada Memorandum of Understanding (MOU) between the Faculty of Medicine and the College of Family Physicians of Canada reinforces the Faculty of Medicine's commitment to social accountability, this time in family medicine. The Memorandum of Understanding will give our Department access to a vast network of international collaborators and opportunities to share expertise and resources on a global scale in education and research training in family medicine.

“The intent is to train professionals of excellence to serve society, who base their work on respect for human life and the dignity of people.” – as stated in the MOU

The MOU will foster academic exchange and international scholarly communication, strengthening ties in family medicine, interdisciplinary education, and health equity.

La Francophonie Program

In order to continue to support Faculty caring for Francophone minority populations in Ontario and beyond, Francophone Affairs has launched the ProVaCo platform which aims to support health care professionals with resources, educational tools and information on vaccination against COVID-19 for Francophones living in minority situations. In collaboration with the Department of Family Medicine, ongoing efforts are highlighted as the DFM commits to support Faculty and learners, at the undergraduate and post graduate levels, in accessing learning environments in Francophone minority settings. This includes didactic teaching, clinical placement opportunities and research supports. Further growth in the solidification of the Consortium national formation en santé (CNFS) highlights the important contributions that the DFM has played in facilitating Faculty appointments in Family Medicine throughout Canada for students returning to their home provinces for core family medicine rotations.

Moving the Needle: Improved Skin of Colour Teaching and Anti-racism Efforts

Skin conditions are very different in racialized patients; however, historically, dermatology and procedural skills textbooks have been predominantly based on white skin and the conditions principally found within white demographics. Therefore, it is fundamental that physicians are provided the knowledge and exposure to all skin types. Our Department is committed to addressing this gap.



PILLAR 4 - SOCIAL ACCOUNTABILITY

In 2021, the Department purchased dermatoscopes for each teaching unit and funded training for family physician faculty “skin leads” on how to use the scopes. In November 2022, the Department helped organize a special “Skin of Colour” station at the annual “Skills Day for Family Physicians” continuing professional development conference, attended by more than 65 faculty and family medicine physicians from across the region and Canada.

Our Department continues to follow an anti-racism faculty development plan initiated in 2021, including organizing a series of anti-racism modules and postgraduate teaching led by the postgraduate Director of Curriculum, Dr. Denice Lewis. The four anti-racism online modules describe the societal roots of racism, the origins of the inequities we see, racism in medical education, relevant frameworks regarding societal power and privilege, micro-aggressions, and calling out racism. Starting in 2022, family medicine residents completed two modules before attending an interactive academic day workshop with Dr. Lewis and Dr. Eric Wooltorton, the Director of Faculty Development. Attendees anonymously rated the workshop very positively and stated it generated valuable reflections and ways to call out racism when we experience it.

Veterans Task Force

As part of our Department’s socially accountable primary care eLearning materials, the PMO office led the development of a new project: Veterans’ Health. The two eLearning modules & series of podcasts are jointly developed by our Department, Queen’s University, and the City of Ottawa’s Veterans Task Force, and will be available as continuing professional education for practicing family physicians, military medical officers, and medical residents. The Veterans’ Health e-Learning Modules will include two foundational, interactive modules titled “My Patient is a Veteran.” The foundations of Veteran health and well-being and engaging with this patient population will be explored.

The project aims to identify appropriate healthcare services available for Canadian Armed Forces and RCMP Members and Veterans. The modules will highlight common occupational health concerns for Veteran populations and describe the prevalence of chronic health conditions among Veterans to improve primary care and referrals. In addition, the Veterans’ Health podcast episodes will be available for streaming on YouTube or other podcast platforms. In addition, they will feature interviews with subject matter experts on the following topics: Organizations Supporting Family Physicians in Treating Veterans, The Transition from Military to Civilian Life, Veteran Comorbidity Physical-Mental Health Injuries, and Women’s Veteran Issues.

Addressing the Crisis of the Unattached Patient in Ottawa

In consultation and collaboration with health partners, several faculty members submitted a briefing note to the Government of Ontario to propose a coordinated primary care strategy. This strategy aims to create a supportive environment for all community members to be meaningfully attached to primary care and support primary care as the foundation of the health care system for the City of Ottawa and the surrounding region. Many of these individuals and families are from equity-deserving populations (refugees, newcomers, 2SLGBTQIA+) already facing disproportionately poorer health outcomes.

The group highlighted that our primary care system’s health directly translates to our population’s health. Therefore, they recommended that primary care move away from the small business model toward an evidence and team-based care model integrated with hospital and specialty care via an Ottawa Primary Care Neighbourhood Model.

The Ottawa regional partners consulted for the development of this strategy included the Ottawa Health Team-Équipe Santé Ottawa, Archipel Ottawa Health Team, Ottawa West Four Rivers Ottawa Health Team, The Ottawa Hospital, l’Hôpital Montfort, Queensway Carleton Hospital, University of Ottawa’s Department of Family Medicine, the six Ottawa Community Health Centres (Southeast Ottawa, Centretown, Sandy Hill, Pinecrest Queensway, and Carlington), and Restore Medical Clinic.

LOOKING AHEAD

Our Department will focus on three main initiatives over the next year and beyond. We will provide more information in our 2023 Annual Report, but the following are some key highlights:

Accreditation

In 2023, the Department will start to prepare for the 2024 accreditation audit. Over the next 12 months, we will gather all the documentation required to demonstrate our adherence to the Standards of Accreditation for Residency. As part of the audit, we will present the improvements we have made in our processes, closing out the observations raised in the College of Family Physicians of Canada's 2016 accreditation report. This will be a collective team effort involving faculty, residents, and staff across the Department.

Expansion

The expansion of our residency program, announced by the Provincial Government in April of 2022, will commence on July 1st, 2023. Over the next three years, we will increase our resident count, starting with six new residents to the current incoming cohort of 69 in 2023. In the 2024 academic year, we will add 12 new residents, followed by 18 in 2025. This will increase our incoming cohort to 86 by 2025. This expansion will add a total of 34 new residents to our program.

Three-Year Program

The College of Family Physicians of Canada has embarked on a project to progress the family medicine residency program from two years to three. This is a result of feedback received from recent graduates and the Outcomes of Training Project. In the next 12 months, each family medicine program across Canada will develop a readiness assessment of their school's ability to move to a three-year program and a curriculum renewal plan. All of these efforts will be led by the school's appointed Complex System Navigator and a dedicated team, who will work with the different stakeholders to architect the future of family medicine training in Canada, starting in 2027 and beyond.



THANK YOU.