

TERRACE



Rural Northwest Family Medicine Program

CaRMS Open
House 2017

OUTLINE

- The Basics
- Top 5 reasons to choose Terrace
 - Flexibility
 - Independence
 - Awesome teachers
 - Community involvement
 - Rural Medicine focus



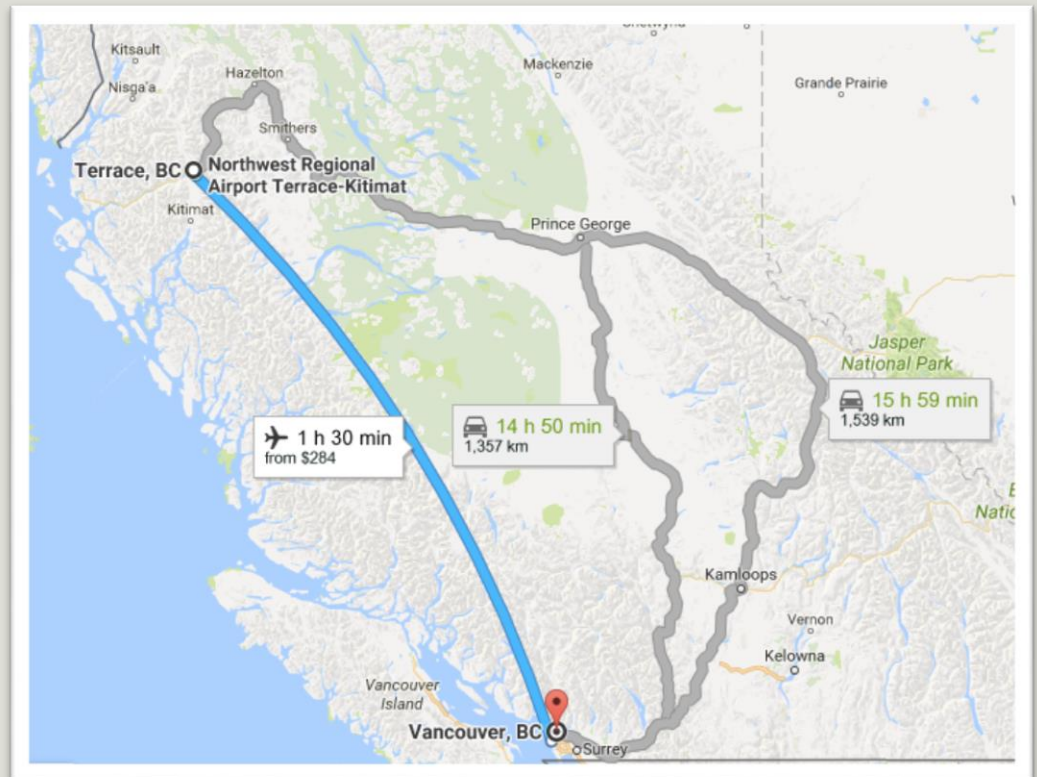
THE BASICS

- 2 residents/year
- Local population ~12,000
- Total service population ~80,000
- Mills Memorial Hospital: 40 inpatient beds
 - 5 ICU beds, 10 psychiatric beds, 3 L&D rooms
- 14 family physicians, 5 rotating internists, 4 general surgeons, 3 pediatricians, 1 urologist, etc + many visiting specialists



WHERE IS TERRACE?

- 1355km (15h) drive to Vancouver
- Westjet and Air Canada
 - Typical return flight ~\$300 and up
- Nearest larger centre is Prince George (6h drive)



LOAN FORGIVENESS

- **BC Loan Forgiveness Program**
 - starts from Day 1 of residency
 - Paid off at 20% per year up to 5 years including interest
 - 100% loan-free in 5 years!
- **Canada Student Loan forgiveness**
 - Apply after 12 months
 - Up to \$8000 per year to a max of \$40 000 over 5 years



TOP 5 REASONS TO CHOOSE TERRACE



1. FLEXIBILITY

- NO BLOCKS
- Create schedules monthly
- Choose call
- Not service-based
- Program adapts to input



2. INDEPENDENCE

- Hands-on with patient encounters
- Procedure experience
- Responsible for own learning



3. AWESOME TEACHERS

- Wide range of specialists
- Good support available
- Monthly SIM
- Monthly More OB
- Local pharmacist PAD topics



4. COMMUNITY INVOLVEMENT

- Weekly group lunches at local reserve
- Therapeutic horseback riding
- Alternative school for young parents



5. RURAL FAMILY MEDICINE

- 1.5 days/week in family practice office
- Outreach clinics with specialists
- Rural Rotations = 1 month in Prince Rupert and 1 month on Haida Gwaii
- Pediatric emergency at BCCH x 1 month
- CARE and ATLS
- Surgical Skills week
- SRPC Conference



BONUS...LOCATION!

- Fishing
- Hiking
- Skiing
- Biking
- Camping
- Kayaking
- Canoeing
- Golfing
- Concerts
- Farmer's Market
- Brewery
- Yoga Studio





MAROON MOUNTAIN



WESACH HIKE



FISHING



BIKING



ONION
LAKES



SHAMES MOUNTAIN



**HUDSON
BAY
MOUNTAIN**
Smithers



THORNHILL MOUNTAIN



HOBIYEE

Nass Valley



HOT SPRINGS

Nass Valley



SALMON GLACIER

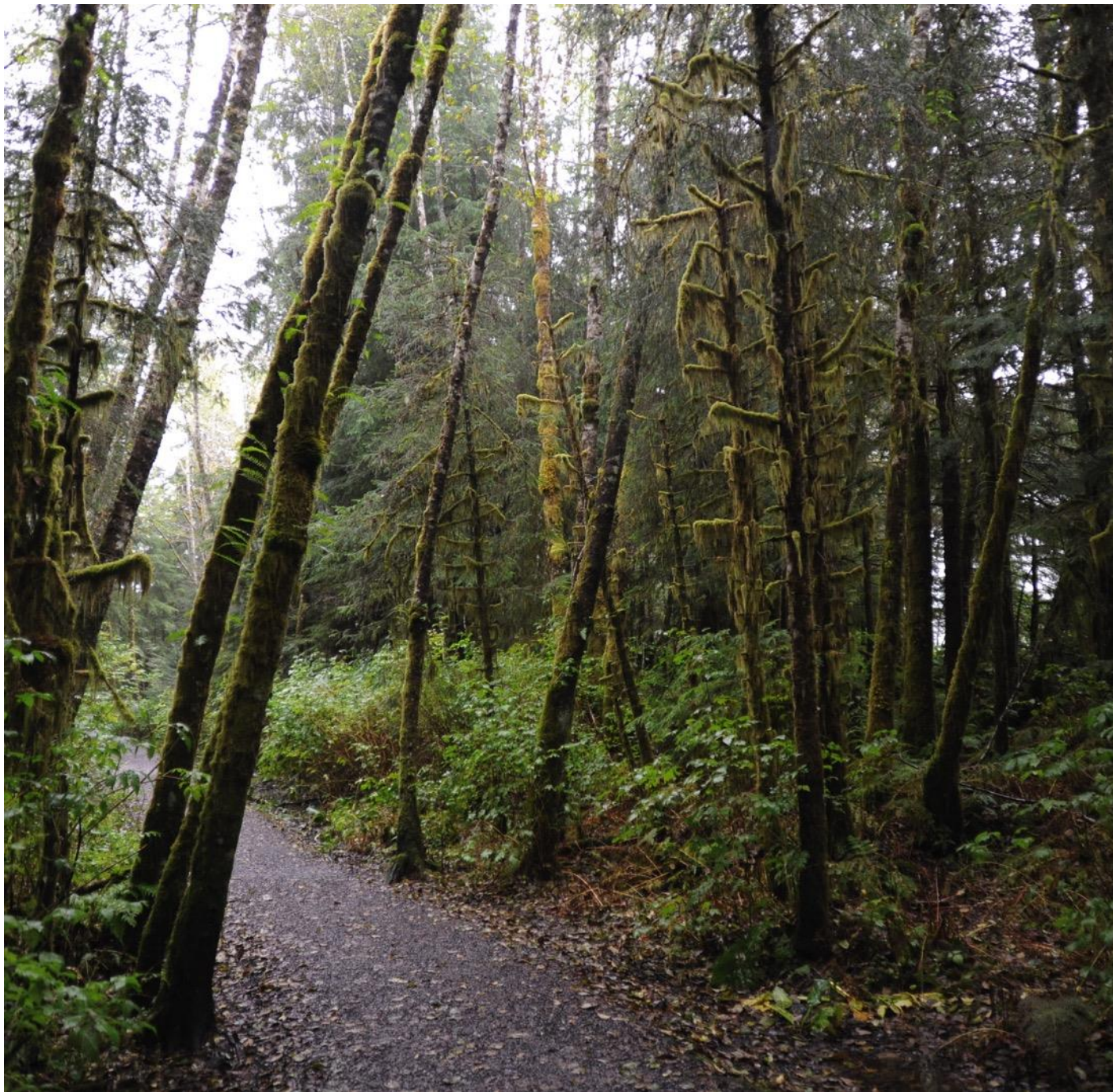
Stewart



**BLUE
LAKES
HIKE**
Hazelton



SLEEPING BEAUTY HIKE



PRINCE
RUPERT



**KITSON
ISLAND**
Near Prince
Rupert



LAKELSE LAKE

COME VISIT US!

