



ABBOTSFORD-MISSION

Family Medicine Program

What makes a GREAT residency?

The people you work with



Our People

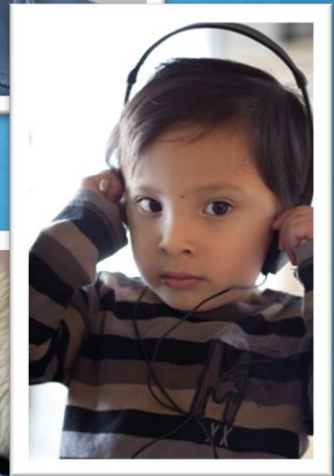
Site Director: Dr. Holden Chow

- Family Doctor
- Married, with 2 boys
- Cyclist
- Current events aficionado

“I love our residents. They become our family. We love seeing them mature as people and physicians.”



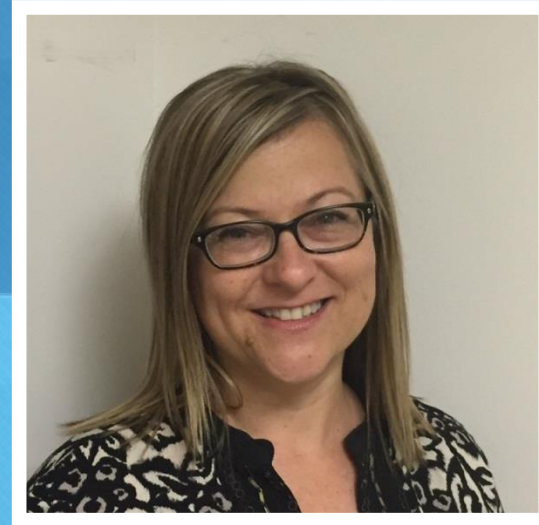
Kai



Elan

Our People

Coordinator: Ann



- Background in Finance and Health Care
- The Maker of Schedules
- The Grantor of Vacations
- The Collector of Forms
- The shoulder to lean on...

Program Assistant:
Katelyn



Our Family Docs

- Full service FP's with busy practices, lives & families
- Some with new kids, some with teenagers & horses
- Black belts, mountain bikers, skiers/boarders, photographers, national board members, hockey fans, great golfers, terrible golfers, tech geeks, avid travellers...
- **and ALL are dedicated to you becoming a great family physician**



Resident vs preceptor volleyball

Our Resident Family



Our talented alumni



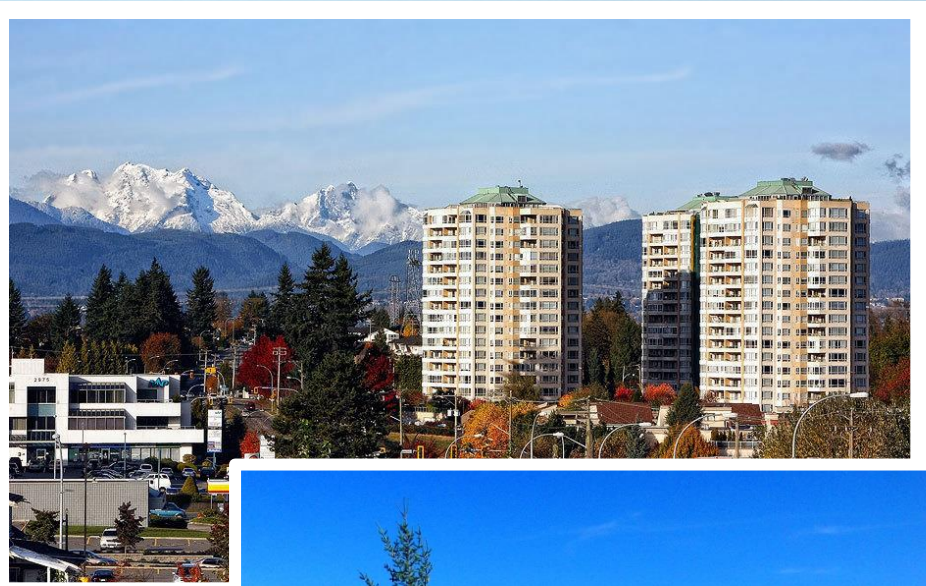
- 7 have matched to CCFP Emergency Medicine (EM)
- 3 are working as rural GPs and also in the ED in communities that accept doctors without a 3rd year in EM
- 2 have matched to the Addiction Medicine R3
- 1 has matched to the Palliative Care R3
- 8 docs working in Abbotsford/Fraser Valley
- All other grads are working full service family practice

Living In Abbotsford/Mission



About Abbotsford

- Population: 150,000
- In the Fraser Valley
- 70km east of Vancouver
- Multicultural community



About Mission

- Population: 40,000
- 10min drive North of Abbotsford
- Has its own hospital (inpatients, ER, LTC facility)



Our Location

○ Driving Distance

- 1 hour from Vancouver
- 5 minutes from the US border
- 2.5 hour drive to Seattle
- 3 hours to Whistler
- 30 minutes to Cultus Lake



○ International Airport (YXX)

- Direct flights to Calgary, Edmonton, Toronto and Las Vegas to name a few

What is it like to live here?

Best of both worlds ...

- City in the country
- Close to the mountains
- MINIMAL TRAFFIC

Reasonable cost of living

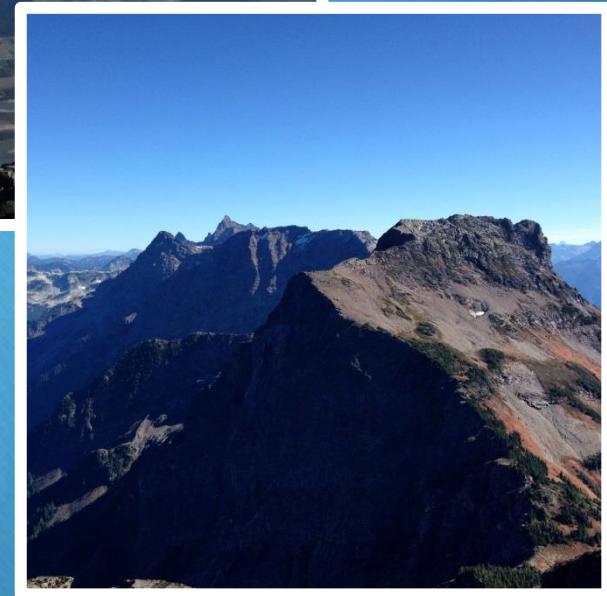
- Expect to live in Abbotsford
- Can bike all year long (but expect to need a car just in case)
- ~\$850/month for a new 1 bedroom apartment
- Hospital gym membership for \$20/month



What is it like to live here?

INCREDIBLE landscape

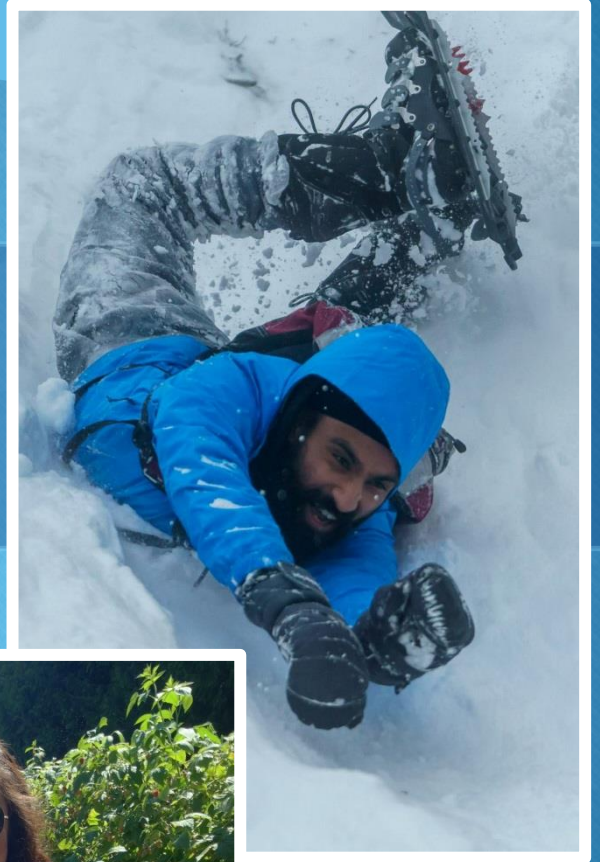
- Green grass year round
- Gorgeous views of the mountains
- Many outdoor hiking and biking trails



Things To Do

- Tons of community activities:
 - Recreation Centre
 - Abbotsford Connect
 - Run for Water
 - Abbotsford Air Show
 - Summer Agrifair
 - Abbotsford Entertainment Center
 - Tradex

... AND MORE!!!

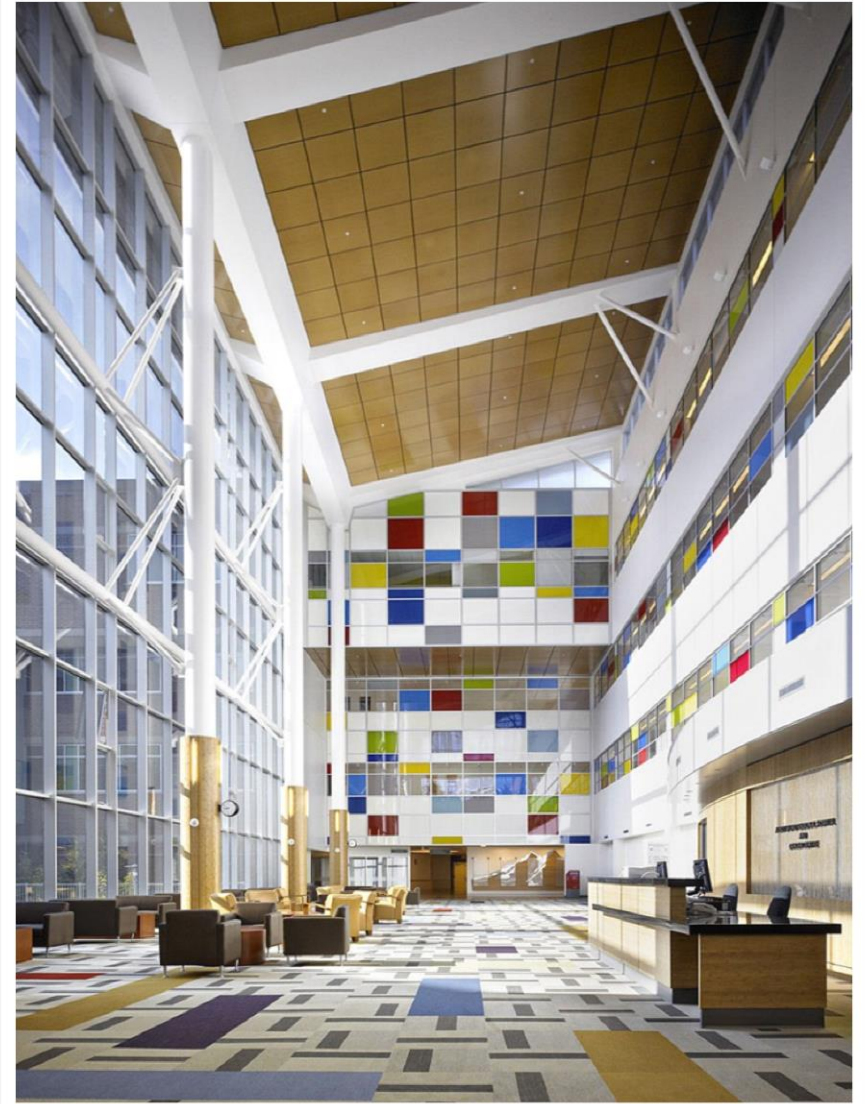




ABBOTSFORD-MISSION

The Hospital









Abbotsford Regional Hospital & Cancer Center

- ◊ Opened in 2008
- ◊ State of the art Tertiary Care Facility
- ◊ 60,000 sq. meters
- ◊ 300 beds
- ◊ General surgery, nuclear medicine, renal dialysis, specialized obstetrics and nursery care, pediatric services, CCU, and much, much more
- ◊ STARBUCKS ☺



ABBOTSFORD-MISSION

The Program

Our Goals

- We want you to have fun, enjoy life, and enjoy medicine
- Make life-long friendships and relationships
- Be part of a medical community
- Have the skills to take care of all ages
- Have the skills to be future leaders
- Create the **BEST** training program in the country





Program Structure

1. FAMILY PRACTICE OFFICE – Longitudinal

- Each resident is matched to a primary preceptor who has similar interests (i.e. OB, sports med, geriatrics)
- Inpatient medicine, minor office procedures, other special-interests of your preceptor
- Half-days back weekly when not on family medicine block
 - Keeps you grounded in family medicine
 - Provides continuity of care
 - Preceptors are able to see how your skills grow

...and sometimes, they let you practice on them too....





Program Structure

2. ROTATIONS

- Rotations are created to give you what you need in family practice
- Emphasis on *Learning* vs. *Service*
- Plenty of volume, and you are usually the only resident on so can choose your cases
- All Residents start in Family Practice for the first month
- 1st year: mandatory rotations
- 2nd year: 2-4 months of rural medicine, lots of elective time
- 4 weeks of vacation per year

Academic Core Curriculum

- Thursday Academic Half Day
 - Specialists: oncology, internal medicine, pediatrics and more!
 - Resident case presentations
 - Mock Code sessions
 - Procedural days (airway management, complex suturing etc.)
 - Radiology and ECG rounds
- Conferences and Retreats
- Monthly Journal Club
- Behavioural Medicine





Highlight Rotations

- Emergency – great staff, busy department, only learner, lots of procedures and involvement, 6 weeks
- Anesthesia – focus is on getting procedures, jump from room to room for inductions (average 30-50 intubations in 2 weeks)
- Cardiology Consults – high volume, get comfortable with acute cardiac issues
- Obstetrics – high volume centre where you are the only learner (40-60 deliveries in 6 weeks)
- IM – consult-based, NO CTU, excellent preceptors
- Youth Clinic – Adolescent-focused medicine, resident-run, lots of mental/sexual/psychosocial health
- Surgical Specialties: General Surgery and Orthopedics - family practice oriented, minimal OR time

First Year Core Rotations

OBSTETRICS – 6 weeks

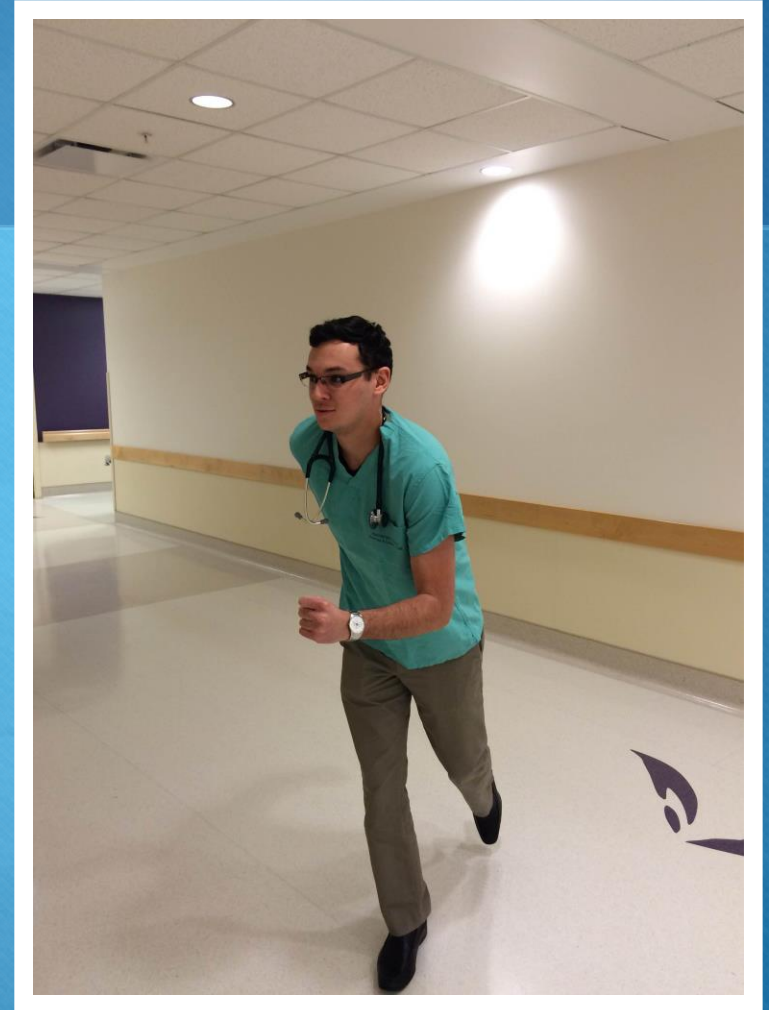
- ◊ Even residents who have come in with NO interest in Obstetrics have come out not only competent but would actually consider this is part of their future
- ◊ Over 3000 deliveries per year
- ◊ NO competing residents
- ◊ Work with both Obstetricians & GP-Obstetrics



First Year Core Rotations

EMERGENCY – 6 weeks

- Very busy ER where you are the only resident
- Tons of hands on experience
- ER also is the interface of a lot of other rotations - so your experience doesn't stop once your rotation is over
- Go to all code blues
- All (but one) ER Physicians are CCFP EM's



First Year Core Rotations

PEDIATRICS – 6 weeks

- AND 2 weeks of NCN at BC Women's Hospital
- 3 weeks of Pediatric Ward
- 3 weeks of Outpatient
- Weekly Youth Clinic
- Peds Call is only in ER
 - Designed to maximize exposure to sick kids



First Year Core Rotations

SURGERY – 4 weeks (+2 weeks of Anesthesia)

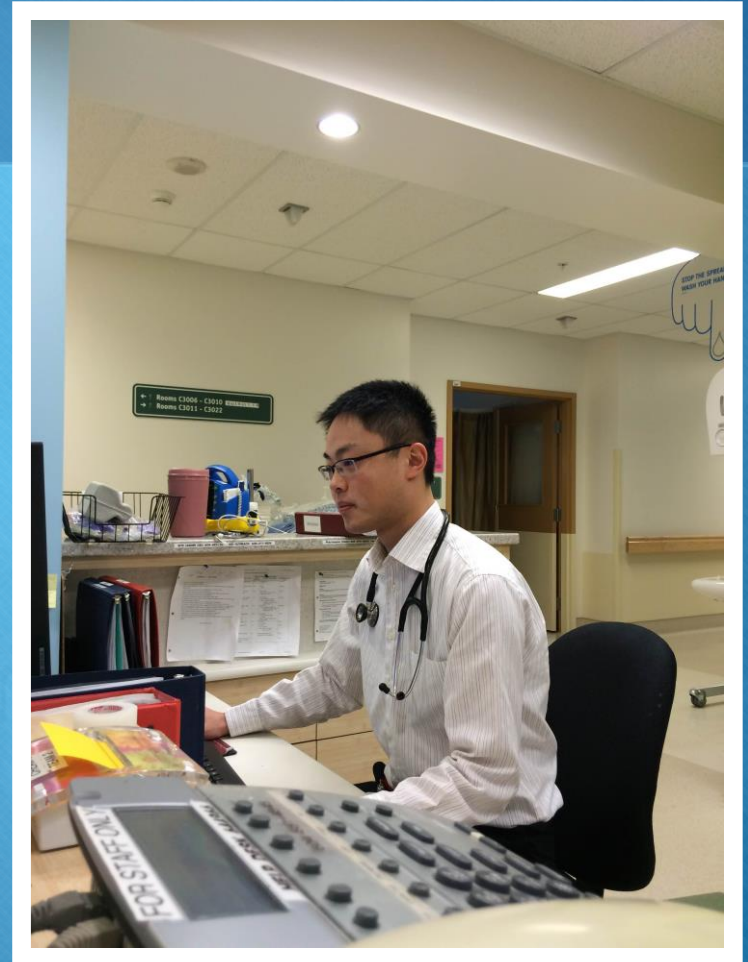
- Well you didn't choose FP to be a surgeon but...
- You will learn procedural skills
- FP relevant surgical exposure such as the Lumps and Bumps clinic, Breast Health Clinic, Wound Care



First Year Core Rotations

INTERNAL MEDICINE

- 2 weeks Cardiology Consults
- 2 weeks Nephrology
- 4 weeks of Ward Consults ONLY (No CTU)



Do all this
and have
time to hang
out with the
kids



Being on Call

- The only rotation with 24 hour call is OB – all the rest are until 11pm (no post-call day)
- Great support from physicians
- **First Year**
 - Hospital Call during Family Practice, Palliative, Nephrology
 - Rotation specific call until 11pm for all other rotations
- **Second Year**
 - Hospital Call during Family Practice AND
 - *Choose Your Own Adventure Call*
 - e.g.. Youth Clinic, Fast Track ER, Peds ER, Mission ER





Honest Weaknesses

- Minimal opportunities to teach medical students, but lots of opportunities to teach other residents
- Fewer formal teaching activities (bedside rounds, morning report), but lots of one-on-one time with staff
- Call until 11pm means lots of exposure to interesting presentations, but no post-call days

Flexibility and Feedback

- 2010 was the first year of the program
- We are prepared to change and accommodate according to your feedback
- Very responsive program director



Resident orientation day



Abby-Mission Gems

- Parking is only \$20 a month
- Get to know the staff physicians (they will stop and chat with you in the hallway, buy you coffee, grab you for interesting cases)
- Strangers will smile at you (not in a creepy way)
- Patients are open to residents being involved and want you in their community
- Where everybody knows your name
- Nurses are nice



So Why Choose Abby-Mission?

- Completing residency in a community hospital will give you a strong foundation to practice anywhere
- Preceptors who are keen to teach and are interested in your academic and also personal development
- Minimal competing residents
- Program flexibility - common goal is to provide a useful educational experience
- Less structure than you're probably used to in medical school - tailor the program to areas you want/need experience in
- Minimal overnight call

BUT MOST IMPORTANTLY...

We hope you come join us!

