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.”
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!!!
Open 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 😊
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....
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!