TERRACE

Rural Northwest Family Medicine Program

CaRMS Open House 2019

OUTLINE

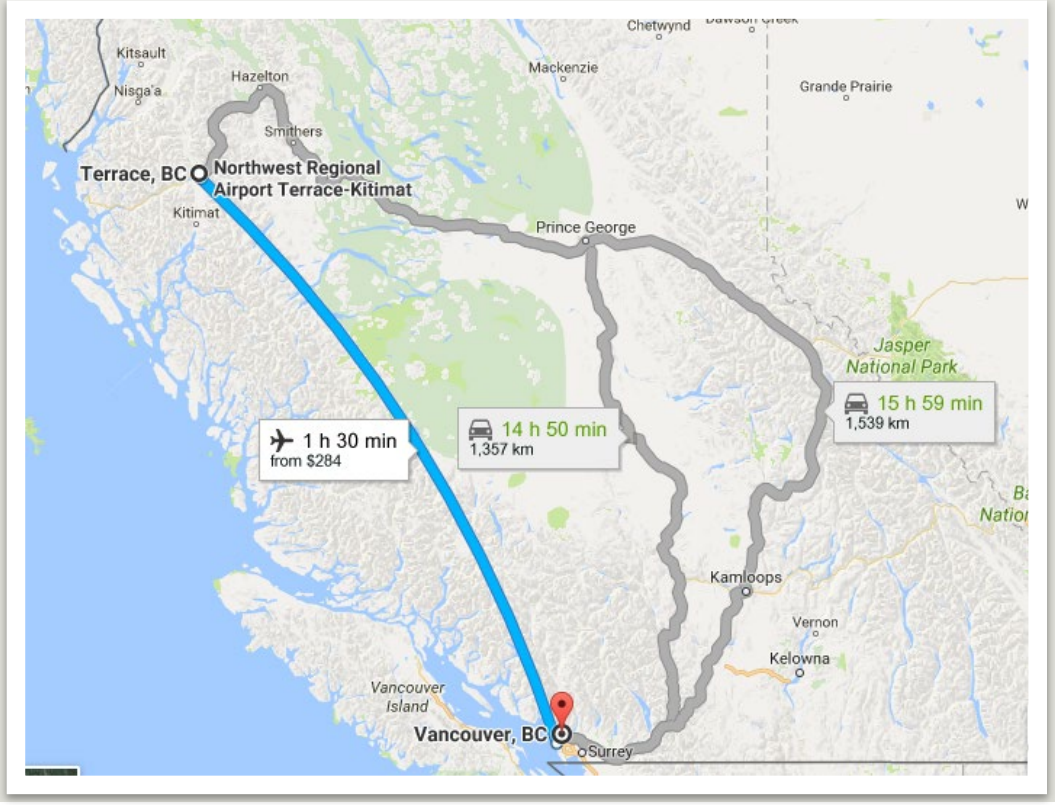
- The Basics
- Top 5 reasons to choose Terrace
  - Flexibility
  - Independence
  - Support
  - Rural Medicine focus
  - Community and lifestyle!

THE BASICS

- 2 residents/year
- Local population ~15,000
- Total service population ~80,000
- Mills Memorial Hospital: 40 inpatient beds
  - 5 ICU beds, 10 bed ER, 10 psychiatric beds, 3 L&D rooms,
- 14 family physicians, 5 internists, 4 general surgeons, 3 peds, 1 urologist, 1 ENT, 1 OBGYN, 3 optho, 1 psych, 2 EM, 4 anesthesia, visiting specialists

WHERE IS TERRACE?

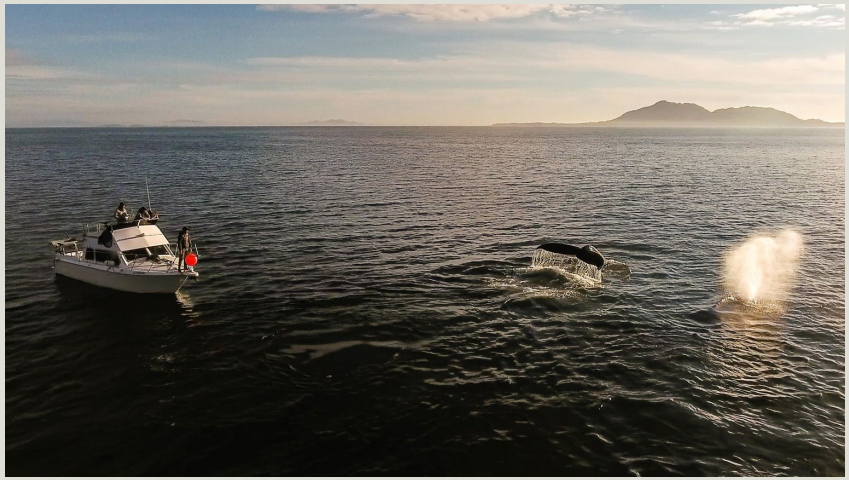
- 1355km (15h) drive to Vancouver
- Westjet and Air Canada
  - Typical return flight ~$300
- Nearest larger centre is Prince George (6h drive)



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 TERRAC

1. FLEXIBILITY

- Longitudinal program
- Create schedules
- Choose call
- Education based
- Adaptable program

1. FLEXIBILITY

2. INDEPENDENCE

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

3. Support

- Wide range of specialists
- Monthly SIM
- Monthly More OB
- Local pharmacist PAD topics
- Supportive residents

4. RURAL FAMILY MEDICINE

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

COMMUNITY AND LIFESTYLE!

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

KITSON ISLAND

Resident Retreat

FISHING

Resident Wellness

BIKING

HOT SPRINGS

SKIING

SKATING

THORNHILL MOUNTAIN

MAROON MOUNTAIN

ONION LAKES

HUDSON BAY MOUNTAIN

Smithers

SALMON GLACIER

Stewart

BLUE LAKES HIKE

Hazelton

SLEEPING
BEAUTYHIKE

NASS VALLEY

LAKELSE
LAKE

COME VISIT US!