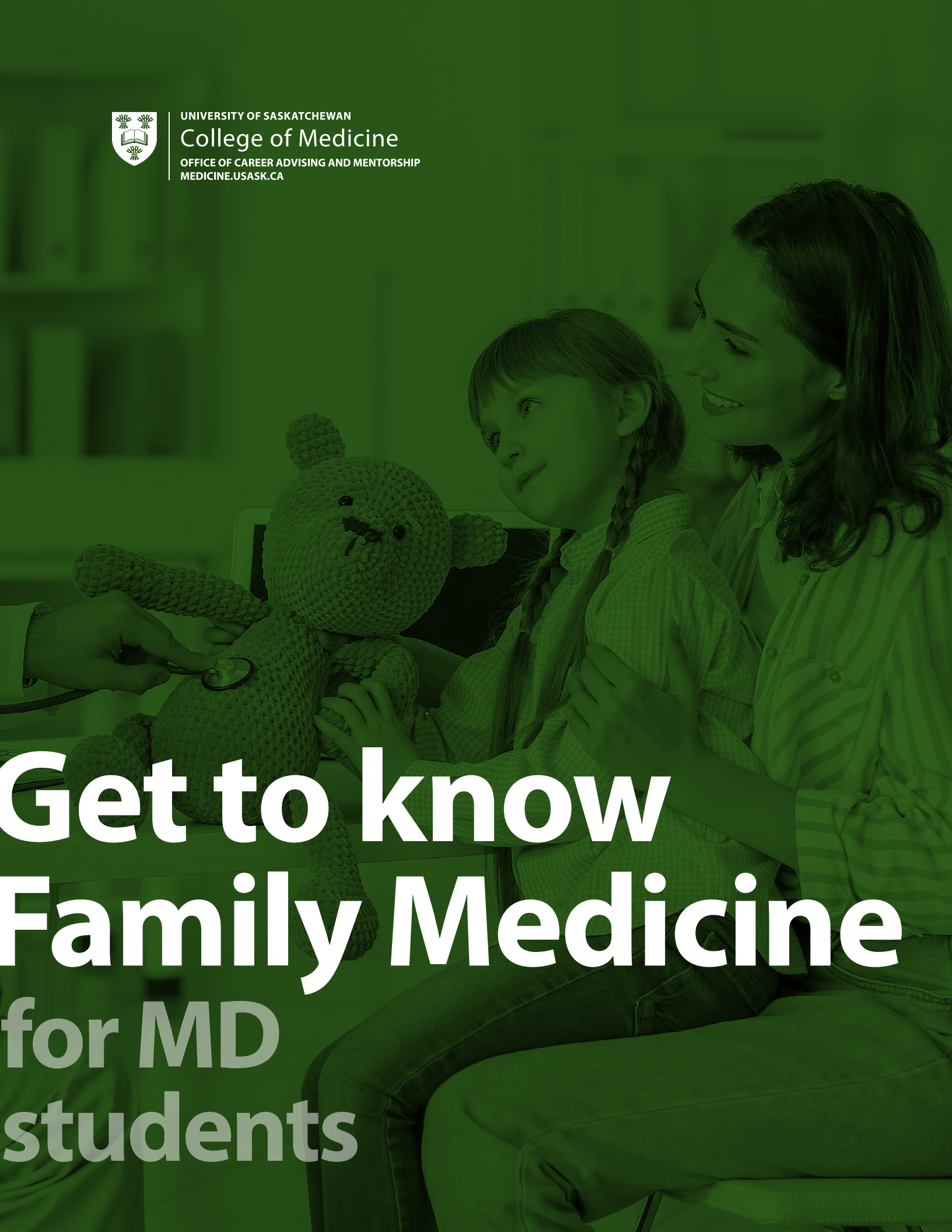





UNIVERSITY OF SASKATCHEWAN
College of Medicine
OFFICE OF CAREER ADVISING AND MENTORSHIP
MEDICINE.USASK.CA

A photograph of a woman and a young girl sitting together, looking at a teddy bear. A hand is using a stethoscope to examine the bear. The image is overlaid with a green tint.

Get to know Family Medicine for MD students



Family Medicine is about **range!** Family doctors are front-line physicians who see undifferentiated patients; they are generally the first health practitioner that patients seek out when issues arise. They provide comprehensive care to their patients – often over the entire life cycle. They see everything! They manage nearly everything! No day is the same in a full scope family practice.

Family Medicine is **community based!** They know their patients better than any other health practitioner. In return, patients know and trust their family doctor. This relationship is central to the role of family doctors. The family physician may care for patients in the office, in the hospital including inpatient units, labour and delivery, and the emergency department, other health-care facilities, or the home, including palliative care.

Family doctors **adapt** to the population they serve. A family physician is an integral part of the community who responds to people's changing needs, adapts promptly to varying circumstances, and mobilizes suitable resources to address the needs of their patients. They are socially accountable. They are community **leaders and advocates**. They are researchers, educators and promote quality improvement everywhere.

Careers in family medicine are **versatile**. They adapt and change over time, along with family doctors' interests and preferences. Family medicine careers allow for work-life integration!

Post graduate training in family medicine prepares graduates for a broad scope of practice. Family doctors are **specialists in generalism**. They do NOT require further training for full scope generalist care - including palliative care, maternity care, urgent care, minor procedures and so on. They emerge from their training prepared to take on these challenges!



How can medical students connect with Family Medicine over 4 years of undergraduate training?

Undergraduate students will connect in a myriad of ways to FM throughout their 4 undergraduate years. There are many opportunities, beyond even what is offered by the College of Medicine and the Office of Career Advising and Mentorship, to link to FM. Organizations such as the Saskatchewan Medical Association and the Saskatchewan College of Family Physicians value the opportunities to connect to UGME students and advocate for FM. Further, many of the leaders in your UG curriculum are family physicians and would welcome discussion of their career choice!

Opportunities for Family Medicine training in Saskatchewan

Saskatchewan has FM training sites throughout the province! Urban sites include Regina and Saskatoon. Rural residency training sites are located in Swift Current, Moose Jaw, Prince Albert, La Ronge, Southeast Saskatchewan, and Northwest Saskatchewan (based in North Battleford)! Your core rotation in third year and fourth year electives will allow you to explore these sites. You can check out program descriptions at <https://www.carms.ca/match/r-1-main-residency-match/program-descriptions/>.

Why choose to train in Saskatchewan?

The main attraction to residency in Saskatchewan is the small size of the program. Saskatchewan FM Residents don't feel that they have to stand in line for clinical exposure, or to do any procedures. Faculty-to-learner ratios are excellent and residents enjoy the support of a close-knit community.

The Saskatchewan Postgraduate training focuses on creating expert generalists. The goal is to create a Family Physician capable of entering practice in any community in Canada. Saskatchewan sites will expose you to the depth and breadth of Family Medicine. Residents are taught and mentored by Family Physicians who embrace the full range of the specialty. In the end, graduating residents have the skills and knowledge required to enter practice in any community.



SMA Roadmap

“There are countless opportunities for new physicians across Saskatchewan, from big cities to small towns, southern grasslands to northern lake country – and the SMA’s Committee on Rural and Regional Practice knows trying to decide between these options can be overwhelming. So we’d like to make figuring it out a little easier and a lot more fun.

Every year, we’ll take you on tours by bus or plane, so you can explore all that Saskatchewan has to offer. We’ll show you a variety of practice choices and give you a snapshot of what you can expect out of life in each community – that way, when the time comes, you can make an informed decision and start your career with no regrets.

With all the twists and turns of medical training, all medical learners could use a Roadmap to help them get to their destination – and enjoy the trip!”

Plan your Route:

Family Medicine

Year 1

Year 2

Office of Career Advising & Mentorship	<ul style="list-style-type: none"> ■ Office of Career Advising & Mentorship Mentoring Programs <ul style="list-style-type: none"> ■ Synergy (physician to student) ■ PM^2 (student to student) ■ Career day ■ Family Medicine Careers lecture in Success in Medical School 111 ■ Clinician Career Advisor available for 1:1 meetings 	<ul style="list-style-type: none"> ■ Success in Medical School 211 Family Medicine panel + Choosing Electives lecture ■ Mentoring Programs ■ Clinician Career Advisor available as-needed for 1:1 meetings
CoM - Curriculum and other	<ul style="list-style-type: none"> ■ Shadowing opportunities ■ Med.zero 	<ul style="list-style-type: none"> ■ Discipline-Specific Patient Encounter module in MEDC 213 (Clinical Skills III) course Family Medicine (4 half days in clinic) ■ Shadowing opportunities ■ Mentoring
Family Medicine Club	<ul style="list-style-type: none"> ■ Panel talks ■ Lunch talks ■ Skills Night (held at West Winds) ■ FM Interest Group Week (National event) 	<ul style="list-style-type: none"> ■ Panel talks ■ Lunch talks ■ Skills Night (held at West Winds) ■ FM Interest Group Week (National event)
SMA	<ul style="list-style-type: none"> ■ Rural Road Map - Tours of rural communities and hands on skills, Representation of Committee on Rural and Regional Practice (CORRP) 	<ul style="list-style-type: none"> ■ Physician Rural Externship Program (PREP) - funding provided for 2-4 weeks in a rural medical practice between 2nd and 3rd Year
SK Chapter of College of Family Physicians of Canada (SCFP)	<ul style="list-style-type: none"> ■ Dinner with the Docs 	<ul style="list-style-type: none"> ■ Dinner with the Docs
Other student groups	<ul style="list-style-type: none"> ■ Sexual Health Skills night with FM/O&G interest groups ■ Sexual Health & Trans Health panels with Gender Engagement in Medicine Group ■ Wellness Wheel panel with Aboriginal Rural & Remote Health Group ■ SWITCH/SEARCH student-run clinics (mentorship thru family docs on clinical teams) ■ Immigrant and Refugee Health Interest group (IRH) talks 	<ul style="list-style-type: none"> ■ Sexual Health Skills night with FM/O&G interest groups ■ Sexual Health & Trans Health panels with Gender Engagement in Medicine Group ■ Wellness Wheel panel with Aboriginal Rural & Remote Health Group ■ SWITCH/SEARCH student-run clinics (mentorship thru family docs on clinical teams)
Recognition	<ul style="list-style-type: none"> ■ Patient's Medical Home Essay Contest (SCFP) 	<ul style="list-style-type: none"> ■ Patient's Medical Home Essay Contest (SCFP) ■ SMA Medical Student Leadership Award

Year 3

- OCA&M Career Advising module:
 - Choosing Your Electives lecture
 - CV/personal letter workshops
 - Electives Planning workshops
- OCA&M individual appointments (optional) available with career advisor to plan electives in FM or review CV

- FM Block (6 weeks)
- Learn FM resources
- Family physicians may be preceptors for clerkship
Selected Topics in Medicine clerk-delivered presentations on various topics

- Rural Roadmap

- Dinner with the Docs

- [College of Family Physicians of Canada Medical Student Scholarship](#)
- [Patient's Medical Home Essay Contest \(SCFP\)](#)
- [SMA Medical Student Leadership Award](#)

Year 4

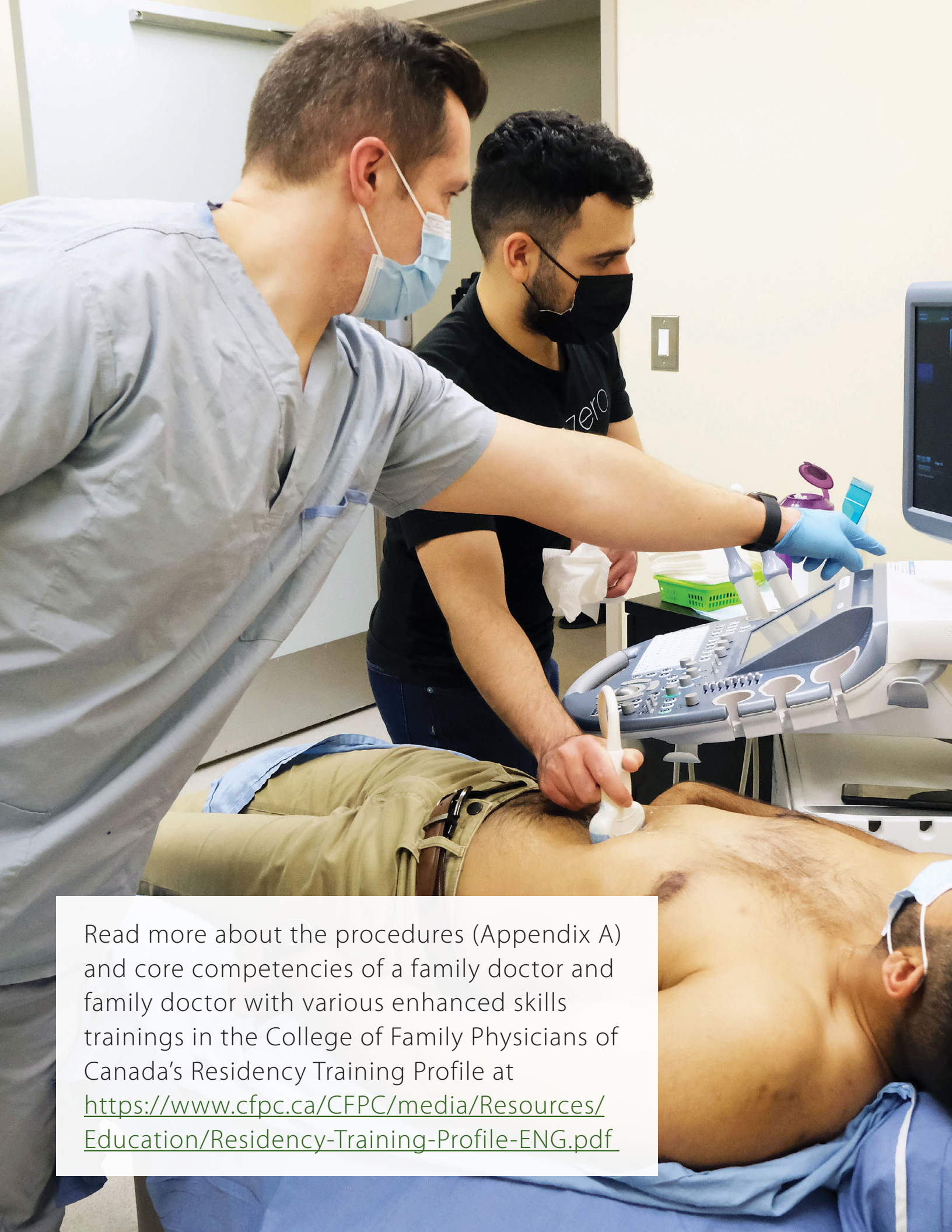
- OCA&M:
 - Mandatory residency application review appointments
 - Optional mock interviews
 - Optional extra CV & personal letter reviews by appointment or email

- Elective time: elective descriptions are publicly accessible at <https://www.afmcstudentportal.ca/>

- Rural Roadmap

- Dinner with the Docs

- [SCFP Medical Student Leadership Award](#)
- [SMA Medical Student Leadership Award](#)
- Dr Ernest McBrien Memorial Prize (CoM)



Read more about the procedures (Appendix A) and core competencies of a family doctor and family doctor with various enhanced skills trainings in the College of Family Physicians of Canada's Residency Training Profile at <https://www.cfpc.ca/CFPC/media/Resources/Education/Residency-Training-Profile-ENG.pdf>



After Graduation...

Training prepares you for full-scope family medicine practice anywhere in Canada, including intrapartum obstetrics, urgent care, minor office-based procedures (“lumps and bumps”, IUDs, vasectomies, joint injections, etc.), palliative care, long-term care and hospital care. No extra training is required. The options are limitless!

In Saskatchewan there are multiple employment opportunities for you, ranging from running your own clinic to salaried positions with the Saskatchewan Health Authority. You can work anywhere in the province and are not limited by “caps” on licenses and privileges. You can work urban, rural, or remote. You can choose to be “your own boss”, set your own boundaries and determine your own professional path. The opportunity exists to choose the career that feels right for you!

Check out saskdocs.ca > [Work](#) > [Current opportunities](#) if you’re interested in seeing what’s posted publicly at the moment, though not all family medicine positions (such as at some privately-run clinics) are advertised there.

If you are considering a more focused practice or practicing in a community with focused needs, extra training in Sports Medicine, Care of the Elderly, Emergency Medicine, Surgical Skills, Anesthesia, Palliative Care may be available (through a competitive CaRMS/fellowship application process).



What's up with "Enhanced Skills"?

While the 2-year FM residency program allows graduates to competently engage in a full scope family practice upon graduation (including palliative care, obstetrics, rural emergency department care and so on), sometimes further training is desirable to meet the needs of certain communities or populations. The Enhanced Skills programs (Certificates of Added Competence) offer a 3rd year of training designed to meet these specific needs, often for rural and remote communities.

Read more about Certificates of Added Competence nationally at <https://www.cfpc.ca/cac>

Enhanced Skills Programs offered in Saskatchewan include:

Enhanced Surgical Skills

Prince Albert Program

Residents can gain proficiency in such skills as C-section, tubal ligation, appendectomy, tonsillectomy, and higher-risk obstetrics. Skills can be specific for the requirements of the community. In Saskatchewan, family physicians with ESS training practice in communities including Nipawin, Melfort and Meadow Lake.

Family Practice Anesthesia

Saskatoon Program

Allows a family physician working remotely to provide anesthesia for various procedures as needed and indicated in their community. In Saskatchewan, family physicians with FP Anaesthesia training practice in communities including Yorkton, Melfort and Meadow Lake.

Family Medicine Emergency Medicine

Saskatoon, Regina & Swift Current

This extra training, available in Saskatoon, Regina and Swift Current, is for the family physician who wants to focus a significant part of their practice on emergency medicine. Emergency medicine additional training is not required to practice in a rural ER. Physicians with this training in Saskatchewan practice in larger ERs in Saskatchewan such as Saskatoon, Regina, Moose Jaw and Prince Albert.

Sports and Exercise Medicine

Regina Program

While not designed to meet the needs of a rural population, this training in a focused area allows family physicians to gain expertise in sports and MSK-related medicine to become a local consultant and work with local competitive sports teams.

Family Physician Leaders in Usask College of Medicine Undergraduate Medical Education

Dean – **Preston Smith**

Associate Dean UGME – **Meredith McKague**

Associate Dean, Regina Campus – **Gill White**

Academic Director – **Greg Malin** (not a FP, but a MD-PhD member of the Department of Academic Family Medicine)

Indigenous Health Vertical Theme Lead – **Veronica McKinney**

Clinical Integration I Course Director – **Andrea Symon**

Clinical Integration II Course Director – **Matt Wong**

Clinical Integration III Course Director;

Director Undergraduate Family Medicine – **Matt Kushneriuk**

Clinical Integration IV Course Director – **Di Naidu**

Clinical Skills I Course Director – **Angela Lapetsky**

Clinical Skills IV Course Director and Chair of Clinical Skills – **Oriana Watt**

Director, Student Services – **Ginger Ruddy**

Foundations Respiratory Module Co-Director – **Jared Diederichs**

Foundations Dermatology Module Co-Director – **Erin Selzer**

Nutrition Principles Module Director and Vertical Theme Lead – **Louise Gagné**

Clerkship Rotation Director – **Rejina Kamrul**

Clerkship Rotation Coordinator Regina – **Payton Pederson**

Clerkship Rotation Coordinator Saskatoon – **Chantal Ansell**

Office of Career Advising & Mentorship Clinician Career Advisor – **Megan Clark**

Year 1 Co-Chair – **Nicole Shedden**

Year 3 Chair – **Schaana Van De Kamp**

Year 4 Co-Chair – **Ashley Selvig**

Family Medicine Section Lead, MEDC 213 (Clinical Skills III) – **Carla Holinaty**

Family Medicine Coordinator, Regina – **Clara Rocha Michaels**

Family Medicine clerkship coordinator, Prince Albert – **Vipul Parekh**

Saskatchewan Longitudinal Integrated Clerkship (SLIC) Provincial Director – **Tara Lee** (Swift Current)

SLIC Site Coordinator, Meadow Lake – **Stephen Loden**

SLIC Site Coordinator, Estevan – **Edward Tsoi**

SLIC Site Coordinator, La Ronge – **Laura Marshall**

SLIC Site Coordinators, Melfort – **Michael Stoll and Geoffrey Zerr**