

# Northern PASSAGES

Newsletter of the Northern Ontario School of Medicine



**Orientation Week**  
MD Entering Class 2011  
was welcomed by an  
Aboriginal Drum Group  
in Nipissing First  
Nation.

Huntsville Honours  
Outstanding  
Physician,  
Dr. Sargeant

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## NOSM Student Society Hosts OMSW 2011

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## East Campus

Laurentian University  
935 Ramsey Lake Rd.  
Sudbury, ON  
P3E 2C6  
Tel: 705-675-4883  
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## West Campus

Lakehead University  
955 Oliver Rd.  
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**No Ordinary Orientation Week**  
No Ordinary School of Medicine

Orientation Week at the Northern Ontario School of Medicine (NOSM) is about more than helping students find their way to and from classes. For first-year medical learners, it is an introduction to life as a medical student. It's the opportunity to bond with classmates from both the East and West campuses, experience Northern Ontario's cultural, linguistic, and geographical diversity, and learn about the communities across the North that will become their classrooms.

On the first day of Orientation Week, learners and their families visited their home campus where they were introduced to NOSM and received guided tours of the medical school buildings. After providing an enthusiastic welcome, NOSM Dean, Dr. Roger Strasser explained to the learners and their families, "NOSM not only stands for the 'Northern Ontario School of Medicine.' Students will soon learn that NOSM stands for 'No Ordinary School of Medicine.'"

On the second day of Orientation, West Campus learners flew to North Bay where they joined classmates from NOSM's East Campus. This is the first time the community of North Bay has been visited during the School's Orientation Week.

**Continued** on next page...





MD learners during Orientation Week 2011.

"It is amazing how many students look back on graduation and remember Orientation as one of the most important milestones in their medical education," said Dr. Gerry Cooper, the now former Associate Dean of Learner Affairs. "It is a time that they realize how important the next four years are going to be."

**Orientation Week** continued from page 1...

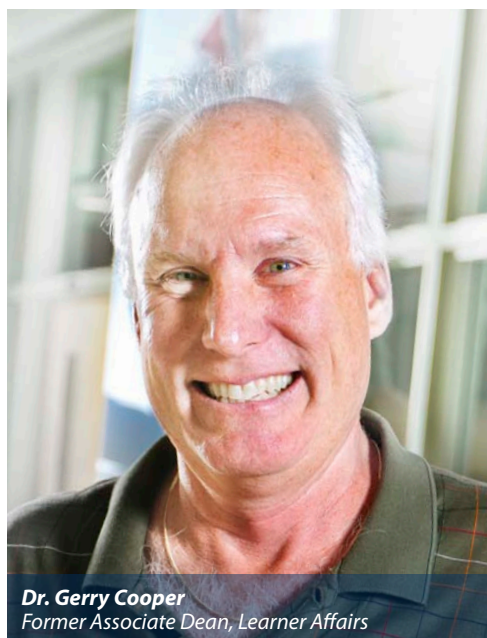
North Bay is one of NOSM's 12 Comprehensive Community Clerkship (CCC) sites. The community welcomed NOSM's new learners with hospitality and encouragement. Learners visited the new North Bay General Hospital, which opened its doors in January 2011.

Hosted by NOSM's Advancement Unit, learners participated in team building exercises based on the popular television game show, "Minute To Win It." Following their stay in North Bay,

learners visited the Aboriginal community of Nipissing First Nation, where they participated in traditional Aboriginal teachings, drumming, and a cultural safety presentation by Dr. Brenda Restoule.

Orientation Week is a particularly exciting time where learners are introduced to the values, mission, and social accountability mandate of the School.

## Best Wishes to Former Associate Dean of Learner Affairs



**Dr. Gerry Cooper**  
Former Associate Dean, Learner Affairs

Dr. Gerry Cooper, NOSM's former Associate Dean of Learner Affairs, will tell you himself that he was not looking to leave NOSM. The manner in which he learned about an Associate Dean vacancy at another medical school is, in his words, "spooky."

"It was January, and we heat our house with a woodstove. I was crumpling up newspapers and putting them in the woodstove when I noticed a page that contained the words 'Associate Dean'. I thought to myself, 'That's interesting, you don't see that term very often.' It was a career advertisement for the Schulich School of Medicine and Dentistry's new campus in Windsor, Ontario," said Cooper.

Cooper, born and raised in Windsor, took up his new post at the Schulich School of Medicine and Dentistry in September, leaving behind many colleagues, learners, and friends who miss him. Looking back, the excitement and importance of creating a brand new medical school in Northern Ontario is what drew Cooper to apply to be a part-time faculty member at NOSM. Among some of the first non-physicians to be hired as faculty, he identified a need early on that some students required assistance in coping with their personal and professional lives.

Cooper became the Associate Dean of Learner Affairs in 2008, and has since enjoyed

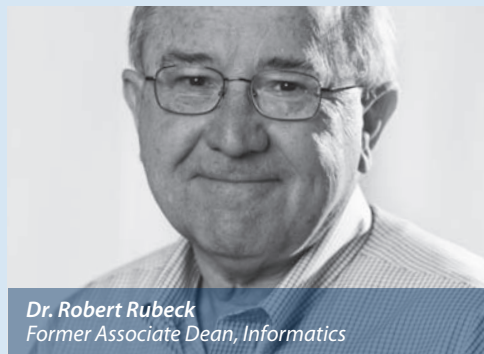
working closely with learners. "I've said it a number of times. I had the best job at NOSM," said Cooper. Learners would often come into the office to announce their excitement about getting their elective of choice, or getting their first choice in a residency match. At times, there have been more difficult situations to discuss with learners, but Cooper has always maintained the best interest of the learners and the School.

Cooper will be taking with him a number of memories and photos, but one that particularly stands out in his mind is the photo of himself alongside the other Associate Deans at the Charter Class graduation. "It's hard to believe that I'm here, in this picture, and part of this very important mission at such a magical time," said Cooper. "We were truly delighted."

For all of his commitment and dedication to the success and care of the School's learners, NOSM extends heartfelt best wishes to Dr. Gerry Cooper in his new endeavours.



## Farewell to NOSM's Associate Dean of Informatics



He has been described as a visionary, and someone who encouraged staff members to broaden their scope of expertise.

Dr. Robert Rubeck joined the Northern Ontario School of Medicine three years ago, as the Associate Dean of Informatics. He has blazed the trail for the use of Skype, mobile devices, and video conferencing equipment that allows the School to operate as a distributed model.

"Dr. Rubeck is someone who thinks outside the box. He has always been an advocate for using new technology and learning how to incorporate it into

making NOSM more efficient," said Tariq Al-idrissi, Director of Informatics.

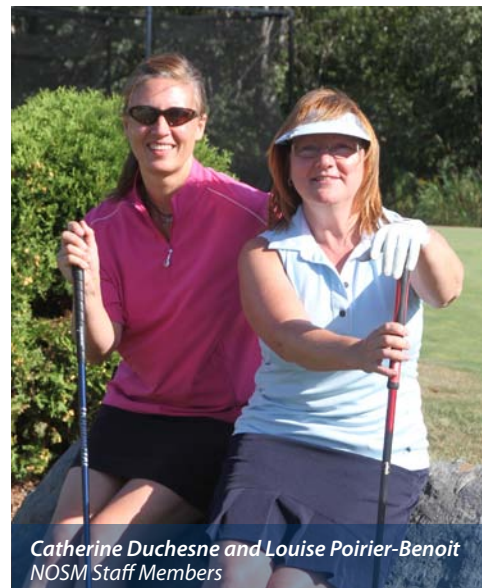
"Over the past three years, Dr. Rubeck has been successful in bringing information technology to the forefront of academic innovations at NOSM, which includes the use of simulation in clinical education. He is a visionary person," Al-idrissi continued.

Rubeck completed his contract as Associate Dean with the School at the end of August. The Northern Ontario School of Medicine wishes Dr. Robert Rubeck the best in his future projects.

## Encouraging Healthy Lifestyle Choices: The Healthy Workplace Group Engages Staff From East and West During the G3

Statistics Canada reports that Canadian workers are spending more time at work now than 20 years ago. As a result, it is important that employees enjoy healthy work environments, which increases both employee satisfaction and work efficiency.

According to Health Canada, researchers have shown that money invested in the health of workers pays off. The benefits of health promotion activities are much greater than the costs, in terms of productivity and worker health. Workers will experience improved morale, reduced illness and injury, improved overall health, reduced stress, and increased energy. Employers will report reduced employee turnover, decreased absenteeism, increased productivity, and improved corporate image.



*Catherine Duchesne and Louise Poirier-Benoit  
NOSM Staff Members*



*Bryan Stamm, Michael Martyn, and Tim Dubé  
NOSM Staff Members*

On August 18, 2011, NOSM staff and faculty were invited to participate in a 'Welcome Back' event to kick-off the 2011-2012 academic year. The kick-off began with a whole school address from NOSM Dean, Dr. Roger Strasser, who provided an overview of NOSM's recent activities such as Orientation Week for incoming students, the reshaping of the School's portfolios, and strategic priorities for the upcoming academic year. Immediately after the Dean's address, everyone enjoyed a delicious BBQ and socialized with colleagues.

Following the BBQ, staff and faculty at the East and West campuses were invited to participate in a wide range of activities organized by NOSM's Healthy Workplace Group (HWG). The theme for the afternoon was **G3 – Gather, Give, Golf**. This proved to be a very appropriate theme with a total of 122 participants engaged in activities including: golf, an afternoon at the beach, tubing, Zumba, a cooking class, cards and

social games, and digital photography lessons. The HWG is confident that G3 met its goals of encouraging healthy lifestyle choices, providing a supportive workplace environment, and building relationships across campuses through a variety of social activities.

The Healthy Workplace Group wishes to thank all those who participated, particularly the volunteers who took on the leadership responsibilities for the planning and organization of the activities. The HWG would also like to convey a special thank you to Megan Bates, Human Resources' Student Assistant at the West Campus, for her enthusiasm and organizational mastery!

The HWG will continue to direct its efforts to create a supportive workplace environment that conveys organizational values and support for employee wellness and work-life balance.



*Claudia Rocca and Bethany Beaudoin  
NOSM Staff Members*



Dr. H. Lynn Sargeant



NOSM learners announce the bursary has reached more than \$15,000.

## Huntsville Honours Outstanding Physician with Creation of Student Bursary

On September 30, 2011, the Huntsville Dean's Solicitation Team held a gala cocktail reception in honour of Dr. H. Lynn Sargeant. Family, friends, and community members celebrated his outstanding legacy of providing health care to the people of Huntsville, Bracebridge, and Northern Ontario. The reception, held

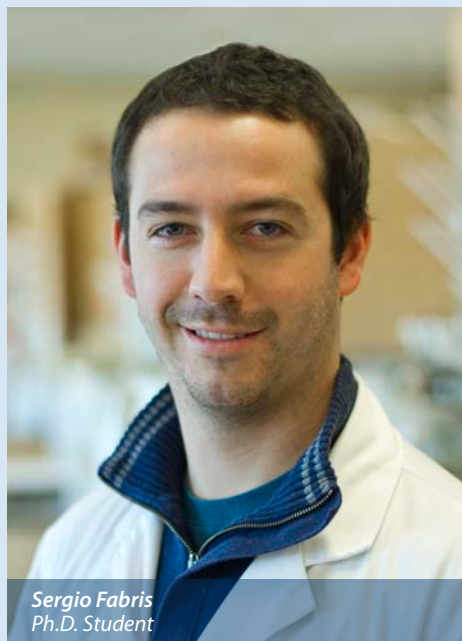
at the Waterloo Summit Centre for the Environment, raised funds to create an endowed bursary in honour of Sargeant. The bursary will provide financial assistance to a Muskoka learner enrolled at NOSM. Six learners, who are currently completing their third-year Comprehensive Community Clerkship (CCC) in Huntsville

and Bracebridge, announced to attendees of the event that the bursary has reached more than \$15,000.

For more information about supporting NOSM medical students, or to donate to the Dr. H. Lynn Sargeant Bursary, please contact NOSM's Advancement Unit toll-free at 1-800-461-8777.



## Laboratory Collaboration Leads to Innovative Research in the North



Sergio Fabris  
Ph.D. Student

Sergio Fabris believes that if it were not for NOSM, he would not be able to conduct his research project in the City of Greater Sudbury. For this Coniston native, being able to work in Northern Ontario just minutes from lakes and wooded forests and only hours from the more urban centres, is more than a dream come true. Fabris attributes this opportunity to a severe case of good luck.

"Although I always loved sciences, when I was in secondary school at Collège Notre-Dame I thought I would pursue my studies in the field of Business or Commerce. I didn't want to sell myself short, so I completed grade thirteen and thought that I would try a year in the program of Biomedical Biology at Laurentian University to see if it was something I would be interested in," said Fabris.

During this time, NOSM opened its doors and a state-of-the-art research lab. Fabris has worked in the NOSM research lab at the East Campus since 2008, when he began his career in research. Now a full-time Ph.D. student, Fabris has been working with Drs. David MacLean and Amadeo Parissenti

out of the NOSM research laboratory, the Sudbury Regional Cancer Centre, and the research laboratory facilities at Laurentian University.

His current focus is the use of chemotherapy and the onset of cardiotoxicity and skeletal muscle degradation in breast cancer. His work studies whether or not muscle degradation is the result of the drug and its direct effects on the muscle tissue or if the muscle degradation is caused by the compromised blood flow due to the cardiotoxic effect of the drug.

Moving from lab to lab can be a daunting task for Fabris, but at the same time he realizes the impact such research may have to people around the world.

"Ultimately the goal of this research is to improve chemotherapy effectiveness in patients with breast cancer," said Fabris. "With high quality resources at the Cancer Centre, Laurentian University and NOSM, meaningful research that is relevant to the masses can be conducted in Northern Ontario – that is something of which to be proud."





Membres du Groupe francophone consultatif.



## Rencontrez le Groupe francophone consultatif Meet the Francophone Reference Group

### Membres du Groupe francophone consultatif Members of the Francophone Reference Group

D<sup>r</sup> Jean Anawati

Danielle Barbeau-Rodrigue

D<sup>re</sup> Jessica Beaton

Anne Bissonnette

D<sup>re</sup> Julie Breton-Fortin

D<sup>r</sup> Yannick Charette

D<sup>r</sup> Simon Côté

France Dallaire

Tamara Delorme

D<sup>re</sup> Maryjo Doiron

Jacqueline Gauthier

Daniel Giroux

Claudette Gleeson

France Jodoin

Erik Labrosse

Patrick Legault

D<sup>re</sup> Caroline Mailloux

D<sup>r</sup> David Marsh

Kim Morris (*déléguée pour Daniel Giroux*)

Nicole Ranger

D<sup>r</sup> André Roch

Patrice Sawyer

Le Groupe francophone consultatif a été créé en 2003 afin d'assurer la liaison avec les communautés franco-ontariennes du Nord et de recenser leurs besoins dans le cadre du développement de l'EMNO. Ce groupe, qui veille à ce que les intérêts de la population francophone du Nord de l'Ontario soient pris en compte à tous les niveaux de l'École.

Sa tâche consiste à recommander au doyen de l'EMNO des initiatives stratégiques actuelles ou futures qui répondent aux besoins des communautés francophones du Nord, ainsi que des activités de l'École qui peuvent avoir une incidence sur ces communautés. Le groupe veille en particulier à ce que les futurs médecins soient en mesure de servir les populations francophones en français.

Le groupe, présidé par Jacqueline Gauthier, directrice générale du Centre de santé communautaire Sudbury-Est, se réunit régulièrement et compte divers membres de la communauté francophone, ainsi que des étudiants, des résidents, du corps professoral, et du personnel.

Sans le dévouement et la collaboration de ces personnes ingénieuses, l'EMNO ne pourrait pas progresser dans sa responsabilité sociale envers la population francophone du Nord.

The Francophone Reference Group (FRG) was established in 2003 to liaise with Northern Franco-Ontarian communities and identify their needs within the development of NOSM. The FRG works to ensure that the interests of the Francophone population of Northern Ontario are considered at every level of NOSM.

The FRG is responsible for making recommendations to NOSM's Dean regarding current or future strategic initiatives that address the needs of Northern Francophone communities and NOSM activities that may have an impact on Francophone communities. Of specific concern to the FRG is the assurance that future doctors will be capable of serving Francophone populations in the French language.

The Group, chaired by Jacqueline Gauthier, Executive Director, Centre de santé communautaire Sudbury-Est, meets regularly and consists of various Francophone community members, as well as learners, residents, faculty and staff.

Without the dedication and collaborative efforts of these talented people, NOSM would not be able to make progressive strides towards social accountability for the Francophone population across the North.

# SCANNING NOSM IN THE NORTH

## Four NOSM Past and Present Learners Receive Honours and Scholarships

The College of Family Physicians of Canada (CFPC) has honoured four of NOSM's past and present medical learners with scholarships and awards to recognize and support family medicine residents and medical students who are committed to education, research and excellence in the practice of family medicine. Fourth-year medical student Allison Sweeney received the CFPC Medical Student Scholarship scholarship valued at \$10,000. The CFPC Medical Student Leadership Award was given to Dr. Paul Miron, a graduate of NOSM. Dr. Adam Moir, a Charter Class graduate and past resident in NOSM's family medicine program, received the Family Resident Leadership Award. Last, but not least, NOSM resident Dr. Samuel Stone received the Family Medicine Resident Award for Scholarship. NOSM congratulates each of these individuals for their achievements.



Dr. Rayudu Koka

## Dr. Rayudu Koka Honoured For Years of Health Care Advocacy

The Northern Ontario School of Medicine extends congratulations to the School's Section Chair of Psychiatry and faculty member, Dr. Rayudu Koka, for being recognized by Health Sciences North/ Horizon Santé-Nord (HSN), formerly the Hôpital régional de Sudbury Regional Hospital, for his years of advocacy for better health care in Sudbury. HSN plans to build "The Garden of Life" at the hospital site in Koka's honour for his distinguished contributions to the health-care field, which has led to enhanced patient care and advocacy for mental health patients in Northern Ontario. Koka was praised by several politicians and community leaders for his 25 years of service in Sudbury at the tribute event held at the HRSRH on July 25, 2011. Originally from India, Koka came to Sudbury in 1986.

*Representatives from the University of Toronto and the "Beyond Flexner" study visit NOSM's East Campus in Sudbury.*

*Recipients of the NOSM Dean's Summer Medical Student Research Awards.*



## NOSM Awards \$36,000 in Dean's Summer Medical Student Research Awards

Six medical students at the Northern Ontario School of Medicine (NOSM) have received NOSM Dean's Summer Medical Student Research Awards, valued at \$6,000 each. This is the sixth year that NOSM has awarded Summer Medical Student Awards to qualifying MD students. NOSM Dean, Dr. Roger Strasser expressed enthusiasm about the opportunity these awards provide the School's medical students. "Our future physicians are gaining valuable experiences in the field of research, often with exposure to investigations that are directly relevant to health issues impacting people in Northern Ontario. I extend warm congratulations to the student award recipients, and wish them success with their research."

## UofT Deans Visit NOSM to Discuss Opportunities for Collaboration

On October 7, the Dean and Deputy Dean of the University of Toronto (UofT) Faculty of Medicine and the Dean of UofT Faculty of Education visited NOSM's East Campus at Laurentian University. During the visit, the Deans met with members of NOSM's Senior Leadership Group to discuss UofT Faculty of Medicine's strategic planning underway, and determine opportunities for successful collaborations between UofT and NOSM in the areas of population and public health and education. NOSM has a formal Collaboration Agreement with UofT Faculty of Medicine, whereby the two parties share expertise and resources in health sciences education and research.

## A Lifetime of Advocacy for Better Education — Wing and Sophia Chow Family Bursary

The children of Wing and Sophia Chow established a bursary recently, in honour of their parents. The Chows are landed immigrants who have lived in Thunder Bay for 60 years. Retired farmers, they dedicated their lives to providing academic and personal growth opportunities for their children. All five Chow children attended Lakehead University, with four continuing on to graduate from medical schools. The Chows have always been great advocates of education. To the Chow family, there is no greater personal legacy than investing in the lives of others. The bursary will be awarded to a first year NOSM student who is a graduate of Lakehead University and a graduate of a Thunder Bay High School.

## NOSM Chosen for Innovative Medical Education Study

On October 5-7, 2011, NOSM welcomed representatives from the "Beyond Flexner" study at a site visit at the School's East Campus in Sudbury, and the West Campus in Thunder Bay. "Beyond Flexner" is a study being undertaken by George Washington University that explores innovations in medical education that are guided by a social mission. NOSM is one of only six medical schools, and the only medical school outside of the United States, selected to participate in this study. During their time at NOSM, team members of the research study were able to visit Kapuskasing, one of NOSM's partner communities that hosts third-year medical learners during their Comprehensive Community Clerkship (CCC). The CCC is a community-based learning component that is distinctive to NOSM's distributed community-engaged education and research model.





# NOSM Student Society Welcomes Medical Students From Across Ontario

On October 14-16, 2011, the NOSM Student Society (NOSMSS) hosted the Ontario Medical Students' Weekend (OMSW). Nearly 450 medical students from across Ontario visited NOSM's East Campus in Sudbury, and participated in a number of keynote presentations, clinical skills workshops, and networking events.



Each year the event is hosted by a different medical school in Ontario. This is the first time the OMSW was held at NOSM in Sudbury. *Leading Healthcare in a New Direction*, the theme of this year's OMSW, included keynote sessions with Dr. Marla Shapiro, Cpt./Dr. Ray Wiss, and Dr. David Marsh. Clinical skills workshops included topics such as: suturing, wilderness medicine, casting, and labour and delivery.

OMSW also featured an Information Fair which was designed to allow medical students from across the province to network face-to-face with various local, provincial, and national businesses and physician organizations. OMSW 2012 will be hosted by the University of Ottawa.

## Interprofessional Education Learning Series School and Youth Health

In October 2011, twelve learners participated in NOSM's Interprofessional Learning Series exploring School and Youth Health. The series had four aims: to provide opportunities to address patient care issues in an interprofessional manner; to provide an educational series that promoted understanding of one another's professional roles; to promote collaborative teamwork to improve patient care; and, to examine the complex mental, physical, cultural and emotional issues impacting youth in Northern Ontario.

Learners from a variety of professions – including kinesiology, nursing, social work, medicine, pharmacy, and education – engaged in a dynamic, interactive, and collaborative experience focused on interprofessional competencies investigating role clarification, communication, team work, and conflict resolution. Students from Laurentian University, Cambrian College, University of Waterloo, and NOSM were provided a truly collaborative exploration of how to provide enhanced patient-centred care by examining specific needs of marginalized youth.

For those interested in attending future Interprofessional Learning opportunities, please contact [iplearning@nosm.ca](mailto:iplearning@nosm.ca).

## Northern Studies Stream Celebrates 20 Years of Education

This year, the Northern Studies Stream (NSS) celebrates its 20th anniversary! A partnership between McMaster University and the Northern Ontario School of Medicine, the Northern Studies Stream promotes the unique lifestyle that is available in Northern Ontario and provides high-quality learning experiences to physiotherapy and occupational therapy students.

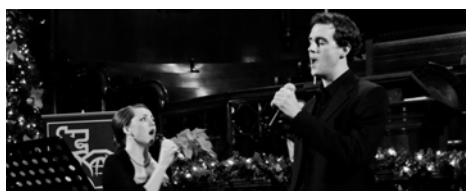
Each year, the NSS provides an opportunity for 12 physiotherapy students to complete an academic unit in Northern Ontario, which is then followed by a clinical placement. In total, a combined 66 placements are available for physiotherapy and occupational therapy students. NOSM extends congratulations to the NSS, McMaster University, and all of its community partners.

*Participants enjoy the 20th anniversary celebrations at NOSM's West Campus in Thunder Bay.*



## NOSM Learners Spread Holiday Cheer and Good Will

Written by Mike Mason, NOSM Meds-3  
Photos by Calen Sacevich, NOSM Meds-3



NOSM learners on the West Campus are giving back to the Thunder Bay community in a very unique way. Now in its third year, the Students of NOSM Holiday Concert has raised more than \$10,000 in support of deserving medical charities.

In 2009, proceeds from the concert helped to establish a new cardiac catheterization lab at the Thunder Bay Regional Health Sciences Centre (TBRHSC). In 2010, the organizing committee chose to donate the proceeds of the concert to the Friends of Olivia Foundation, which provides funding for families of children who need to undergo medical procedures outside of Thunder Bay. A handful of families were given support for expenses not covered through the Northern Health Travel Grant. This lessened the burden of travel costs for the families, as they take care of their loved ones.

This year, the Holiday concert will be held on December 9th, 2011, with all proceeds being donated towards the Underground Gym in Thunder Bay; a community organization that promotes athletics and teamwork for underprivileged youth.



## NOSM's New Associate Dean Welcomed Back to Northern Ontario



In September, NOSM welcomed Dr. Catherine Cervin as the new Associate Dean of Postgraduate Education. Cervin, who grew up in southern Ontario, attended medical school at the University of Toronto and completed family medicine residency at Dalhousie University.

"My first practice was in Northern Ontario, first in Timmins and then Sault Ste. Marie, so I have an attachment to the North," said Cervin.

After working for seven years in the North, Cervin embarked on an academic career in the Department of Family Medicine at Dalhousie. There, she took on a number of leadership roles. As Chief of the Department of Family Medicine at the Grace Maternity Hospital, Cervin assisted in the creation of a primary care obstetric group to support family physicians to continue their obstetric practice as well as a family-physician-run prenatal clinic within the hospital.

Later, during her role as Residency Program Director for Family Medicine, Cervin became familiar with the trials, tribulations and triumphs of distributed education programs. She oversaw the growth of the residency program from two sites, Halifax, Nova Scotia, and Fredericton, New Brunswick, to five sites with the addition of Sydney, Nova Scotia, Moncton, New Brunswick, and Saint John, New Brunswick.

Cervin believes that fostering relationships with community partners is important for the growth of distributed medical education programs. "Working partnerships will lead to our learners receiving proper support from their host communities, and in turn, this means the best possible education," she said.

A passion for social justice and innovative approaches to medical education, and the NOSM mission are what attracted Cervin to the position of Associate Dean of Postgraduate Education. She looks forward to the coming months where she will be working with the Postgraduate Unit and the Program Directors to ensure that the NOSM residency programs meet all accreditation standards.

"I would also like to develop integrated clinical learning (residents, students and other health professionals all learning together) across the programs and develop common curriculum for residents from all programs around such issues as: teaching skills for residents, Aboriginal health, critical appraisal, research skills, and patient safety, to name a few," she concluded.

## NOSM Welcomes New Director of Aboriginal Affairs



Health care in Aboriginal communities is a topic that has been important to Tina Armstrong for most of her life. Armstrong is the Northern Ontario School of Medicine's new Director of Aboriginal Affairs.

Having previously worked in Treaty #3 with the Northern 14 First Nations, Armstrong implemented the first Healing Lodge in the area. "The Healing Lodge was envisioned by the Elders and original people from Treaty #3 area to address the impacts of colonization and the effect of the residential school systems," said Armstrong.

After the Lodge was transferred under the umbrella of the Kenora Area Health Access Centre, Armstrong became responsible for the supervision of the Mental Health Program and the Self-Care Hostel Program located within the local hospital. She later became the Program Director for all programs within the organization. "I gained invaluable experience working in this unique environment, which encompassed the Aboriginal and non-Aboriginal methodologies of providing health care to the Aboriginal population located in rural and urban areas," Armstrong explained.

Armstrong is a very proud Oji-Cree from Bearskin Lake First Nation. She has retained the language, teachings, and values she has learned from her grandparents. One of Armstrong's goals is to do the best that she can for the betterment of the people in Aboriginal communities. Following a busy first few months at NOSM, Armstrong has been able to reflect on the work that has been done in the Aboriginal Affairs Unit and the work of the School.

Among a very long list of priorities, Armstrong would like to strengthen and enhance services of the Aboriginal Affairs Unit, and better align the unit with NOSM's Strategic Priorities from an Aboriginal worldview.

She looks forward to facilitating Aboriginal perspectives, processes, and feedback into the School's initiatives. And finally, Armstrong hopes to provide Aboriginal perspectives and feedback in relation to community engagement, curriculum development, and any other pertinent areas of NOSM.