

NORTHERN PASSAGES

VOLUME 15 | ISSUE 4

COMING TOGETHER TO
BE ACTIVE WITH NOSM

ALUMNI AND FRIENDS GATHER AT
BE AWESOME WITH NOSM

NOSM ELDERS
BEHIND THE SCENES

DOCUMENTARIES HIGHLIGHT
SUCCESS OF NOSM



Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario
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Marathon



Thunder Bay Health Sciences Centre



Manitoulin Island



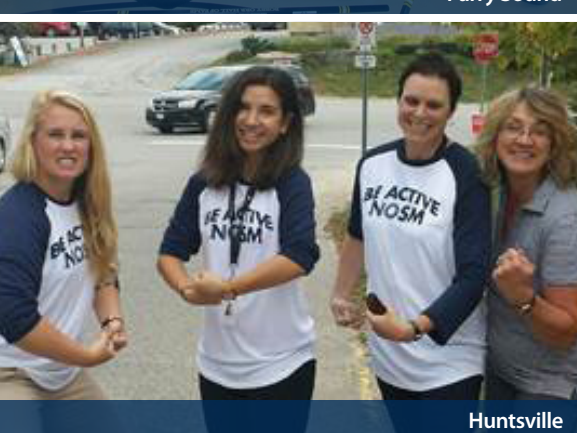
Temiskaming Shores



Parry Sound



Kenora



Huntsville



Sault Ste. Marie



NOSM at Laurentian University, Sudbury



NOSM at Lakehead University, Thunder Bay

NORTHERN PASSAGES

Newsletter of the Northern Ontario School of Medicine



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Cover Photo: NOSM staff members,
Tyler England and Hailey Masiero.



BE ACTIVE WITH NOSM

Tammi Shaw (front) and Pic River First Nation community members participate in *Be Active With NOSM*.

NOSM ACTIVELY CELEBRATES 10 YEARS

On September 23, 2015, the Northern Ontario School of Medicine (NOSM) publicly launched the new Strategic Plan 2015-2020, followed by officially kicking off its tenth anniversary celebrations by engaging communities across Northern Ontario to *Be Active with NOSM*.

Staff, faculty, learners, partner organizations, and community members took part in activities in Atikokan, Bracebridge, Dryden, Kapuskasing, Kenora, Marathon, North Bay, Parry Sound, Pic River First Nation, Sault Ste. Marie, Sudbury, Temiskaming Shores, and Thunder Bay. The wide range of activities included running, walking, skipping, canoeing, windsurfing, tai chi, yoga, and more to celebrate a decade of working together for a healthier North.

Participants were asked to post photos to social media using the hashtags #beactivewithNOSM and #NOSMturns10 for the chance to win the title of "Most Spirited Community." These photos—posted to Twitter, Instagram, and Facebook—share a glimpse into the communities across NOSM's wider campus of Northern Ontario and demonstrate that, regardless of their role or association with NOSM, or their physical location, everyone involved with the School is a part of the NOSM team.

Tammi Shaw, Diabetes Coordinator with the Pic River Health Centre, got her community moving to help NOSM celebrate its tenth anniversary. "We love promoting physical activity when we can," Shaw says. "We have been working with NOSM's Integrated Community Experience (ICE) placements since NOSM's beginning. Since we have an excellent partnership with the Northern Ontario School of Medicine, we wanted to help celebrate. Biigtigong Nishnaabeg loves hosting NOSM medical students in their ICE placement—especially the Elders, who medical students often engage with the most."

Two activities were organized for Pic River First Nation: a kettlebell session at 6:30 a.m. and a walking circuit in the baseball field at 5:30 p.m. Participants had their photos taken and Shaw posted them to Facebook. As the first organization to spread the word about *Be Active With NOSM*, and one to highly promote activities through the use of social media, Pic River First Nation was the recipient of the "Most Spirited Community" award!

Thank you, merci, and miigwetch to each and every individual, community, and organization that helped to celebrate NOSM's tenth anniversary by participating in *Be Active With NOSM*.

"Since it is a "birthday party," you can be relieved that they [NOSM] don't want you to buy them a present, but instead they want you to give yourself the gift of better health by committing to 30 minutes of activity a day."

Nadine Robinson, "Active Celebration at NOSM", *The Sault Star*, Wednesday, September 23, 2015



LEARNING FROM CHIROPRACTORS AND OTHER HEALTH CARE PROFESSIONALS

Excerpt of an article appearing in *Primary Contact*, a Canadian Memorial Chiropractic College publication.

In a program designed by the Northern Ontario School of Medicine, Dr. Lindsey Rebeiro has been welcoming medical students into her chiropractic practice for the past two years. Each of the students spends about 12 hours in her clinic and shadows her work with patients.



Chiropractor Dr. Lindsey Rebeiro welcomes NOSM medical students into her practice.

“The NOSM program is unique in that its mandate is to graduate medical doctors who are integrated into the diverse community around them. Exposure to a variety of health care providers is part of the curriculum, as is learning in different environments and through the different cultures at home in the area. The students spend time with practitioners from different disciplines including pharmacy, physiotherapy, speech language pathology,” says Rebeiro. “By the time they graduate, they have first-hand knowledge of the specialists they are referring their patients to. The program I’ve been involved with is called Community and Interprofessional Learning (CIL). It’s refreshing to meet these students and experience their enthusiasm for chiropractic. I’m pleased they will be the future medical doctors for Northern Ontario.”

Sheila Renton, Community and Interprofessional Learning Coordinator at NOSM at Laurentian University in Sudbury, has watched the program grow over the past nine years. “The students are exposed to a wide range of placements in a program that continues to evolve. You name it, we go there,” she says.

Renton recalls that during a recent sharing and learning event, a former graduate, now a practicing physician, spoke about his very first CIL exposure. Even 10 years later, he recalled the name of his facilitator and was able to make the connections necessary to assist in the care of a current patient. “Offering opportunities for NOSM students to connect with other health and social service practitioners is in large part what drives the program,” says Renton. “In practical terms, that physician was able to do something for a patient based on what he had learned in CIL many years earlier.”

In a way, Rebeiro has mirrored the NOSM model with her own career. When she moved back to Sudbury to practice she sought out interprofessional opportunities, working with another chiropractor and physiotherapists, a family doctor, an athletic therapist, and a massage therapist at three separate locations. “I’ve always wanted to teach. We learn so much in our studies and may not have the opportunity to utilize everything in practice. With teaching, you can keep a fresh perspective. I look forward to interacting with students.”

NOSM NOW ON INSTAGRAM



Instagram

The Northern Ontario School of Medicine is now on Instagram. Here’s how you can connect with us:

1. Download the Instagram app on your mobile phone.
2. Find @thenosm on Instagram and follow us.
3. Have a great photo you’d like to share? Upload your photo and tag @thenosm or #nosmturns10.

Not on Instagram? Follow us on Twitter @thenosm or like us at facebook.com/thenosm.



Dr. Ric Almond

RETIRING PROGRAM DIRECTOR LEAVES RICH EDUCATION AND MENTORSHIP LEGACY

Dr. Ric Almond is retiring from the role of NOSM's Residency Program Director, Family Medicine after nine years at NOSM and 36 years of teaching medicine in the North. Almond, who spent the majority of his life in Thunder Bay, completed medical school at Western and his family medicine residency at the University of Calgary. Northern Ontario—particularly clinicians in the North—drew Almond home to Thunder Bay to practice.

Almond began teaching medical students at McMaster University in Hamilton in 1979, which evolved to include becoming engaged with the Northwestern Ontario Medical Program (NOMP), a McMaster program that drew residents from southern Ontario to the North.

Being involved in the preliminary discussions about a new medical school in Northern Ontario in the late 1990s, Almond's passion for medicine and teaching eventually led to getting involved with NOSM in the early stages. At the time, Almond was the Interim Family Medicine Residency Site Director for McMaster. When NOMP transitioned into NOSM's Postgraduate Education programs in 2007—the first new residency program in Canada in over 34 years—Almond became NOSM's founding Residency Program Director, Family Medicine Residents of the Canadian Shield (FM RoCS).

With a career such as Almond's, it's no surprise he is held in high esteem amongst the residents, his clinical teaching peers, and health professional community members across Ontario. For the past several years, Almond has demonstrated his exceptional leadership ability as the program moved forward with substantial curricular innovations in preparing multiple

communities to host postgraduate residents in years one and two of their program.

"When NOSM launched the Comprehensive Community Clerkship (CCC) for third-year medical students in 2008, we realized that there were rural opportunities for residents that were rich with experience, and possibly richer than what we had in larger regional centres," Almond says. Like the CCC placements for medical students, the rural stream of the Family Medicine RoCS program is longitudinal in nature. This means that rather than taking rotations at a teaching hospital, residents are involved in medicine as a whole—seeing patients in clinics and hospitals, and being involved with care from pediatrics to geriatrics.

Preparing physicians across the region to become clinical teachers took significant effort and dedicated time, resulting in positive experiences for both the teachers and the residents involved. Again, through Almond's patience and guidance, these residency positions are successfully demonstrating the unique features of rural longitudinal training that are now highly sought by candidates applying to FM RoCS.

Over the years, Almond has become a significant figure in Northern and rural family medicine, providing training provincially and nationally, and is a genuine mentor to many. As eloquently conveyed by a former postgraduate resident: "Dr. Almond's taught me to always be an advocate for your patient and that the education of learners is of the utmost importance. Most of all he's been a mentor through his actions."



NOSM WELCOMES NEWEST CLASS OF MEDICAL STUDENTS

The Northern Ontario School of Medicine recently welcomed its eleventh class of medical students—ten years after the School opened its doors—following a week of travel to learn about the geographic, social, cultural, and linguistic diversity of Northern Ontario. This is their introduction to NOSM's wider campus of Northern Ontario, where they will live and learn for the next four years.

On Tuesday, August 25, NOSM medical students came together in Sudbury and travelled by bus to Nipissing First Nation. Warmly welcomed by a song from the Little Iron Drum Group, the students broke bread with community members, received an Elder teaching on smudging, and heard advice and encouragement on behalf of the Chief and Council at Nipissing First Nation. Finally, Dr. Brenda Restoule, NOSM faculty member, Aboriginal woman, and psychologist

in the area shared information with the students about frameworks developed for First Nations' Wellness.

On Wednesday, August 26, the MD students toured the Temiskaming Hospital, Haileybury Family Health Team, and the Centre de santé communautaire du Témiskaming. There, the students spoke with NOSM faculty and graduates working in the area about the realities and benefits of practising rural medicine with both French and English patients.

"I was a dietitian for ten years before I applied to NOSM," said Dr. Nichole Currie, NOSM graduate and faculty member during the tour of the Haileybury Family Health Team where she now works. "I did the third year of my MD in Temiskaming Shores and absolutely loved it. I love living in a small, rural setting, and I knew that I wanted to do family medicine with

obstetrics. It was important for me to raise my family in a small town, but I love that it's progressive, too."

Admission to NOSM's MD program continues to be highly competitive, and members of this incoming class have been selected from over 2000 applicants with a class mean GPA of 3.83 (measured on a 4-point scale).

Demographic characteristics of this class include:

- 89% are from Northern Ontario;
- Remaining 11% are from rural and remote parts of the rest of Canada;
- 8% are self-identified Aboriginal; and,
- 20% are self-identified Francophone.



NOSM's newest class of medical students participate in Orientation Week activities.

BE AWESOME WITH NOSM

NOSM's distributed model means that meeting colleagues face-to-face is less common than at other schools. Each year, many NOSM learners, alumni, faculty, and staff gather at the College of Family Physicians of Canada's (CFPC) annual conference, the Family Medicine Forum (FMF). With many members of the NOSM family all in one place, FMF provides an excellent opportunity to bring NOSM collaborators together to celebrate everyone's collective efforts in working together for a healthier North. This year marked the third year that NOSM held a reception at FMF called *Be Awesome with NOSM*.

On Friday, November 13 in Toronto, the School welcomed more than 150 guests to the Hockey Hall of Fame for this year's *Be Awesome with NOSM* event. Together, learners, alumni, faculty, friends, and supporters of the School celebrated the last ten years of collaboration across the North in pursuit of NOSM's vision. It was also a special opportunity discuss the future of the School with the new 2015-2020 Strategic Plan, and recognize

the many members of the NOSM family who had received recent awards and accolades. Most notably, Dr. Cathy Cervin gave a heartfelt tribute to retiring NOSM Family Medicine Program Director, Dr. Ric Almond for his extensive contributions to the School.

"The Hockey Hall of Fame was an awesome venue for an awesome celebration," says NOSM Dean, Dr. Roger Strasser. "In ten years, NOSM has significantly improved access to health care in the North and we had much to celebrate. For example, 94% of MD graduates who completed NOSM residencies are now practising in Northern Ontario, and we have retained many dietitians, physician assistants, physiotherapists, occupational therapists, and others who completed training through NOSM. After only ten years, we are starting to see more NOSM-trained health professionals providing care in Northern Ontario communities that were previously struggling."



Be Awesome With NOSM guests enjoyed reconnecting at the Hockey Hall of Fame.

NOSM WELCOMES NEW CAO

The Northern Ontario School of Medicine is pleased to announce the appointment of Ray Hunt as Chief Administrative Officer (CAO). Hunt began this role on November 2, 2015, and is based at NOSM at Laurentian University in Sudbury.

In his role as CAO, Hunt is responsible for leadership, strategic direction, corporate services, and management of the non-academic administration functions at NOSM. The focus of these functions is to collaborate with, support, and facilitate all parts of the School. In addition, he will ensure the efficient and effective strategic management of NOSM's resources.



Mr. Ray Hunt, NOSM CAO

Hunt has gained extensive experience in administration and health care throughout his career. Since 2008, he has

served as the CEO of the Espanola Regional Hospital and Health Centre, overseeing the operations of an integrated health campus that include acute, emergency, and long-term care, as well as a Family Health Team and seniors' housing/assisted living. Hunt is currently a board member of Health Force Ontario Marketing and Recruitment Agency, whose mandate includes the distribution of physicians and interprofessional providers to underserved areas of Ontario.

"The Northern Ontario School of Medicine is a world leader in medical education, and I am thrilled to be part of a 'made-in-the-North' solution to increase the supply of, and access to, doctors and other health-care professionals," says Hunt, NOSM's newly appointed CAO. "Leading the important portfolio of NOSM Administration, I look forward to working with faculty, staff, learners, and partners in achieving NOSM's social accountability mandate to improve the health of the people and communities of Northern Ontario."



BEHIND THE SCENES

NOSM is a medical school like no other. Get to know the people who make the wheels turn at the School and the vital role they play in the School's vision of *Innovative education and research for a healthier North*.

Over the past ten years, the Northern Ontario School of Medicine has valued relationships with First Nations and Métis communities across Northern Ontario, including Elders who each have special gifts for working with our staff, faculty and learners, as well international medical students. These Elders hold an extremely important role in providing links to many Aboriginal communities—and their Way of Life—across the North.

Each issue of Northern Passages features individuals describing their role with the School. Through their conversation, readers have the opportunity to learn about what happens Behind the Scenes at NOSM. In this issue, we feature NOSM Elders Julie and Frank Ozawagosh along with Elder Freda Millard from the community of Atikamekwewin Anishnawbek (formerly Whitefish Lake First Nation) who share with us their involvement with NOSM, and what it means to share their cultural teachings with future physicians

Freda Millard (FM): I've been involved with the Northern Ontario School of Medicine since 2008, when I participated in NOSM's Aboriginal Research Gathering in Thunder Bay. Being involved at the Gathering, I learned a lot about NOSM and decided I wanted to do more work with the School.

Julie Ozawagosh (JO): It's been ten years now that Frank and I have been around the School, but it doesn't feel like it's been that long! I was asked to participate in the grand opening of NOSM back in 2005 to provide an opening blessing and smudge the building.

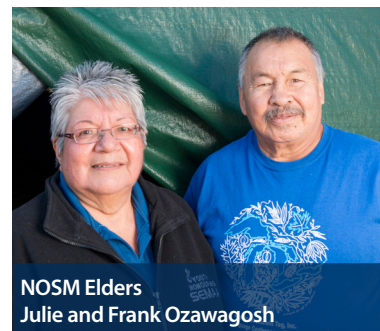
FM: Over the years, NOSM's Aboriginal Affairs Unit has invited me to share Teachings on Semaa (Ceremonial Tobacco), Smudging, Feathers, Traditional Ceremonies, and Drumming. I also share with medical students about being respectful when

they are on their Aboriginal community placements. It's been a real honour to get to know the students and be able to share my knowledge with them.

Frank Ozawagosh (FO): Much like Freda, I've shared my knowledge in many of the same ways. Julie and I offer Sweat Lodges for NOSM learners, faculty, and staff. As Lodge keepers, we are pleased to offer our home and Lodge and share the way we carry out a Sweat Lodge Ceremony, with gentleness and kindness.

JO: We've had NOSM learners, faculty, staff, and international guests of NOSM participate in Sweat Lodges at our home. Frank and I enjoy hosting ceremonies, teaching about ceremony, and empowering people to learn more about themselves and to be more culturally aware.

FM: I've also learned a lot from the students. NOSM's medical students are from all different cultures as well. They've taught me to be a little more compassionate and understanding, and they've really opened my eyes to the kindness of people.



**NOSM Elders
Julie and Frank Ozawagosh**



**NOSM Elder
Freda Millard**



Pictured (left to right):
NOSM's Francophone Affairs Unit
and Mr. François Boileau, French
Language Services Commissioner
of Ontario.

SYMPOSIUM HIGHLIGHTS THE ACTIVE OFFER AND ENCOURAGES NETWORKING

From September 24 to 26, 2015, the Northern Ontario School of Medicine held its fifth Francophone Symposium at Laurentian University in Sudbury. More than 90 health professionals and community partners from across Northern Ontario gathered to explore dimensions of health care related to Francophone populations.

With a particular focus on the “active offer” (ensuring that services in French are obvious, easily available, and accessible), the conference provided dynamic presentations, discussions, and a student-led wellness workshop. Activities focused on community networking, capacity building, health practices and services, and collaborative approaches designed to enhance effective health care.

Mr. François Boileau, French Language Services Commissioner of Ontario and special guest speaker, spoke passionately about Francophones in Northern Ontario, their access to health care, the support his office provides, and what it means to be presented with an active offer. Boileau encouraged conference participants to become accustomed to asking for services in French, and to inspire the active offer in their daily lives.

Presentations were given by NOSM's various educational and administrative portfolios to report back to the Francophone community about the School's efforts to ensure their activities and initiatives meet the needs of the Francophone community. Most importantly, these presentations included round-table discussions to seek input from participants about how NOSM can continue to improve to meet the needs of Francophones in Northern Ontario.

“The members of the Francophone community welcomed the opportunity to hear from the members of the NOSM team in order to better understand and truly appreciate all the work that has been done during the last 10 years,” notes Jacqueline Gauthier, Chair of the NOSM Francophone Reference Group. “They also welcomed the opportunity to discuss with the NOSM team, including Dr. Roger Strasser (NOSM's Dean) and Dr. David Marsh (NOSM's Deputy Dean and Associate Dean of Community Engagement), future plans and strategies to be developed as the medical school continues to strive to meet the needs of French speaking patients throughout Northern Ontario for years to come.”

DOCUMENTARIES HIGHLIGHT SUCCESS OF NOSM

As the Northern Ontario School of Medicine celebrates ten years, two documentaries have been made that consider NOSM's impact a decade after opening its doors.

The Rural Challenge and the Northern Ontario School of Medicine, a film by Dr. Hoi Cheu, premiered in Sudbury on Friday, November 6, 2015 at the HotDocs Showcase. The film, a follow up to Cheu's 2006 film *High Hopes*, is the result of a ten-year tracking study of NOSM learners, which “uncovered a worldwide movement in medical education,” says Cheu. *The Rural Challenge* describes NOSM's revolutionary rural educational model through the personal experience, insight and humour of the School's students, graduates, faculty members, community partners, and international associates. “The film is not just a testimony to NOSM; it is a testimony to rural physicians and inter-professional rural health teams,” Cheu says. *The Rural Challenge* can be viewed at <http://bit.ly/nosmdoc>.

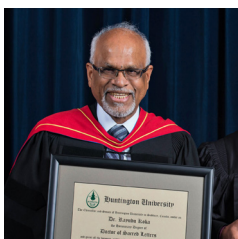
Dr. Doris Mitchell, NOSM alumna and family physician, was recently featured in TVO's *The Doctor Can See You Now*. The documentary tells the compelling story of Dr. Mitchell's journey to becoming a physician and provides insight into how the Northern Ontario School of Medicine is addressing the chronic shortage of physicians in our region. Dr. Doris Mitchell, along with Dr. Kendra Saari and Dr. Stephen Saari—all NOSM-trained physicians—are now practicing in Chapleau, a town of 2,300 people 200 kilometres southeast of Timmins. The community relied on locum coverage for more than six years before these physicians opened a practice in the summer of 2012. *The Doctor Can See You Now* can be viewed at tvo.org/documentaries or <http://bit.ly/seeyounow>.

AWARDS AND RECOGNITION

NOSM's faculty, residents, learners, staff members, and community partners are regularly honoured with awards recognizing innovation, leadership, clinical care, community service, research, and teaching. Congratulations to the following individuals for recognition of their outstanding achievements.



Dr. Andrew Stadnyk, NOSM Assistant Professor, Family Medicine, was honoured by the College of Physicians and Surgeons of Ontario with the Council Award. Dr. Steven Bodley of North Bay describes Stadnyk (pictured his wife Lois) as “a family physician who has served generations of patients in his rural Manitoulin Island community for 33 years.”



Dr. Rayudu Koka, NOSM Professor and respected psychiatrist, received Huntington University's highest honour for achievement – an Honorary Doctorate of Sacred Letters. The award was presented September 24, 2015 during a convocation ceremony held in Sudbury, in recognition of Koka's many accomplishments and contributions to the city and Northern Ontario.



Dr. Rob Anderson, NOSM Associate Professor, and Health Sciences North's Simulation Lab was featured this past summer on the television show *Amazing Race Canada*. When the show brought race participants to Sudbury, the teams performed a CPR challenge at the Simulation Lab under the guidance of Anderson and his team, who were highly involved in the filming of the episode.



NOSM Elder **Julie Ozawagosh** was honoured with the Anishinabek Lifetime Achievement Award. The award recognizes deserving Anishinabek citizens who have made a commitment to career, community, education, and the advancement of the Anishinabek Nation. “One of the foundations of Aboriginal communities is that we walk in a good way. My path has been that way for many years, and I think how we live life and how we are as people shows through our children and our grandchildren.”

Dr. Jennifer Swerdlyk, NOSM alumna and current third-year Family Medicine resident in the Self-Directed Enhanced Skills program, is the recipient of the 2015 College of Family Physicians of Canada (CFPC) Family Medicine Resident Award for Scholarly Achievement.

Dr. Jean Anawati, NOSM Assistant Professor, is one of a select group of physicians recently presented with a Life Membership from the College of Family Physicians of Canada (CFPC). This award recognizes family physicians over the age of 70 who have contributed to the medical profession and have been active with the college for the past ten years.

If you would like to recognize an award-winning NOSM faculty member, resident, learner, staff member, or community partner, please contact communications@nosm.ca.



The Vice-Chair of NOSM's Francophone Reference Group—**Claudette Gleeson**—received the Prix Florent-Lalonde award by the Assemblée de la francophonie during its annual meeting held in Toronto. Created in honour of Mr. Lalonde—an important figure in the Francophone community in Ontario—this award is given in recognition of the efforts and engagement of a volunteer in their community.



Dr. Robert Algie, NOSM Assistant Professor and former NOSM Board Member, was awarded the Reg L. Perkin Award as the College of Family Physicians of Canada's (CFPC) 2015 Family Physician of the Year. The award recipients—one dedicated family physician from each province—are “recognized for providing exceptional care to patients, contributing to the well-being of their communities, and committing themselves as researchers and educators to future generations of family doctors.”

Aislynn Torfason, third-year NOSM medical student, was presented with a scholarship from the CFPC, which recognizes outstanding students committed to a career in family medicine.



Dr. Michael Kirlew, NOSM Assistant Professor, has been named Community Teacher of the Year by the Ontario College of Family Physicians (OCFP). Kirlew has “practised rural family medicine in Sioux Lookout for the past nine years. He also travels 500 km north of Sioux Lookout to provide care to the Wapekeka First Nation.”

NOSM Assistant Professor, **Dr. Michael Cotterill** and **Dr. Anjali Oberai**, NOSM Assistant Professor and Co-Chair of Family Medicine, were each awarded a 2015 Award of Excellence by the OCFP for “their continuing service to the community of Wawa and for their leadership, humanitarianism, and innovation in founding the Family Medicine Residency program at Addis Ababa University.”

Dr. Deborah Smith, NOSM Assistant Professor and Medical Director of Continuing Medical Education, is recognized for her five years of exceptional service to her College colleagues as the chair of the ASA Planning Committee.



Dr. Sarah Newbery, NOSM Associate Professor, was recently named the 60th president of the Ontario College of Family Physicians. Newbery is an active faculty member at the School, teaching NOSM medical students and residents at her practice, and is the Chief of Staff at Wilson Memorial General Hospital in Marathon.