

NORTHERN PASSAGES

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NOSM

NOSM TURNS 10!

On this special anniversary marking a decade of making a difference, the Northern Ontario School of Medicine says “thanks, merci, and miigwetch” to the people, communities, and organizations across the region who continue to work together for a healthier North!

HAPPY 10TH ANNIVERSARY, NOSM!

Over the last 10 years, the Northern Ontario School of Medicine (NOSM) has been working with many people, communities, and organizations across the North to develop a healthier Northern Ontario. Northern Ontarians have chronically faced substantial health professional shortages in their communities. Born of a grassroots movement, NOSM was created to train health professionals specifically for the context of Northern Ontario, selecting those who would be most likely to stay, and giving them experiences that showcase the breadth and depth of professional and personal opportunities in rural communities.

Opening its doors in 2005, the last decade has been an important one for the North. Thanks to collaborative efforts with individuals, organizations, businesses, and educational and health institutions across the region, NOSM-trained health professionals (including physicians, physician assistants, and dietitians) are continuing to practice across Northern

Ontario. NOSM's presence has become a significant recruiting tool to attract and retain health-care professionals. The School has positively influenced infrastructural and technological developments in family health teams and hospitals across the region and, according to research conducted by the Centre for Rural and Northern Research (CRaHNR), has raised confidence in citizens of Northern Ontario that they are receiving quality care in their communities.

Whether recalling NOSM's past or looking to the future, there is one element that remains constant: collaboration with Northern Ontarians underpins NOSM's success. That's why NOSM is celebrating its 10th anniversary by saying "thanks, merci, and miigwetch" to you for your support in creating and sustaining a medical school built in Northern Ontario, for Northern Ontario.

NOSM is your medical school, and we wouldn't be here without you.



To officially celebrate you and your involvement in working together for a healthier North for the last 10 years, NOSM will be publicly launching the 2015-2020 Strategic Plan on September 23, followed by an activity titled "Be Active with NOSM." Events will be held across Northern Ontario to encourage everyone to get active as a step towards a healthier future.

Help us celebrate a decade of working together for a healthier North and send photos of you and your friends, colleagues, and neighbours doing physical activity. Tweet us @thenosm using the hashtag #beactivewithNOSM, or wish NOSM a happy anniversary using #nosmturns10.

nosm.ca/beactivewithnosm

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Newsletter of the Northern
Ontario School of Medicine



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FEEDBACK

We welcome feedback and suggestions about *Northern Passages*. What stories would you like to read about your medical school? Send ideas to communications@nosm.ca.



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NOSM LAUNCHES NEW STRATEGIC PLAN 2015-2020 DEVELOPED BY YOU

The Northern Ontario School of Medicine is pleased to officially launch NOSM's new Strategic Plan 2015-2020, the development of which was informed by input from staff, faculty, partner organizations, and community members across NOSM's wider campus of Northern Ontario.

A Strategic Planning Project Team and a 28-member Strategic Planning Advisory Committee (representing diverse perspectives from across the region) oversaw the strategic planning process that included visiting more than 50 rural, remote, Francophone, and Aboriginal communities across the North to discuss Northern Ontarians' ongoing health-related needs. This input provided important guidance to setting the five strategic goals at the heart of NOSM's 2015-2020 Strategic Plan.

NOSM's five strategic goals are:

- Enrich our educational programs to foster exemplary quality health care in rural and remote communities.
- Strengthen our capacity to perform outstanding research that aligns with the health needs of Northern Ontario.
- Create an inclusive whole school culture and learning environment that support the growth and development of our faculty, staff, and learners.

- Empower our faculty members through ongoing engagement and active involvement in all aspects of the School.
- Engage our communities, health service partners, and other collaborators strategically to strengthen relationships and expand resources.

NOSM's Strategic Plan 2015-2020: Reaching Beyond Extraordinary Together will launch officially on September 23, to coincide with NOSM's new academic year and officially kick-off of the School's 10 year anniversary celebrations.

"Thank you, merci and miigwetch to those who gave their time, shared their experiences, and contributed ideas," says Dr. Roger Strasser, NOSM's Dean. "We believe we have created a meaningful plan that will shape medical education in Northern Ontario for the next five years, and look forward to the continued participation of NOSM's many collaborators in the fulfillment of the School's vision of *Innovative education and research for a healthier North*."

Visit nosmsp2020.ca for more details related to the implementation of NOSM's new Strategic Plan and opportunities for ongoing input into the School and its priorities.



Medical students from Queen's University visited NOSM in June.

FURTHERING MY MEDICAL EDUCATION IN SUDBURY

By: Wilfred Ip, Queen's University



Dr. Christine Kupsh speaks with the ROMP medical students.

My peers and I had the wonderful experience of spending a week in Sudbury with NOSM as part of the Rural Ontario Medical Program (ROMP) community week.

From the moment we arrived in Sudbury, we were awed by the city's beauty and especially amazed by the incredible concentration of lakes and trees. The City of Sudbury treated us to pleasant tours of the city in which we visited attractions such as Science North and Dynamic Earth and enjoyed some great cuisine. We were particularly fortunate to enjoy the sun, scenic views, and great company from NOSM, Health Sciences North (HSN), and the City of Sudbury representatives while on a dinner cruise on Ramsey Lake.

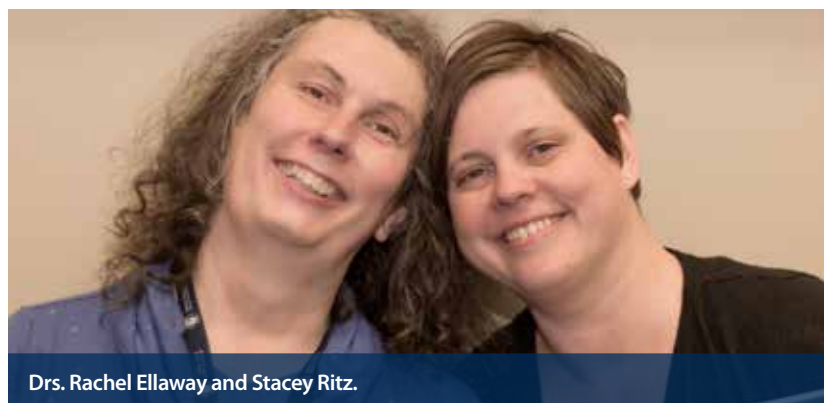
Of course this would not be a ROMP community week without clinical components. We received excellent training sessions in the NOSM simulation lab where we learned and practiced skills including managing airways, suturing wounds, reading chest x-rays, and handling trauma cases. At HSN, I had the pleasure of working with physicians in emergency medicine and orthopedic surgery where I was able to apply the knowledge and skills I learnt during my first year of medical school. In addition, I had the opportunity to shadow a family doctor in a community clinic. Working so closely with these physicians provided many clinical insights and helped give me a better idea of the type of medical practice that is appropriate for me.

Finally, our education was further enriched by the opportunities to engage with populations including Aboriginals and Francophones. By hearing first-hand accounts from these individuals, we gained understanding and appreciation for their challenges and learned how we can better help meet their needs as future physicians.

The week was organized extremely well and struck a great balance of fun and learning. If only we could have stayed longer!

FAREWELL

This summer, staff and faculty gathered to say farewell to three NOSM faculty members who have made significant contributions to the School. Ms. Sue Berry, Dr. Rachel Ellaway, and Dr. Stacey Ritz were celebrated and thanked for their scholarly, creative, and personal contributions to the Northern Ontario School of Medicine. We wish each of them well in their future endeavours. Right, Ellaway shares a glimpse into her time at NOSM.



Drs. Rachel Ellaway and Stacey Ritz.

WHAT JUST HAPPENED?

By: Dr. Rachel Ellaway

Northern Ontario is big; I can see it reaching to every horizon and beyond. It seems somehow right and proper therefore that I am writing this review and summation of what I do and as a farewell to NOSM on a Bearskin flight to Thunder Bay roaring through the clouds above Northern Ontario.

For those of you who don't know (or don't know me at all), I came to NOSM in 2007 from the University of Edinburgh where I managed educational technology for medicine, dentistry, and veterinary medicine. In the intervening eight years, I have served on most NOSM committees, been involved in developing and running many of its academic programs, and I have been an active researcher and academic leader both in NOSM and beyond. I have been both Assistant Dean Education Informatics and Assistant Dean Curriculum and Planning, and I was just promoted to full professor.

I am leaving NOSM to take up a position as Professor in Medical Education in Community Health Sciences at the Cumming School of Medicine at the University of Calgary where I will also be the Co-Director of the Office of Health and Medical Education Scholarship.

So that's the official line, but what really happened in that time? Well, I became a permanent resident and then in 2014 I took Canadian citizenship.

I have travelled all over Northern Ontario and much of Canada and a good deal beyond. I have smudged, poutined, and beaver tailed, and I was even screeched in (but declined the flipper pie). I figured out that Canadian Tire sold more than auto spares, that you can only buy a bottle of wine from a control board in Ontario, and that most of Canada doesn't know how beautiful Northern Ontario is.

As a researcher I found that the research funding councils had almost entirely retreated from funding medical education research (assuming it was the others' responsibility) and that not being a Canadian citizen, I lost points in going after research funding. Accordingly I learned to be research productive on very small amounts of funding and to find alternative ways of developing as a medical education scholar.

This seems to have been successful in that, since I came to NOSM, I have given more than 190 invited and peer-reviewed conference presentations, published more than 50 papers in peer-reviewed journals and more than 100 non-peer-reviewed articles, published 15 book chapters, and secured more than \$2 million for research. It's been a busy few years.

I also learned a lot. I learned about and from the many peoples of Northern Ontario and how to see the world and my work through their eyes. I relearned

the role of social justice in being a scholar and learned much about and was able to contribute to the discourses of social accountability and community engagement.

I learned a lot about surviving winter up here, and how big weather can make for big delays and disruptions. I learned that we get to see the pilots in the planes up here, and I learned to keep away from snowplows. I learned that I don't like freezing rain but I love it when the loons call on the lake at night.

I also learned what great hearts and great spirits my colleagues at NOSM have and how much I owe to you all for helping me come to this country and to contribute to the development of NOSM.

Well, wheels down shortly with the bouncy descent that means that I will soon be home. Of course that home is about to change, with more mountains and fewer lakes. Nevertheless, I stand by the mission of the School and thank you all for what you have given me and for what you have achieved for Northern Ontario.

Slàinte Mhath and Chi-Miigwetch



Recent graduates of the Northern Ontario Dietetic Internship Program complete their internship with the first post-degree internship of all Canadian dietetic education programs to be assessed using the new Partnership for Dietetic Education and Practice (PDEP) Accreditation Standards.

NOSM HOME TO FIRST ACCREDITED DIETETIC INTERNSHIP IN CANADA

On July 14, 2015, NOSM announced that the School's Northern Ontario Dietetic Internship Program (NODIP) received full accreditation status from the Dietitians of Canada (DC) until 2022. Thanks to its reputation for high-quality education, NODIP was selected by the Dietitians of Canada to be the first post-degree internship of all Canadian dietetic education programs to be assessed using the new Partnership for Dietetic Education and Practice (PDEP) Accreditation Standards.

Dietitians of Canada is the national accrediting organization for programs in dietetic education. For NOSM to receive accreditation from DC, the School's education and training programs must meet nationally established standards. The DC accreditation team applauded

both NODIP and its Manager, Denise Raftis' leadership and reported that NODIP students and preceptors felt engaged, supported, and grateful to be involved in the program.

"Receiving official accreditation from the Dietitians of Canada is recognition that the Northern Ontario Dietetic Internship Program is successfully preparing students for practice. Our students are receiving a high-quality education that results in the graduates of our program providing high-quality dietetic service to their patients and clients," said Dr. David Marsh, NOSM Deputy Dean.

NODIP provides students with an opportunity to participate in distributed and community-based experiences. This allows dietetic interns to acquire

the range of comprehensive skills preparing them for dietetic practice. With placements across Northern Ontario in locations such as regional and small rural hospitals, public health units, family health teams, and Francophone and Aboriginal communities, students are given insights into the geographic, demographic, and cultural realities of practising in the region.

Since the program accepted its first students in 2007, NODIP has trained 99 dietetic interns in more than 35 communities in the North. Of those, 74 percent have chosen to practise in rural or Northern communities. That means that NOSM-trained dietitians are providing dietetic services in rural and Northern settings that have historically faced shortages.



Dr. Tim Dubé speaks to delegates at NOSM's 10th annual Northern Health Research Conference.

CELEBRATING NOSM'S 10TH NORTHERN HEALTH RESEARCH CONFERENCE

NOSM's annual Northern Health Research Conference (NHRC) marked its 10-year anniversary from June 5 – 6 at Northern College in Timmins, Ontario. Over the past decade, the conference has been held in the communities of Huntsville, North Bay, Sault Ste. Marie, Sioux Lookout, Sudbury, and Thunder Bay.

"Celebrating 10 years of the Northern Health Research Conference is a testament to the importance of research at the School," says Dr. Penny Moody-Corbett, NOSM's Associate Dean of Research. "The NHRC has provided an occasion for networking each year, and for sharing and learning from each other about the valuable research that's happening right in our own backyard."

Over two days, participants had the opportunity to hear over 25 oral research presentations and view 30 posters—all conveying research that has the potential to make a positive difference to the health of people and communities in Northern Ontario, and beyond.

Three separate keynote presentations inspired delegates to reflect on relationships between research and health-care delivery. Dr. Stefan Grzybowski and Dr. Jude Kornelsen, Physicians Services Incorporated (PSI) Visiting Clinical Scholars from the University of British Columbia, spoke about how their personal experiences on Vancouver Island led them to research and re-think the delivery of health services in rural and remote communities. Dr. Janet Smylie, Director of the Well Living House Research Centre for Indigenous Infant, Child, and Family Health and Wellbeing, spoke on Indigenous-specific social determinants of health and racism. Smylie asked participants to consider how they can work towards optimizing health care for Indigenous peoples in Canada, based on emerging evidence in recent literature. Third, Roger Walker, past president and CEO of the Timmins and District Hospital, shared his personal journey

with and observations on health care, education, and research in small, rural, and Northern hospitals. Based largely on his 15 years of experience in Northern Ontario, Walker spoke about Sioux Lookout as one example of an active research hub in a small Northern community.

A special session was organized for high school students in Timmins. Students were selected to participate based on their interest in health and research-related careers. Hosted by NOSM's Admissions and Learner Recruitment Unit in partnership with Science Timmins, the session provided more than 20 youth with an opportunity to learn about health research and careers from a NOSM researcher, attend conference presentations, and attend a tour of Northern College's Simulation Lab. NOSM medical students also shared information with the high school students about their own path to being admitted to the Northern Ontario School of Medicine, as well as information about the MD program.

At the annual NHRC dinner, Dr. Roger Strasser, NOSM Dean, and Dr. Greg Ross, NOSM faculty member and past Associate Dean of Research, reflected on the NHRC's past nine conferences in a presentation titled, "Now we are 10."

"The Northern Health Research Conference is an important annual event that brings together faculty and researchers across the North to discuss research relevant to the people and communities of Northern Ontario," says Dr. Roger Strasser. "Research is a critical part of a medical school, and provides important educational opportunities, creates a culture of inquiry and challenge, and contributes to the bettering the health of our communities."

The next Northern Health Research Conference will be held, in conjunction with ICEMEN 2016, in June 2016 in Sault Ste. Marie.



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*.

September 2015 marks the 10th anniversary since the Northern Ontario School of Medicine opened its doors. In that time, NOSM has grown from being recognized as Canada's newest medical school to one of the world's medical schools to watch.

Each issue of Northern Passages features NOSM staff members discussing 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 two long-term employees, Lyne Morvan and Diane Moncion, who share some of their experiences over the past ten years with us.

Lyne Morvan (LM): I am the Research Office Coordinator at NOSM. I directly support the Associate Dean, Research, provide overall support for the research office, and act as the liaison for internal and external research matters. I also coordinate the annual Northern Health Research Conference (NHRC) and various annual awards programs.

Diane Moncion (DM): I'm in a similar role to Lyne as the hub of NOSM's Community Engagement Portfolio and the main support to the Deputy Dean, who is also the Associate Dean of Community Engagement. In addition to day-to-day scheduling, I support various internal and external committees and I am a link between the various units within the Community Engagement Portfolio and the Associate Dean.

LM: It's hard to believe, but Diane and I have both been here for more than 10 years! I've been working in the Research Office since February 2004. I began my role as the Administrative Assistant, Research and later accepted the position of Research Office Coordinator.

DM: I was here for Lyne's first day of work at the School. I began my journey at NOSM in 2000 as an Administrative Assistant when the School was still called the Northern Ontario Medical School. As the medical school has grown, my role has evolved to the position of Executive Assistant. There have been many successes realized in our office over the years, but the most

rewarding part of my role is knowing that I make a difference in the day-to-day functioning of the Deputy Dean's / Associate Dean, Community Engagement Office.

LM: The most rewarding part of my role would be the success of the annual Northern Health Research Conference. There's a real sense of pride seeing so many delegates joining together in a different community every year talking about their research and networking. Seeing a diversity of learners, faculty and staff from various organizations come together to discuss the issues of direct relevance to Northern Ontario puts a smile on my face.

DM: Speaking of smiles, having been at NOSM since the very beginning, it's been rewarding to see how NOSM has grown over the years, and how the communities have benefited from our graduates. I am so proud to be a part of NOSM and what it means to all our Northern communities.

LM: The last decade has been an exciting success story! From our time awaiting the new buildings to be constructed, to the day the MD Charter Class walked in, and then when they graduated. Seeing NOSM success stories in communities all over Northern Ontario is amazing. The amount of growth, and number of milestones and accomplishments NOSM has accumulated in the last 10 years is truly incredible! The last decade has flown by and it has always been fun and exciting. I look forward to the next phase.



Diane Moncion
Executive Assistant



Lyne Morvan
Research Office Coordinator



BRAZIL MED SCHOOL FOLLOWS NOSM'S LEAD

Dr. Roger Strasser, NOSM Dean, (third from far right) with medical students and faculty in Caicó, Brazil.

NOSM's Dean, Dr. Roger Strasser recently visited Natal, Brazil, having been invited to speak at the First International Colloquium on Interprofessional Education and Work within Healthcare. Strasser says he was "privileged to make the four-hour journey by road to Caicó (population 70,000) to visit a new medical school and meet with students and faculty members."

The Multicampi School of Medical Sciences of the Federal University of Rio Grande do Norte (UFRN) medical education program has drawn on the NOSM model of community-engaged medical education during its development. Students are recruited from rural underserved communities in Rio Grande do Norte state.

Like NOSM, the medical students undertake a problem-based learning curriculum and spend one month in each semester in distributed communities across the rural region surrounding Caicó.

"It was very exciting for me to meet members of the first class of students who are about to start their second year of their six-year high school entry program, as well as some of the students who will begin their first year studies next month," says Strasser. "This new rural medical school is showing the way for others to follow in Brazil and beyond."

CELEBRATING SUCCESS



Pictured (left to right): Steve Paikin, Chancellor, Laurentian University; Dr. Roger Strasser, NOSM Dean; Dr. Garry Ferroni, NOSM Professor Emeritus; and, Dominic Giroux, President and Vice-Chancellor, Laurentian University.

On Friday, May 29 at Lakehead University and Tuesday, June 2 at Laurentian University, the NOSM class of 2015 graduated with a joint MD degree. An annual celebration, the Convocation ceremonies included the hooding of graduands and recitation of the Physician's Oath.

"This is truly moving for all involved, particularly the graduands' families and friends, as well as the graduands themselves," says NOSM Dean, Dr. Roger Strasser.

This year, Dr. Garry Ferroni was awarded the title of Professor Emeritus to recognize his invaluable contribution to NOSM from the very beginning of the School. "As Founding Division Head Medical Sciences, Garry was involved in curriculum development, faculty recruitment, developing and implementing the admissions process, achieving accreditation, teaching medical and graduate students, microbiology research, the Senior Leadership Group, many other committees, and much more," says Strasser.

This summer, NOSM's Family Medicine residents also celebrated the successful completion of their program. The residents embraced the challenging experiences of living and working in Northern Ontario, and are now fully licensed and ready to open their own practice.

On Thursday, July 23, the newest class of Registered Dietitians completed the Northern Ontario Dietetic Internship Program. Ceremonies were held via videoconference in four locations: Barrie, Sault Ste. Marie, Sudbury, and Thunder Bay.

Congratulations to NOSM's newest class of Northern-trained health professionals!

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.

NOSM is pleased to announce **Dr. Anjali Oberai's** appointment as Co-Section Chair, Family Medicine in the Division of Clinical Sciences, effective September 2015. Oberai has been practising Family Medicine in Wawa for over 15 years and brings with her a wealth of clinical and teaching experience. She will formally commence this appointment in September 2015 and will be working closely with **Dr. Barb Zelek**, NOSM's Co-Section Chair of Family Medicine in Marathon, Ontario. Special thanks to **Dr. Chris Rossi** for her hard work as NOSM's previous Section Chair, Family Medicine.

Dr. Stacy Desilets was appointed as Residency Program Director, Family Medicine in the Postgraduate Education Portfolio, effective September 2015. Desilets is a graduate of the Northeastern Ontario Medical Education Corporation (NOMECE) Family Medicine program in 2008, and has been practising in Temiskaming Shores since graduation. She has demonstrated her leadership abilities as the Rural Site Director for the Family Medicine Residency Program since 2011. Very special thanks goes to **Dr. Ric Almond** who was the inaugural Residency Program Director for the NOSM Family Medicine program and has provided outstanding leadership in this capacity since 2006.



On June 15, 2015, the Northern Ontario School of Medicine was honoured to receive an international award for excellence in communications. The prestigious Gold Quill Award of Excellence was received from the International Association of Business Communicators (IABC) as part of IABC's annual World Conference in San Francisco.

NOSM's Communications Unit received the Gold Quill Award of Merit for the School's

communication campaign *Give the Gift of Appreciation: NOSM's Staff Awards of Excellence*. This honour was awarded in the category for Internal Special Events in the Communications Skills division, and recognized the communications strategy employed to improve upon the School's existing staff recognition program. The IABC 2015 Gold Quill Awards program recognizes business communication excellence globally, and is acknowledged as one of the most prestigious awards programs in the industry.

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

ICEMEN 2016
PUTTING COMMUNITIES
IN THE DRIVER'S SEAT

How community-driven
health education and
research builds healthy
communities.



June 20-25, 2016

More information coming soon:
ICEMEN2016.CA

ICEMEN 2016
PARTNER ORGANIZATIONS

SAVE THE DATE

JUNE 20-25, 2016 | SAULT STE. MARIE, ONTARIO, CANADA



ICEMEN 2016 is a five-day conference exploring themes of social accountability and community engagement in medical education and research. Within this dynamic program, **ICEMEN will also include:**



Conference On The Move
June 20-21, 2016



Aboriginal Research Gathering
June 23-24, 2016



Northern Health Research Conference
June 24-25, 2016

