

# NORTHERN PASSAGES

VOLUME 16 | ISSUE 1



SCRUB IN AT  
NOSM'S SUMMER CAMP

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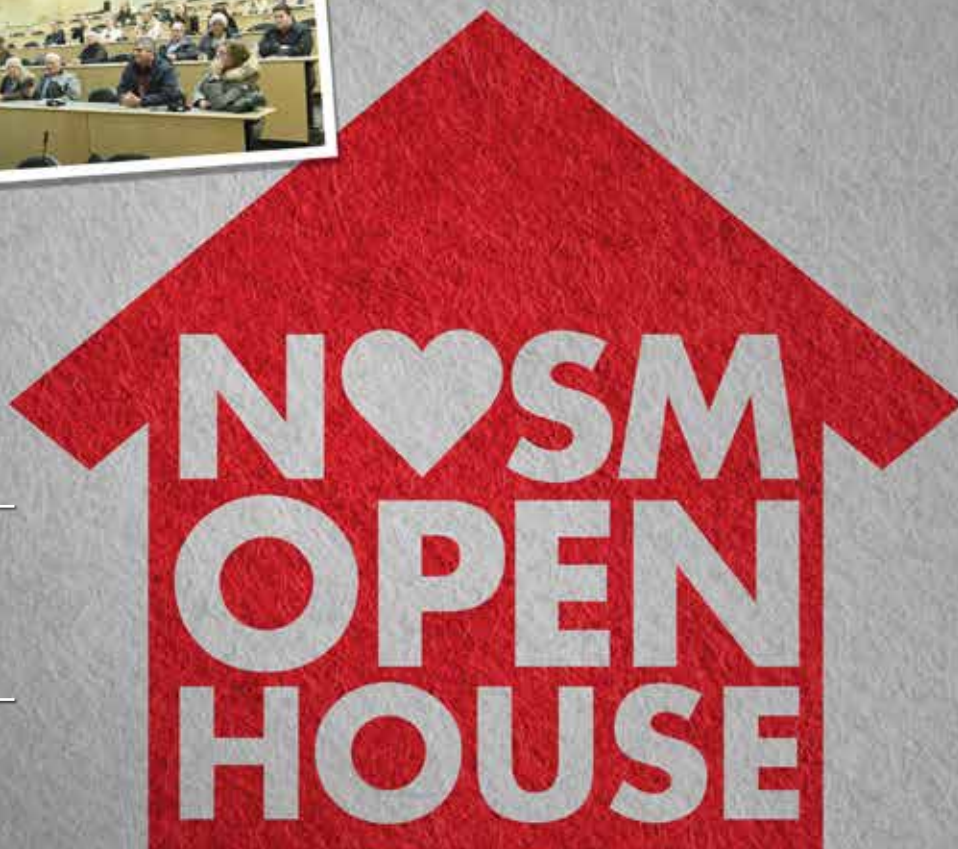
TENTALKS TO CELEBRATE  
AS #NOSMTURNS10

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WELLNESS SUPPORT FROM  
BELL LET'S TALK

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NOSM'S GOALS OUTLINED IN  
ROADMAP TO 2020



Northern Ontario  
School of Medicine  
École de médecine  
du Nord de l'Ontario  
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## I ♥ NOSM OPEN HOUSE

On February 4, 2016, the Northern Ontario School of Medicine invited community members to have a heart-to-heart with their medical school. It's been said that the source of NOSM's success is in the name: Northern Ontario. The School's 10<sup>th</sup> anniversary provided an opportunity to showcase to Northern Ontarians how NOSM is living up to its social accountability mandate to contribute to improving the health of people living in Northern Ontario.

I ♥ NOSM Open Houses were hosted at the medical school buildings at Lakehead University in Thunder Bay and Laurentian University in Sudbury. More than 400

community members, donors, potential students, faculty, hospital and university partners, alumni, and others interested in NOSM had an opportunity to take a self-guided tour of the School.

*The Rural Challenge and the Northern Ontario School of Medicine*, a documentary by Dr. Hoi Cheu, a faculty member and researcher at Laurentian University, was available for viewing by guests.

Guests were encouraged to walk the halls of the medical school buildings and engage in hands-on activities such as trying out laparoscopic procedures,



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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](mailto:communications@nosm.ca).

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medical simulation, and clinical skills, just as a medical student would. Also open for viewing were NOSM's labs, where those interested were able to see where ground-breaking research takes place.

Kent MacNeill spent the evening visiting the medical school building in which he hopes to one day be walking the halls as a NOSM medical student. "The Open House was a very well planned event showcasing all that the Northern Ontario School of Medicine has to offer. The live observation of practice patient interviews, intravenous training, defibrillation, and

technology was very impressive. It served to restoke the fire within me of becoming a medical practitioner and practising in the North," says MacNeill. "The documentary about the success of the School, with shots from Pebble Beach in Marathon—a community neighbouring my hometown of Manitouwadge—was amazing to see. Having worked for three years to recruit physicians to the under-served Northern communities, it was with a great sense of pride that I experienced the world-renowned Northern Ontario School of Medicine. Speaking with recent graduates of the program, I felt welcomed and at home. I look forward to applying later this year!"



Pictured: NOSM medical students, residents, alumni, staff, and faculty were available at the Open Houses to answer questions from community members.





Pictured: Véronique Poirier, NOSM's Health Sciences Summer Camp Coordinator and Admissions and Learner Recruitment Officer (left), speaks to campers at the medical school building in Sudbury in 2015. Campers (right) engage in a wide variety of activities, including a casting session.



## SCRUB IN AT NOSM'S HEALTH SCIENCES SUMMER CAMP

The Northern Ontario School of Medicine's annual Health Sciences Summer Camp takes a unique approach to encouraging high school students to learn about health professions through hands-on activities in a week-long summer camp.

This year, the programs will take place at NOSM from July 4 – 8, 2016 at Laurentian University in Sudbury and from July 11 – 15, 2016 at Lakehead University in Thunder Bay. The programs provide students with an opportunity to explore health-care careers, obtain hands-on experience, and find a mentor.

Campers are provided with an opportunity to engage with current NOSM medical students and explore health-care

fields such as research, emergency medical services, dietetics, physiotherapy, mental health, and nursing. Activities are designed to ensure there is a correlation between health care, intervention, and basic sciences and include: casting and x-rays; crime scene investigation; physiology and anatomy; Indigenous culture, health and tradition; Francophone culture, health and tradition; and, much more!

Youth who are between 14 – 16 years of age and/or attending Grade 10 and 11 in September 2016 are encouraged to apply. Applications will become available in April 2016. For further information, please visit [nosm.ca/camp](http://nosm.ca/camp) or email [camp@nosm.ca](mailto:camp@nosm.ca).



*“This will forever be my favourite picture, and here's why: It was taken during one of the most memorable weeks of my life, so far. I made so many new friends, and it was easily one of the best experiences. Although I would probably tell you I look silly if you were to ask, my smile in this picture is as real as they get. This picture wasn't planned, but it perfectly captures how happy I was in this moment while doing my sutures. Every time I stumble upon this picture, it inspires me to push my hardest—to hopefully one day study at NOSM.”*

*Sliding into my scrubs every morning was the closest thing to security and confidence I've felt in a long time. My week spent at NOSM changed me. If I could tell you one thing I held on to from my experience there, that is to shoot for the stars and not to cut yourself short. Go confidently in the direction of your dreams, and I promise you, you can achieve anything you set your mind to. As Marian Edelman once said, 'No person has the right to rain on your dreams.' The only limits that exist are the ones you impose on yourself. Never forget that.”*

— Alyssa Labelle, 2015 Health Sciences Summer Camp Participant

# TENtalks

## TENTALKS TO CELEBRATE AS #NOSMTURNS10

NOSM's Human Sciences Division is sponsoring a community seminar series this year titled *TenTalks* in honour of NOSM's 10<sup>th</sup> anniversary. Specifically designed with the communities NOSM serves in mind, *TenTalks* is a series of sessions that are either held in different communities or for different community groups with a public focus.

The first talk in this series featured Robert Barnett, NOSM stipendiary faculty member and Director of Research, Planning and Partnership, North East Community Care Access Centre; Lorraine LeBlanc, Executive Director, Alzheimer Society of Sudbury, Manitoulin, North Bay and Districts; and, Joanne Russell, Social Worker, North East Specialized Geriatric Services, who spoke on *A reflection on a journey to the Hogeweyk: The Dementia village leading change in Weesp, The Netherlands*. Presenters discussed their observations of dementia care in the Netherlands and which strategies—if implemented in Canada—could be of most benefit to those living with dementia.

"As part of a two-year research grant funded by the government of the Netherlands, Northern Ontario home care case managers and researchers were invited to take part in a study tour of the Netherlands and Belgium to exchange ideas and best practices regarding care for persons with dementia and their families," says Barnett. "The dementia village Hogeweyk was one of five institutions to host staff of the North East CCAC, North East Specialized Geriatric Services, and the Alzheimer's Society of Sudbury, Manitoulin, North Bay and Districts. Leading the Canadian contingent on this journey has opened my eyes to how case management and community and institutional care for persons with dementia can be done differently in Northern Ontario, with better outcomes for patients and their caregivers."

Professional development opportunities for psychologists and psychological associates was the topic of conversation for the second in the series of *TenTalks*. Hosted in Toronto by the College of Psychologists of Ontario and connected by videoconference, more than 30 students and practitioners in the Sudbury area engaged in discussions about the legal challenges that can arise in practice and the issues of crossing boundaries between clients and psychologists. Of particular

interest to the group was an interactive session called, *Tricky Issues* which looked at ethical dilemmas psychologists face in their profession.

More than 100 community members attended the third in the series of *TenTalks*. Dr. Jennifer Bazar's presentation titled, *Psychedelics and Psychopaths: Treating the 'Criminally Insane' in Penetanguishene, Ontario, 1963-1977*, described in detail the history and past treatment of mental health patients in Penetanguishene. This *TenTalks* was also a part of a series of lectures hosted by NOSM's Northern Ontario History of Health and Medicine Group which aims to bring together students, faculty, researchers, practitioners, and interested individuals from across the North to discuss historical perspectives on a variety of topics to develop a wider critical perspective—in this case, as it relates to the awareness of mental health.

The Human Sciences Division at the Northern Ontario School of Medicine is responsible for research and teaching in the human sciences, including: Indigenous health, Francophone health, Northern and rural health, public health, mental health, history of medicine, medical ethics, medical anthropology, and more. Experts in their discipline, faculty members seek to have a broad understanding of human health based on utilizing methods of reasoning and compassion. Faculty members participate in lecturing, act as facilitators of small-group sessions in the undergraduate medical curriculum, are available to supervise graduate students, and provide opportunities for applied community research placements in various locations and communities.

While all members of the NOSM family are invited to all Human Sciences Division seminars, *TenTalks* are being particularly developed to engage communities across the School's wider campus of Northern Ontario. Upcoming sessions include topics such as: mental health of older adults; child nutrition and activity; dementia in First Nations peoples; and poverty intervention.

For information on upcoming *TenTalks*, kindly contact Dr. Elizabeth Levin, NOSM Division Head, Human Sciences, at [elevin@nosm.ca](mailto:elevin@nosm.ca).





The Bell Let's Talk grant was presented to Dr. Catherine Cervin, NOSM Associate Dean, Postgraduate Education and and Senior Associate Dean for Laurentian University and Dr. David Marsh, NOSM Deputy Dean and Associate Dean, Community Engagement during the Sudbury Wolves game against the Soo Greyhounds at the Sudbury Community Arena on January 18, 2016.

## BELL LET'S TALK SUPPORTS WELLNESS FOR NOSM'S RESIDENTS

The Northern Ontario School of Medicine recently received a \$30,000 grant from the Bell Let's Talk Community Fund. With these funds, NOSM is creating Wellness Peer Networks, which include promoting wellness and developing curriculum components that are focused on crucial conversations and cultural competency for residents.

These Wellness Peer Networks will provide NOSM residents with resources, support networks, and further education to enable them to protect their own mental health during the stress of their education, while also equipping them with the ability to provide high-quality care to future patients who may be struggling with mental health challenges.

Residency is a time when learners transition from being a student to becoming a full-time practitioner. At the same time, these new physicians are still learning a great deal of content and skills to master their chosen specialty—whether that be family medicine, surgery, or one of the several other specialties NOSM has to offer.

Traditionally, residents learn in a hospital setting where there is likely a resident room where they can get together and talk

about their day and discuss cases. NOSM's distributed model of medical education brings with it added challenges, as residents may not always have access to traditional supports while spending time in rural or remote communities away from their families, networks, and peers.

"The medical profession has historically had a culture where it was difficult for doctors to talk to each other about the stresses that they are facing," says Dr. David Marsh, NOSM Deputy Dean. "We are trying to change that culture and help our physicians understand that we all need to take care of our wellness. Part of taking care of our wellness is having a supportive peer network."

"Northern Ontarians deserve healthy communities that promote good mental health and well-being, as well as a responsive, culturally appropriate mental health-care delivery system," says Dr. Catherine Cervin, Associate Dean of Postgraduate Medical Education. "This does not yet exist in all our Northern Ontario communities. We are grateful for the support from the Bell Let's Talk Community Fund in developing a healthier Northern Ontario."



Community members raised funds for medical student bursaries during the Bring a Doctor Home Hockey Tournament in Sault Ste. Marie from January 18-23, 2016.

## PLAYING HOCKEY TO SUPPORT LOCAL MEDICAL STUDENTS

From January 18 – 23, 2016, volunteer employees and retirees of Essar Steel Algoma Inc. came together for their annual Bring a Doctor Home Hockey Tournament at the John Rhodes Community Centre in Sault Ste. Marie. Since its inception in 2006, the Bring a Doctor Home Hockey Tournament has resulted in over \$300,000 student bursaries that support medical students at NOSM who hail from the Sault. A volunteer

appreciation event was held on Thursday, January 21, 2016 where a cheque for \$30,956 was presented by Tournament Director Chris Lepore to Dr. Janice Willett, NOSM Associate Dean of Faculty Affairs and Continuing Education and Professional Development, who accepted on behalf of the School. Willett is also a gynecologist 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*.**

*You may not realize it, but if you’ve received health care in Northern Ontario over the last 10 years, chances are good that you have encountered a NOSM medical student, resident, or health sciences learner. NOSM is known primarily as a medical school; however, the School is involved in educating many health-care professionals, including dietitians, physician assistants, audiologists, occupational therapists, physiotherapists, speech-language pathologists, and pharmacists. Some of these learners are eligible for housing while on placements.*

*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, Kathy Pirone and Marlene Bodson, who share some of their experiences at NOSM over the past 10 years.*

**Kathy Pirone (KP):** I am the Accommodation Coordinator for the region of Northern Ontario that covers the area from Kenora to Wawa, as well as for Toronto and Mississauga. In this role, I am responsible for taking care of all aspects of NOSM-supplied learner housing—from securing safe, secure, and comfortable housing to scheduling the learners’ housing for their placements. I make sure the learners have the information and documentation they need, that their apartments are outfitted with necessary amenities, and that they receive their key packages—often within tight deadlines. As well, I schedule and coordinate the cleaning of the apartments between rotations ensuring that each apartment is ready for the arrival of the next learner.

**Marlene Bodson (MB):** I have been with NOSM since December of 2002, and in the role as Administrative Assistant for Accommodations and Clinical Placements for nearly five years. Our team facilitates and coordinates the learners’ placements and housing needs while they are in the communities across Northern Ontario. The relationships

we foster with physicians, clinical staff, landlords, and other stakeholders across the region’s communities play an integral part in the experience of our learners.

**KP:** I’ve been in this role for four and a half years, however I have been with the Northern Ontario School of Medicine since October 2004. Over the past 10 years, Marlene and I have seen many changes. Being able to witness the full circle of a learners’ time with NOSM—from learner, to resident, to preceptor—is gratifying and extremely rewarding. It is awesome to hear that some of our newest medical students are being placed with faculty members who were once NOSM medical students a few short years ago.

**MB:** As Kathy said, there have been many changes over the past 10 years. I’ve had the pleasure of being able to attend a few MD graduation ceremonies and have had a few medical students come up to me after and thank me for all I’ve done for them. It’s a great feeling to know my work is appreciated. It’s also exciting when I now see those same students opening their own practices and they remember me when they see me.

**KP:** Having worked at NOSM since before the arrival of the inaugural MD class, it is so rewarding to know that my involvement with the School has played a role in their success in a behind-the-scenes kind of way!



**Marlene Bodson**  
Administrative Assistant



**Kathy Pirone**  
Accommodation Coordinator





## NOSM'S ROADMAP TO 2020

*A Roadmap to 2020: NOSM's Whole School Strategic Action Plan* was publicly launched in January, and maps out exactly how the School will accomplish its goals in its 2015-2020 Strategic Plan.

Over the next five years, one of the main priorities for NOSM is to develop an even stronger, collaborative, inclusive community across the School's wider campus of Northern Ontario. Of utmost importance is connecting the people who make NOSM what it is. Building a sense of belonging and connectedness is integral for NOSM's researchers, community partners, and over 1300 clinical faculty members situated in over 90 communities across the region.

Now 10 years old, NOSM is transitioning from start-up to sustainability. In order to make this transition, the School will develop more streamlined and efficient operations to ensure NOSM makes the best use of all available resources. The Roadmap emphasizes activities such as: succession planning, staff and faculty orientation programs, intercultural effectiveness training, financial strategies, and support for healthy and safe working and learning environments.

In order to effectively meet the needs of communities and support NOSM faculty, staff, and learners, the School will embrace a Continuous Quality Improvement (CQI) philosophy for education, research, and administration. By continuously measuring and monitoring important indicators, NOSM

staff and leadership will identify and address key areas for improvement that ensure the School continues to be socially accountable and delivers innovative, high-quality education and research for a healthier North.

To further the School's vision, NOSM is in the process of developing advanced education leading to Masters and Doctoral degrees in Medical Studies, designed to meet the needs of community faculty and others. These programs will have a focus on health professional education, remote rural health, global health, public health, and others. Advancing research programs is central; therefore NOSM will strengthen its capacity to conduct research of significance for the region's diverse communities and geography to align with the School's social accountability mandate.

NOSM is now established as a leader in a socially accountable medical education and research, and distributed, community-engaged learning. Guided by the School's *Strategic Plan* and *A Roadmap to 2020*, NOSM will continue to work towards positively influencing the medical education environment and accreditation standards that affect the School's ability to continue to grow and innovate in ways best suited to Northern Ontario.

Both *A Roadmap to 2020* and *NOSM's Strategic Plan 2015-2020* are available at [nosmsp2020.ca](https://nosmsp2020.ca).



## AWARDS AND RECOGNITION

NOSM's faculty, residents, students, 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.



The College of Family Physicians of Canada (CFPC) recently announced the appointment of **Dr. Ric Almond** to the role of Interim Executive Director, Academic Family Medicine effective March 1 to August 31, 2016. With 37 years of experience as a family physician in Thunder Bay, numerous leadership roles in family medicine

academics—including nine years as NOSM's Residency Program Director, Family Medicine—Almond brings a great deal of experience to this new role.



**Dr. Rob Anderson**, Associate Professor, Postgraduate Site Director, Family Practice Anesthesia and Program Director, Anesthesiology, was recently named by the Canadian Association for Medical Education (CAME) as the recipient of a CAME Certificate of Merit Award. Anderson will receive the award in Montreal in April 2016 during

the CAME Annual General Meeting at the Canadian Conference on Medical Education (CCME). The CAME Certificate of Merit Award honours an individual who has made significant contributions to medical education, recognizing their contributions within their medical school, including: teaching; evaluation; educational leadership; and, course coordination.



**Dr. Catherine Cervin**, NOSM's Associate Dean of Postgraduate Education (PGE), has been reappointed for a second five-year term, effective September 2016. Cervin is responsible for NOSM's Postgraduate Education Office, which provides oversight, administration and support to all Postgraduate Residency Programs in

Northern Ontario. Cervin will also continue in the role of NOSM Senior Associate Dean at Laurentian University.

**Dr. Kurt Droll** was recently appointed as NOSM's Residency Program Director, Orthopedic Surgery. Droll has been an active leader with NOSM's residency program for years, as both Research and Evaluations Coordinator. Under Droll's leadership, the Orthopedic research team in Thunder Bay has grown significantly and he has also been the Section Chair for Orthopedic Surgery since 2013. Very special thanks goes to **Dr. David Puskas** who was the inaugural Residency Program Director for the NOSM Orthopedic Surgery program. Puskas provided outstanding leadership in this capacity, building a strong program that has received a positive accreditation review by the Royal College of Physicians and Surgeons of Canada in May 2014.



**Dr. James Goertzen** has accepted the role of Assistant Dean, Continuing Education and Professional Development (CEPD), effective January 1, 2016. Instrumental in creating NOSM's Northern Constellations faculty development conference, Goertzen is now organizing the fifth annual conference to take place on April 8-9, 2016 in Thunder Bay.

His experience with Continuing Medical Education (CME) accreditation will be particularly important in October 2016 when NOSM hosts a site visit of accreditation surveyors. The Association of Faculties of Medicine of Canada (AFMC) recently announced that Goertzen will be presented with the AFMC Award for Outstanding Contribution to Faculty Development in Canada in Montreal on April 17, 2016 during the AFMC Presidential Address and Awards Ceremony at the Canadian Conference on Medical Education (CCME). This award is presented to an individual who has made an exceptional contribution in the area of faculty development at a medical school.

**Dr. Joyce Helmer**, NOSM Associate Professor, was recently welcomed to the Interagency Advisory Panel on Research Ethics (PRE) which comprises of three federal research agencies (Canadian Institutes of Health Research, Natural Sciences and Engineering Research Council of Canada and Social Sciences and Humanities Research Council). Panel members provide advice on the ethics of research involving humans and provide recommendations regarding the evolution, education, and interpretation of the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2).

The Northern Ontario School of Medicine was recently presented with a Certificate of Merit Award for participating in Canada's Healthy Workplace Month® and demonstrating exemplary practices in employee health and well-being. **Lisa Kokanie**, NOSM's Wellness and Accessibility Coordinator, worked with the School's **Healthy Workplace Group** to create a number of events over the month of October to encourage staff and faculty to learn more about health and wellness.



**Sophie M. Regalado**, NOSM Research Support Librarian, was recently granted Distinguished Member level from the Medical Library Association's (MLA) Academy of Health Information Professionals (AHIP). AHIP is the MLA's "peer-reviewed professional development and career recognition program." The Academy recognizes the

contribution of Librarians to the profession.



NOSM Professors **Dr. Ashley Scott** and **Dr. Greg Ross** were presented with the Research Project of the Year Award by the Institution of Chemical Engineers (IChemE). Ross, Scott, and their team of graduate students collaborated with Sudbury Integrated Nickel Operations (Sudbury INO, a Glencore company) in Falconbridge,

Ontario on the research project, titled *Industrial off-gas supports biofuel production*. The goal of the project is to reuse waste heat and carbon dioxide in order to create a greener alternative to burning fossil fuels. The Global Awards were presented in Birmingham, UK, and celebrate excellence, innovation and achievement in the chemical, biochemical and process industries.

**Dr. Jason Shack** has accepted the position of Assistant Dean, Learner Affairs for Undergraduate Medical Education at NOSM. Shack has been involved with NOSM in many aspects of undergraduate and postgraduate medical education. Most recently, he held the role of Site Liaison Clinician in Fort Frances for many years. His reputation as an outstanding and student-centered educator is well known at NOSM. After a number of years of practice and teaching in Fort Frances, Shack and his family have recently relocated to Thunder Bay where he has joined the Aurora Family Clinic.

If you would like to recognize an award-winning NOSM faculty member, resident, student, staff member, or community partner, please contact [communications@nosm.ca](mailto:communications@nosm.ca).

## INTERNATIONAL CONFERENCE: COMMUNITY ENGAGED MEDICAL EDUCATION IN THE NORTH



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