

NORTHERN CONSTELLATIONS 2021

Territory Acknowledgement

The Northern Ontario School of Medicine respectfully acknowledges that the entirety of the School's wider campus of Northern Ontario is on the homelands of First Nations and Métis Peoples. The medical school buildings at Laurentian University and Lakehead University are located on the territory of the Anishinabek Nation, specifically Atikameksheng and Wahnapiatae First Nations and Fort William First Nation.

Welcome

Welcome to Northern Constellations 2021! Each of you will have an opportunity to participate in a unique set of sessions to meet your learning needs. You can select sessions in the areas of teaching and preceptoring; research and scholarly activities; leadership; professional and personal wellness; and Indigenous knowledge and teachings. Take time to network with colleagues in one of the Hallway Conversations.

Program Learning Objectives:

1. Describe examples of best practices within health care professional education, leadership, research, and/or scholarship.
2. Identify resources to enrich your teaching and learning experiences.
3. Incorporate personal or organizational wellness strategies to support your resiliency.
4. Develop networks to support your practice as a faculty member, educator, staff member or learner.
5. Apply new skills to improve teaching outcomes and expand your scholarly activity.

Friday, April 30, 2021

**To view full concurrent session information, please click the title to review session description and learning objectives*

Time	Event
12:30 p.m. – 12:40 p.m.	WebEx Gathering
12:40 p.m. – 1:00 p.m.	Welcome <ul style="list-style-type: none">• Sarah McIsaac MBBCh, MEd, FRCPC (Medical Director, Faculty Development)• Perry McLeod-Shabogesic (Knowledge Keeper)

1:00 p.m. – 1:45 p.m.	<p>Plenary: We are (not) all perfectly fine: Mindfulness, personal narrative, and reckoning with culture transformation.</p> <p><i>Speaker: Jillian Horton MD, FRCPC</i></p> <p>Description: Burnout is a prevalent work related syndrome for healthcare professionals. However, burnout is not a personal failing but an organizational problem resulting from issues related to working conditions and organizational culture. There is a crucial role for compassion not only in treating others, but also self-compassion in taking care of ourselves. Together, we will explore the role of personal narratives to affect culture change and discover mindfulness strategies that can influence the system drivers of burnout.</p> <p>Learning Objectives <i>Following this session, participants will be able to:</i></p> <ol style="list-style-type: none"> 1. Create an opportunity for personal reflection. 2. Explore the risks, benefits, and barriers of using personal narrative to affect culture change. 3. Discover mindfulness strategies which can influence organizational and system factors that primarily drive burnout. 	
1:45 p.m. – 2:00 p.m.	Break	
2:00 p.m. – 2:45 p.m.	Concurrent Sessions	
A1	<p>MAD Hatter Tea Party: Integrating medicine, art, and design <i>Speaker: Michiko Maruyama</i></p>	
A2	<p>Building “research-ready” practices to strengthen primary health care in Northern Ontario – NOSM Research Toward Health Hub (NORTH) practice-based learning network <i>Speakers: Barb Zelek & Brianne Wood</i></p>	
A3	<p>Intersectionality in the learning environment <i>Speakers: Sara Hagstrom & Amanda Maranzan</i></p>	
A4	<p>Balancing dual & competing practice roles: Being a treater, teacher, or peer <i>Speakers: Diane Whitney, Jon Novick & Kayla Berst</i></p>	
2:45 p.m. – 3:00 p.m.	Break	
3:00 p.m. – 3:45 p.m.	Concurrent Sessions	
A5	<p>How to write impactful narratives and op-eds: Important additions for your advocacy toolbox <i>Speaker: Jillian Horton</i></p>	
A6	<p>Improving learning through effective feedback <i>Speakers: Rob Anderson & Karly Dudar</i></p>	
A7	<p>Movin' on up <i>Speakers: Maurianne Reade & Anita Arella</i></p>	
A8	<p>Social accountability as a lens for research and education: Developing competencies for Northern Ontario <i>Speaker: Erin Cameron</i> <i>Co-facilitators: Alex Anawati & Joseph Leblanc</i></p>	
3:45 p.m. – 4:00 p.m.	Break	

4:00 p.m. – 4:30 p.m.	Hallway Conversations
	<p>B1 Clinical faculty research and scholarly activity - How can you be supported as a clinical faculty member? <i>Speaker: Barb Zelek</i> <i>Co-facilitators: Eliseo Orrantia & Mark Facca</i></p>
	<p>B2 Declaring a climate emergency - Implications for NOSM <i>Speaker: Gary Bota</i></p>
	<p>B3 Food for thought: Is there a NOSM commitment to make nutrition competency a medical education priority? <i>Speaker: Lee Rysdale</i> <i>Co-facilitators: Audrey Campbell & Sarah Clark</i></p>
	<p>B4 From undergraduate to postgraduate education: How to support Wellness <i>Speaker: Louise Logan</i> <i>Co-facilitator: Sherry Mongeau</i></p>
	<p>B5 The Rural Generalist Pathway - The big picture <i>Speaker: Sarah Newbery</i> <i>Co-facilitator: Frances Kilbertus</i></p>
4:30 p.m.	Conclusion
6:45 p.m. – 7:00 p.m.	WebEx Gathering
7:00 p.m. – 8:00 p.m.	<p>NOSM Faculty Celebration & Awards Hosts:</p> <ul style="list-style-type: none"> • <i>Sarah McIsaac MBBCh, MEd, FRCPC (Medical Director, Faculty Development)</i> • <i>James Goertzen MD, MCISc, CCFP (Associate Dean, CEPD)</i>

Please Complete your Evaluations!



NORTHERN CONSTELLATIONS 2021

Saturday, May 1, 2021

**To view full concurrent session information, please click the title to review session description and learning objectives*

Time	Event
7:00 a.m. – 8:00 a.m.	<p>Sunrise Ceremony <i>Perry McLeod-Shabogesic (Knowledge Keeper)</i></p> <p>Description: The sunrise ceremony marks and welcomes the beginning of a new day by joining our fire with that of our Grandfather the Sun. During the ceremony one may express appreciation and thanks for life my making tobacco offerings. The ceremony is a form of connection with the Creation.</p>
8:30 a.m. – 8:40 a.m.	WebEx Gathering
8:40 a.m. – 9:00 a.m.	<p>Welcome</p> <ul style="list-style-type: none"> • <i>James Goertzen MD, MCISc, CCFP (Associate Dean, CEPD)</i> • <i>Perry McLeod-Shabogesic (Knowledge Keeper)</i>
9:00 a.m. – 9:45 a.m.	<p>Plenary: Innu Meshkenu: The road to Reconciliation</p> <p><i>Speaker: Dr. Stanley Vollant</i></p> <p>Description: This adventure arose from a vision Dr. Vollant received along the Camino de Compostela in Spain. He saw himself walking his own path to inspire Indigenous youth to believe in their dreams and to never give up. His vision included learning from Elders about history, culture, language, and traditions. For Dr. Vollant, the vision was a reconciliation between the origins of his culture and other Canadians. Dr. Vollant will describe how he was able to fulfil his own dream of walking, canoeing, and snowshoeing 6,000 km to talk and share with thousands of people along this road to reconciliation.</p> <p>Learning Objectives <i>Following this session, participants will be able to:</i></p> <ol style="list-style-type: none"> 1. Describe Innu Meshkenu and the road to reconciliation. 2. Identify teachings relevant to personal reconciliation initiatives in Northern Ontario.
9:45 a.m. – 10:00 a.m.	Break
10:00 a.m. – 10:45 a.m.	Concurrent Sessions
	<p>C1 Creating psychological safety within your clinical or educational team <i>Speakers: James Goertzen & Joey McColeman</i></p>

	C2	Evidence-based, brief mindful self-compassion practices to reduce burnout & promote resilience <i>Speakers: Bryan MacLeod, Monique Mercier & Sarah Hunt</i>
	C3	Precepting in the first five years of practice: A double-edged sword <i>Speakers: Kim Varty & Carla Dubois</i>
	C4	The quadruple aim of physician workforce strategy <i>Speaker: Sarah Newbery</i>
10:45 a.m. – 11:00 a.m.	Break	
11:00 a.m. – 11:45 a.m.	Concurrent Sessions	
	C5	On the path of dreams <i>Speaker: Stanley Vollant</i>
	C6	Enhancing the elective experience at NOSM <i>Speaker: John Coccimiglio</i>
	C7	Patient-centered decision-making: It's everyone's business! <i>Speakers: Christine Pun & Frances Kilbertus</i>
	C8	Staying healthy as a care provider during the pandemic <i>Speaker: Teresa Marsh</i>
11:45 a.m. – 12:00 p.m.	Break	
12:00 – 12:30 p.m.	Hallway Conversations	
	D1	Community health promotion through modeling activity – Group and virtual activities <i>Speaker: Bruce Cook</i>
	D2	Kintsugi and antifragility: Finding strength in imperfection <i>Speaker: Sean Bryan</i> <i>Co-facilitators: Erin Cameron & Lyn Sonnenberg</i>
	D3	REaCT, a model for pragmatic clinical trials <i>Speaker: Mohammed Ibrahim</i> <i>Co-facilitator: Amer Alaref</i>
	D4	Supporting women leadership at NOSM <i>Speaker: Sarah McIsaac</i> <i>Co-facilitators: Dominique Ansell & Kim Varty</i>
	D5	The NOSM Rural Generalist Stream <i>Speaker: Frances Kilbertus</i> <i>Co-facilitator: Sarah Newbery</i>
	D6	"Help Wanted" during a pandemic: Recruiting specialized mental health care to our most rural and remote locations <i>Speaker: Albert Allen</i> <i>Co-facilitator: Jack Haggarty</i>
12:30 p.m.	Conclusion	

Please Complete your Evaluations!