



Family Medicine

@McMasterFamMed

Kitchener-Waterloo & Area Family Medicine Residency Program



The Centre for Family Medicine

Family Health Team



The Centre for Family Medicine – Victoria St.

- The Victoria Street office is located on the main floor of the Integrated Health Building (IHB) in the heart of the Innovation District in downtown Kitchener. IHB is part of the University of Waterloo's Health Sciences Campus, which includes the School of Pharmacy, a teaching clinic for the School of Optometry, and McMaster University's Michael G. DeGroot School of Medicine Waterloo Regional Campus.
- Thirteen physicians, along with additional inter-disciplinary health professionals, work at the main office and provides an excellent environment for inter-professional collaboration. The FHT also offers a variety of specialty clinics and program including:
 - Anticoagulation Clinic; Diabetes Management; Heart Function Clinic; Memory Clinic; Mobility Clinic; OB Clinic; Refugee Health Clinic; and Travel Medicine
- For more information about [CFFM FHT](#) please visit their website.

Preceptor Information



Dr. Heather Dixon
(shared preceptorship with Dr. Milligan)

Practice Size	1600
Patient Population	Broad / wide range of ages
Inpatient Care	No
Deliveries	No
Procedures	Mole removals and minor procedures
Special Interests	Travel medicine, tuberculosis, public health, immunizations/vaccines

Preceptor Information



Dr. James Milligan
(shared preceptorship with Dr. Dixon)

Practice Size	1600
Patient Population	Variety, a number of young families as well as complex patients
Inpatient Care	Newborn Care, LTC
Deliveries	No
Procedures	Joint injection, skin lesion (excision curretage), IUD insertion, endometrial biopsy, toenail resection
Special Interests	Mobility Clinic, primary care for patients with physical disabilities, Osteoporosis, teaching

Preceptor Information



Dr. Alexandr
Kolbasnik

Practice Size	1800
Patient Population	Variety, many children
Inpatient Care	Newborn Care, LTC
Deliveries	No
Procedures	Joint injection, lesion exision
Special Interests	Procedures, pediatrics and sports medicine, nursing home care

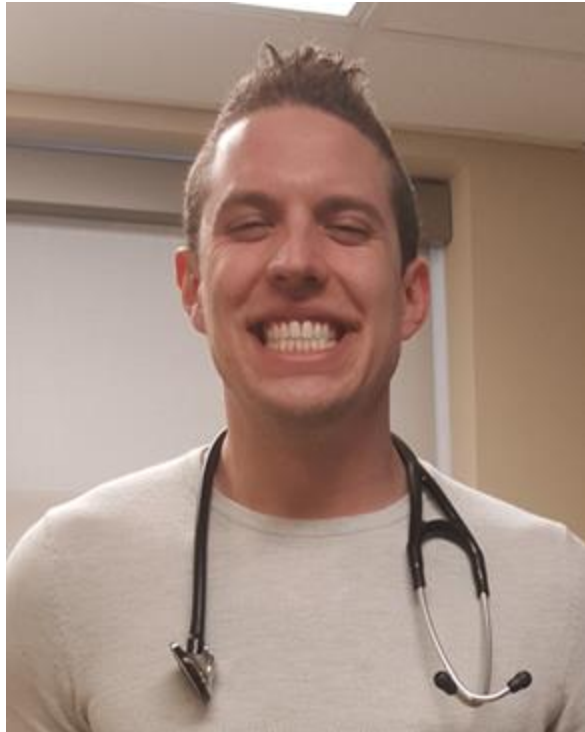
Preceptor Information



Dr. Michael Lee-Poy

Practice Size	1700
Patient Population	Variety – from infants to elderly
Inpatient Care	LTC
Deliveries	No
Procedures	Minor Procedures: lumps and bumps, excisional biopsies, warts, IUD insertions, joint injections, cyst aspiration
Special Interests	Chronic disease management, sports medicine, minor procedures, teaching, LGBT health, transgender care, long-term care

Preceptor Information



Dr. Charles Pickard
(shared teaching with Dr. McKee)

Practice Size	1200
Patient Population	Variety, families and some complex patients
Inpatient Care	Occasional LTC coverage
Deliveries	No
Procedures	Joint injections (knee, shoulder, ankle, wrist, trigger finger, etc.) Dermatology (excision, biopsy, I+D, warts, etc.)
Special Interests	Mobility Clinic, Student Health, periodic coverage of long-term care, teaching

Preceptor Information



Dr. Ryan McKee
(shared teaching with Dr. Pickard)

Practice Size	750
Patient Population	Variety
Inpatient Care	LTC
Deliveries	No
Procedures	Skin biopsy and excision, joint injections, cyst/abscess I+D
Special Interests	Global Health, Travel Medicine, Procedure Clinics

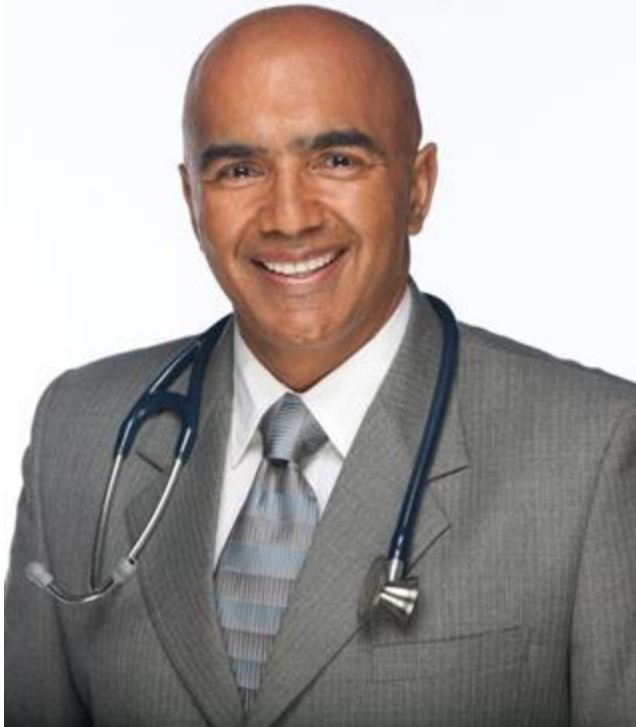
Preceptor Information



Dr. Jordi McLeod

Practice Size	900
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	Punch biopsies, joint injections
Special Interests	Older adults

Preceptor Information



Dr. Upe Mehan
(shared teaching with Dr. Scotchmer)

Practice Size	1600 (shared)
Patient Population	Wide range of patients of all ages – including young families, adolescents, middle age and some elderly
Inpatient Care	No
Deliveries	No
Procedures	Cryotherapy, lesion removal, punch biopsies, joint injections, IUD insertions
Special Interests	Diabetes, osteoporosis, men's health, mental health, CME, PBSG, occasional hospital work at Cambridge Memorial Hospital

Preceptor Information



Dr. Emma Scotchmer
(shared teaching with Dr. Mehan)

Practice Size	1600 (shared)
Patient Population	Wide range of patients of all ages – including young families, adolescents, middle age and some elderly
Inpatient Care	GP Oncology / Palliative care at Cambridge Memorial Hospital once every 5-6 weeks
Deliveries	No
Procedures	Endometrial biopsies, IUD insertions, nexplanon insertions
Special Interests	Women's Health, Palliative, Elderly

Preceptor Information



Dr. Joseph Lee

Practice Size	1600
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	IUD insertions, small skin procedures
Special Interests	Research into: Inter-professional care models, spinal cord injury in primary care, physician stress & burnout, family medicine residency education

Preceptor Information



Dr. Trish
Froese

Practice Size	1250
Patient Population	Variety
Inpatient Care	Newborn Care, LTC
Deliveries	No
Procedures	Minor procedures
Special Interests	Practice efficiency and optimization, teaching, physician leadership

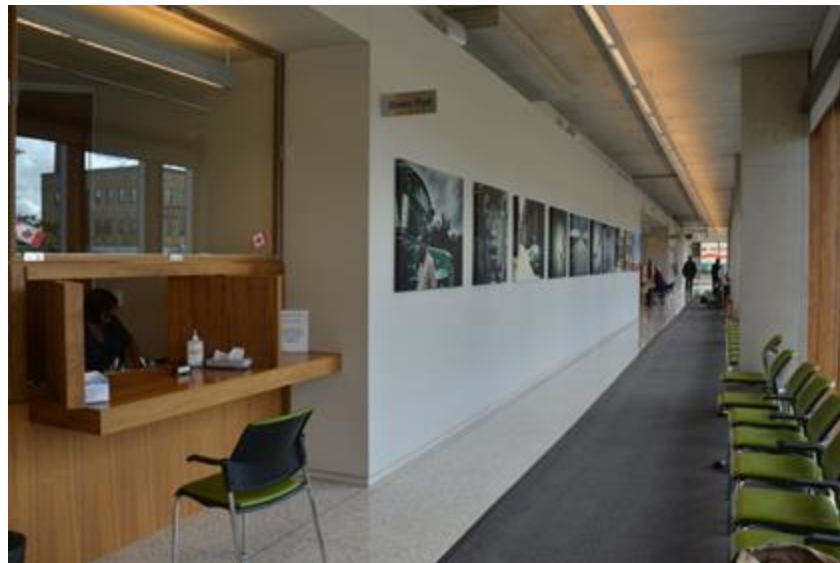
Preceptor Information



Dr. Marc Sawyer

Practice Size	1750
Patient Population	Variety, many young families & children
Inpatient Care	LTC
Deliveries	No
Procedures	Minor procedures
Special Interests	Medical student teaching

Building and Reception / Waiting Area



Office and Clinic Space



Kitchen and Resident Interactive Area



Resident Perspectives

“CFFM Victoria St really is a home away from home! The collegial learning environment is simply outstanding! From the nurses, front desk staff, preceptors and patients, it really is a wonderful place to learn, grow, and also have fun! You can turn to anyone for help knowing that you will be well supported in all that you need. There is no place like it, and I am very fortunate to call this my home residency site for two years!”

-PGY2 Anna Culjak (co-chief)

"The CFFM site is great! Its a very collegial environment and you will get to work with many of the doctors (aside from your main preceptor) who are based there, who are all excellent! The nursing staff and all other allied health are very supportive as well. The education team are also at the CFFM site and they are truly incredible and it makes for a very welcoming environment from day one! And because it's one of the main teaching hubs, you'll also get to see and work with your co-residents there as well, which is a huge plus."

-PGY1 Lucy Federico

“CFFM is a very friendly environment where residents, physicians and nurses are constantly joking around with each other. The Education Team staff are exceptional and have gone out of their way to make CFFM feel like home, especially during a year that has been quite isolating (during the COVID-19 pandemic). This was my first choice residency site and I couldn't imagine being anywhere else.”

-PGY2 Yashoda Valliere

Resident Perspectives

Advantages

- Collegial, collaborative working environment, extremely organize patient flow
- Friendly and welcoming environment
- Supportive preceptors and education team staff
- Curriculum designed to be relevant for family medicine learners
- Lots of opportunities to tailor your learning to your own interests

Disadvantages

- Parking can be limited and/or expensive
- Can be a busy place at times
- Many aspects of family medicine looked after by specialty or multidisciplinary clinics, not always as comprehensive an experience

The Centre for Family Medicine – The Boardwalk

- The Boardwalk office is located on the west side of Waterloo inside a large medical center that is part of an open air shopping plaza with many amenities. There are two medical centres that house a variety of medical offices and resources.
- Three physicians work at this location and it is a fifteen minute drive from the main Victoria St. office and academic hub. Being part of the FHT, patients at this office have access to all the speciality clinics.
- One resident may be placed at this location.
- For more information about [CFFM FHT](#) and [The Boardwalk](#) please visit their websites.

Preceptor Information



Dr. Carolyn Fuss
(shared preceptorship)

Practice Size	1650
Patient Population	Variety, many women & children
Inpatient Care	No
Deliveries	No
Procedures	IUD insertion, joint injections, simple skin lesion removal, toenail resection
Special Interests	Women's Health

Preceptor Information



Dr. John Pefanis
(shared preceptorship)

Practice Size	1400
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	Shoulder & knee injections, skin biopsy, excisions
Special Interests	PSS, best practices/evidence-based medicine, teaching, chronic disease management, office efficiencies

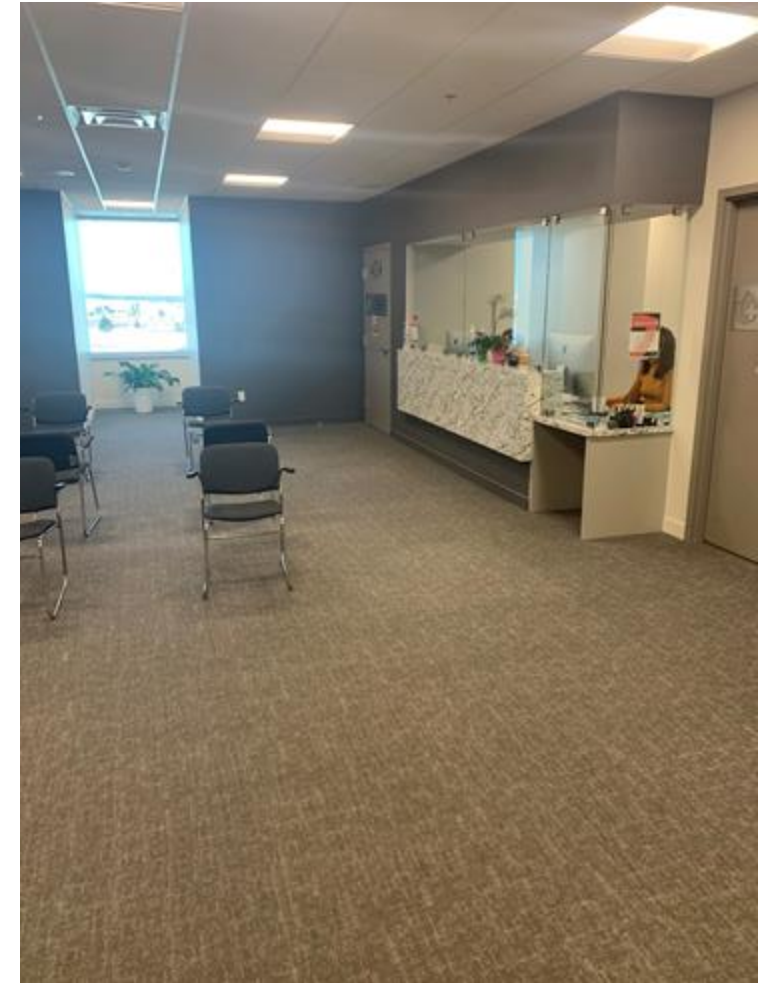
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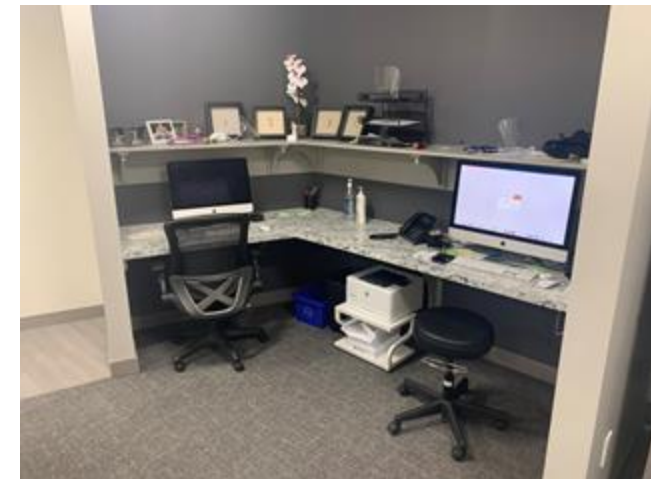
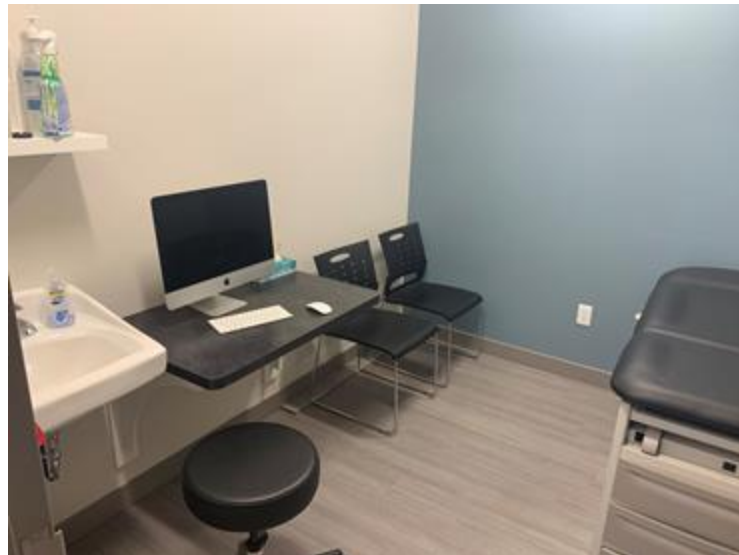
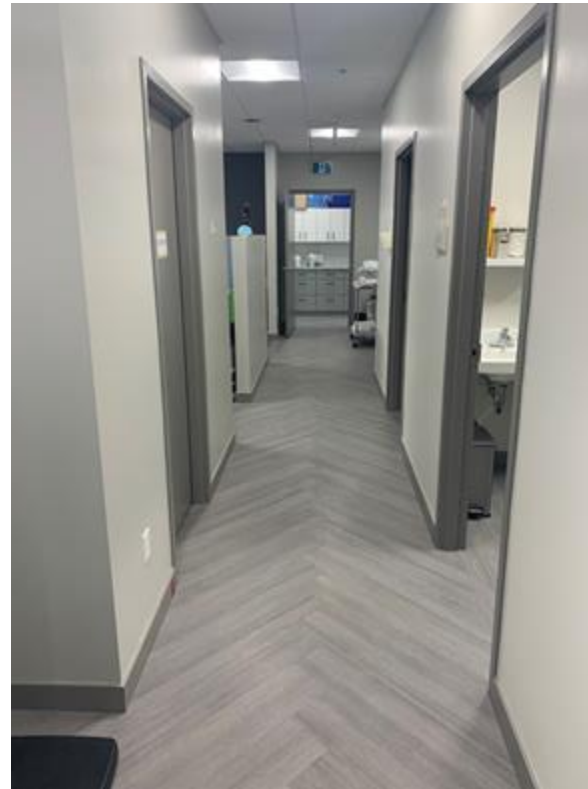
Dr. John Yee
(shared preceptorship)

Practice Size	1450
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	Joint injections, excisions, punch biopsies, lumps and bumps
Special Interests	CFFM Executive

Building, Reception & Lunch Room



Office and Clinic Space



Resident Perspectives

“The Boardwalk CFFM site is a great close-knit group. As a resident you are quickly embraced as one of the team members and everyone is happily involved in your learning and professional development. All the physicians, nurse and administrative staff are lovely to work with and always open to questions you may have.”

-PGY2 Cece McLachlan

"CFFM at Boardwalk is a great site to work within a smaller, close-knit community with the benefits and supports of a larger FHT. The preceptors, nurses, admin staff, and resident peers have all been very welcoming and encouraging. We have the opportunity to develop independence safely, knowing there is a team ready to help out whenever we need. I genuinely look forward to walking into clinic every day!"

-PGY1 Minha Yoon

“Well situated in a large complex with many options for food/shopping. Preceptors are all extremely kind and great teachers. Have the ability to join different preceptors on certain days depending on interests. Imaging and bloodwork next door to you.”

-PGY2 Resident

Resident Perspectives

Advantages

- Less learners around and so less busy/chaotic
- New equipment, many different specialists and other allied health in building
- Smaller clinic with less support staff/nursing which allows you to take on more learning opportunities regarding vaccines, clinic flow, etc.
- Physician team knows each resident very well and are happy to help out even if they are not working directly with you that day
- They are open to your learning goals and will eagerly modify schedules as needed
- You have access to all the great resources that the CFFM group has for patients
- Free parking, new amenities / facilities and big windows

Disadvantages

- Can be further depending on where you live
- Smaller group of peers
- You will have to travel to the Victoria street site for call clinic when on call
- You are slightly more isolated from most of the physicians and residents that work at the Victoria Site
- Because the clinic is smaller, space can at times be tight especially when all 4 residents are back in clinic (rare but it can happen)
- We don't run procedure clinics out of the office. Small procedures may be done in visits but most will get referred off site
- These doctors are office focused. They don't have additional roles in nursing homes, OB, newborn exams, etc.

The Centre for Family Medicine – University Gates

- The University Gates (UG) office is located on the northwest side of Waterloo inside a long-term care and retirement village. The office is next door to the Waterloo YMCA and Public Library and right across from Laurel Creek Conservation Area.
- Three physicians work at this location and is a fifteen-minute drive from the main Victoria St. office and academic hub. Being part of the FHT, it provides the benefits of working in a smaller clinic while having access to the same allied health staff as the main site.
- One resident may be placed at this location.
- For more information about [CFFM FHT](#) please visit their website.

Preceptor Information



Dr. Natallia Beilhartz
(shared preceptorship)

Practice Size	1200
Patient Population	Variety – lots of young families / women and children
Inpatient Care	No
Deliveries	No
Procedures	Minor procedures (punch biopsies)
Special Interests	Women's health and physician health and wellness

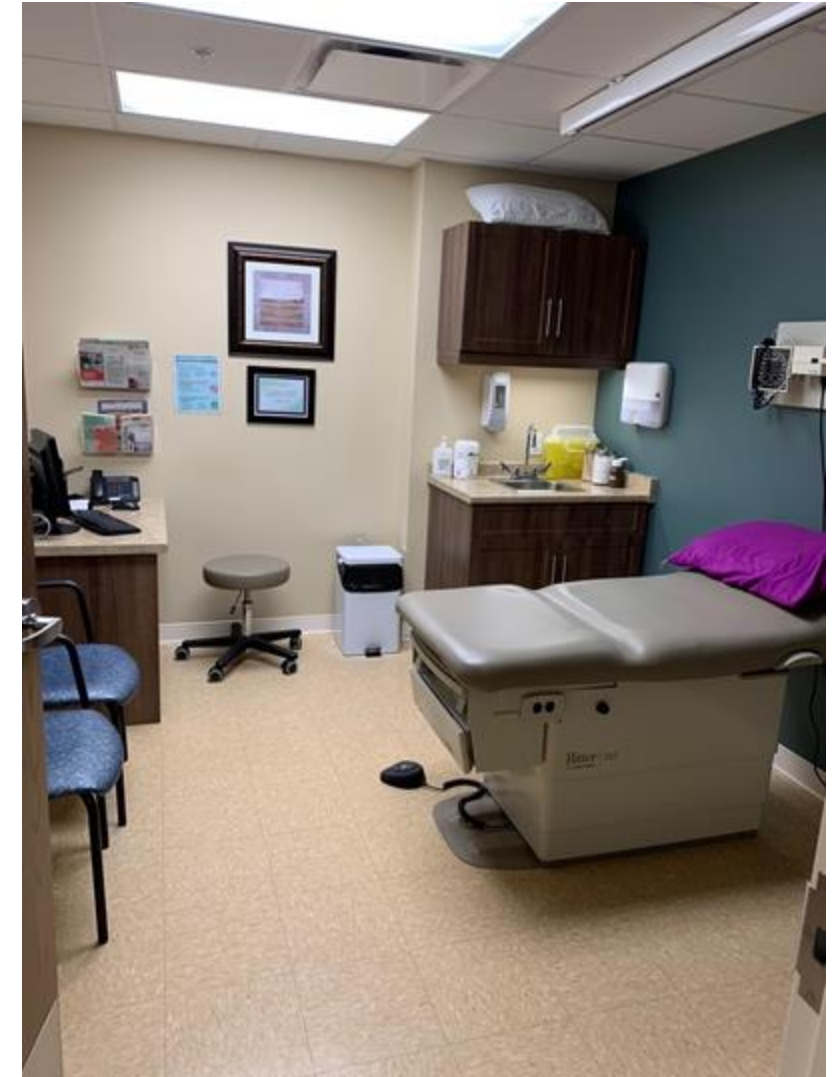
Preceptor Information



Dr. Saurabh Kalra
(shared preceptorship)

Practice Size	400
Patient Population	Variety, primarily elderly
Inpatient Care	LTC
Deliveries	No
Procedures	Joint injections, punch biopsies, cryotherapy
Special Interests	LTC, Retirement Home, Palliative Care, Memory Clinic

Office and Clinic Space



Building, Reception & Lunch Room





Family Medicine

Department of Family Medicine
Michael G. DeGroot School of Medicine
Faculty of Health Sciences

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