



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. DeGroote School of Medicine Waterloo Regional Campus.
- Thirteen physicians, along with additional interdisciplinary 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; Procedure 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 curettage), 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 excision
Special Interests	Procedures, pediatrics and sports medicine, nursing home care

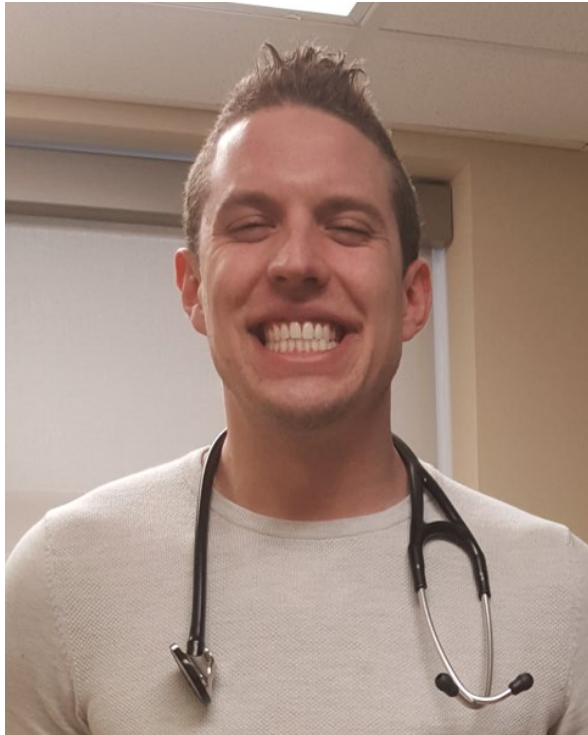
Preceptor Information



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

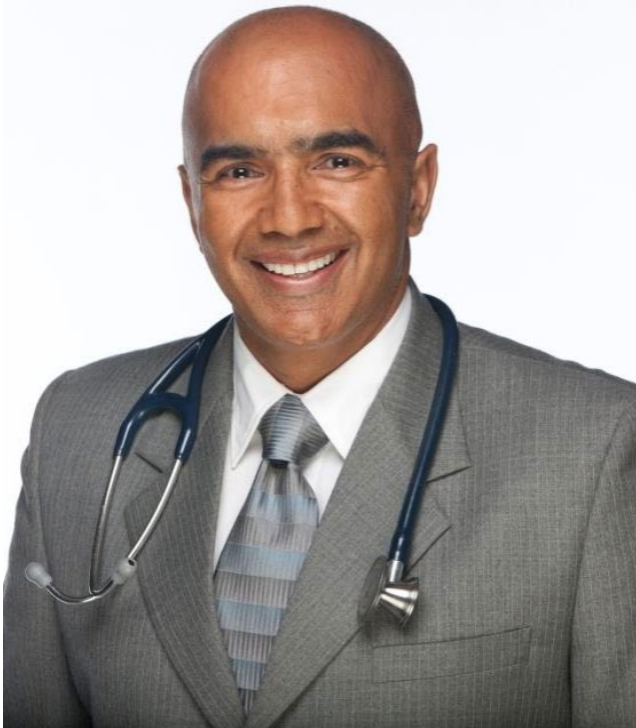
Preceptor Information



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



Clinic Space & Exam Rooms



Kitchen and Resident Interactive Area



Resident Perspectives

"CFFM Victoria Street feels like home. This site is a fun and supportive place to learn family medicine. Here, you have access to a variety of brilliant staff physicians, allied health professionals, and the program's irreplaceable education team. You'll always feel like a part of the CFFM family."

-PGY1 Adam Christopher, Class of 2024

"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."

-PGY2 Lucy Federico, Class of 2023

"The main Victoria St Site is a great place to be! The environment is very collegial, all the preceptors here are enthusiastic about teaching, and there are a lot of allied health who are very friendly and are great resources from whom to learn. There are ample opportunities if based at any CFFM site to work with different preceptors and sample different practice styles. In addition, there are almost always a few other residents around!"

-PGY1 Olivia Ly, Class of 2024

Resident Perspectives

Advantages

- Collegial, collaborative working environment, extremely organize patient flow
- Friendly and welcoming environment
- Supportive preceptors and staff
- Student lounge and popcorn machine on the third floor (WRC)
- Location of academic half days (in-person)
- Lots of opportunities to tailor your learning to your own interests
- WRC Medical Library located upstairs, small gym downstairs (accessible to all residents)
- Educational team is based here!
- Great location, easily accessible by public transit, within 10 min walk to many specialty clinics (some procedure clinics, memory clinic, HTN clinic, OB clinic, etc.)

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 a comprehensive experience
- With such amazing nurses, you may have to ask specifically to practice some foundational skills that they often provide, e.g. giving vaccinations/injections, ear syringing

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.
- Four 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.

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. DeGroote School of Medicine
Faculty of Health Sciences

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