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Family Medicine

@McMasterFamMed

# Kitchener-Waterloo & Area Family Medicine Residency Program



*The Centre for Family Medicine*

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**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 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. James Milligan  
(shared preceptorship with Dr. Kolbasnik)

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 currettage), IUD insertion, endometrial biopsy, toenail resection
Special Interests	Mobility Clinic, primary care for patients with physical disabilities, Osteoporosis, teaching

# Preceptor Information



Dr. Alexandr Kolbasnik  
(shared preceptorship with Dr. Milligan)

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

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. McLeod)

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

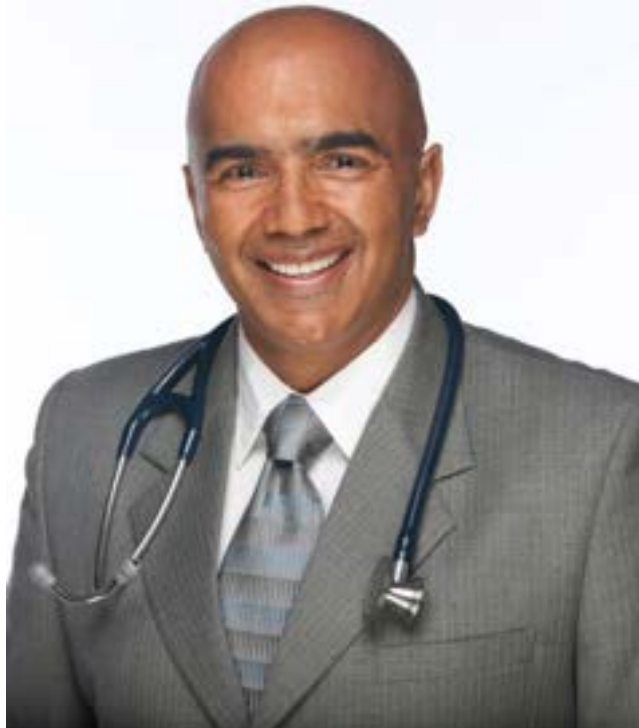


Dr. Jordi McLeod  
(shared preceptorship with Dr. McKee)

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 preceptorship 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 preceptorship 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

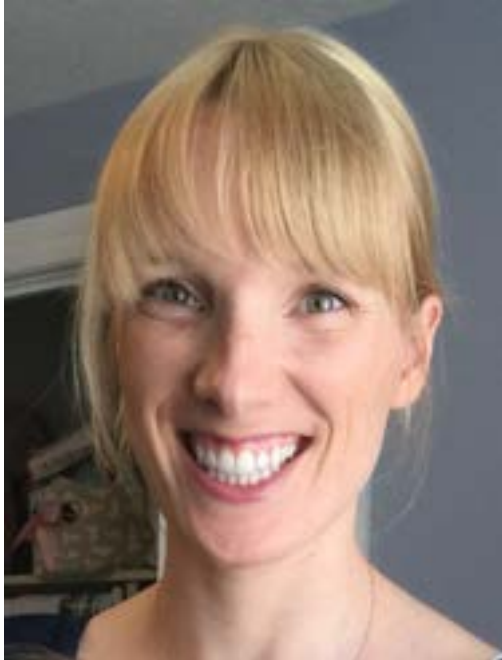
# Preceptor Information



Dr. Joseph Lee

Practice Size	1600
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	IUD insertions, small skin procedures
Special Interests	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



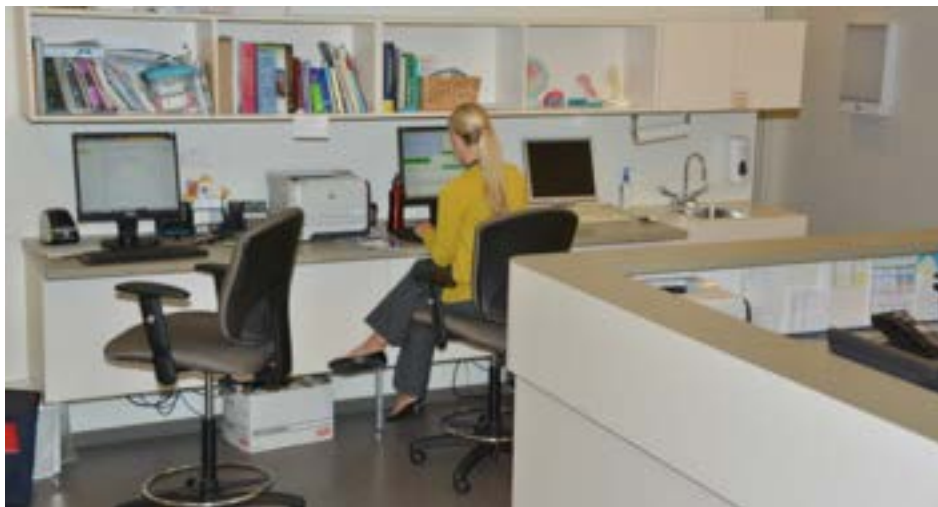
Dr. Marc Sawyer

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 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 like a part of the CFFM family.”

-PGY2 Adam Christopher, Class of 2024

"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!"

-PGY2 Olivia Ly, Class of 2024

“CFFM Victoria St. site is a welcoming, collegial environment. You will have many opportunities to work with different preceptors based at CFFM, who are all supportive and enthusiastic about teaching. The nursing staff and other allied health are also very friendly and encouraging. The amazing education team are based here and will help you tailor your training to your interests and future plans. It's a larger teaching site so you will get to see and work with other residents, which is always fun!”

-PGY1 Justine Lo, Class of 2025

# Resident Perspectives

## Advantages

- Collegial, collaborative working environment, extremely organize patient flow
- Friendly and welcoming environment
- Supportive preceptors and education team staff are on-site
- Curriculum designed to be relevant for family medicine learners
- Lots of opportunities to tailor your learning to your own interests
- there are many different clinics within the site like travel clinic, women's health, procedure clinic etc.
- ability to do internal referrals for your patients, get to work alongside a multidisciplinary team
- Academic Half Days are in the same building

## 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 – 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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