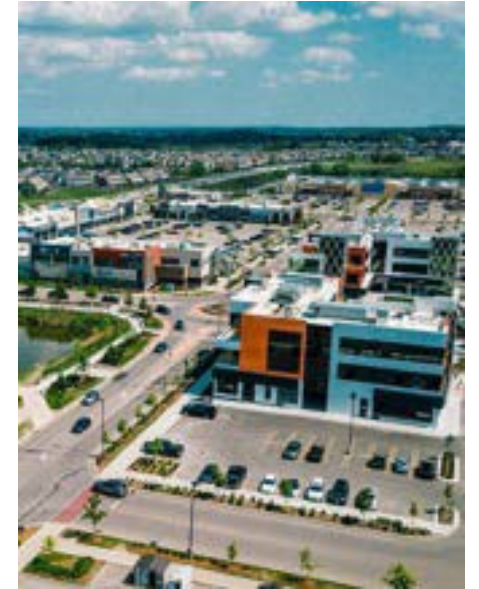


Kitchener-Waterloo & Area Family Medicine Residency Program




The Boardwalk is an open-air centre on the west side of Kitchener-Waterloo. This area offers a variety of amenities and services. There are two large medical centres with four different clinics for family medicine residents to work.



Waterloo West Medical

Family Medicine Practice



 *The Centre for Family Medicine*

Family Health Team

Pulse Family Practice

Waterloo West Medical

Family Medicine Practice

- Preceptors: Dr. Melissa Mills & Dr. Robyn Sambrook
- It is a smaller office with six physicians and one resident may be placed here each year
- For more information visit their [website](#)

Preceptor Information



Dr. Melissa Mills
(shared teaching with Dr. Sambrook)

Practice Size	1250
Patient Population	Variety (many young families, some elderly & medically complex)
Inpatient Care	No
Deliveries	No
Procedures	IUD, lumps & bumps, joint injections
Special Interests	Teaching

Preceptor Information



Dr. Robyn Sambrook
(shared teaching with Dr. Mills)

Practice Size	1200
Patient Population	Variety (newborn to geriatric, including medically complex)
Inpatient Care	No
Deliveries	No
Procedures	lumps & bumps, joint injections (knees and shoulders)
Special Interests	Procedures, teaching, technology in practice

Patient Waiting Area and Reception



Office and Clinic Space



Resident Perspectives

“Waterloo West Medical is an amazing site to learn at, and Dr. Mills and Dr. Sambrook are incredible preceptors! I feel very supported as a resident here, and am given the opportunity to learn both the clinical and practice management side of office-based family practice. I found having multiple preceptors ideal for learning different approaches and to build my own style of practice.”

-PGY2 Sierra Sutcliffe, Class of 2024

“An amazing practice with the opportunity to work with a variety of preceptors with a different focus or style of practice; ranging from obstetrics to medically complex elderly patients and even MAID provisions.”

-Dr. Manar Al-Aubodah, Class of 2022

Resident Perspectives

Advantages

- Opportunities for procedures
- Following complex patients
- Experiencing the full breadth of family medicine
- You're often the only learner, so more dedicated teaching is possible
- Supportive and flexible environment for learner's goals
- Modern building, large windows, free parking
- Smaller clinic, you get to know all the other amazing physicians/nurses/staff well
- Supportive teaching environment, flexible scheduling to let you achieve your goals

Disadvantages

- No in-house allied health professionals
- Fewer residents
- Not in the same location as Academic Half Day, sometimes have to travel partway through the day
- Preceptors have office-based practices, no LTC/ER/etc. (you may do prenatal clinics with 2 other physicians who are FM-OB, but they aren't your dedicated preceptors)



- Preceptor: Dr. Chris Johansen
- The office has 7 Physicians and 3 Physician Assistants
- Two residents may be place here
- For more information visit their [website](#)

Preceptor Information



Dr. Chris Johansen

Practice Size	1200
Patient Population	Variety, young families, complex elderly, immigrants
Inpatient Care	LTC
Deliveries	No
Procedures	Weekly procedure clinic
Special Interests	Retirement Home, LTC

Reception and Patient Waiting Area



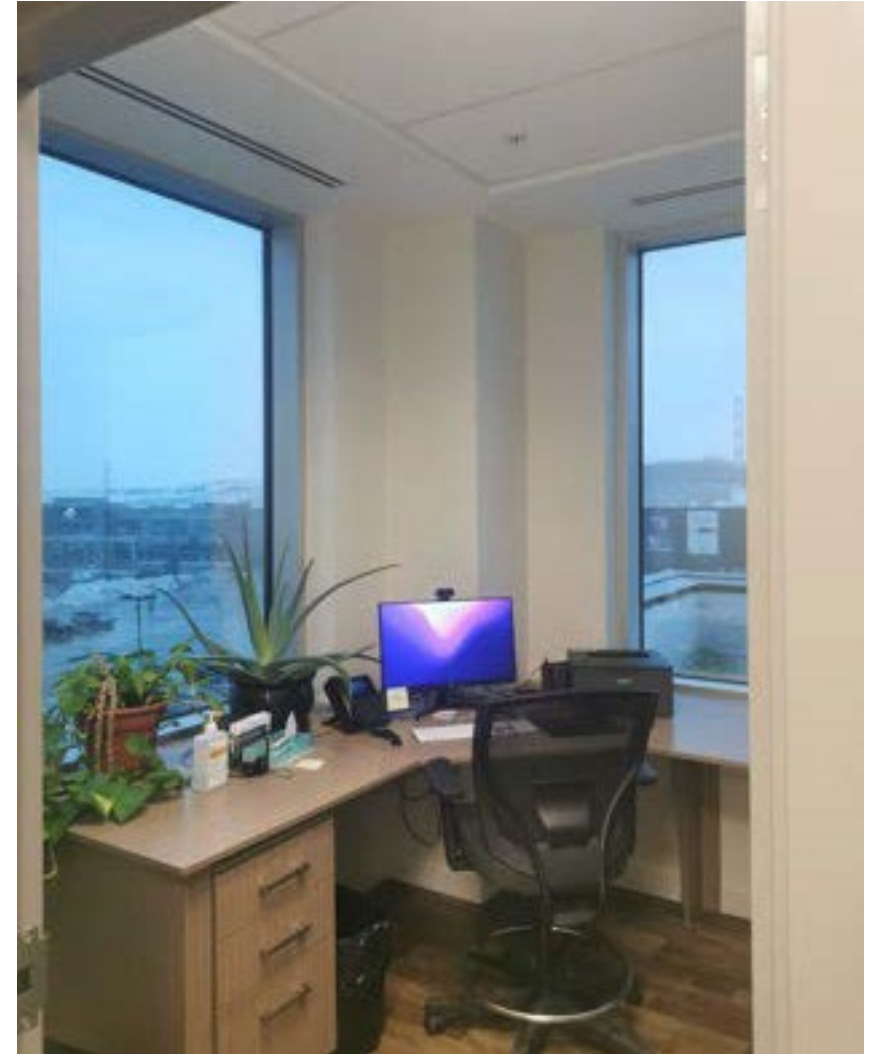
Charting Hub and Nursing Station



Exam Room and Video Conference Room



Westside Family Health



Family Medicine



Lunch Room & Kitchen



Resident Perspectives

“Westside Family Health is a dynamic team of young physicians and allied health care providers. Located on the 4th floor in Medical Centre 1 at The Boardwalk, we work in a modern office with a beautiful view. The clinic is designed with a central “charting hub” where physicians, residents, physicians’ assistants, and nurses can chart and collaborate. The team members are all happy to discuss interesting cases and teach learners. As a resident working with Dr. Johansen, I have broad exposure to different areas of Family Medicine. Our typical week includes comprehensive care, long term care, and procedure clinics. Dr. Johansen provides teaching around clinical cases, as well as practice management and efficiency. I’m learning how to provide evidence-based care to patients, oversee a large Family Medicine practice, and maintain a work-life balance.”

-PGY2 Jason Kuhnaw, Class of 2024

Resident Perspectives

Advantages

- Procedure clinics, LTC, Retirement home - diverse exposure
- Flexible scheduling catered to learning, including urgent clinic shifts
- Continuous feedback and learning around cases
- Opportunities to do palliative and end of life care early on in your training via long term care (Dr. Johansen)
- Very modern office in a great location
- Free parking

Disadvantages

- Fewer residents
- Sometimes can get busy, less time to learn between cases (but staff is always open to discussion, teaching and answering any questions)



Family Health Team

- 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 under a shared preceptorship.
- For more information about CFFM FHT and The Boardwalk please visit their websites.

Preceptor Information



Dr. Carolyn Fuss

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

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

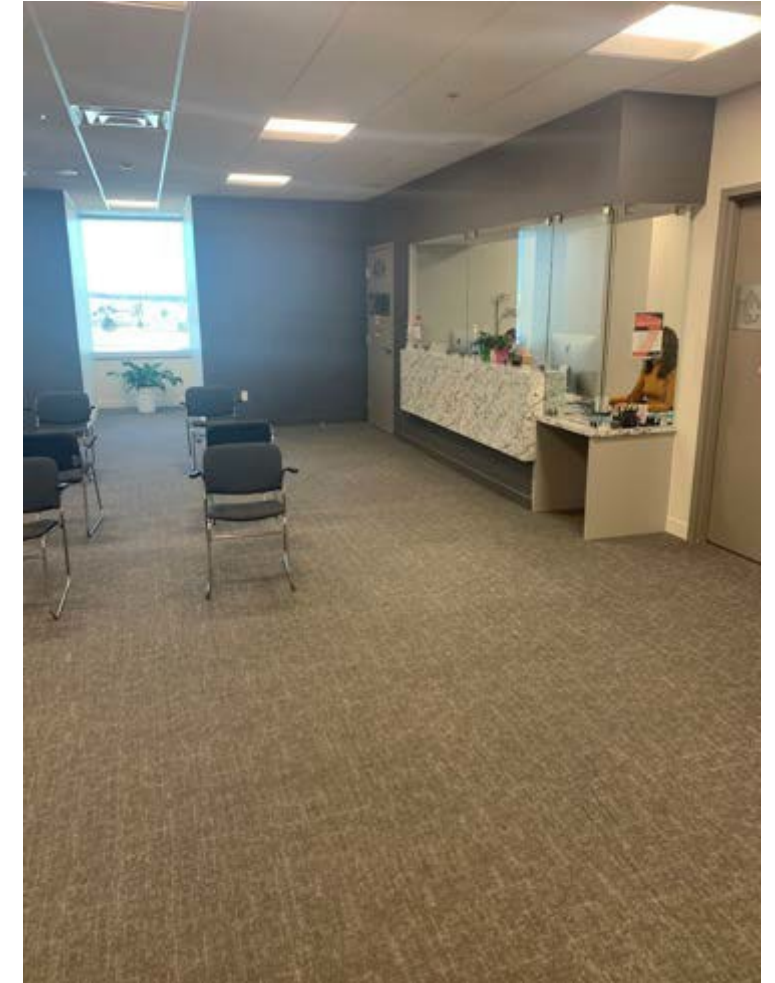
Preceptor Information



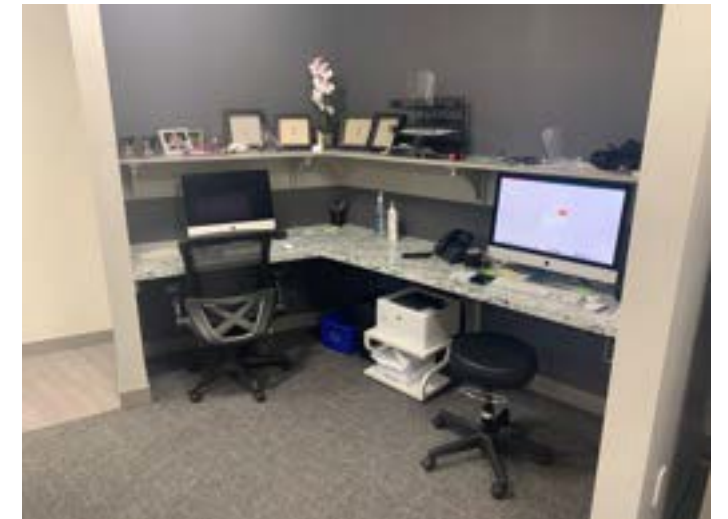
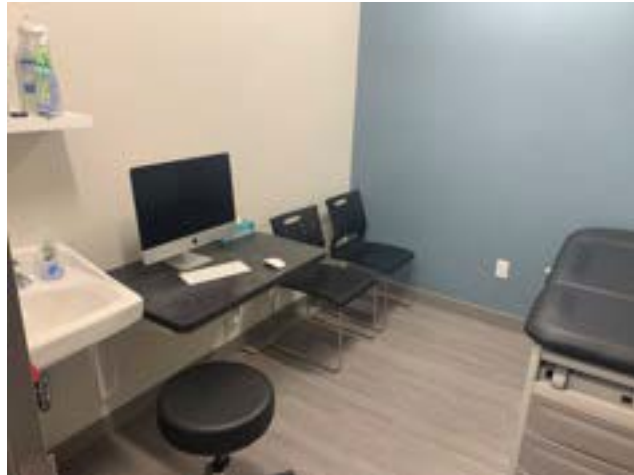
Dr. John Yee

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

Reception and Lunch Room



Exam Rooms and Clinic Space



Resident Perspectives

"The Boardwalk CFFM team is made up of three physicians and nursing staff. Located in the modern center of the boardwalk plaza, the medical buildings include many family physician offices as well as specialists, imaging centre and life-labs, allowing patients easy access to complete investigations. The boardwalk itself is a lovely spot, with lots of great food and shopping options and is only an 8 minute drive from downtown Kitchener or Waterloo. The preceptors and all the staff are always so welcoming and catering to you and your learning style. I am always excited to head back to my "home clinic".

-PGY2 Amy Wheeler, Class of 2024

"CFFM at The 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!"

-Dr. Minha Yoon, Class of 2023

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.

Pulse Family Practice

- Preceptors: Dr. Penny English & Dr. Dimitar Kolev
- The office has six physicians and one resident may be placed here
- For more information visit their [website](#)

Preceptor Information



Dr. Penny English



Dr. Dimitar Kolev

Shared Preceptorship

Practice Size	1000
Patient Population	Variety, many women & children
Inpatient Care	No
Deliveries	No
Procedures	IUD insertion, small procedures, Student Health
Special Interests	FM Regional Lead, Procedures



Family Medicine

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Faculty of Health Sciences

famedmcmaster.ca
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