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Family Medicine

@McMasterFamMed

# Kitchener-Waterloo & Area Family Medicine Residency Program



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 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. Marc Sawyer

Practice Size	1850
Patient Population	Variety, many young families & children
Inpatient Care	LTC
Deliveries	No
Procedures	Minor procedures
Special Interests	Leadership, Medical 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

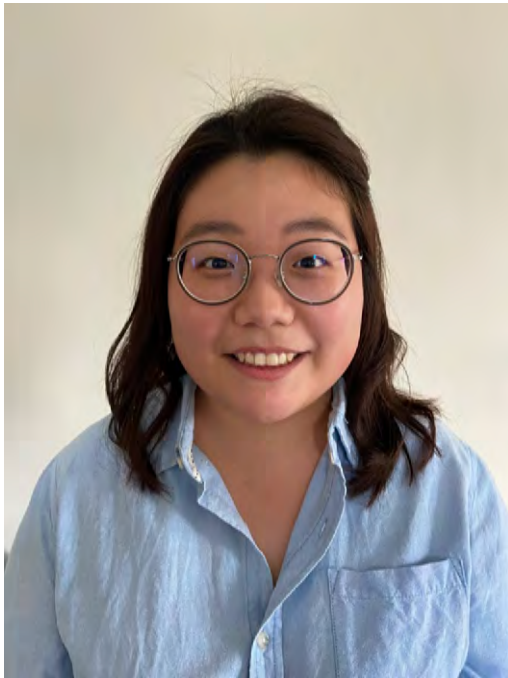
# Preceptor Information



Dr. Joseph Lee  
(shared preceptorship with Dr. Yoon)

Practice Size	800
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. Minha Yoon  
(shared preceptorship with Dr. Lee)

Practice Size	1050
Patient Population	Variety
Inpatient Care	No
Deliveries	No
Procedures	IUD insertion, small skin procedures, endometrial biopsy, joint injections
Special Interests	Women's health and Travel Medicine

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

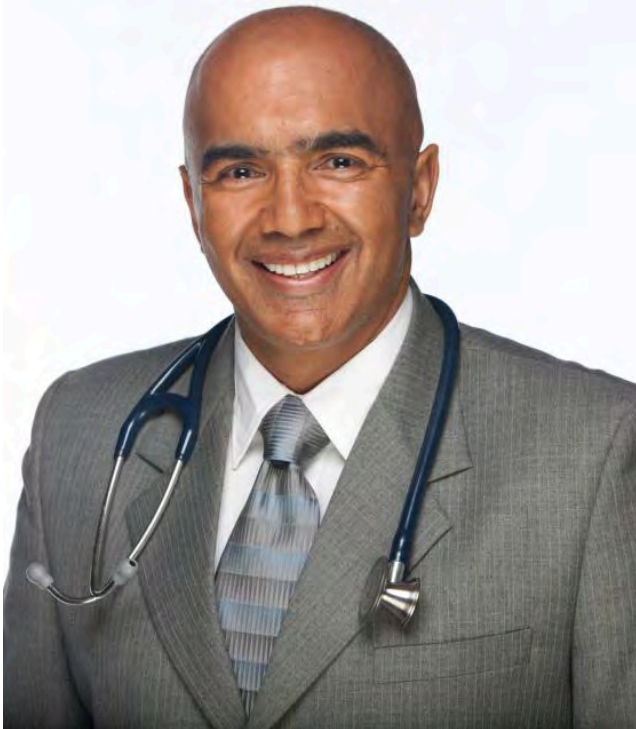
# Preceptor Information



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

Practice Size	1400
Patient Population	Variety
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. Upe Mehan  
(shared preceptorship with Dr. Scotchmer)

Practice Size	1600 (shared with Dr. Scotchmer)
Patient Population	Variety from newborns to elderly and some complex medical and mental health patients
Inpatient Care	No
Deliveries	No
Procedures	Cryotherapy, lesion removal, punch biopsies, shave excisions, joint injections, curretage, cautery excision
Special Interests	Procedure Clinic, Diabetes, Osteoporosis, Men's health, Mental health, Obesity, Continuing Medical Education, PBSG ; Medical Advisor for e-Health Centre for Excellence

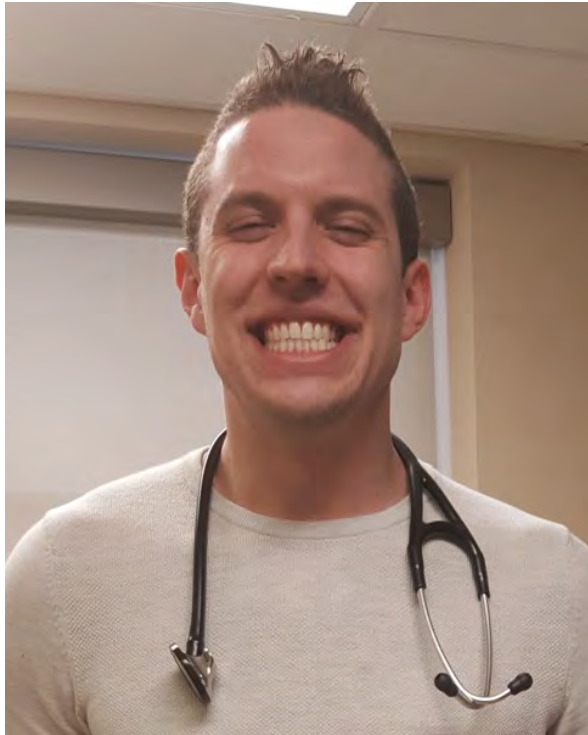
# Preceptor Information



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

Practice Size	1600 (shared with Dr. Mehan)
Patient Population	Variety, from newborns to elderly, and some complex medical and mental health patients
Inpatient Care	LTC, 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. 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	900
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

# Building and Reception / Waiting Area



# Office and Clinic Space



# Kitchen and Resident Interactive Area



# Resident Perspectives

“If you want to feel supported and included, there's no better place than CFFM Victoria St. It's a big academic site where our weekly academics are held. The physicians who work here are awesome, as are the allied health professionals. But arguably the highlight of this site is the education team. Can't say enough good things. .”

-PGY2 Alexi Kuhnow, Class of 2025

"Working at the CFFM Victoria St. site means you work mostly with a primary preceptor, but have the flexibility to work with other preceptors to see how they practice. This has allowed me to reflect on how I want to organize my own future practice. This site boasts friendly preceptors, friendly nursing staff, friendly reception, and as a bonus - you have essentially immediate access to the friendly educational assistants for any questions you may have!

-PGY1 Braden Kralt, Class of 2026

“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!”

-PGY2 Justine Lo, Class of 2025

# Resident Perspectives

## Advantages

- Collegial, collaborative working environment, extremely organize patient flow
- Friendly and welcoming environment, flexibility to work with other preceptors
- 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 costs can add up
- 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

# Resident Perspectives

“University Gates is a great place for comprehensive family care, within a small but tight knit team of physicians and allied health professionals.”

-PGY2 Josh Silva, Class of 2025

“University Gates is definitely the best CFFM site! Preceptors, nursing, and reception staff are all wonderful, friendly and accommodating. The small clinic size allows for a calmer environment and lots of opportunity for learning, while still having the benefit of having access to all the CFFM resources. Would definitely recommend (and as a bonus, parking is free!).”

-PGY1 Avery Ohman, Class of 2026

# Resident Perspectives

## Advantages

- Exposure to LTC work and geriatric populations including palliative care
- Exposure to comprehensive family medicine with patients of all ages and backgrounds
- Opportunity for independence
- Women's Health procedures through NPs
- Amazing Staff
- Preceptors are wonderful and you have the benefit of working with multiple preceptors to learn different practice styles
- Calm environment, less distractions than Victoria Street
- Easy access to CFFM resources (including access to the NPs)

## Disadvantages

- Not as much convenient access to specialty clinics compared to Victoria Street site
- Less time with other residents on a day to day basis (although still regularly checking in on weekly academic days)
- Harder to create tapes
- Missing out on some social aspects of residency / being able to confer with colleagues

# Building, Reception & Lunch Room



# Office and Clinic Space





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# Family Medicine

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

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