



## DEPARTMENT OF FAMILY MEDICINE

# News and updates

March 2023

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### Program updates

The Manitoba government has announced a major expansion in training capacity at the University of Manitoba's Max Rady College of Medicine, with a focus on increasing the training of family physicians and rebuilding capacity in primary care. The expansion includes increasing the core family medicine residency intake by 30 positions over three years, beginning in July 2023. Additionally, the Medical Licensure Program for International Medical Graduates (MLP-IMG) will be increased by 10 spots over two years, and will move to the Department of Family Medicine by the summer of 2023. The undergraduate medical education program will increase by 40 positions over a couple of years, and the Department of Family Medicine has submitted a plan to expand its Masters of Physician Assistant Studies (MPAS) program. These expansions will require additional training capacity within the university's sites and increased engagement of faculty in on-campus teaching.

[Learn more](#) >

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### Peer Support Team

The Peer Support Team will soon be available as a resource for our colleagues. As physicians, we understand that the nature of our work can cause emotional distress and personal or professional challenges. We believe that all members of our community should have access to the support they need to cope with these challenges. Whether you are dealing with an adverse event, a challenging workday or interaction, mental health issues, conflicts at home or work, financial concerns, or any other issue, we are here to help.

For more information about this new resource, contact [Dr. Jacqueline Gougeon](#).

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## ANNOUNCEMENTS

### **Percy E Moore Primary Care and Access Fort Garry Primary Care pilot clinics for the AIM program**

We know that providing high-quality care to patients is becoming increasingly complex, which is why we are excited to introduce you to the Access Improvement Model (AIM) program.

AIM is designed to help primary care teams identify and address inefficiencies related to patient access, providing tailored solutions to support lasting change within their practice. We are pleased to announce that Percy E Moore Primary Care Clinic and Access Fort Garry Primary Care Clinic are the pilot clinics for the AIM program.

In just the first two workshops, teams from both clinics have already started conversations about patient access, identified key areas for improvement, and begun to brainstorm solutions to these challenges. Over the course of the program, these teams will continue to learn new concepts and tools to help them improve patient access and address any related problems they encounter. We are excited to see the progress they make as they move through the remaining workshops.

Stay tuned for more updates and exciting news from the AIM pilot clinics as they continue on their journey towards improved patient access and care.

For more information, contact the [AIM team](#).

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## News from Legacy Sport Medicine

We are excited to share with you that Drs. Zana Alai, Ben Lulashnyk, and Jason MacIntosh have received their certificates of additional competency (CAC) in Sport and Exercise Medicine! In addition, Drs. Alai and Lulashnyk have received their diplomas from the Canadian Academy of Sport and Exercise Medicine, marking a significant milestone in their careers.

As part of the Legacy Sport Medicine team at the Park City campus in Transcona, these doctors offer comprehensive musculoskeletal care, sport injuries, and ultrasound guided injections. Dr. Lulashnyk also has a background in GP anesthesia, with additional skills in the treatment of pain via nerve blocks and trigger point injections.

Whether you're a seasoned athlete or simply seeking expert care for an injury or condition, Drs. Alai, Lulashnyk, and MacIntosh are here to help. They welcome primary care and physician consultation and are dedicated to providing the highest quality care to all of their patients.

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## PUBLICATIONS

**We are pleased to share the following new publications:**

**"Evaluation of Base eConsult Manitoba: Patient perspectives on the use of electronic consultation to improve access to specialty advice in Manitoba," released in the journal BMC Health Services Research.**

The study, led by Dr. Alex Singer, evaluated the patient experience of Base eConsult Manitoba, an electronic consultation service designed to improve access to specialist advice for primary care providers and their patients.

The study found that patients who used the service were highly satisfied with the timeliness and convenience of receiving specialist advice, as well as the quality of the advice provided. The authors conclude that electronic consultation services like Base eConsult Manitoba have the potential to improve patient care and reduce wait times for specialist appointments.

They also suggest that further research is needed to fully evaluate the impact of these services on patient outcomes and health system costs.

[Learn more >](#)

### **"What is the risk of muscle symptoms on statins?" released in Tools For Practice #334, February 21, 2023.**

The authors, Jamie Falk, Allison Paige, and G Michael Allan, found that statins increase the risk of muscle symptoms in their first year of use but are similar to placebo after one year. However, only one in 15 muscle symptom cases are due to the statin.

The study was based on a systematic review of 23 randomized controlled trials with over 154,000 patients and also found that statins may increase muscle symptoms with creatine kinase rise 10x normal for one in ~3000 patients over placebo.

[Learn more >](#)

### **"Intrauterine devices for menorrhagia," released in Canadian Family Physician in February 2023.**

The study, conducted by Jen Potter and Adrienne J. Lindblad, explored levonorgestrel-releasing intrauterine systems (LNG-IUS) and their ability to improve outcomes in patients with premenopausal heavy menstrual bleeding with benign cause. The study found that comparing LNG-IUS with other therapies (eg, oral contraceptives [OCs]), blood loss is reduced (by 82% vs 26%), more patients are satisfied (75% vs 60%), and more continue with treatment at 2 years (64% vs 38%). [Learn more >](#)

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## FACULTY AND STAFF UPDATES

### Positions available

Join the [Department of Family Medicine](#) at the University of Manitoba and make a difference in the lives of learners and patients!

### New faculty and staff

**We are pleased to introduce Sherin Paraplammoottil Cheriyan, the newest member of the Office of Research and Quality Improvement team.**

Sherin will be joining Dr. Amanda Condon and Zahra Sepehri as a research assistant for the Canadian Adaptive Platform Trial of Treatments for COVID in Community Settings (CanTreatCOVID). CanTreatCOVID is a national adaptive platform trial (APT) aimed at identifying effective and affordable medications that can be made readily available in community settings for non-hospitalized patients with Sars-CoV-2. Sherin, who holds a bachelor of pharmacy from Nitte University in India and a master of science-pharmacy degree from the University of Manitoba, will be a valuable addition to this project.

**Please welcome Dr. Steven Gray, the new faculty lead for selectives.**

In this role, Dr. Gray will be responsible for spearheading the development of medical and surgical selectives for our residents to include in their family medicine training. His primary focus will be on creating innovative learning opportunities, both inside and outside of Manitoba, that will enrich the experience of our learners. Dr. Gray is a graduate of the University of Manitoba medical school and completed his family medicine training in Winnipeg. He brings a wealth of experience to this role, having worked as a hospital physician in both Winnipeg and Steinbach, where he currently serves as site medical director. Dr. Gray also has experience supervising medical students and family medicine residents at Access River East. We are excited to have Dr. Gray on board and look forward to the contributions he will make to the Department of Family Medicine.

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## EVENTS

### FUNDRAISER

#### **Children's Hospital Research Institute of Manitoba**

Join us for the Winnipeg premiere of the documentary short "Anything Can Happen" on April 13, 2023, at The Park Theatre. The event aims to raise \$30,000 for Dr. Jennifer Anderson's research clinic at the Children's Hospital Research Institute of Manitoba, with the foundation matching up to \$5,000 in donations. The film follows the journey of Dr. Anderson's son Nicholas and other children under her care living with intractable epilepsy. Don't miss out on this moving story of love, compassion, and dedication in the face of medical establishment bureaucracy and stigma.

[Buy tickets now >](#)

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## DEPARTMENT OF FAMILY MEDICINE 50th anniversary celebration

Join us for a night of celebration and reflection as we mark the 50th anniversary of the Department of Family Medicine on May 26, 2023 at the Manitoba Museum.

Our keynote speaker for the night will be award-winning journalist André Picard, a health reporter and columnist for the Globe and Mail. Picard is the author of five best-selling books and was named Canada's first "Public Health Hero" by the Canadian Public Health Association. He has been awarded six honorary degrees, including one from the University of Manitoba.

[Buy tickets now >](#)

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## CONFERENCE

### **Making Evidence Matter for Everyone (MEME)**

Join us at the Making Evidence Matter for Everyone (MEME) Conference on May 12 & 13, 2023 in Vancouver, BC or online!

Brought to you by the same clinicians who created the Best Science Medicine Course, Tools for Practice, MEDS Conference, BS Medicine Podcast, and PEIP Conference, we make evidence fun and help you learn fact from fiction with our evidence-based short snappers.

This conference is perfect for family physicians, nurses, pharmacists, residents, and students. Preliminary topics include adult ADHD, osteoporosis, lipids, cardiology, dementia, glucose monitoring, diabetes, B12 testing and treatment, weight loss, COPD inhalers, pediatrics, skin and soft tissue infections, depression and anxiety, common ENT problems, contraception, pain management, immunizations, cancer screening, rheumatology update, and thyroid dysfunction.

We rely solely on your registration to keep our conference going – no sponsorship means unbiased learning opportunities for all. Plus, you can earn up to 10 Mainpro+ credits certified by the College of Family Physicians of Canada and the BC Chapter.

Early bird registration now open! Clinic rates available – email [office@hectalks.com](mailto:office@hectalks.com) for details.

[Buy tickets now >](#)

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## REMINDER

The next e-newsletter from Family Medicine is planned for the **first week of April**.

Appropriate submissions include:

- Staff changes (arrivals/departures)
- Departmental news and announcements
- Recently published articles/books/chapters
- Awards
- Upcoming events

**Deadline for submissions: March 24.**

[Submit your news >](#)