



DEPARTMENT OF FAMILY MEDICINE

News and updates

August 2023

ANNOUNCEMENTS

Medicine Peer Support Team

The Department of Family Medicine is pleased to introduce the new Peer Support Team. We understand the emotional challenges that physicians face in their profession and believe that they deserve support in dealing with personal and professional difficulties.

Team description

- Our team consists of formally trained fellow family physician colleagues.
- We are a member of the Well Doc Canada Peer Support Team Network.
- Our main objectives are to provide supportive listening, guide individuals to professional services, and be vigilant for potential risks of harm.

How to access support

- Family medicine faculty attending physicians on the active appointment list have already received an email with details about the Peer Support Team.
- The email contains contact information for Peer Support Team members and a compilation of provincial physician wellness formal support resources.

Confidentiality and safety

- You can reach out to any member on the contact list to schedule a conversation.
- Confidentiality is of utmost importance and all discussions with Peer Support Team members will be held in strict confidence.
- The commitment to confidentiality will only be breached if there is an immediate safety concern for the individual seeking support or others.

Contact us - We are committed to providing a safe and supportive environment for physicians in need. Please do not hesitate to reach out for assistance.

[Dr. Jacqueline Gougeon](#)

Peer Support Team Physician Coordinator

University of Manitoba Family Medicine Research and Innovation Innovation Professorship

The Rady Faculty of Health Sciences at the University of Manitoba is seeking applicants for its inaugural Professorship in Research & Innovation in the Department of Family Medicine (DFM). This three-year professorship aims to advance research, scholarship, mentorship, and leadership in the field of Family Medicine, with a specific focus on innovative primary care services aligned with the Patient Medical Home Model.

[Learn more >](#)

Susan Wright Bell Award

The Susan Wright Bell Award is available for full-time undergraduate, graduate, or post-graduate students studying developmental disabilities. The award's value is approximately \$10,075. Only one award will be given. To be eligible, applicants must be enrolled full-time at the University of Manitoba in either the Rady Faculty of Medicine (as an undergraduate or in the Family Medicine Residency Program) or the Faculty of Graduate Studies in the Department of Psychology. They should be undertaking or proposing to study in the area of developmental disability.

Applications should be emailed to DFMAwards@umanitoba.ca by August 31, 2023.

[Learn more >](#)

Survey

The UM Department of Family Medicine Office of Research and Quality Improvement is working on a project to enhance the outdated ICD-9 coding system. They have introduced the "Physician Coding Tool & Survey" and are inviting participants to take part in the project. The participation involves completing an interactive survey tool with patient vignettes, which should take about 30-60 minutes. In exchange for their time, participants will receive a \$200 gift card. To contribute to the validation of improved coding systems for primary care, individuals can access the survey [here](#)

Access Improvement Model (AIM) training

"Change is the only constant." – Heraclitus, Greek philosopher

The truth that was held over 2,000 years ago remains equally valid in our present times. Our current world thrives on constant change, where "business as usual" itself implies embracing change.

In his book *Leading change*, John Kotter, a distinguished change expert and professor at Harvard Business School, presents the 8-Step Model of Change. This model was formulated based on extensive research conducted on 100 business organizations and has since been adopted in various healthcare settings to support change initiatives.

Are you ready for an exciting journey through Kotter's 8-Step Change Model? Get ready to dive into the Access Improvement Model (AIM) training, where you and your dynamic team will learn about each step of the model and have the opportunity to put your newfound knowledge into action.

That's right! Your clinic gets to choose a change idea and experience the thrill of bringing it to life. Get ready to unleash your potential for positive transformation!

If you would like to explore AIM in further detail, email aim@umanitoba.ca.

AWARDS

Congratulations!

We are proud to announce the following award winners in the Department of Family Medicine and the Master of Physician Assistant Studies (MPAS) program.

Arianna Zamonsky

We are pleased to announce that MPAS student Arianna Zamonsky has been awarded the prestigious HERO Award on July 25, 2023. This award, established by George and Linda Ames, honours the incredible work of Hero, the beloved therapy dog at the Brodie Centre who brings joy to students, faculty members, staff and visitors.

Arianna's dedication to her community through volunteering at the Health Sciences Centre and Ukrainian dance, along with her certified St. Johns Ambulance Therapy Dog, Sally, has made a significant impact. Her compassion, friendliness, and volunteerism are qualities that mirror the spirit of Hero, who is well-known and respected for his hard work, positivity and giving back.

Deanna Rudiak, Nicole Bourrier, and Marise Svistovski

Congratulations to Drs. Deanna Rudiak, Nicole Bourrier, and Marise Svistovski from the University of Manitoba! They have been selected to receive the CFPC Family Medicine Resident Award for Scholarly Achievement for their project, "Improving Physician Access at Centre Medical Seine." These awards recognize outstanding scholarly work by family medicine residents across Canada, with each department of family medicine selecting one recipient or team.

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Their achievements will be showcased in the Section of Researchers Program, and they will be featured in a slide show at the Family Medicine Forum from November 8 to 11, 2023, in Montreal, Quebec. The honorees' names will also be published on the Foundation for Advancing Family Medicine (FAFM) website.

Allison Paige

Dr. Allison Paige has been honored with the prestigious 2023 Faculty Development Award for her contributions to the advancement of family medicine's faculty development and leadership. We extend our heartfelt congratulations to her for this well-deserved recognition!

Kim Le

We are pleased to announce that Kim Le was selected as the recipient of the PGME Faculty and Staff Awards in Postgraduate Administration. Our sincere thanks to her for all of her work and offer congratulations on this achievement.

FACULTY AND STAFF UPDATES

Update from Parkland

The Parkland Family Medicine Residency Unit at the University of Manitoba has recently celebrated its 30th class of family medicine residents being trained/graduating from Dauphin. The program started in 1991, and the first class completed in 1993.

[Learn more >](#)

Welcome!

Please join us in welcoming the following staff to the Department of Family Medicine:

Padma Mongru

Padma joins us as program director for undergraduate education in the Department of Family Medicine.

In this role, Padma will provide academic leadership for our undergraduate medical education initiatives. With the expansion of the program and a curricular renewal approaching, there are exciting opportunities for innovation in medical education. Padma holds a master's in medical education from the University of Dundee and has experience as a course co-lead, developing and implementing consolidation unit curriculum and linking the curriculum to pre-clerkship sessions.

Cory Morguart

Cory joined us as education manager, effective July 31, 2023. Cory will be providing support to MPAS, IMG, and UGME in the Department of Family Medicine.

Dr. Blake Ducharme

Blake recently joined the team at Kildonan Medical Centre (KMC) on July 17. He was a former resident at KMC and the team is excited to have him back in this new role.

Dr. Anna Chudyk

Anna was appointed as a researcher, starting on August 1, 2023. She has been awarded funding from the Canadian Institutes of Health Research in the Patient-Oriented Research Awards - Transition to Leadership Stream - Phase 2 competition. Her research expertise lies in patient-oriented research and patient engagement. She holds a master's degree in science and a PhD in experimental medicine. Additionally, she has valuable teaching experience as a sessional undergraduate-level instructor and has served as a guest lecturer for graduate-level courses. Anna brings five years of post-doctoral experience to her new role.

PUBLICATION

Tolerability of bedtime diuretics: A prospective cohort analysis

This study was published in *BMJ Open* in 2023. The research was conducted by Scott R. Garrison, Michael Kelmer, Tina Korownyk, Michael R. Kolber, Gary Michael Allan, Jeffrey Bakal, Alexander Singer, Alan Katz, Finlay Mcalister, Raj S. Padwal, Richard Lewanczuk, Michael D. Hill, Kimberlyn McGrail, Braden O'Neill, Michelle Greiver, Donna P. Manca, Dee Mangin, Sabrina T. Wong, Jessica E. M. Kirkwood, James P. McCormack, Jack M. S. Yeung, and Lee Green. The study aimed to investigate the tolerability of bedtime diuretics by analyzing a prospective cohort. The researchers sought to either validate or refute the common belief that taking diuretics at bedtime results in poor tolerability due to nocturia (frequent urination at night).

PUBLICATION

Less is more unless it's sleep or toilet paper: Non-traditional lipoproteins for cardiovascular risk

This article was published in *Tools For Practice* #343. The authors, Betsy Thomas, BSc Pharm, Jen Potter, MD CCFP, Allison Paige, MD CCFP, and G Michael Allan, MD CCFP, discuss the use of non-traditional lipoproteins (lipoprotein(a) or apolipoprotein B) for cardiovascular risk estimation in patients without established cardiovascular disease (CVD). Their findings indicate that adding these lipoproteins to standard risk factors does not significantly improve cardiovascular risk prediction. The authors recommend using CVD risk calculators and providing appropriate proven therapies based on the calculated risk.

PUBLICATION

Reducing death rattle at the end of life

This article was published in *Canadian Family Physician* in July 2023. The study by Jen Potter and Christina S. Korownyk explores whether medications can reduce the occurrence of terminal respiratory secretions, known as death rattle, in patients at the end of life. The researchers found that prophylactic administration of scopolamine butylbromide (Buscopan, hyoscine butylbromide) in patients close to death but without death rattle can decrease the likelihood of developing death rattle (13% vs. 27% with placebo). However, evidence supporting the treatment of death rattle once it has begun is less conclusive, and no specific anti-muscarinic treatment stands out as clearly superior. The study did not find evidence that treating death rattle improves patient comfort, but it may reduce distress for people at the bedside.

Ultimately, decisions on treatment should involve discussions with family or caregivers.

EVENTS

SAVE THE DATE

MPAS Inaugural Ceremony for Class of 2025

Join us in welcoming the incoming Class of 2025 to the Master of Physician Assistant Studies (MPAS) program. We are excited to meet the new students and invite you to mark your calendars for the Inaugural Ceremony on September 1, 2023.

Please stay tuned for more details, coming soon!

SAVE THE DATE

Grand Rounds

Starting in September 2023, we're excited to increase our Grand Rounds offering from quarterly to monthly! Join us for these informative sessions on Thursday mornings from 08:00 AM to 09:00 AM via Zoom:

September 21, 2023 - QI Mentorship topic

October 26, 2023 - Fatigue Risk Management topic

November 23, 2023 - Cannabinoid topic

December 14, 2023

January 11, 2024

February 15, 2024

March 21, 2024

April 18, 2024

May 9, 2024

June 6, 2024

Our goal is to have Grand Rounds at various host sites, connecting virtually! Led by residents with preceptor and multi-disciplinary support, these DFM Grand Rounds are accredited for Mainpro+ credits. More details will be sent for each session.

[Register now](#) >

SAVE THE DATE

Family Medicine Resident's Annual Quality Improvement Day

Date: Friday, January 26, 2024

Location: Virtual via Zoom

Mark your calendars for the Department of Family Medicine's Annual Quality Improvement Day (QID) on Friday, January 26, 2024. This full-day event is dedicated to residents in their second year of training, who will be presenting their quality improvement projects. The QID serves as an annual forum to showcase the residents' QI education and celebrate its application within a primary care setting.

For more information, please reach out to Alyzia Horsfall at alyzia.horsfall@umanitoba.ca.

REMINDER

The next e-newsletter from Family Medicine is planned for the **first week of September**. Appropriate submissions include:

- Staff changes (arrivals/departures)
- Departmental news and announcements

- Recently published articles/books/chapters
- Awards
- Upcoming events

Deadline for submissions: August 28

[Submit your news](#) >

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