

**Family Medicine Western Stream  
Resident Academic & Wellness Workshop  
February 9<sup>th</sup> & 10<sup>th</sup>, 2018**

On February 9<sup>th</sup> & 10<sup>th</sup>, 2018 Family Medicine – Western Stream (WestFam) held our third Resident Academic & Wellness Workshop held at the Royal Canadian Legion, Corner Brook. This year, once again, we had great presenters.



WestFam Residents taken inside the Royal Canadian Legion.

The morning began with a welcome and introduction by Dr. Erin Smallwood. We were also wished a good workshop by Mr. Peter Antle, Medical Services, Western Health. He also donated prizes for us to have draws during the day.

Our first speaker, Dr. Josh Mercer, presented a presentation around the many aspects of psoriasis and treatments available. This was followed by a presentation by Ms. Pam Morey, a Nurse Practitioner for Western Health. Her presentation focused on the Chronic Leg and Diabetic Foot Ulcers with emphasis on treatment and care.

Dr. Jessica Trent brought along her daughter Molly to visit us during the day. Never too early to train!



After coffee Dr. Shanda Slipp presented exam preparation for both SOO's and SAMP's. We have made this presentation a regular part of our workshops. Dr. Slipp's presentation is as always informative and productive for the residents preparing for exams.

Our first presentation after lunch was by Dr. Aiden Brazil on Respiratory issues. He covered such topics as COPD, chronic bronchitis, lung cancer, etc. This presentation was well received by residents with many questions for Dr. Brazil.

As part of the workshop we always focus on Wellness. Dr. Amy Pieroway gave a very informative and entertaining presentation on wellness presenting many of her own life experiences. She focused on maintaining a balanced work/personal life.

Our final presentation for the day was presented by Dr. Nadean Caines, a GFT for OB/GYN. She presented on GYNE procedures and talked about IUD. She brought along “dummies” to practice IUD insertion techniques. It was a great way to end day one.

On Friday evening the residents met at the Ski Lodge for a dinner and snow shoe. Dr. Smallwood took the residents on a snowshoe excursion followed by dinner and dancing. A great time was had by all!



A happy bunch of snow shoers!

Day number two started with two simulation sessions. The residents broke into two groups and experienced two cases given by fellow resident Dr. Trista Lyon and Dr. Dennis Rashleigh.

After the session was followed by a pizza lunch and an afternoon of skiing.

Thanks again to all our presenters and all the community support once again to make this workshop a great success. A special thank you to the Western Regional Hospital Foundation for their ongoing support!!