

**Family Medicine-Western Stream
Resident Academic & Wellness Workshop
February 14-15, 2020**

WestFam held its Family Medicine Western Stream Workshop on February 14-15, 2020. Our workshop was held at “The Convent” in Corner Brook and at the Western Regional School of Nursing SIM Lab.

The morning began with an introduction Corner Brook’s mayor, Jim Parsons. Mr. Parsons welcomed the residents to the beautiful West Coast and discussed opportunities within the city of Corner Brook.

Following this presentation, Robbie Hickey, owner of Gros Morne Adventures gave a presentation on all the things they offer to do in Gros Morne. Such things as kayaking, hiking boating, and backpacking trips.



Dr. Bill Eaton sings a song after his Presentation on Humour in Medicine!

The day continued with “Pediatric Pearls” presented by Corner Brook’s new Pediatrician, Dr. Kevin J. Mitchell.

Our morning ended with Dr. Bill Eaton giving an enjoyable talk on ‘Humour in Medicine.’

The afternoon session started with a presentation by Dr. Aiden Brazil, Internal Medicine Physician. His presentation was on Respiratory Snappers.

Following this, the residents were given a presentation by Dr. Shanda Slipp, Family Medicine Physician, on CCFP Exam Preparation. Dr. Slipp also gave a presentation on different Derm Procedures that she has done in her clinic. The presentation showed before & after pictures of lesions that she had biopsied.

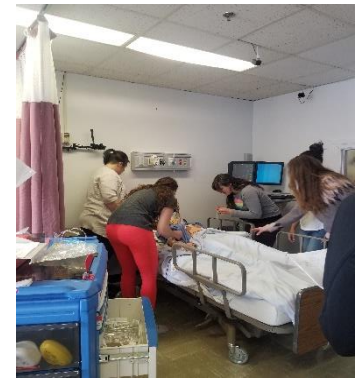


The wellness part of the workshop was a snowshoe at Blow Me Down Ski Trails. Dr. Brad Morris, our ER Physician, gave a presentation on “Wellness in the Wilderness”. This gave everyone time to unwind and mingle while learning important information about exposure and peripheral injuries in the wilderness.

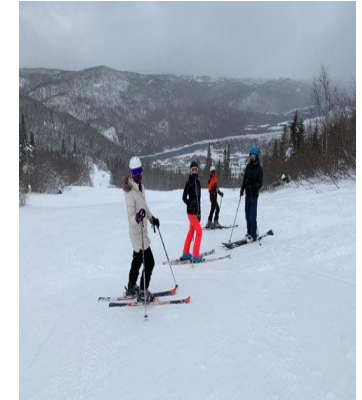
Friday evening all residents, spouses and preceptors enjoyed a game of Curling at the local Curling Club.



On Saturday morning our residents participated in a workshop with SIM Lab cases that were peer led by our R2 resident Kevin T. Mitchell. The residents honed in on their skills in emergency medical situations such as Acute Pulmonary Edema, Seizures, & Bradycardia.



After the high intensity of the SIM lab, the residents went downhill skiing at Marble Mountain.



Thank you to all our presenters and all the community involvement we received to make this workshop, once again, a great success! A special thank you to the **Family Practice Network (FPN)** and the **Western Regional Hospital Foundation** for their support!