

**Family Medicine Western Stream Resident
Academic & Wellness Workshop
September 21 & 22, 2018**

WestFam held its Family Medicine Western Stream Workshop on September 21 & 22, 2018. This workshop took place at the Royal Canadian Legion in Corner Brook.

Our first day began with an introduction from Dr. Erin Smallwood (Stream Lead) and a few words from Mr. Peter Antle with Western Health's Medical Services. The first presenter was with Heather Huybregts who talked about "Pelvic Health Physiotherapy".

Following this presentation Dr. Aiden Brazil, Internal Medicine presented "Respiratory Skills". This talk started with a presentation and then Dr. Brazil brought in some ribs to practice suturing and chest tube insertions.



Dr. Aiden Brazil demonstrating procedure to Dr. Alison Coleman (R1)

After our coffee break we met with Margie Colbourne, Registered Yoga Teacher with Namaste Yoga. She presented a great chat with the residents on "Movement Medicine: A Mindful Practice Yoga Session." This demonstrated to everyone the importance of a work/life balance and how to help with the stress that comes with it. It was a great exercise that all were relaxed and ready to face the rest of the day.

Margie Colbourne demonstrating yoga positions.



Lunch was donated to us from the City of Corner Brook. It was held in City Hall and residents had a great conversation with one of the City Counsellors, Linda Chaisson. It was a very informative luncheon and the city is fully dedicated to our residents here in the Western Stream.



Rooftop Garden at City Hall, Corner Brook.

After lunch, Dr. Shanda Slipp presented on Exam Preparation. This is a presentation that residents partake at every workshop. This was followed by a presentation on "Imposter Syndrome" by Dr. Amy Pieroway. Dr. Matt Hudson (Faculty with Surgery) presented a "Surgical/Trauma Skills" PowerPoint followed by some practice techniques. As always, all "hands on" teaching is well received.

The evening provided all with a chance to get out all their pent up energy for the day and what better way to do this than laser tag. Everyone had a great time, so much so, it may happen again for a future workshop.

Laser Tag at Cyber Zone, Corner Brook



On Saturday morning there was an Ortho. Skills/Simulation Session presented by Dr. Alanna Husch. There was didactic teaching along with an Ortho. Simulation Session.

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