

**Family Medicine Western Stream  
Resident Academic & Wellness Workshop  
November 1-2, 2019**

WestFam held its Family Medicine Western Stream Workshop on Nov 1-2, 2019. This workshop took place at The Convent in Corner Brook. Our first day began with introductions from Dr. Erin Smallwood (Stream Lead) followed by a few words from Ms. Sarah Rousseau and Dr. Dennis Rashleigh with Western Health's Medical Services.

The first presenter of the day was Dr. Nadean Caines, OBGYN physician, who went through the history and types of IUD's. Dr. Caines guided the residents through IUD insertions on model pelvises.

Following this presentation Dr. Paul Woolfrey, Psychiatrist Physician, gave a presentation on "Chronic Pain".

The afternoon session included EKG interpretation by Dr. Josh Gould, and Physiotherapy 101 by physiotherapist Jennifer Veitch.

Following the break, Dr. Brad Morris of our ER department gave a very informative, high energy session on ER Pearls.

The day concluded with our residents, spouses and preceptors enjoying the intense, nail biting, game of axe throwing. This gave everybody opportunity to unwind and mingle. We following this with delicious food and entertainment at The Crooked Feeder Gastropub



Odin's Axe Throwing



IUD Insertions

On Saturday morning we ended our 2 day workshop with Surgical Skills, led by Dr. Mike Gora. The residents honed in on their skills of suturing and knott tying.



Our wellness session was led by our 2nd year resident Dr. Erin Dwyer. Erin guided the group through a meditation and relaxation session.

Guided



Meditation

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!!

