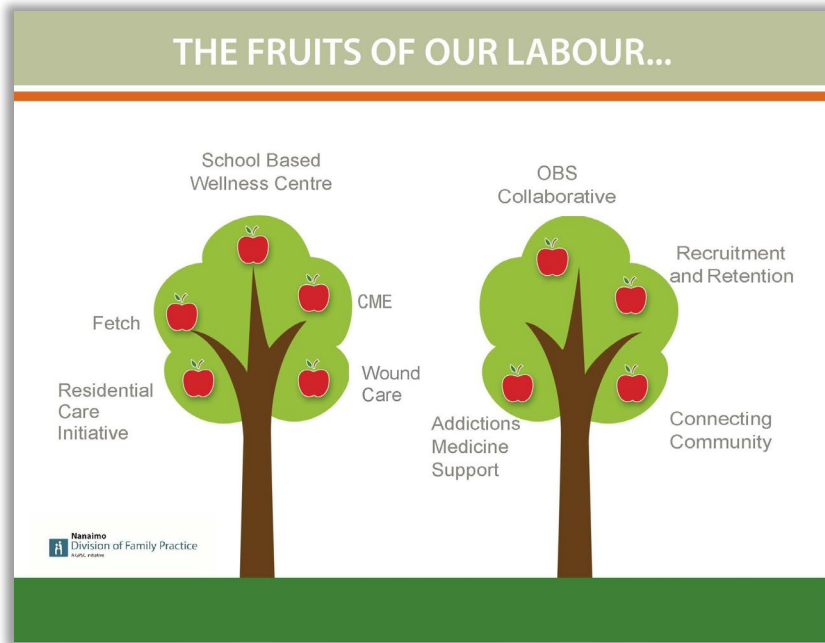


Division Success!



Contact Us

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Colleague Connections 2020!

Resident Guide



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Your Division

We are here for You!



*Physicians are
Nanaimo's Heartbeat!*

Potential Mentors

Dr. Chris Kwiatkowski – Keen on maintaining a healthy work lifestyle balance and innovative ways to deliver health care.

Dr. Robin Love – Family Practice and Palliative Care. Hobbies: woodworking, gardening, boy scout, teacher, connector. Robin is a kind, soft-spoken man who is also a true extrovert – meaning that he gets his energy from being around people. He is always thinking of ways to help people make connections that will enhance their lives. Robin loves to learn and teach.

Dr. David Sims – Nanaimo Resident graduate who provides full-service office, hospital and OB care. Dave has a lovely wife and two young girls to keep him busy at home and he loves the island and outdoor activities. He enjoys working with, mentoring and supporting residents, and promoting family medicine and all its wonderful benefits and perks.

Dr. Taylor Swanson – Nanaimo Resident graduate providing care at Wellington Clinic with hospital privileges who also works at the NDSS youth clinic. Has a young family and enjoys spending time with them outdoors, as well as gardening and tending to his flock of chickens.

Dr. John Trepess – Relocated from UK in 2016 and has been in family practice since 1990, with a focus in Residential care. Dr. Trepess is a Director on the Division Board, has 3 adult children and enjoys hiking and music.

Dr. Shaun Van Pel – Nanaimo Resident graduate, born & raised in Nanaimo, family practice Physician with hospital & OB privileges (strong focus on women's health – contraception, maternity care). Married with 2 children and enjoys walking, soccer, tennis, & playing board games with friends.

Dr. Kristy Williams - Nanaimo Resident graduate who enjoys discovering trails/outdoor spots in Nanaimo on bike, trail shoes or in the water. She just got a dog that she's enamored by, so please ask her about Darya. She's into mindfulness and self-compassion practice, psychosocial medicine and the impact of social determinants of health, including adverse childhood experiences and poverty.

Program Overview

Welcome to the Colleague Connections (CC) Program!

The purpose of this booklet is to provide context for the structure of the program and assist you in understanding your role as a mentee and the role of the mentor.

The CC program is hosted by the Nanaimo Division of Family Practice with support from the UBC Family Medicine Residency Program.

*“Without a guide it takes a hundred years
for a 2-day journey” Rumi*

As a new Resident you may be feeling excited, curious and possibly even slightly overwhelmed as you begin Residency. As you are getting to know the community of Nanaimo, you will also learn how to bring your education into practice as a new Physician.

Now that you've had a few months to settle in, got to know your clinic and are starting to build relationships, we welcome you to the opportunity of having a mentor. Here is your chance to work with a local Physician in a true collegial relationship. Our hope for you is that you enjoy and embrace the opportunity!

Program Timeframe

September – October: Welcome Event & Dinner.

November – December: Mentor matching.

We recommend all Residents be matched with their mentor as soon as possible, if desired.

The Resident's Role

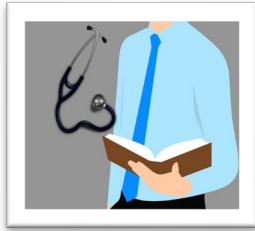
Enter the relationship with an open mind and eagerness to learn. Be fair, punctual, committed and interested in forming a relationship. Foster boundaries that are safe & honest and treat each other with respect.

Choosing Your Mentor

Once you decide on a mentor you are interested in connecting with, please contact us at recruit.nanaimo@divisionsbc.ca to request an e-intro.

Resident Support Roles

Academic Advisor



Provide guidance and information on academic matters, i.e. learning plans/objectives, assist with understanding evaluation feedback, and support the academic side of Residency.

May be working at the same clinic as the Resident.

Preceptor



Responsible for supervision, observation, and evaluation.

May be working at the same clinic as the Resident.

Colleague Connections Mentor



Assist the Resident in the community, i.e. provide resources, suggestions and opportunities. Can help to create a safe space to discuss topics without fear of impact on their work as a Resident Physician. Caution - sometimes the mentor relationship can lead to friendship and long-term connections in the medical community!

We suggest that Residents match with a Mentor who does not work at the same clinic (aiming to provide a sense of separation from work & provide an opportunity to network outside the clinic placement).

Potential Mentors

Dr. Laura Barron – Nanaimo Resident graduate now practicing at Medical Arts Centre with a special interest in maternity & postpartum care, and part of NRGH delivery call group. Married to a Family Physician with 2 young children. Dr. Barron enjoys being a part of the Nanaimo medical community and has made many great friends!

Dr. Marcus Barron - Nanaimo Resident graduate practicing at Medical Arts Centre and AVI Health Centre with a focus in addictions medicine. Dr. Barron rotates on the inpatient Addiction Medicine Consultation Service. Married to a Family Physician with 2 young children and enjoys spending time with family and practicing sports.

Dr. Peter Bowen Roberts – Rural Physician & Hospitalist for 40 years, now retired. Passions are Physician wellness, teaching and mentoring and Dr. Bowen-Roberts is a Certified Executive Coach (Royal Roads University). A great listener who enjoys using powerful questions to help promote positive change.

Dr. Drew Delany – Nanaimo Resident graduate who works as an ER Physician at NRGH. Also, the Medical Director for NRGH Simulation and runs sessions for Nanaimo Residents. Interests are spending time with family and mountain biking.

Dr. Marcia Fukunaga – Nanaimo Resident graduate who loves Nanaimo! Currently practicing at the Caledonian Clinic, John Barsby & Nanaimo District Secondary School (NDSS) Wellness centres. Also, provides Medical Assistance in Dying (MAiD) services and finds the work to be an honour/privilege and has children of her own.

Dr. Lorne Goodall – Focus on sports medicine, willing to connect by phone for questions.

Dr. Tyler Kovacs – Nanaimo Resident graduate who works as a Hospitalist. He has 4 young children and his interests are skiing, mountain biking, watching Netflix, going to church and mowing the lawn.