

UBC FAMILY MEDICINE RESIDENCY PROGRAM

CHILLIWACK SITE





District of Chilliwack Location Map

Legend

-  Water
-  British Columbia
-  Alberta
-  United States
-  Highways
-  Trans Canada Hwy
-  Chilliwack
-  Major Cities

C A N A D A

British
Columbia

Alberta

Prince
George

Edmonton

Calgary

Kamloops

Whistler

Vancouver

Chilliwack

United States

To Seattle



Chilliwack

- Population 85,000 +
- Located between Hope & Abbotsford in the heart of the Fraser Valley
- Less than 100 km from Vancouver
- Beautiful scenery, abundant outdoor recreation
- Small town feel, with nearby urban amenities



PROGRAM OVERVIEW



- The 1st community-based family medicine program in Canada
 - Established in 1990
 - Residents have defined role
 - Provided framework for other Canadian programs.

PROGRAM OVERVIEW

- Community-based medicine
 - not a tertiary care centre
- Full-service general practice
- Hospital, office, & community experiences
- Majority of training occurs in Chilliwack, but also in the nearby community of Abbotsford with brief periods in Vancouver

Chilliwack General Hospital



← Main Entrance



← Emergency

Rehabilitation Services

Psychiatry

Extended Care



Parkholm Lodge

CHILLIWACK GENERAL HOSPITAL



- Family medicine centered hospital
- All admitted patients have a family physician involved in their care
- Great working relationship between specialists and family physicians
- Fantastic support for residents!

CHILLIWACK GENERAL HOSPITAL

- Provides services at the primary & secondary referral level to ~ 90,000 people in Fraser Valley
- 140 bed hospital
- Average Year:
 - 6 200 admissions
 - 6 500 surgical procedures
 - 35 000 emergency visits
 - 1000 + deliveries



CHILLIWACK GENERAL HOSPITAL SPECIALTIES REPRESENTED

- Internal Medicine
- General Surgery
- Orthopedics
- Urology
- Obstetrics & Gynecology
- Ophthalmology
- ENT
- Pediatrics
- Radiology
- Psychiatry
- Pathology
- Emergency Medicine (CCFP)
- Anesthesia
- Geriatrics
- Palliative Care

MARK LONGHURST MEMORIAL LIBRARY

- Full-time librarian
- Well-equipped clinical resource centre
- Journals, texts, audio-visual material
- Plenty of computer access for on-line literature searches & interactive computer-based learning



CURRICULUM

	Blocks
Family Medicine: Chilliwack	8
Rural	2
Internal Medicine	2
Palliative/Anaesthesia	1
Psychiatry	1
Surgery (incl Subspecialties)	2
Emergency	1
Obstetrics/Gynecology	2
Pediatrics (incl 2 weeks NCN @ Children's)	2
Musculoskeletal (Sports Med / Ortho / Rheum)	1.5
Electives	3.5

FAMILY MEDICINE ROTATION

- Matched to a family physician preceptor with similar interests
 - R1 – 4 month block
 - R2 – 4 month block
- 1/2 day back encouraged but not mandatory
- Full scope of practice : clinic, hospital, minor surgical, obstetrics, OR assist
- Includes community experiences:
 - Palliative Care
 - First Nations Medicine
 - Geriatrics and Home Health Care
- 2 month rural rotation
 - Hope & other UBC Rural Sites are options

SPECIALTY ROTATIONS

- Internal Medicine
 - 8 weeks Abbotsford – mix of Medicine Consult Team, Cardiology + Nephrology
- Pediatrics
 - 3 weeks Abbotsford (in-patient), 3 weeks Chilliwack (Ambulatory clinic)
 - 2 weeks in NCN at BC Children's Hospital
- Musculoskeletal – 6 week combination of:
 - Orthopedics
 - Rheumatology
 - UBC Sports Medicine Clinic

Abbotsford Regional Hospital



EMERGENCY EXPERIENCE

- 4 week mandatory rotation PLUS
- Longitudinal experience
 - Approximately 2 weeknights per month
 - 18:00 to 23:00
 - If keen can work in ER during hospital call shifts
- Electives!

ON-CALL

- Call averages 1/6 - 1/7
- Lots of **responsibility** but with **support**
- In-House Hospital Call
 - Weekday 18:00 - 07:30, Weekend 09:00 - 09:00
 - Cover all inpatients
 - Optional: ER & maternity if not covered by another resident
- Specialty Call
 - Typically home call
 - Coordinated with your hospital call to minimize nights on call

ACADEMIC CORE CURRICULUM

- Thursday morning academic ½ day
- Specialist, FM & peer teaching
- Case presentations
- Critical appraisals of literature
- Radiology seminars
- Mock Codes
- Additional excellent weekly hospital grand rounds



TEACHING OPPORTUNITIES

- Peer teaching is central to the program
- Medical students
 - UBC 3rd year clerkship program (6 students currently)
 - Elective students (mostly in emerg)
 - Residents supervise on-call, encouraged to mentor and teach medical students

MORE EDUCATION...

- Funded & organized by the program
 - NRP: Neonatal Resuscitation Protocol
 - ALSO: Advanced Life Support in Obstetrics
 - ACLS: Advanced Cardiac Life Support
 - ATLS: Advanced Trauma Life Support
 - ALARM: Advances in Labour and Risk Management (R2)
- \$700 Education Fund
 - e.g., UpToDate, towards conference fees (R2)

EXAMINATION PREPARATION

- Unique to Chilliwack - LMCC Part 2 prep
- Practice OSCE
- CCFP Certifying Exam
- Practice SOOs (Preceptor-led)

Great relationships with preceptors:



At work...

...and at play!



Overnight hike to Lake MacFarlane



Lots of group outings

Two call-protected weekend retreats

- Residents + family only...
- Excused from call responsibilities!
- Whistler Ski Weekend
- Abbotsford/Chilliwack Ski Weekend
- BBQs, Pub nights
- Lots of other informal get-togethers



Residents'
Retreat 2010 –
Penticton, BC



Residents' Retreat 2009 – Osoyoos, BC



Mt. Cheam – Chilliwack, BC





Annual Whistler Weekend Retreat



FRIENDS!

Chilliwack Arts and Sports

Chilliwack Cultural Centre

- New cultural facility for performing arts
- Great addition to Chilliwack since Sept. 2010



Prospera Centre

- 5,000 seats
- Sports, concerts, special events



Chilliwack Landing Leisure Center





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Shopping

- Historic Downtown Core
 - Heritage buildings
 - Unique boutiques
 - Specialty shops, gift shops, antique shops
- Newer commercial developments
 - Department stores
 - Big Box stores
 - Unique boutiques and independent shops
- Convenient access to everything you desire!

Dining and Drinking...

- Fantastic Restaurants – our favorites include:
 - Chilies Thai Cuisine
 - Shandhar Hut Indian
 - Vedder Sushi
 - The Greek Islands
 - Trattoria Italian
 - Evangeline's
 - Bravo's
 - Mill Street Cafe
- Pubs
- Coffee Shops and Cafes

More great food!

- Lots of agriculture and dairy farms
- Markets and road-side stands
 - Tons of local fresh produce
 - Famous Chilliwack corn
 - Cheap fresh-cut flowers

Culture and the Arts...

- Chilliwack Symphony Orchestra
- Chilliwack Players' Guild
- New 500+ seat Cultural Centre
- Theatre – University of the Fraser Valley
- Chilliwack Bluegrass Festival
- Dixieland Jazz Festival
- Christmas Craft Market
- Chilliwack Museum



Minter Gardens



Harrison Lake & Hot Springs



Annual Sand-Castle Competition Harrison Lake



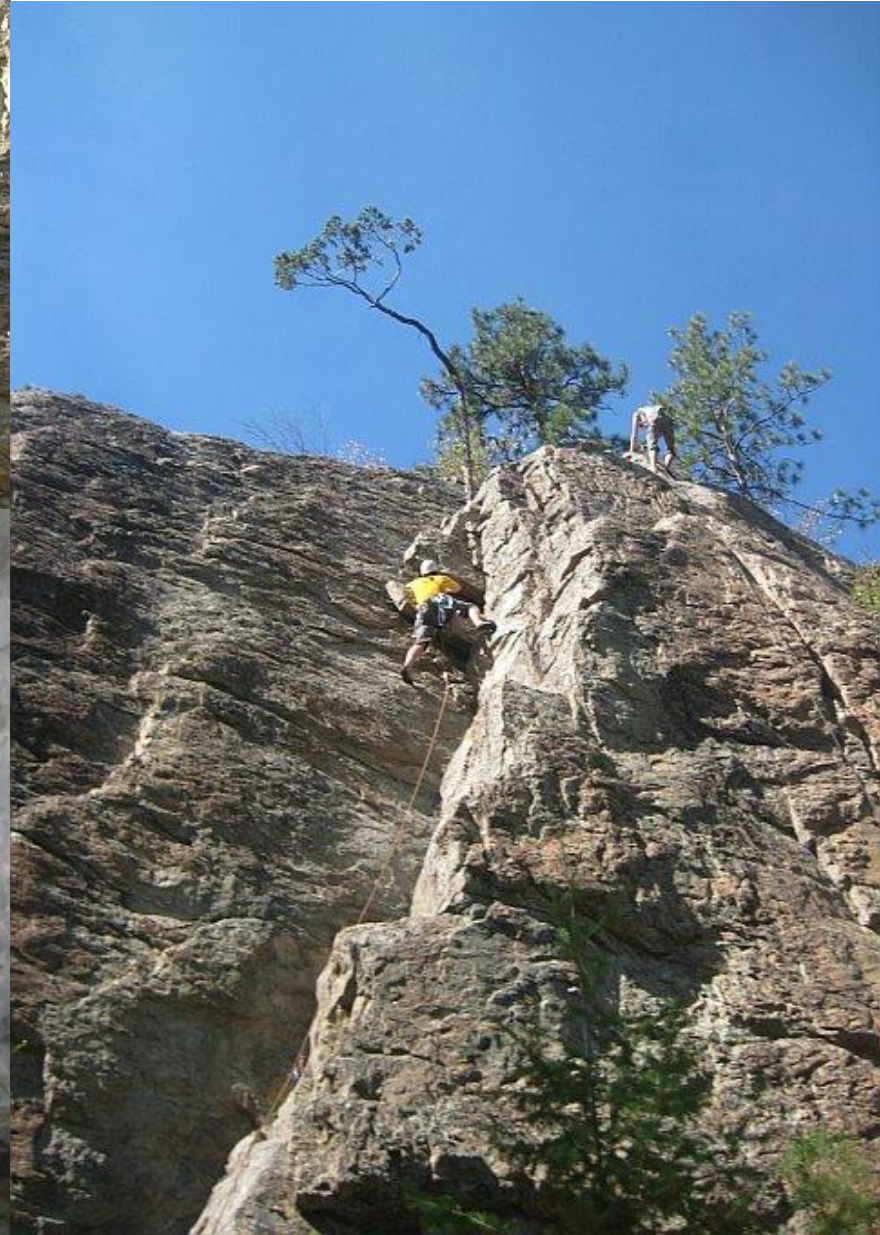
Cultus Lake





Mountain Biking Trails

Rock Climbing!



Great Fishing!



Out-of-this-world skiing

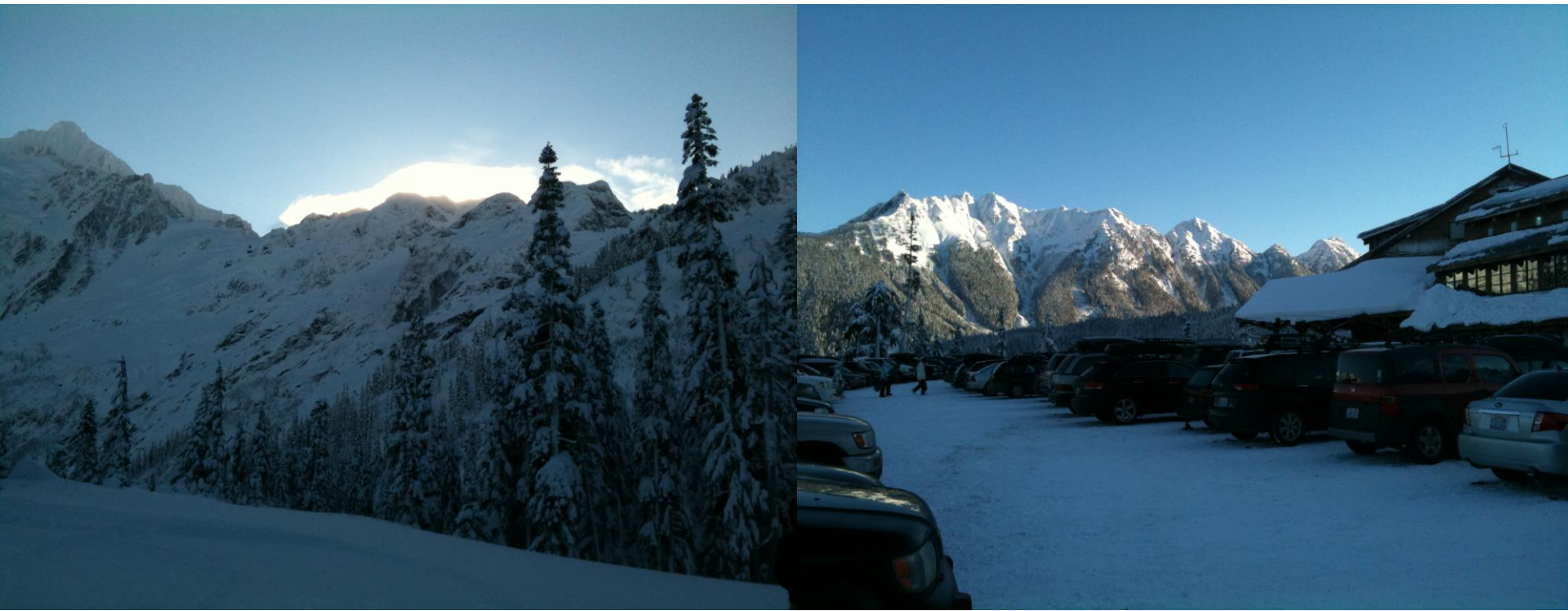
Downhill

Cross-country

Back-country and Adventure



Mt. Baker, WA ~ 1hr drive



Loads of Golfing



Hiking!





Kayaking!

River Rafting!

The Chilliwack River boasts some of the best white water around.

Canada's national white-water kayaking team regularly trains here.



And don't forget running...

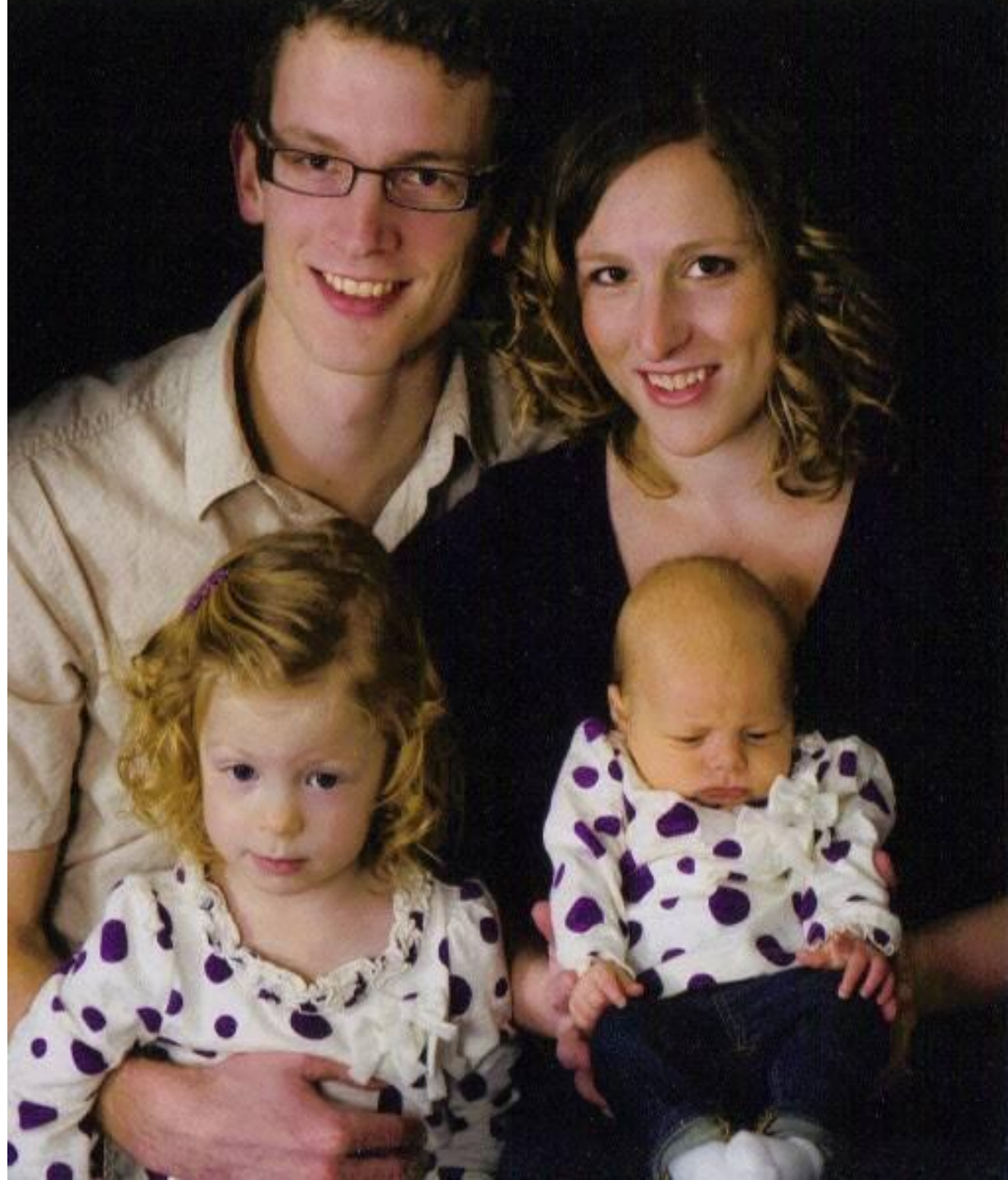




Great for couples...



Great for
families...





and... great for singles!

Why we LOVE our program!

- Great prep for full-service family medicine
- Collegial environment with faculty and residents
- Consistent ER exposure
- 1-on-1 with attending physicians
- Emphasis on learning, minimal scut/service
- Independence and responsibility
- Excellent program director and administrator
- Strong academic 1/2 days
- Flexible call schedule
- Great climate, endless outdoor recreation (warmest city in Canada)

What's the down side?

- Pediatric exposure
 - 3 pediatricians in Chilliwack, but...no pediatric admissions
- Out-of-town rotations involve driving
 - Fantastic basement suite for Vancouver rotations
 - Mileage reimbursement for mandatory rotations
- Occasional “agricultural aroma”
- For you “city-slickers” ...
Chilliwack is rural



Chilliwack Family Medicine:





Excellent
hands-on
training...



with an excellent quality of life!

A newborn baby is lying on its back on a blue blanket with a pattern of yellow crescent moons and stars. The baby is wearing a white onesie with a colorful graphic of three tigers and the text "Playa Tigers...". The baby is holding a small wooden stick with its right hand, which is attached to a white sign. The sign has the text "I ❤️ CHILLIWACK RESIDENTS" in a stylized font. A large, light brown teddy bear is sitting next to the baby. The background is a light-colored carpet.

I ❤️
CHILLIWACK
RESIDENTS

We hope to see you next year!!!