



FAMILY MEDICINE
Faculty of Medicine

Family Medicine Training

Why Memorial?

There are many reasons to come to Memorial for Family Medicine training! To name a few:

- Urban, Rural and Remote Training Opportunities
- Often you are the only resident on service
- Tailored teaching given low learner to preceptor numbers
- Excellent learning opportunities
- Travel to and from training sites for core training is covered
- Dedicated preceptors
- 4 weeks of vacation per year
- \$1000 towards conference leave per year or ATLS course completion.

What Are Our Unique Learning Opportunities?

- Training is offered in urban, rural and remote communities
- Point of Care Ultrasound Training (PoCUS) when available, Certification in Advanced Cardiac Life Support (ACLS)*, Advances in Labour and Risk Management (ALARM), Neonatal Resuscitation Program (NRP), Advanced Trauma Life Support (ATLS) training may also be offered, when possible. The *ACLS course is offered at a nominal fee.
- Remote opportunities in Goose Bay, NL or Iqaluit, NU
- Flight medicine in Goose Bay or Iqaluit for residents matched to Northern streams
- Transfer medicine across many training sites
- Stunning landscape
- Outdoor activities across all training sites
- Vibrant arts scene – culture, music, dance, film

Where do Memorial Family Medicine Residents Train?

We have training sites across Newfoundland and Labrador, in New Brunswick and in Nunavut.

Streams

Candidates applying to Memorial will see that there are five residency choices in CaRMS: Eastern, Central, Western, Goose Bay, and Nunavut. Candidates can apply to any or all of the streams in CaRMS and then rank their choices in order of personal preference. There is also an IMG stream in the first round, which provides both urban and rural training experiences.

Eastern

The Eastern stream offers the opportunity for residents to complete the majority of the residency program in the Eastern region of Newfoundland and Labrador. Candidates matching to the Eastern stream will complete a number of rotations in the urban center of St. John's, NL while also having training opportunities in Torbay, Paradise, Bay Bulls, Kelligrews, Upper Island Cove, Harbour Grace, Carbonear, Clarenville, Port Blandford, Conception Bay North and Burin. Most Obstetrics and Gynecology, all Surgery and Rural Family Medicine rotations will be completed in rural sites across NL. There are several rural longitudinal experiences available in second year in Burin, Clarenville and Conception Bay North.

Central

Residents in the Central Stream receive excellent rural Family Medicine training based out of communities and towns in Central NL over the two years of training. Training sites include Gander, Twillingate, Botwood and Grand Falls-Windsor. Residents will complete training outside of the Central Stream elsewhere in NL if the training opportunity is not available locally.

Western

A number of rural Family Medicine training opportunities exist on the West Coast of the province. Residents in the Western stream complete training in Deer Lake, Bonne Bay, Corner Brook, Stephenville and Port aux Basques over their two years of training. Residents will complete training outside of the Western Stream elsewhere in NL if the training opportunity is not available locally.

Goose Bay

Residents in the Goose Bay stream will complete the majority of their training in Happy Valley-Goose Bay, NL (NorFam). While gaining excellent exposure in rural and remote medicine, residents will have the opportunity to enhance their experiences by completing a number of rotations in NL and/or NB (Internal Medicine, ICU, Obstetrics and Gynecology).

Nunavut

Residents will have the opportunity to train in the remote location of Iqaluit, Nunavut (NunaFam). Outside of the 6 month experience in Nunavut in second year, Nunavut Stream residents will have the opportunity to complete all of their training at locations within the Eastern Stream or elsewhere in NL if the training opportunity is not

available locally.

Both the NorFam and the NunaFam opportunities offer rural and remote training that includes visits to coastal or satellite communities. Residents in the Northern streams will develop competence in working with Indigenous communities.

Do we have an urban stream?

While we don't have an 'urban' stream, our Eastern training stream provides the vast majority of training in our urban center - St. John's, NL. Please see the Eastern Stream information.

What are the Resident Training Templates?

- Once matched into a training stream, residents receive a list of two year template choices that are centered within that stream.
- Residents will travel outside of their training stream when necessary, such as if a learning experience is not available locally.
- All residents matched to the stream rank their template preferences and indicate any special considerations that should be taken into account.
- The training streams allow residents to move to an area of the province and complete the vast majority of their training locally.
- Templates that are based around program streams have resulted in much less resident travel!
- Should residents all rank a template(s) low on their lists, residents will be given the opportunity to re-rank their template choices. Should template(s) remain low on the rank lists, a lottery will be completed to fill the template(s).

Where do the residents come from?

Our residents come from all over Canada and beyond. We have previously accepted residents who have trained in the United States and throughout the world, including Ireland, the UK, the Caribbean, Australia and India. Having a diverse class provides rich learning opportunities!

Where will I live?

Residents are responsible for their own housing at their primary teaching site. Should residents complete a portion of their training away from their main teaching site, free single and, where possible, family accommodations will be available. *When family accommodations are required we ask that you contact Memorial's office of Distributed Medical Education (DME) as they oversee resident housing.

**Please note that future changes by Memorial University, the Provincial Association of Interns and Residents Contract and/or the Regional Health Authorities in specific to housing coverage may result in amendments to the above statements.

Resident Pay

Resident pay is based on the Professional Association of Interns and Residents of Newfoundland and Labrador (PAIRN) provincial contract. Please see www.parnl.ca for further salary information.

What if I am pregnant or I get pregnant during the program?

Our Family Medicine Residency Training Office will endeavor to work with you to select a training template that best suits your needs. However, once templates have been assigned, further changes may not be possible and are only considered under extenuating circumstances.

What if I get sick during the program or what if a family member gets sick?

As residents you build up 1 sick day/month worked. Should an unexpected personal illness or illness in your family happen please follow up with our Family Medicine Residency Training Office so that we can work with you to determine best steps forward.

Can my family travel with me?

Absolutely! We encourage your family to travel with you. Please be sure to familiarize yourself with the Covid-19 travel guidelines for the particular province of travel.

Applying as a couple – will we be together?

We ask that you let us know if you are applying as a couple so that we can do our best to offer training templates that keep you close together.

Enhanced Skills Programs

We have three Enhanced Skills training programs:

Family Medicine - Emergency Medicine: The 1 year FM-EM program accepts 4-6 residents into the program each year.

Care of Elderly: The 1 year training program accepts 2 residents into the program each year.

Care of Underserved Populations: The 1 year training program accepts 1 resident into the program each year.

Interviews – for file completion

When applying to our program through CaRMS, your application file must be complete (Application, Reference Letters, Personal Letter, Supporting documents

(Exam scores, CV, etc.). Interviews are mandatory for all candidates. All interviews are virtual. CaRMS is competitive. We would encourage applicants to consider applying to all of our program streams. While your personal letter does not have to reflect your interests to train in a specific stream, you are more than welcome to include this information in your letter if you have a particular reason(s) that you wish to share with the program. Candidates applying to multiple streams will still only complete one interview.

Am I needed in the province upon graduation?

We have a need for family physicians across the province. While the exact areas of need can change from year to year there will certainly be work opportunities upon completion of the program. The Practice NL website offers up to date information on job opportunities: www.practicenl.ca. You can also contact the Regional Health Authorities (Eastern, Central, Western, Labrador-Grenfell and Nunavut).

As a resident, you're eligible to apply for return of service bursaries. Please see the following site:

<http://www.health.gov.nl.ca/health/grantsfunding/bursaries.html#med>

Please see the following links for further information about life in Newfoundland and Labrador, New Brunswick and Nunavut:

1. NL: <http://www.newfoundlandlabrador.com>
2. NB: <https://www.tourismnewbrunswick.ca>
3. NU: <http://www.nunavuttourism.com>