

**Family Medicine-Western Stream
Resident Academic & Wellness Workshop
January 27, 2017**

On January 27th, 2017 Family Medicine-Western Stream held its Resident Academic & Wellness Workshop. This year we had participation from specialists and family physicians throughout the Western region.

The morning began with a Surgical Presentation by Drs. Matt Hudson and Perry Osbourne. The residents honed in on their skills of suturing and inserting chest tubes.



Residents practicing their suturing techniques.

The day continued then with an Anesthesia presentation by Drs. Simon Ash and David Thomas. Drs. Ash and Thomas gave the residents old and new procedures for airway management and the best techniques to use.



Dr. Ash demonstrating airway techniques.

The afternoon session started with a presentation by Dr. Chris Cousens instructing residents the best tests to ask for in any given situation. He also gave a rundown of the procedures for getting tests done with Western Health.

Following that the residents were shown many Yoga exercises that would help attribute to a positive wellness regiment. Laura Casey-Foss

demonstrated many techniques to residents for maintaining a healthy work-life balance.



Laura demonstrating one of the exercises to do while sitting in an office.

The day was wrapped up by Dr. Shanda Slipp presenting Exam Preparation to the residents and practicing a few sample SAMPs.

The academic part of the workshop was wrapped up and then there was the wellness section of the workshop. The start was Friday night when the residents and a few preceptors got together at the Curling Club. Maybe another Olympic Gold in our future.....



The next morning the residents headed off to Norris Point to enjoy a day of snowshoeing and enjoying our west coast beauty.



Thank you to all our presenters and all the community involvement we received to make this workshop a success!