

Welcome to our new Pediatric Residents!!



Hello! My name is **Elise** and I grew up in Tsawwassen BC, completed my undergraduate in Neuroscience at McGill, and attended medical school at UBC. A lover of the oceans of BC, and the snowy cold winters of Montreal, I am excited to start a new adventure in a place which combines some of the elements of my prior homes! In my spare time I love to ski (mostly downhill, sometimes uphill, and hopefully next winter cross country), hike, play piano, and take 50 daily photos of my two cats, Loaf and Wren. I am grateful and proud to be joining MUN pediatrics and can't wait to join the team!

Hi! I'm **Amelia**. I was born and raised in Newfoundland and Labrador, and I am so excited to continue my education right here at home. At MUN, I completed my undergraduate degree in Biochemistry Nutrition before medical school, and I am ecstatic to be joining MUN's pediatric program!

In my free time, I love to get outside and explore our province with my partner, who just matched to anesthesia at MUN, and my dog Sadie. In the summer, you'll find us hiking, biking, or swimming, and in the winter, we love to downhill ski or back-country tour. Otherwise, you'll find me playing piano and singing, checking out a new restaurant, or spending time with family (especially with my first nephew on the way)!

I look forward to meeting everyone and all the opportunities my future with MUN Peds will bring!



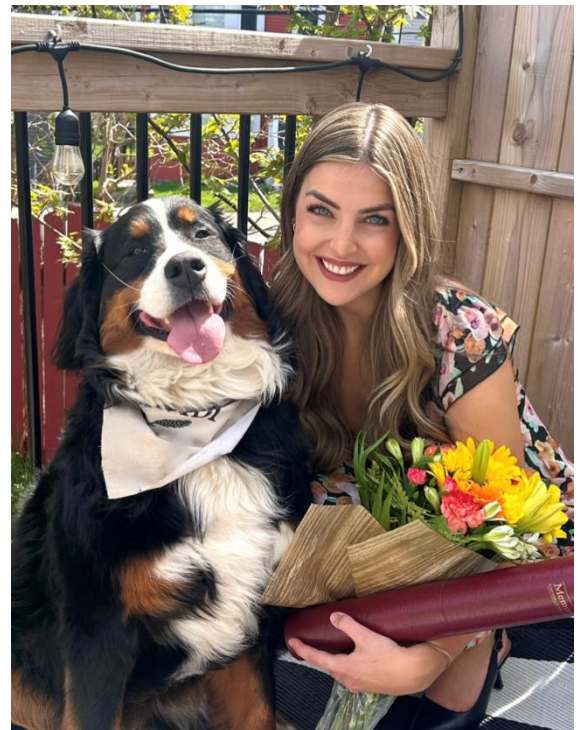


Hi everyone! My name is **Charis** (sounds like Karis) and I'm excited to join the MUN pediatrics team!

I am writing this while road-tripping to St. John's from London, Ontario, which is where I did both undergrad and medical school. I enjoy swimming-- I can also talk about it at length (Canadian swimming in Paris 2024 is going to be unreal!)-- and being outdoors. I consider myself a beginner day hiker and I am looking forward to exploring the East Coast Trail. See you all soon!

Hello, I am **Julie**! I was born and raised in St. John's and I am proud to call Newfoundland and Labrador home! I completed my Bachelor of Neuroscience (Honours) and Medical Degree at Memorial University, and look forward to continuing my passion for Pediatrics at the Janeway!

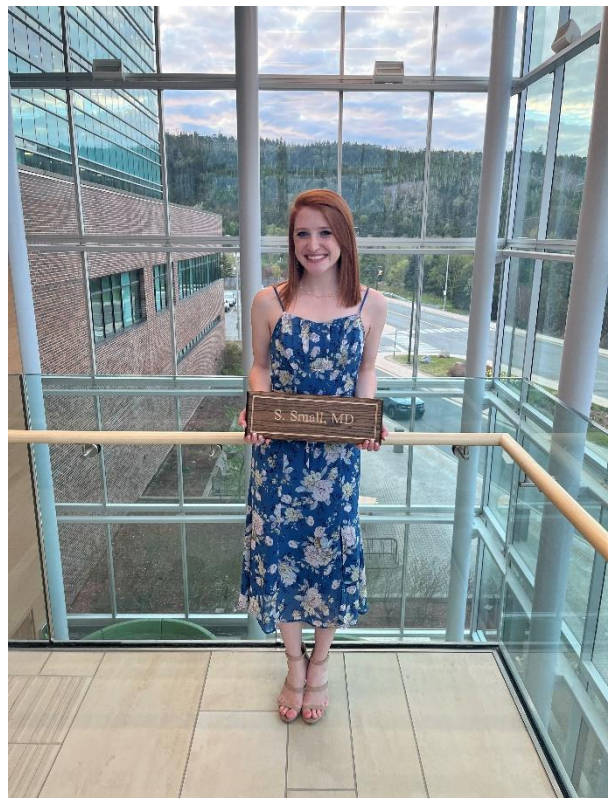
When I am not at the hospital, you will find me hiking with my Bernese Mountain Dog Winnie, spending time at my cabin with friends and family, or checking off a new country to visit on my travel bucket list!





My name is **Natasha**. I was raised in St. John's but my roots are from the Northern Peninsula where most of my extended family still live. I live "in town" with my soon to be husband, Ryan, and our incredibly loved Covid pup, Tetley. I completed my nursing degree in 2018 and worked in pediatrics for 3 years before starting medical school. I am thrilled to be back in the positive learning environment at the Janeway! I like to play hockey but watch baseball. I love to hike, fish, host boil ups and travel. Any time spent with the people I love in nature is a great day. I look forward to working with you all!

Hi! I'm **Sara** and I was born and raised in Fredericton, NB where I stayed active and involved in my community through volleyball, swimming, and figure skating. I did my undergrad in Kinesiology at UNB before moving onto medical school at MUN. Outside of school, I enjoy spending time outside, being active, and with my friends as well as coaching volleyball. During medical school I also kept busy by planning my wedding which was last September. My husband and I are both excited to return to St. John's and I look forward to working at the Janeway with all my new co-residents!



Congratulations!!



Congratulations to Blair on being awarded the **Dean of Medicine Service Excellence Award** in recognition of her outstanding contributions to the Discipline of Pediatrics, and the Faculty of Medicine.

A hearty congratulations to three of our third year residents for matching to fellowship programs!!

Michelle Johnson-Cardiology at Dalhousie University

Abi Marshall-ER at Western University

Sara Trincao Batra- ER at Dalhousie University

We wish you the best of luck!!

Focus on CBD

Thank you for all of your hard work in making CBD such a success! Let us keep up the good work! Just a reminder that we are looking for one observation per day for each resident! Let us be proactive and ask them about EPA's before they get a chance to ask us!!

Focus on Transition to Practice EPA#3

Leading discussions about goals of care

This EPA focuses on the application of communication skills to lead discussions with patients and families about progression of illness and evolution of the goals of care.

This includes patients with complex medical issues and/or life-limiting conditions for whom decisions regarding goals of care may impact plans for management.

This EPA includes the legal and ethical aspects of these discussions and decisions. It may also include providing referral to resources to support ongoing patient care and/or bereavement resources for the family.

This EPA may be observed in simulation.

The Milestones for this EPA are:

1. Identify patients with life-limiting conditions, including those for whom the burden of disease-modifying treatment or investigations may be greater than the clinical benefit.
2. Recognize and respond to signs that it is time to transition care away from a disease modifying approach
3. Share information about diagnosis and prognosis clearly and compassionately
4. Use strategies to verify the understanding of the patient and/or family
5. Gather information about the patient's beliefs, values, preferences, context and expectations with regard to their care
6. Address the impact of the medical condition on the patient's future quality of life
7. Establish goals of care in collaboration with the patient and/or family
8. Recognize when strong emotions (e.g., fear, anger, anxiety, sorrow) are impacting an interaction and respond appropriately
9. Develop a plan to optimize symptom management in support of the patient's goals of care
10. Develop management plans that accurately reflect the patient and/or family's goals of care
11. Document the clinical encounter to accurately reflect the discussion and Decisions

Each edition of J-files will be highlighting a different EPA as our residents move through the stages of training. For more information on CBD go to <https://www.royalcollege.ca/rcsite/cbd/competence-by-design-cbd-e> and for our curriculum maps and EPA's go to One 45 at <https://webeval.med.mun.ca/mun/>

The Janeway Joggers

Throughout the month of May, several residents laced up their running shoes to raise funds for the Janeway Foundation through the Million Reasons Run. The Janeway Joggers (aka Alisha, Connor, Nadine, and Michelle) raised a total of \$1672 and ran a combined 311 km. Although Connor gave her a good run for her money, Nadine came out as our top runner helped by her stellar performance at the Toronto Marathon at the beginning of the month. Alisha soared to the front of the pack in her fundraising efforts. The Janeway Joggers would like to thank all who supported our fundraising efforts and invite anyone interested in participating next year to join us in May 2025!

Important Dates

Accreditation will be on **November 24th**, 2024 for Pediatrics

Awards presented by at the Resident Leaving Dinner 2024

Sara Trincao-Batra - Resident Advocacy Award

Hilary Price - Resident Quality Improvement Award

Mary Jane Smith - Faculty Quality Improvement Award

Lydia Elizabeth Lanteigne - For the best Junior Research Project

Brandon d'Eon - For the best Senior Research Project

Archna Shah - Junior Faculty Research Award

Robert Porter - Senior Faculty Research Award

Michelle Johnson - Best Resident Grand Rounds Award, Topic: Smoke and Mirrors: A review of vaping and its promise to reduce tobacco related harms

Jill Barter - Best Faculty Grand Rounds Award, Topic: Know when to trust your gut, when to dig a little deeper and when to call for help, the patients who have fascinated and taught me

Kathryn Clark - For the best Junior Clinical Clerk Educator

Katherine Smith - For the best Senior Clinical Clerk Educator

Liam Fardy - Junior Faculty Teaching Award

Anne Drover - Senior Faculty Teaching Award



Awards presented by Residents

Sarah Dinn - Best Staff Teacher

Rhiana Roeper - Best "Resident"

Alanna Roberts - Best Holiday Rounds Performer

Heather Power - Best Advocate

Andrew Borodovski - Best Poker Face

Jennifer O'Dea - Best Snazzy Shoes

Jill Barter - Janeway's Favourite Whale Widow

Michelle Johnson - Best Resident Teacher