



Academic & Wellness Workshop – January 2017

## Lifestyle

In addition to the variety of training opportunities, the Western Region of Newfoundland offers a wide range of extracurricular opportunities in which to enhance your lifestyle and promote a healthy work-life balance. There is so much to see and do in this area of the province, whether it is engaging in our rich arts community through theater, dance or visual arts, challenging yourself with our breathtaking, rugged terrain or embracing the diversity of our dynamic ocean playgrounds, all residents are encouraged to enjoy the variety of activities our region has to offer.

### Highlights of the Western Region:

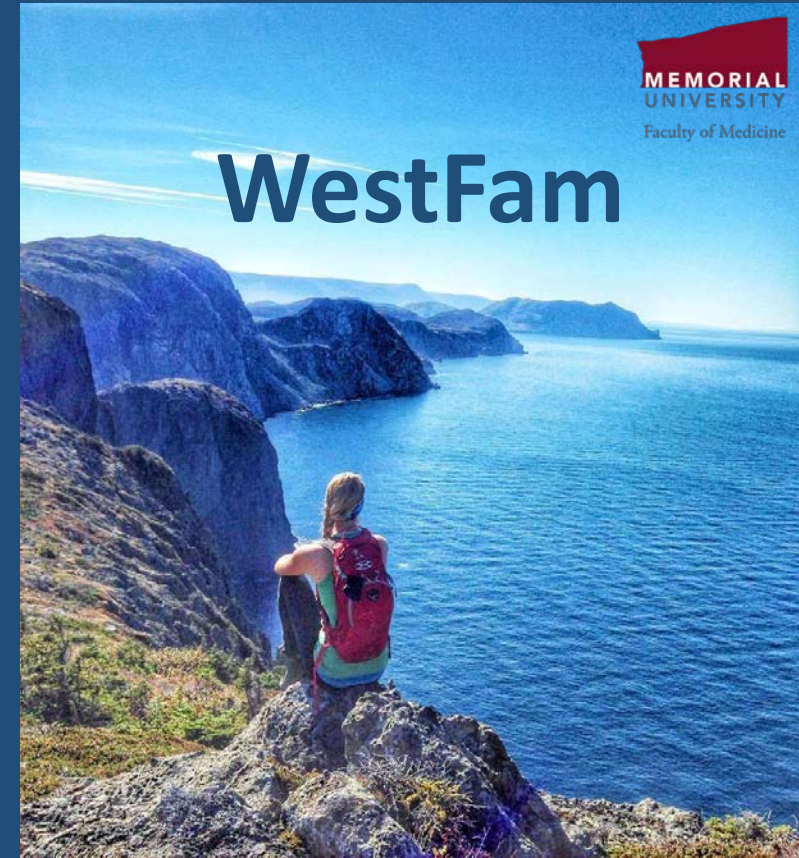
- Gros Morne National Park
- Marble Mountain Ski Resort
- Adventure tourism opportunities including zip lining, high ropes obstacle course and cave exploration
- Music and theater festivals including Theatre Newfoundland and Labrador, Stephenville Theatre Festival, Gros Morne Summer Music and Stage West Theatre Festival
- Deer Lake Strawberry Festival
- Water sports including river rafting, kayaking, paddle boarding,
- Fresh water and ocean fishing
- Hiking trails
- Cross country ski trails
- Golf courses



## Our Goal

The goal of the Western Stream is to provide a dynamic, rich learning environment that will prepare family medicine residents to be confident and competent physicians ready to manage a variety of clinical situations in a wide range of practice environments.

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## Residency Training in Western Newfoundland

“WestFam”, a Stream of the MUN Family Medicine Residency Program, is based within the Western Region of the Island of Newfoundland and offers a two-year Rural Family Medicine Residency that aims to train family medicine residents to become confident and competent physicians, ready to practice within a variety of practice environments.

## The Western Region

Western Health's geographical boundaries serve a population of approximately 78,000. The region spans from Port aux Basques southeast to Francois, northwest to just north of Port Saunders and on the eastern boundary north to Jackson's Arm.

Western Health provides a broad range of programs and services to the people of Western Newfoundland. These programs and services are based in community and facility settings.

The region boasts community based services from 24 office sites, community based medical services from 26 medical clinic sites (including traveling clinics) and 8 health facilities.



## Educational Opportunities

The combination of inpatient and community-based practices, involvement of specialty colleagues such as palliative care, orthopedics, internal medicine, pediatrics and obstetrics/gynecology, with access to diverse practices in more remote areas, like Bonne Bay, La Poile, Doyles and Rose Blanche, all add to the educational opportunities within the Western Stream.



## Unique Opportunities

With a broad range of medical illnesses, a diverse patient population and a variety of practice opportunities, the Western Region is poised to offer rich training opportunities for family medicine residents.

Much of the Western Region is comprised of several rural and remote communities. On the south west coast, Port aux Basques is the 'Gateway' to the province's tourists by way of the Marine Atlantic Ferry Service and the Trans-Canada Highway. Just east of Port aux Basques is home to the 'Wreckhouse Area' which boasts the highest winds in all of North America. The combination of these factors results in a high volume of traffic related accidents and a high level of trauma. Due to these factors, the Western Stream is poised to provide unique educational opportunities in the areas of trauma medicine and transport medicine skills.

## Teaching Sites

The Western Stream offers opportunities to engage in residency training within a number of teaching sites located throughout the Western Region including:

Corner Brook	Stephenville
Port aux Basques	Pasadena
Bonne Bay	Deer Lake

All of these sites combined offer a distributed learning system with opportunities for Small Group Learning Sessions, Family Medicine Rounds and Medical Grand Rounds.

There are a number of templates throughout the two-year residency program that will allow residents to work and live in several areas of the Western Region. Collectively, these sites offer a wide range of practical experiences within broad-scope family medicine including:

- Shared care obstetrics
- Newborn, paediatric and adolescent care
- Women's and men's health
- Mental health counselling/psychotherapy
- Geriatric and palliative care
- In-patient hospital care
- Occupational medicine
- Minor procedures
- Home visits/house calls
- Emergency medicine
- Interdisciplinary care

The main HUB of the WestFam program is located in Corner Brook. Family Medicine residents matched to the Western Stream will spend some of their time at the Western Memorial Regional Hospital (WMRH). WMRH is a 217 bed facility providing secondary services to the people of the Western region.

The rotations currently available at WMRH include Emergency Medicine, Internal Medicine, Paediatrics, Obstetrics and Gynecology, Orthopaedics, Palliative Care and Surgery.