

Faces of Residency



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Residency
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Specialty
Rural Family Medicine

PGY
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WHAT ATTRACTED YOU TO MEDICINE?

Medicine, with a privileged window into people's personal lives, offered meaningful personal interactions on a daily basis. I loved that I'd be able to go home at the end of work day and feel like I've played a role in helping others through the challenges of life. I also think in medicine we are very lucky to have control over our professional lives, which contributes a lot to job satisfaction.

WHAT ATTRACTED YOU TO YOUR SPECIALTY?

The challenge of a huge scope of practice in a diversity of settings – ambulatory care, emergency medicine, obstetrics and hospitalist medicine. The creativity involved in rural, resource-limited settings, and the ability to care for a defined population in a rural community. I was also very attracted by the potential of primary care being the pillar of our health care system – there are exciting winds of change in Alberta that I wanted to be a part of!

WHAT IS THE MOST REWARDING PART OF YOUR RESIDENCY TRAINING?

Staff are appreciative to have resident physicians on-call and we are treated as junior colleagues, with very little service-based time. Our program is flexible to suit resident physicians' needs – we pick our yearly schedule, our rural sites, our vacation weeks and often our call schedule. Our program administration is also amazing and provides an incredible amount of support to make sure we're doing okay!

WHAT DO YOU FIND THE MOST CHALLENGING IN YOUR RESIDENCY TRAINING?

Part of what attracts me to rural medicine is the challenge of the unknown, but two years to train for any scenario that can happen in a rural setting is extremely daunting. Similar to other programs, our program trains us to be creative problem-solvers and lifelong learners, recognizing that we have to prepare for the unknown throughout a long career.

WHAT ENERGIZES YOU OUTSIDE OF RESIDENCY?

Puns and dad jokes shared with family and friends over coffee, food, wine and board games. In a rural program, you find ways to keep yourself busy – I've taken up cross-country skiing, swimming and self-taught Spanish!