



DR. JACQUELINE LUHOWAY

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FAMILY MEDICINE

What attracted you to you to medicine?

I didn't fully consider applying for medicine until I was in my third year of my undergraduate program, however I always knew I needed a job that continuously challenged me and evolved. I was completing my Bachelor's in Biology & Neuroscience and had always loved anything related to the biological sciences. In my third year I completed a neuroanatomy course that had a heavy clinical basis and was taught by an extremely engaging professor. I fell in love with creating connections between the anatomical basis of conditions to patient stories and thus began my journey into medicine.

What attracted you to your specialty?

What really drew me to family medicine was the vast array of opportunities available to family physicians. Whenever I discovered a specialty in medical school that seemed like a good fit, there was always one aspect of another that I felt sorry to give up. I enjoyed mental health, children, adults and procedures, but also continuity. Naturally this led to family medicine where I've been fortunate to gain skills in all the above areas and more. Unique to family medicine is that we can really shape what we want our practice to look like in the end. Whether someone has a special interest in hospital medicine, emergency medicine, mental health or underserved populations, the opportunities are plentiful.

What do you find the most rewarding in your residency training?

I have been able to develop my own panel of patients and follow them over a two year period. I've followed a patient from their one week neonatal appointment through to their one year well-child check. Similarly, I've watched people struggle through mental health admissions in the hospital and seen them back to functioning at baseline in the community. Becoming a part of these patients' growth and journey and getting to know them on a more personal level has been a truly wonderful and rewarding experience.

What do you find the most challenging in your residency training?

As a generalist specialty, we are required to develop a baseline knowledge of an extremely wide breadth of topics from pediatrics to geriatrics and everything in between. This can be quite challenging, particularly when jumping between extremes of different rotations month to month.

What energizes you outside of residency?

I am energized by the wonderful network of people I've met in Calgary and the fantastic opportunities presented by such a vibrant city. I make a point to explore new restaurants and take advantage of the hiking trails in Canmore and Banff. Setting aside a weekly get together with other resident physicians to hang out and catch up has also been helpful in getting through some of the bigger challenges of residency.

At the beginning of residency, I had the opportunity to rescue a dog from a local shelter, which has been one of my best decisions to date. Getting out for dog walks and having the comfort that comes from having a pet at the end of a long day is the perfect way to decompress and recharge after a shift.