

*** PLEASE READ ***

I have left many of my answers in for you to read so that you can get you a sense of what I believe to be an example of a strong answer. However:

- These are **real** and **important** experiences to me.
- The intention is **not** for you to **copy** these answers or adapt my experiences for your own use.
- Please display integrity and honesty when using this document to prepare for your interviews.

Document Key:

- Purple = my answer
 - I have left many of my answers in, however some have been removed as they are specific to my experiences and would not be relevant for you as the reader.
- Blue = space to fill in your answer
 - Click <u>File</u> → <u>Make a copy</u> to create a copy of this document in which you can write in and prepare your own answers.

Approach to questions about the role of Family Physicians:

- **DEFINITION** of the phrase or characteristic, if applicable
- **EXAMPLE** from your own experiences
- VALUE as a family physician

Comprehensive care

What does comprehensive care mean to you?

Chris' answer:

• 1. DEFINITION:

- Comprehensive care is an approach to care that considers the whole patient and all their needs, not just the medical and physical needs.
- Another way to frame it: comprehensive care considers not just the illness, but the experience of illness, and how psychosocial, cultural, and spiritual factors play into this.

• 2. EXAMPLE:

[Discussed experience about the patient with recurrent DKA from the q4 document]

• 3. VALUE:

 Family physicians are well suited to deliver comprehensive care, because the continuity of our relationships with patients allows us to develop an understanding of not only the patient's illness but the psychosocial factors that influence their illness experience

Your answer:

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What does patient-centered care mean to you?

Chris' answer:

• 1. DEFINITION:

 Patient-centered care is an individualized approach that empowers the patient to participate in a shared-decision making process, and guide their care based around their preferences, cultural values, and unique health goals

• 2. EXAMPLE:

- OB rotation in St Thomas
- For context: hospital in St Thomas services a large Amish population in the surrounding communities.
- For many of the Amish women I saw, it was really important for them to undergo the child birthing process in a way that was as natural as possible, for example

- forgoing an epidural for pain control, or avoiding induction of labor unless absolutely medically necessary.
- Now contrast that to other women I've been involved in the care of, who perhaps value the epidural as an important part of enjoying their childbirth experience.
- Patient-centered care meant encouraging these patients to make decisions around their healthcare decisions that value their choices and preferences.

3. VALUE:

 Family physicians are well suited to deliver patient-centered care, because the continuity of our relationships with patients allows us to develop an understanding of not only the patient's illness but their values in health goals too.

Social responsibility

"How can / will you as a family physician show social responsibility and be a resource to your community?"

"What are you looking forward to in your career?"

Chris' answer:

• 1. DEFINITION:

- As family physicians, we have a social responsibility to fulfill the role of the HEALTH ADVOCATE by...
 - Uses their unique perspective on health and knowledge of the healthcare system
 - ...in combination with their privileged position of power, influence, and trust within society
 - ...to ultimately **improve the health** of the society they serve

• 2. EXAMPLE:

- So how can family physicians be a resource to their community?
 - Can be as simple as writing to your local MP to draw attention to issues such as access to clean drinking water
 - It can be as a member of your local school board to weigh in a physician's opinion on safe-return policies for kids during COVID
 - Participating in city council meetings to advocate for improved social conditions of poverty (e.g. food and housing security)
 - Organizing community-level events such as charity fundraisers or awareness campaigns

• 3. <u>V</u>ALUE:

- So whether it is through political, social, or educational advocacy, family
 physicians can (and should) show social responsibility and act as a resource
 to their community.
- o As a future family physician...
 - I would like to continue fundraising for the Heart & Stroke Foundation as I have done for the past 9 years

 I would also like advocate for improved public transportation and biking infrastructure in my community, to improve the physical health of my community and our climate impact

Your answer:

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General role

What is the role of family physicians now, and how about in 5 years?

Chris' answer:

• 1. DEFINITION:

- In my view, the role of the family physician is a dedication to fulfilling the role of the HEALTH ADVOCATE. A provider who:
 - Uses their unique perspective on health and knowledge of the healthcare system
 - ...in combination with their privileged position of power, influence, and trust within society
 - ...to ultimately improve health on an individual level, but also at the level of society and the community that they serve.

• 2. EXAMPLE:

- I'd like to tell a brief story that I think best exemplifies this:
- With a family physician during 4th year FM elective
- During the morning, we had a house call for a newcomer family from Iraq. My preceptor and I drove to the family's home together, and when we arrived she asked me to grab a large box out of the trunk of her car and bring it into the house. I inquired what was in it, and she replied "It is a box full of children's books. Last home-visit I did for this family, I discovered that they only owned one book between the four children in their household". The family were so extremely appreciative of this gesture.
- And then over lunch that day, I was able to join my preceptor for a Zoom meeting where she was acting as a member of the local school board to provide her opinion as a physician in a discussion about the logistics of mass delivery of the COVID-19 vaccines to children
- I love this story because it perfectly exemplifies the role of the family physician as a health advocate, firstly on an individual level with the gesture of kindness for the newcomer family but then on an wider, societal level with her role as a member of the school board.
- 3. <u>VALUE</u>: And while just one example, the role of the family physician as a health
 advocate is constantly occurring in every day interactions with patients, families, and
 society.

EXTRA: In the next 5 years, of course there will be unexpected developments in the
current challenges that face Family Medicine, and even new challenges, but overall I
think that the family physician's role as a HEALTH ADVOCATE is so inherent to the
speciality that I can't see these changing in near future.

Your answer:

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How do you define the role of a family physician in a team?

Chris' answer:

• 1. DEFINITION:

- I view family physicians as the 'air traffic controller' of a patient's care team, who
 have an understanding of the bigger picture and coordinate the care of all other
 services involved with a patient.
- For example, they are coordinating care from other specialties (perhaps the
 pilots in the air, in this metaphor), as well as with many of the healthcare allies
 (e.g. community nursing, dieticians, physiotherapy) (representing the airport
 ground crew for example)

• 2. EXAMPLE:

- For example, I recall seeing a patient who was post-op for a below knee ambulation. Teams involved included:
- Vascular Surgery who had performed the operation and were following in their clinic
- Physiotherapy to promote mobility and strengthening
- Occupational Therapy to optimize the home environment
- Community nursing to tend to his surgical site wound.
- And of course my and the **family physician** I was working with, whereby we
 were not only coordinating these services but also playing our own role too,
 managing medical co-morbidities, answering questions, and helping the patient
 adjust to the changes in his life.

• 3. VALUE:

 The family physician, as the air traffic controller, has all the information and understands the full picture, and as such is able to coordinate the care and best help the patient navigate our busy and complex medical system.

Your answer:

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S Continuity of care

Tell me about a time when you experienced continuity of care

Chris' answer:

• 1. <u>D</u>EFINITION:

- Continuity of care, to me, refers to the connectivity and coordination of care that patients receive as they interact with the various areas of our healthcare system
- This can either mean:
 - Seeing the same provider over an extended period of time
 - or it can reflect high quality communication between different providers of the same patient

• 2. EXAMPLE:

- On my Peds CTU rotation, I cared for a newborn boy who was admitted to hospital for a considerable portion of time to receive IV antibiotics.
- Over the 2 weeks of the rotation, I asked to be assigned to this patient every day.
 I was able to develop a strong connection with his parents over this time, and we became more familiar, they felt more comfortable asking me questions, expressing their fears and concerns, etc.
- Then, at the end of my rotation I created a comprehensive Summary Note containing all of the patient's resolved and active medical issues, as well the parent's goals, values, and concerns, consolidating all of the information I had learned over the 2 weeks. This would allow for continuity of care even when the next medical clerk came on to take my place

• 3. <u>V</u>ALUE:

- In family medicine, many problems that patients have are not things that can be
 fixed in a single visit. They are often things that need chipping away at over time,
 be that with a patient moving through the different stages of contemplation of
 smoking cessation, fine tuning the dose of a specific medication, or working up
 an uncommon disease.
- We as GP can leverage the longitudinal nature of the relationships to provide continuity, and through strong communication we can ensure that continuity extends to any other parts of the healthcare system they are involved in too.

Your answer:

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Innovation

What areas of innovation in FM do you foresee?

Chris' answer:

Point-of-care ultrasound

- What → In the past 10 years, POCUS has drastically changed the practice of medicine in the Emergency Room setting, and is an incredible, non-invasive, tool to provide real-time answers to yes/no questions.
- Why → In an outpatient setting, the Canadian healthcare system already faces significant wait times for formal patient imaging. If we can answer some of these questions in the office, this would help contribute to improved patient access to care services while reducing healthcare costs and waitlist times for formal imaging.

\circ Application \rightarrow

- I would love to gain extra training in point-of-care ultrasound and apply it in a family practice setting as a triage and diagnostic tool, be that assessing cardiac function and structure, aortic aneurysm, DVT, or any of the other myriad applications of point-of-care ultrasound.
- There is a wonderful article in American Family Physician from 2018 that is well worth a full read, but just to cherry-pick one highlight from that article; it states that abdominal aortic aneurysm screening using POCUS has a sensitivity of 99-100% and takes less than 5 minutes.
- Facts like this make you realize that POCUS is an incredible and underutilized tool in a family practice setting, and as such I would love to pursue extra training such that I can apply it in my future practice.

Your answer: