

## First in-person Section of Residents (SoR) meeting in three years!

Seventeen new R1s, along with new representatives from the Fédération des médecins résidents du Québec and Resident Doctors of Canada, were welcomed and oriented to their Section of Residents (SoR) Council and observer positions. Elections were held for resident representation on six College of Family Physicians of Canada (CFPC) committees, with Council members elected to all of these. This was a full two-day meeting, with plenty of time to engage, interact with colleagues and discuss various education topics at a national level.

Please welcome our incoming SoR Executive:

- Dr. Jocelyne Beelen (R1), McMaster University: Chair-Elect
- Dr. Daire Fitzpatrick (R1), Queen's University: Vice Chair-Elect
- Dr. Emily Burbidge (R1), Dalhousie University: Executive Lead Internal-Elect
- Dr. Joanna Walters (R1), Western University: Executive Lead External-Elect

Current SoR Executives:

- Dr. Emmanuel Hébert (R2), Dalhousie University: Chair
- Dr. Sabrina Slade (R2), NOSM University: Vice Chair
- Dr. Adam Penkul (R2), University of Calgary: Executive Lead Internal
- Executive Lead External – currently vacant

## SoR 2023/24 Objectives

The 2023/24 objectives have been identified as follows:

**Engage:** Engage SoR general membership with the CFPC and the Council, and members of the Council with the vision of the SoR.

**Support:** Support SoR Council members/group in sustainable work and empower Council members as leaders in their respective programs.

**Inspire:** Inspire members to be family medicine ambassadors and help promote the specialty of family medicine.

**Structure:** Structure and reflect on activities of the Council to preserve institutional memory and shape long-term direction.

## Update on Guide for Improvement of Family Medicine Training (GIFT) Tools

The 2022 [GIFT](#) provides a practical approach to addressing obesity management in family practice using relevant evidence-based guidelines. Key points for management are outlined, with links to resources. Consider using this tool as a discussion guide across multiple follow-up visits. This guide consisted of the traditional one-pager and full guide.

GIFT 2023 will focus on creating a one-pager that provides helpful links/resources/tips to help residents prepare for their certification exam. Every year we hear from residents who feel the only prep resources available are those which are paid and designed by third party vendors. Stay tuned to the release of this GIFT by summer 2024.

To view all previous GIFTs, please [visit our web page](#).

## Family Medicine Forum

In addition to the two resident lead and Mainpro+<sup>®</sup> certified sessions offered at Family Medicine Forum (FMF), and the student/resident networking luncheon, in collaboration with the four Quebec universities a learner cocktail reception was planned. Building off the success of the learner reception that was held by the University of Toronto during the FMF 2022 in Toronto, the aim of this event was to hold a bilingual event for learners that celebrates, promotes, shows support, and validates family medicine by creating an opportunity for learners to meet and mingle and hear from both family medicine university and CFPC leadership. The event was a success! Over 200 learners attended along with the family medicine Chairs and program directors of all four Quebec universities, the Quebec Chapter's President, and senior CFPC leadership. We've received very positive feedback from those who attended the event and plan to make this an annual event in collaboration of the host city at each FMF.

Also new this FMF, we piloted the live streaming option. Our Transitioning to Practice 101 session was live streamed and will be available as part of the FMF LOVED (on-demand) program. The hope is that we can continue to reach more members and provide added value by offering additional opportunities for them to access the session.

## Social Media

As part of our member engagement strategy, we are looking into possible resident-specific social media channels. We want to create a community where family medicine residents can post, engage, and interact on resident-related items. This will be a private group, to which both residents and CFPC staff administrators will have access.

## Residents' Corner

Work continues with Residents' Corner, a regular blog in [Canadian Family Physician \(CFP\)](#) that covers a range of topics important to family medicine residents nationally (e.g., anti-racism, planetary health, virtual care, wellness, etc.). This initiative will provide ongoing opportunities for resident collaboration across the country. If you are interested in submitting your work or an idea, please contact us at [education@cfpc.ca](mailto:education@cfpc.ca).

## Valuable Resources/Tools/Guides for Residents

### Now free to residents: Self Learning™ Program and CFPCLearn

Thanks to a new initiative, family medicine residents can now receive free access to the [Self Learning Program](#) and [CFPCLearn](#). Self Learning is a certified program that provides subscribers with evidence-based clinical information in a simple and convenient format. The content is drawn from peer-reviewed articles and curated by approximately 70 family physicians across Canada. Activate your free online subscription at <https://selflearning.cfpc.ca/#/lng-en/> or log in to your account via the CFPC [portal](#).

CFPCLearn is an online learning platform that includes education content (articles, podcasts, videos, and e-courses) made by and for family physicians. [Claim your free account!](#)

## Practice Management Prep

Don't forget to check out [Practice Management Prep](#) (PM Prep). This is an online tool for residents that includes self-reflection exercises, learning plans, and a repository of practice management resources intended to support family physicians in their transition from residency to independent practice. The business side of practice, or practice management, is an area in which new family doctors have requested additional learning opportunities.

## Mainpro+

Claiming credits: Are you finishing your residency in June or still have a few years left? Don't forget about your Mainpro+ continuing professional development (CPD) credits. Mainpro+ is the CFPC program designed to support and promote CPD for family physicians. Participation in Mainpro+ is optional, but beneficial, for residents. Residents can carry up to 40 certified Mainpro+ credits to their first active cycle by logging participation in CPD activities such as conferences, workshops, and the Self Learning Program. Learn more about [Mainpro+ for resident members](#).

## Professional Learning Plan

[The Professional Learning Plan \(PLP\)](#) tool is now available to all Mainpro+ participants and can be accessed in English and French through the [Mainpro+ portal](#). The PLP is a user-friendly online tool that supports family physicians in creating a plan for their CPD. A PLP can be completed annually and is a voluntary activity. It prompts family physicians to reflect on their CPD choices and the needs of their patients and communities.

## First Five Years Essentials guides

The [First Five Years in Family Practice](#) Committee has created a series of essential guides to assist with your transition to practice:

- [First Five Years Essentials: A Brief Guide to Locuming in Family Medicine](#)
- [First Five Years Essentials: Contract Negotiation Basics – Locum Edition](#)
- [First Five Years Essentials: Financial Management Tips](#)

Dr. Adam Penkul, CFPC SoR Council, Executive Lead Internal

Send any questions or concerns to your SoR Council representatives, whose names are on the [SoR web page](#).