NEW BOARD MEMBERS

Fitness and Fun

YOUNGSTERS GET ACTIVE WITH DOCTORS MANITOBA AND FIT KIDS, HEALTHY KIDS AT JULY EVENT IN WINNIPEG

A STRATEGIC PLAN

SHARING OUR VISION

Carrying the Torch

Leading the Way

Doctors Manitoba Mentorship Program pairs attending physicians and residents with medical students

Dr. Gigi Osler
CMA President-Elect 2017-2018

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20 Desjardins Drive, Winnipeg, Manitoba, Canada R3X 0E8
Carrying the Torch ........................................ 3
- President-Elect Dr. Shannon Prud’homme represented Doctors Manitoba as a Canada Summer Games torch bearer

Board Of Directors ....................................... 5

New Board Members .................................... 6

Fitness and Fun ........................................... 12
- Fit Kids Healthy Kids

Drug Impaired Driving ................................. 14

Dr. Gigi Osler .............................................. 15
CMA - President Elect 2017-2018

Renowned army doctor awarded Victoria Cross for bravery on the battlefield... 16

MPI Rates .................................................. 17

Leading the way ......................................... 18
- Doctors Manitoba Mentorship Program pairs attending physicians and residents with medical students

Home is where the heart is! ......................... 20

A Strategic Plan ................................. 22
Sharing Our Vision

The Ransomware Threat ............................. 24
are you prepared?

Passages .................................................. 26

Call for Nominations ............................... 27
- Doctors Manitoba Awards
At about 250 metres long, the run wasn’t strenuous. But in those short, few minutes on July 26, Dr. Shannon Prud’homme made memories that will last a long time.

On that day at The Forks in Winnipeg, Dr. Prud’homme was one of many runners feeling a lot of pride for the city, and their country.

“It really was an honour to be a bearer of the torch, the symbol of the Canada Games. Being a part of this showed me the many parallels between striving for excellence in sport and striving for excellence in medicine,” says Dr. Prud’homme, President Elect Doctors Manitoba.

Dr. Prud’homme shared her duties with co-torch bearer Jason Pruden, a teen originally from Lake St. Martin First Nation who was representing Fit Kids, Healthy Kids. The duo started their run-walk at the Forks Historic site and made their way to the Children’s Museum before handing off the Roly McLenahan torch, which was named after a member of the original Canada Games Council.

Dr. Prud’homme has a lifelong connection to sport and active living.

She was a competitive bowler in her youth and played Ultimate Frisbee during her university years. Today she stays active by running and biking, rowing and kayaking, swimming, and playing golf and tennis. But she plays for fun, and not competitively, she points out. The athletes at the 2017 Canada Summer Games are the real stars, Dr. Prud’homme says.

“The physical conditioning and abilities demonstrated by the athletes in each and every sport was truly inspiring.”

Over the course of the 17-day games, Dr. Prud’homme watched athletes compete in sailing, diving, beach and indoor volleyball, basketball and baseball, swimming and tennis, and other events.

Diving was her favourite.

“The athletic precision, and the unforgiving nature of the sport makes it very exciting to watch. Every minute detail becomes amplified when imperfect and when things go well, the dive coalesces seemingly effortlessly into a physical art form.”
More than 4,000 athletes and coaches competed at the games, which ran from July 28 to August 13 in Winnipeg and several other nearby communities. There were 16 sports and more than 250 additional games-related events and celebrations. About 6,000 volunteers kept the games running and the city welcomed about 20,000 visitors.

Representing Doctors Manitoba at the games was a privilege, says Dr. Prud’homme.

“An event like the Canada Games is a celebration of excellence within the community and for me it parallels the excellent care and service that the physicians of Manitoba provide within the province,” she says.

“Like the legacy of the Canada Games, Doctors Manitoba is working hard to provide a legacy of support, mentorship and, through negotiations with government, financial stability for our future generations of physicians who will continue in our footsteps to provide care for our patients, our families and yes, even us.”

Is Life Reminding Your Patients It’s Time To Get Better?

Give your patients an opportunity to live their best life and feel better. Refer them to the Reh-Fit Exercise is Medicine program.

This one-time, eight-week program helps your patients get started with exercise, create good exercise habits, increase physical activity in their daily lives, and steer clear of barriers to exercise.

It begins with a health screening that determines baseline health measurements for your patients. The screening is followed by pre- and post-assessments, which are sent to you for your reference.

Through Reh-Fit Exercise is Medicine, your patients receive daily access to the Reh-Fit Centre and weekly contact with our Health and Fitness staff for guidance and support as they work to improve their health through physical activity.

Participants could include those who need rehabilitation from an injury, are coping with diabetes or other chronic diseases, have risk factors for developing a chronic disease, or simply want to enjoy the benefits of getting in shape and staying that way.

The cost of Reh-Fit Exercise is Medicine is $100 (financial assistance available). To refer a patient, or for more information, please contact Amandev Dhesi at 204-488-5851 or EIM@reh-fit.com.
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11. Dr. Mark Boroditsky
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12. Dr. Kristjan Thompson
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15. Dr. John Donnelly
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16. Dr. Michael Gray
    - Central

17. Dr. Hisham Tassi
    - Northern

18. Dr. Meyer Nell
    - Assiniboine

19. Dr. Darren Leitao
    - University Medical Group

20. Dr. Audrey Nguyen
    - Professional Association of Residents and Interns of Manitoba

21. Ms. Achieng Tago
    - Manitoba Medical Students’ Association

22. Dr. David Cram
    - CMA Board of Directors Representative
Physicians are facing challenging times. Their work loads are increasing; their days are longer; and they’re expected to do more with less.

Dr. Michael Boroditsky worries about the short and long-term effects these trying conditions have on physicians.

Physician well-being is one of the most pressing issues facing the profession today, says Dr. Boroditsky. He wants to help change that.

Improving doctors' working lives is on his list of priorities as he assumes his new role as Health Sciences Centre Representative on the Board of Doctors Manitoba. Dr. Boroditsky primarily practices at the Women’s Hospital in both Obstetrics and Surgical Gynaecology.

Dr. Boroditsky has already been an important voice for doctors. He recently finished a four-year term on the Board of the College of Physicians and Surgeons.

At Doctors Manitoba, Dr. Boroditsky hopes to continue that advocacy and improve communication throughout the system.

“All too often fragments of information are released resulting in uninformed physicians or worse misinformed physicians,” says Dr. Boroditsky. “Physicians need strong advocates both with government and administration, which may at times put us at odds with other allied health providers. However we advocate for patients first and always.”
Meet
Dr. Audrey Nguyen

PARIM (Professional Association of Residents and Interns of Manitoba) President, and Board Representative

Dr. Audrey Nguyen’s heart is with her patients. Using her training in psychiatry, Dr. Nguyen’s goal is to build strong therapeutic relationships with her patients.

Hearing their stories and getting to know her patients continually motivates her.

“I cannot imagine a better field,” she says.

That field, and the practice of medicine, fulfills her passion for education too.

“I have always loved education: educating myself; educating my peers; and educating my patients. Medicine allows me to pursue my academic and clinical interests, all in the while helping my patients towards wellness” says Dr. Nguyen.

Dr. Nguyen completed her Doctor of Medicine at the University of Calgary. While in school she co-founded The Longview, the U of C’s first medical humanities journal. After her move to the University of Manitoba to start her residency, she began serving as first-year representative, and social representative for the Psychiatry Residents Association of Manitoba.

In her role on the Doctors Manitoba Board, Dr. Nguyen wants to be a strong voice for residents.

“Medical residents play an unique role within our healthcare services, many times, being the front line physician to serve our patients,” says Dr. Nguyen. “I believe it is integral that our voice be represented at the Board so that our unique understanding be part of decisions.”

She is thrilled to be on the Board and help enhance the working lives of residents and physicians, and ultimately improve patient care in Manitoba.

“This is an invaluable opportunity for further collaboration between staff, physician colleagues and resident physicians. It is my utmost privilege to represent our values and needs at the Board,” says Dr. Nguyen.
Meet

Dr. Darren Leitao

University Medical Group Representative

Dr. Darren Leitao is a strong, new voice for academic physicians on the Doctors Manitoba Board. Being an advocate for this group is not a new enterprise for Dr. Leitao. He has been speaking up for his colleagues for more than a decade.

In 2004, Dr. Leitao became a University Medical Group board member. In Fall 2016, he took on the role of president on the UMG board. His new role as UMG representative on the Doctors Manitoba Board will give him an even closer look at the challenges and inner workings of our medical system, he says.

“I love the opportunity it provides to meet so many people, every single day, and be able to help solve problems they face. I love getting to be a part of their lives, and make them better,”

“Whether it’s improving a child and families’ quality of life, or dealing with an emergent critical airway, being able to help people makes it all worth it. Even with the hard work and long hours, when you love what you’re doing, it doesn’t feel like work anymore.”

“Serving in this capacity helps me understand how the various parts of the health care system work, and that will ultimately help me understand how to best create change and improvements,” says Dr. Leitao.

In addition to attending to the issues within academic medical community, Dr. Leitao is acutely aware of the concerns in health care in Manitoba. His top concerns include: Providing quality care to a large population within resource and budgetary restrictions; and recruiting and retaining talented academic physicians and surgeons, especially in light of proposed federal taxation changes.

Dr. Leitao hails from La Ronge, Saskatchewan, a small community of about 3,000 located north of Prince Albert. He’s a graduate of the University of Saskatchewan. In 2002, he completed his residency for Otolaryngology-Head and Neck Surgery at the University of Manitoba. Today, he works at Health Sciences Centre and is also an assistant professor for the University of Manitoba.

While advocating for colleagues is very important, his work with patients is what really drives him, Dr. Leitao says.

“Whether it’s improving a child and families’ quality of life, or dealing with an emergent critical airway, being able to help people makes it all worth it. Even with the hard work and long hours, when you love what you’re doing, it doesn’t feel like work anymore.”
Dr. Meyer Nell

Assiniboine Representative

Practicing medicine in the country suits Dr. Meyer Nell.

“I love my patients and the closeness of a small town. I love being able to make a difference and improve quality of life, sometimes simply lending an ear can change somebody’s day,” he says.

Dr. Nell, who originally hails from South Africa, has been practicing medicine in Boissevain for twenty years.

“It has been a pleasure to serve as a family doctor,” says Dr. Nell.

He loves the challenges that every new day brings and is grateful for the opportunities he has had since moving to the rural Manitoba community.

As the new representative for Assiniboine on the Doctors Manitoba Board, Dr. Nell is primed and ready for the challenges facing the profession.

Proposed changes to taxation by the government for small business and corporations concern Dr. Nell. While businesses and corporations typically provide retirement and benefit packages, physicians, who are often self-employed, don’t have those same safety nets, he says.

“The erosion and possible closure of rural emergency services, and ensuing job cuts also worries Dr. Nell.

With his familiarity with the issues and interests of rural physicians and his understanding of the Regional Health Authorities and their struggles, Dr. Nell is a valuable and strong voice on the Doctors Manitoba board.

He is committed to helping create positive change.

“I have very specific opinions about some of these issues,” says Dr. Nell, “and I believe that they can be addressed and solved if the correct strategies fall in place.”

“There are simply no guarantees in our line of work. And I am worried this will lead to physicians leaving the province and the country.”
Meet

Dr. Mark Boroditsky

Seven Oaks District Representative

Physicians in Manitoba are facing a lot of change. Dr. Mark Boroditsky wants to help his colleagues navigate these challenging times.

“I hope to bring fresh ideas and enthusiasm to planning and discussion over our health care system,” says Dr. Boroditsky, who is the board’s new representative for Seven Oaks District.

Dr. Boroditsky brings a broad range of experience to the Board. The Winnipeg-born physician is a graduate of the University of Manitoba’s urban family medicine residency. He practices family medicine at Pritchard Farm Health Centre, a private clinic he co-owns in East St. Paul.

Family medicine suits him.

“I love the ability and independence to practice in a field that I love. The deep relationships developed with patients, celebrating the good as well as lamenting the bad times with them,” says Dr. Boroditsky.

In addition to his practice in East St. Paul, Dr. Boroditsky worked for five years as a University Physician for the Department of Family Medicine based out of Seven Oaks Hospital. He is currently working as an HMO for orthopedics at Seven Oaks Hospital.

Dr. Boroditsky has more than 10 years hospitalist and outpatient experience. He will be working hard for members in his new role on the board of directors for Doctors Manitoba.

“I have an interest in the mechanics of delivering health care and want to be involved with creating positive change.”

His role on the board will be more than just addressing the issues of the day. It’s about the people too, Dr. Boroditsky says.

“I enjoy developing new relationships amongst my colleagues.”
Meet Dr. Kristjan Thompson

St. Bonifac District Representative

Emergency room medicine is a perfect fit for Dr. Kristjan Thompson. The Winnipeg-born, raised and educated physician thrives in the fast-paced, challenging and ever-changing ER environment.

“I have the best job in the world,” says Dr. Thompson, who works at the ER at St. Boniface Hospital. (He is also a transport physician for STARS Air Ambulance.)

Dr. Thompson has already worked with Doctors Manitoba. In 2013, he was the PARIM co-president and sat on the Doctors Manitoba board as a PARIM representative.

He is excited to be back on the Board, and to work for physicians.

“I have never been shy to speak up, nor roll up my sleeves and take action. I will do my best to represent and advocate for the St. Boniface District Medical Society physicians as we navigate through all the changes and challenges currently facing our profession.”

Aside from his passion for ER medicine, Dr. Thompson is also interested in healthcare administration and health policy. Those interests will serve him well in his role on the Board of Doctors Manitoba.

“In the midst of great change and uncertainty, physicians are currently facing significant challenges as we continue to strive towards excellence in patient care,” he says.

But that reality won’t deter Dr. Thompson.

“The environment in the ER is in continuous flux, and I am constantly learning and challenged to grow to become a better physician. We often see people in their most vulnerable state, and are confronted with the vast spectrum of the human condition and the fragility of life.”
Fitness and Fun

Photography by: Michele Bouvier
Nine hundred kids make a lot of noise.
Nine hundred very excited kids make even more noise.

On July 27, there was a lot of noise, when a boisterous mass of pre-teens from communities throughout Winnipeg descended on Sinclair Park Community Centre. They were there for Jump-start, a day-long sports and games party for kids who typically have less access to organized programs.

The goal? Having fun while getting active.

Fit Kids/Healthy Kids, with ongoing support of Doctors Manitoba, was there too.

“It’s massive, it’s awesome. It’s almost overwhelming seeing all the buses arrive with all the kids,” says Caleb De Vries, Fit Kids Healthy Kids’ coordinator. The kids, members of the Boys and Girls Clubs, arrived in a line of school buses in the morning and stayed until mid afternoon for loads of activities and competitions.

Kids ages six to 12 spent the day rotating through multiple games stations on site. They played dodgeball, stomp and catch, ladder golf, hoop flips, and running and jumping relays, among other activities promoting physical fitness and fun. On a literacy tarp, they practiced spelling and the alphabet by jumping, hopping and skipping on letters. A parachute station, cat and mouse, and a shark and life guard games also kept the kids giggling and engaged.

“It’s a big, massive celebration. It was fun day. There was no school, no stress, and at the weather was great,” De Vries says.

When the competition got fierce, kids also yelled chants and cheers to encourage their teammates.

“It was incredible to see and hear,” DeVries says.

Two hundred adult volunteers were also on hand to make the day happen, including doctors from Doctors Manitoba.

The annual event is one, of a number of programs Doctors Manitoba supports through its ongoing commitment to Fit Kids, Healthy Kids.

The support from Doctors Manitoba is incredibly important to make this day happen every year for the children, De Vries says.
Driving while under the influence of drugs is recognized as a significant road safety concern. There is evidence that the use of several classes of drugs is associated with an elevated risk of vehicle crashes, that drug impaired driving is increasing among Canadians, and that many people, especially young people, are unaware of the potential risks of driving after the use of certain drugs.

With the impending legalization of recreational cannabis, the Province of Manitoba has determined that finding solutions to address driving under the influence of drugs in general (and of cannabis in particular) as a major provincial priority. To this end Manitoba Public Insurance is embarking upon a number of strategies which will include encouraging drivers to discuss with their health care providers the effects that their medications may have on driving performance.

Manitoba Public Insurance has updated its Health Care Professional website with information about drugs and driving. The following points are highlighted:

- Driving while impaired by drugs is a criminal offence in Canada, whether the drugs are prescribed, over the counter medications, or recreational or illicit drugs.

- Many drugs, whether used alone or in combination with others, can affect driving performance and patients should be advised accordingly.

- The effects of cannabis on driving typically last 3–6 hours but can persist for up to 24 hours.

- The College of Family Physicians of Canada’s Preliminary Guidance Document on dried cannabis, released in September, 2014, recommends that cannabis users should be advised to not drive for 4 hours after inhalation, for 6 hours after ingestion, or for 8 hours if euphoria is experienced, regardless of the route of administration.

- The national (and Manitoba) medical standard for drivers states that an individual with moderate to severe substance use disorder, as defined by DSM-5, is prohibited from holding any class of licence unless the condition is in remission.

- Section 157(1) of the Manitoba Highway Traffic Act stipulates that reporting of medically unfit drivers is mandatory for physicians.

For further details, please refer to the Manitoba Public Insurance website for Health Care Professionals:

http://www.mpi.mb.ca/en/DL/DL/MedCondAndDrivingForHealthCareProf/Pages/Driving-Fitness-Overview.aspx

Neil Swirsky MD FRCP(C), Medical Advisor, Driver Fitness, Manitoba Public Insurance
Dr. Osler graduated from medical school at the University of Manitoba in 1992. Following this, she completed a rotating internship at the Health Sciences Centre and St. Boniface General Hospital from 1992 to 1993.

She began studying Otolaryngology-Head and Neck Surgery at the University of Manitoba in 1993 and graduated from the residency program in 1997. This was followed by a Rhinology fellowship at St. Paul’s Hospital in Vancouver, BC. She has been in practice in Winnipeg since 1998.

Dr. Osler is the Head of the Section of Otolaryngology-Head and Neck Surgery at St. Boniface Hospital and is an Assistant Professor with the Department of Otolaryngology-Head and Neck Surgery at the University of Manitoba. When working at St. Boniface Hospital, she is actively involved in the teaching of medical students and residents.

Her interest in medical education led her to volunteer with the Royal College of Physicians and Surgeons of Canada. She served on the working group tasked with transforming Canada’s Otolaryngology-Head and Neck Surgery residency programs into competency-based medical education programs. She is also on the Royal College’s Professional Learning and Development Committee and supports the lifelong learning of physicians and surgeons.

Dr. Osler is a dedicated advocate for global surgery and the promotion of safe, accessible surgical care. She volunteers annually on surgical missions to low and lower-middle income countries, and her volunteer work inspires her to work harder for patients and the health care system. She was a member of Canadian Helping Kids in Vietnam’s medical mission to Long Xuyen, Vietnam in 2011. The mission’s goals were to educate Vietnamese doctors and nurses, deliver donated medical equipment and supplies, and present bicycles to deserving schoolchildren.

For the last several years Dr. Osler has been volunteering in Mbarara, Uganda. Working with members of the Canadian Society of Otolaryngology-Head and Neck Surgery, the group collaborates with the ENT Department of the Mbarara University of Science and Technology to improve the quality of local health care through education, training and mentorship to surgeons, residents and medical students.

A passionate advocate for physician health, Dr. Osler co-chaired the 2015 Canadian Conference on Physician Health and serves as chair of the Physician Health and Wellness Committee for Doctors Manitoba. The committee oversees the Physician and Family Support program and creates events to promote physician wellness. In 2017, she was awarded their Health or Safety Promotion award in recognition of her efforts to develop and implement programs to support the health and well-being of doctors.

Dr. Osler lives in Winnipeg with her wonderful husband and is the proud mother of two incredible children.
Dr. Francis Alexander Carron Scrimger lived from 1880 to 1937. His life is a testament to bravery, duty and dedication. In 1905, after graduating from medical school at McGill University, Dr. Scrimger began interning at the Royal Victoria Hospital. At the hospital he met John McCrae, another intern who later wrote the renowned poem In Flanders Fields.

By 1910, Dr. Scrimger was a clinical assistant in surgery at the Royal Victoria. In 1912, he joined the Canadian Army Medical Corps. Two years later, he earned the rank of captain. By October 1914, he was headed to Plymouth, England along with thousands of other soldiers, horses, and other equipment all loaded on 32 ocean liners.

The London Gazette published an account of Dr. Scrimger’s bravery on June 22, 1915. It reads: “On the afternoon of 25th April, 1915, in the neighbourhood of Ypres, when in charge of an advanced dressing station in some farm buildings, which were being heavily shelled by the enemy, he directed under heavy fire the removal of the wounded, and he himself carried a severely wounded officer out of a stable in search of a place of greater safety. When he was unable alone to carry this officer further, he remained with him under fire till help could be obtained. During the very heavy fighting between 22nd April and 25th April, Captain Scrimger displayed continuously, day and night, the greatest devotion to duty among the wounded at the front.”

He was later awarded the Victoria Cross for that single act of courage. In May 1915, it is also believed that Dr. Scrimger encouraged John McCrae, his friend from his intern days at the Royal Victoria Hospital, to submit his poem In Flanders Fields for publication.

Sources: Wikipedia; Canadachannel.ca; Francis Scrimger: Beyond the Call of Duty by Suzanne Kingsmill; National Defence and the Canadian Forces; The Greatest Devotion to Duty; Dr. Francis Scrimger and his Victoria Cross by Ian McCulloch
Did you know that Doctors Manitoba has an agreement for MPI to pay physicians for a variety of services?

Form report, Opioid reports, Return to Work form, Narrative Reports (fee per page), and providing clinical chart notes are all paid at contractually agreed-upon rates!

In order to avoid MPI errors in processing your claims, make sure you bill them at the right amount.

If you need the chart with all the applicable rates, check out our website or call Braden Kalichuk at 204-985-5848.

Remind your billing company to update the MPI rates in their system too!
LEADING THE WAY

Doctors Manitoba Mentorship Program pairs attending physicians and residents with med students

When third year medical student Gurmeet Sohi needs advice, guidance, or a quick word of support she knows exactly where to go.

“It’s very easy to have a conversation with her. She’s very approachable. I can ask her anything.”

Sohi is singing the praises of Dr. Isanne Schacter, her mentor.

Whether it’s a quick e-mail, text, coffee date or even dinner, Dr. Schacter is available for her young charge. Actually, Dr. Schacter is available for three young charges she’s taken under her wing.

“I get as much out of it as they do, I think,” says Dr. Schacter.

Dr. Schacter, who’s an assistant professor and the Program Director for the Subspecialty Endocrinology and Metabolism Residency Training program, is one of about 175 attending physicians and residents in Manitoba currently mentoring medical students. The Mentorship Program is the work of Doctors Manitoba, in collaboration with the Manitoba Medical Students’ Association. The program started in Fall 2016. There are currently 375 medical students enrolled in the mentorship program.

Here’s how it works: Students are matched with residents and attending physicians based on a questionnaire about their personal and professional interests. There is no formal time commitment. Doctors and their mentees can meet at least once a semester, or about twice a year, says Sohi, who helped launch the current program in her former role as vice-stick external for the MMSA.

“It’s meant to be informal and as needed,” says Sohi.

While the official requirement is low, some mentors and mentees spend even more time together. For example, last year a group went to an escape room together just for fun, Sohi says. Dr. Schacter and her mentees have all gone out for dinner. Another dinner party with her students is currently in the works.

While bonding and blowing off steam together is valuable, mentees also seek practical advice from their mentors about their profession, including clarity about clerkship, the pressure of the profession, and how to build a balanced life as a physician.

“Guidance is something we need through this journey, through this profession. We all have questions. And they have been there. They can help,” says mentee and med student Janelle Quintana, who is in her third year and about to begin clerkship this fall.

Quintana is also one of Dr. Schacter’s mentees. When Quintana recently had questions about her clerkship, Dr. Schacter had answers.

“She really emphasized the importance of family and asking for help. It was good advice,” Quintana says. “I feel really grateful for the time, energy and effort she takes to mentor us.”

The Mentorship Program is also about building long-term peer relationships and networking. The program can help...
guide students to a specialty or steer them to something different. If mentors don’t have the answers to questions about a specialty, they often know another physician working in that field. Through their connections they can connect mentees with the right people.

As Dr. Schacter says: “I think everyone should do it. Mentors and mentees get so much out of it. They’re creating long-lasting networks and ties, friendships and connections.”

More Mentors are needed.

Visit docsmb.org/mentorship
email mentorship@docsmb.org or call Matt Maruca at (204) 985-5860
“I actually had the opportunity to work alongside physicians who were my next door neighbours growing up”. Medical student Erin McAndrew grew up in Morden, Manitoba and had the chance to care for her community as a part of the Home for the Summer program, operated by the Office of Rural & Northern Health.

“I had the wonderful opportunity of spending 8 weeks at the Agassiz Medical Centre and Boundary Trails Health Centre. It was very rewarding to work in a community I know well and have many connections with.”

The Home for the Summer Program, operated by Manitoba’s Office of Rural and Northern Health, pays medical students to work in clinics and hospitals throughout Manitoba to gain invaluable experience and exposure to rural medicine.

The diversity of the experience at Beausejour HEW Primary Health Care Centre provided great motivation to medical student Alexandra Dansen. The Program “truly made me appreciate the medical diversity
that a rural family physician has to be able to deal with. This summer, at once point, my preceptor gracefully and successfully balanced the care of all the inpatients while concurrently completing a weekend shift of the emergency room. It was impressive and gave me motivation to be able to do the same one day.”

Diane Bosc spent her time in the clinic and hospital in Notre Dame de Lourdes. “I really enjoyed my time because it was interesting to see the broad scope of practice of a rural physician. The physicians in Notre Dame de Lourdes were all amazing teachers and they provided me with many opportunities to practice and learn new skills. My experience reinforced the importance of being honest and transparent with patients, and showed me how much they appreciate interacting with a physician who treats them with respect.”

The students are required to complete a research project drawing on their experience in the community. They then present their findings to a panel of physicians with the winners receiving a small cash prize.

Doctors Manitoba played host to those presentations along with a special dinner to celebrate everyone’s experience. The panelists included Dr. Shannon Prud’homme, President-Elect of Doctors Manitoba, Dr. Holly Hamilton, Dr. Don Klassen, Dr. Jose Francois, Dr. Ira Ripstein and Dr. Jason Scott, a Past-President of Doctors Manitoba.

Doctors Manitoba and Manitoba’s Office of Rural and Northern Health were pleased to work together to help show the medical students that their work and ideas are more than welcome in rural Manitoba. Indeed, it will help shape the medical profession for years to come.
It is my pleasure to announce Doctors Manitoba’s Strategic Plan for 2017-2020. The members of the Governance Committee and the Board of Directors developed our Strategic Plan to guide our organization forward towards an ever uncertain future of healthcare. Our core mission is to serve our members, regardless of whether you have yet to start practice, have retired, or anywhere in between. Our role is, and always will be, to advocate on your behalf. I look forward to receiving your comments and suggestions at

president@doctorsmanitoba.ca
<table>
<thead>
<tr>
<th><strong>STRATEGIC THEME A</strong> Member Engagement</th>
<th><strong>STRATEGIC THEME B</strong> Physician Health &amp; Wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strategic Goal 1.0</strong></td>
<td><strong>Strategic Goal</strong></td>
</tr>
<tr>
<td>All members feel informed by and</td>
<td>Doctors Manitoba provides assistance and</td>
</tr>
<tr>
<td>connected to Doctors Manitoba</td>
<td>training to its members for wellness activities</td>
</tr>
<tr>
<td><strong>Strategic Goal 2.0</strong></td>
<td><strong>Strategic Goal 2.0</strong></td>
</tr>
<tr>
<td>Members view participation on Doctors</td>
<td>All physicians, residents and medical students</td>
</tr>
<tr>
<td>Manitoba Board, committees and working</td>
<td>will have access to a primary care physician.</td>
</tr>
<tr>
<td>groups as worthwhile.</td>
<td><strong>Strategic Goal 3.0</strong></td>
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<td>Doctors Manitoba promotes professionalism</td>
</tr>
<tr>
<td></td>
<td>within its membership.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>STRATEGIC THEME C</strong> Remuneration &amp; Benefits</th>
<th><strong>STRATEGIC THEME D</strong> Advocacy, Innovation &amp; Leadership</th>
</tr>
</thead>
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<td><strong>Strategic Goal 1.0</strong></td>
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<tr>
<td>Physician remuneration and benefits in Manitoba</td>
<td>All members view Doctors Manitoba as a proactive and effective advocate for the medical profession.</td>
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<td>remain competitive</td>
<td><strong>Strategic Goal 2.0</strong></td>
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<td><strong>Strategic Goal 2.0</strong></td>
<td>Doctors Manitoba advocates on public health issues and opportunities for innovation where there is a clear consensus in the medical profession.</td>
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<td><strong>Strategic Goal 3.0</strong></td>
<td>Doctors Manitoba advocates for members throughout their career, from student to retiree.</td>
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<th><strong>STRATEGIC THEME E</strong> Organizational Capacity</th>
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<td><strong>Strategic Goal</strong></td>
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<td>Doctors Manitoba has the capacity to successfully execute and monitor its strategic and operating plans.</td>
</tr>
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<td><strong>Strategic Goal 2.0</strong></td>
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<td>Doctors Manitoba promotes the development of leadership skills of its members, at the regional, provincial and national levels.</td>
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the ransomware threat: are you prepared?

A routine day at a busy community clinic suddenly turns frantic when its computer screens display an ominous message and accompanying instructions: “Your files are encrypted. To get the key to decrypt files you have to pay USD$500.” The jumbled mess of cryptic symbols showing up in the computer files confirms it: the clinic has been hacked by ransomware.

Ransomware is computer malware that encrypts electronic files, essentially locking users out of their computers, and only the hackers have the key. The hackers hold the files for ransom and try to extort money to restore access. By the time you become aware of the attack it is usually already too late, and any files connected to the computer system may be compromised.

It’s a distressing worldwide problem, and physicians in Canada are not immune. Members have told the CMPA about ransomware incidents affecting their practices and EMR systems—events that can cripple a clinical practice and put patient care at risk.

Two principal medical-legal issues arise from ransomware. First, patient care may be impacted if health providers cannot access their electronic medical records (or any other relevant electronic files). Second, because ransomware may result in loss of information or allow hackers to access personal health information contained in the electronic files, a ransomware incident should generally be treated as a privacy breach pending further investigation. Depending on the jurisdiction, it could be necessary to provide notification of a privacy breach to the affected individuals or the privacy commissioner, or both. Contact the CMPA for further guidance.

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Perhaps the best defense, however, is to plan ahead to limit the damage and recover quickly from an attack. Segmenting systems (i.e. setting up the computer network so that one part can be quickly disconnected from other parts of the network and the Internet) may help prevent the spread of infection. Recovery is likely to be more successful when files are backed up regularly, backed-up files are kept on a separate system disconnected from the main system (physically or via cloud backup), and the back-up systems are tested regularly.

The decision of whether or not to pay a ransom rests on your assessment of the risks and whether you have good backups and can recover quickly. The ransom can be considerable, and payment provides no guarantee that the information will actually be recovered. When patient care is at risk and restoring access to medical records quickly is important, paying the ransom is one option—though not the only one. Online tools such as nomoreransom.org, a site backed by a group of recognized cybersecurity companies, offer to unlock encrypted files at no charge, though the capability of the service is limited to only some types of ransomware. Law enforcement agencies and cybersecurity experts urge victims not to pay the ransoms, as the proceeds of such extortion encourage further criminal activity and lead to other victimizations. As a CMPA member, if you choose to pay the ransom the payment remains your responsibility.

If you experience a ransomware incident, once you have promptly contacted your IT specialist and reviewed your options, it would be prudent to take reasonable steps to ensure continuity of patient care and focus on any urgent patient needs or follow-up. You may also report the incident to the Canadian Anti-Fraud Centre (www.antifraudcentre.ca or 1-888-495-8501), and contact the CMPA for more information.

Reference
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