

Northern Medical Programs Trust

A PARTNERSHIP OF NORTHERN BRITISH COLUMBIA COMMUNITIES AND UNBC

UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA

2023 Highlights



2023 Healthcare Travelling Roadshow student and staff team in Daajing Giids on Haida Gwaii, at the Haida Gwaii Hospital and Health Centre - Xaayda Gwaay NgaaysdII Naay.

A focus on family medicine in Quesnel

*A graduate with the *UBC Northern Medical Program (NMP) Class of 2023, Dr. Stephen Freschi spent four weeks in Quesnel on a family medicine (FM) elective placement just ahead of his spring convocation. He is currently pursuing a FM residency in his hometown of Prince George.*

Why did you pursue this particular clinical placement?

I knew that I wanted to pursue family medicine after completing medical school and thought a 4-week FM elective rotation to culminate Year 4 would be a great opportunity to refresh on FM topics and responsibilities! Plus, I chose a rural community rotation to gain more hands-on experience in the wide range of duties that rural family physicians can have and how they can manage so many complexities with limited resources.

What were some highlights of your placement experience?

I would say the main highlight of the rotation was the inherent collegiality of a tight community and professional team. Everyone knew each other by first name no matter which department we were in and were genuinely helpful

and kind to me as a student coming through being unfamiliar with the processes. This even included patients outside of the healthcare system. I was also able to openly go join and talk to other specialists and professionals anytime to learn more about their roles with no hesitation.

Anything else that you would like to add?

I think one of the largest takeaways I have, especially from this rotation and the rest of this educational journey, has been appreciation of the investment from others to help guide your success. This is all your preceptors and faculty valuing you and treating you as a colleague offering support, other healthcare workers helping you treat patients and understand collaborative roles, and patients eagerly willing to take time with you and patiently agreeing to have you practice your clinical skills with them. All of this was very encouraging and something to be thankful for! Especially motivating when we can return the service someday soon.

**The NMP is a distributed site of UBC's Faculty of Medicine MD Undergraduate Program, delivered in partnership with UNBC (hosted by the Division of Medical Sciences).*



Stephen Freschi, at right, with Dr. Elbira at the Quesnel Medical Clinic.

Family nurse practitioner grad in Smithers

Lizzie Czechmeister, a graduate of the Family Nurse Practitioner (FNP) master's degree program, received Trust support for a FNP clinical placement in Houston during her FNP studies at UNBC.



“The FNP degree at UNBC equipped me with the unique knowledge and skills I needed to provide care to remote populations and deepened my understanding of rural health services in the North,” says Lizzie. “I’m excited to remain in northern B.C. and begin my career as a family nurse practitioner in Smithers.”

Fort St. John spotlights rural physiotherapy

During a clinical placement in Fort. St. John, then *UBC Master of Physical Therapy - North student Kiana Cowger was excited to embrace what she describes as an “incredible learning opportunity”.

“A facet of rural physiotherapy that I really enjoy, and which was evident in this placement, is the vast range of injuries and ailments that we get the pleasure of helping with. I greatly enjoyed my experience and the opportunity to develop a much deeper understanding of how diverse rural physiotherapy can be and how important it is to offer more resources to these areas.”

**Kiana studied at UNBC's Prince George campus as part of the UBC Master of Physical Therapy - North (MPT-N) Class of 2023; the MPT-N program, a collaboration between UBC and UNBC, was launched in 2020.*



Paving the road for health careers

The annual Healthcare Travelling Roadshow, supported in part by the Trust, hit the road again in Spring 2023, travelling south and west to connect on a range of health careers with high school students in the Cariboo and Central Coast (100 Mile House, Williams Lake, Quesnel, Bella Coola), and also in Haida Gwaii and Prince Rupert.

L-R: Northern Medical Program students Joel and Ranjeet at Lake City Secondary School, Williams Lake; and UBC dental hygiene student Mya at Correlieu Secondary School, Quesnel.



Thank you for supporting health care education at UNBC and helping students with opportunities to learn more about rural practice and health service in the North.

Since 2006, over \$2.8 million has been disbursed.

For the academic year of 2022/2023, 146 awards were provided to health professional students

More than **1,240** student awards have been provided to students participating in northern and rural clinical placements.