

# SOUTHERN MEDICAL PROGRAM CLASS OF 2016 GRADUATION NEWSLETTER

## MESSAGE from the Regional Associate Dean, Interior

The Southern Medical Program (SMP) is excited to graduate its second cohort of doctors this spring. With the addition of this year's graduating class, the total number of doctors fully educated and trained in the BC Interior now reaches 60. Our newest graduates should truly be commended for their exceptional work and dedication in earning their medical degrees while at the same time supporting patient care and medical education expansion across the region.

Our graduates will now be heading across BC and Canada to begin their residency training in early July. They will spend the next two to five years completing their residency before entering practice. We are thrilled to have several of them remain in the Okanagan to complete their training with regionally-based programs and sites. Here are a few key highlights from this year's graduating class:

- A total of 30 new doctors are graduating this year from the SMP.
- 38% matched to Family Medicine including two with the Kelowna Rural site and one in the new South Okanagan site based in Penticton.
- One graduate matched to one of two spots with the Kelowna Royal College Emergency Medicine residency program based at Kelowna General Hospital.



- 27% matched with generalist specialties (Internal Medicine, Pediatrics, and Psychiatry).
- 62% matched with UBC residency programs.

As another academic year comes to a close, we must acknowledge and thank our numerous program partners including Interior Health, UBC Okanagan, our devoted faculty and staff across our distributed sites, volunteer and standardized patients, and the countless patients who our students rely so heavily upon for their education and training. The number of health professionals teaching students and residents continues to grow year over year and now surpasses 1,000 and

spans 30 different communities. The new South Okanagan Family Medicine residency site welcomes its first four residents this year including one of our SMP graduates. The continued expansion of postgraduate education provides more opportunities for our graduates to stay in the region and complete their medical training.

Congratulations to our newest doctors and SMP alumni. We are all very proud of your achievements and excited for what's to come.

*Dr. Allan Jones, Regional Associate Dean, Interior and Associate Vice-Provost, Medical Sciences, UBC Okanagan*

## MESSAGE from the Southern Medical Program Class of 2016

Just 4 years ago, 32 young university graduates met over coffee and snacks at the UBC Vancouver campus for orientation. It was the first day of medical school and everyone was feeling nervous and excited. The group was small but our dreams were big. For all of us medical school was a hard-won goal that took years of sacrifice. We had signed up to be part of only the second cohort of doctors to be trained at the Southern Medical Program. Most of us had never lived in the Interior before but, filled with a sense of optimism and adventure we were lucky enough to be starting our training in one of the most beautiful parts of the world. Now, after four years of copious reading, lectures, group work, presentations, long nights on call and hundreds of hours of testing, Kelowna (Kamloops, Vernon and Trail for some of us) feels like home. Our group has grown into thoughtful, intelligent and passionate doctors that I feel privileged to call classmates.

Our class was unique in a lot of ways. We came from rural Okanagan to Toronto, ranging in age from 24 - 36 at graduation. We have at least 3 creative writers who were recognized with awards during medical school. Someone

in the class used to work as a firefighter (guess which specialty they chose). We had a PhD with major contributions to basic science, students with impressive athletic records, an engineer, rock climbers, advocates for the disadvantaged and an artist along with many other unique talents. Mostly though what made us unique was our bond to each other and to the program. We had a lot of fun over the years and were exceptionally close as a group. The supportive and engaged environment modelled by the faculty and staff, everyone's favourite Associate Dean, Dr. Jones and our incredible program assistants in particular, no doubt helped to set the tone for our class. The memories of friendships made and challenges overcome in such a supportive environment have left me with what I hope will be a lasting sense of optimism for our future careers and contributions to medicine.

Four of us will continue training in the Okanagan in Emergency Medicine and Family Medicine, the two specialties offered here. The rest are pursuing prestigious and varied training across the country in Family Medicine, Emergency Medicine, Internal Medicine, Public Health, Anesthesia,

Laboratory Medicine, Pediatrics, Psychiatry, Dermatology or Surgery. I suspect many will be back in the Interior as practicing physicians in a few years.

Thank you to all of the physicians and other staff throughout the Interior who made our time so memorable and valuable. Your mentorship and confidence in us were crucial for our development and through your teaching you've left a lasting impression on the medical community, not only in the Interior but across British Columbia and the rest of Canada. An even bigger thank you to the community members in Kelowna, Kamloops, Trail, Vernon, Penticton and all the other locations that have welcomed us during our training as patients or volunteers. All of us recognize that without the trust you place in us as student physicians, we would never be able to make the last, most important step to the independent practice of healing the sick, which is the reason all of us started on this path.

**Roberto Trasolini, SMP Class of 2016**



# THE SOUTHERN MEDICAL PROGRAM CLASS OF 2016



## Matthew Baranyi

I'm originally from Vancouver and majored in Cell Biology and Genetics at UBC. I was thrilled to be accepted into UBC

Medicine. I decided to join the SMP based on a friend's anecdotes of life in Kelowna while attending UBCO undergrad. I enjoyed the clinical teaching and hands on training that we received in Kelowna. Beyond life at school I had many exciting experiences with classmates. I was taught how to rock climb outdoors and face my fear of heights. We also were able to float down the Pentiction channel and later kayak across Okanagan Lake. My favorite memory, however, was playing hockey on Kalamalka Lake in the winter when it was partially frozen with our class and the year below us. Every time a loose puck was hit close to the edge of the ice one of us would gather the courage to try and inch his or her way over to it without falling into the lake. We were fortunate not to lose anyone that day! In terms of future plans, I'm excited to be going into Internal Medicine for residency. After completing my fellowship I look forward to returning to BC, and potentially the Okanagan, to continue my growth as a physician.



## Patricia Caddy

What a life-changing experience it has been over the last 4 years in the Southern Medical Program, Kelowna and Kamloops.

Serving on class council, writing, volunteering, Med Dodgeball and impromptu soccer matches at lunch... not to mention learning, piece by (sometimes painstaking) piece, what it means to take on the physician role. I have been proud to be a part of this amazing group of colleagues and friends, and am looking forward to heading home for Family Practice residency in Nanaimo.



## Greg Costello

Originally from Abbotsford, studying medicine through the Southern Medical Program has been a fantastic experience! It was such an

honour to be part of the SMP Class of 2016, among such inspiring people. My first two years in Kelowna built a foundation that served me well in Fort St John during my 3rd Year. When I returned to the SMP in 4th Year for electives at KGH I was immediately welcomed back and experienced the passion of the local faculty. Many thanks to all the preceptors and tutors who took the time to guide us through the curriculum and on the wards, as well as to the admin staff behind the scenes making the machine run smoothly! I am extremely proud to call myself an SMP grad, and I feel very well prepared to start my Family Practice Residency through UBC in Chilliwack this July!



## Dan Esau

Thanks to all my classmates and teachers for making the past four years so amazing. SMP crew you people are amazing, best of luck in your careers!



## Nichole Gill

I feel fortunate to have had the opportunity to complete my undergraduate medical education at UBC's Southern Medical Program. Thank you

to everyone at the SMP who made my time there so wonderful. The opportunities to work with the wide variety of staff, faculty, patients, and interdisciplinary health care teams broadened my perspectives and approaches to medicine and patient care. The past four years have been filled with learning, laughter, adventures, and friendships. I am looking forward to continuing my education in Internal Medicine at Dalhousie University.



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## Julia Hassler

Originally from Saskatoon SK... and now on my way to Family Medicine Residency in Victoria BC! My experiences with UBC

Medicine and the Southern Medicine Program have been amazing. I immediately fell in love with the Okanagan and all that it offered, especially the rock climbing!! Exploring the BC Interior through medicine has exposed me to fantastic welcoming communities. I am so grateful for the Integrative Community Clerkship experience - Vernon holds a special place in my heart. The friendships solidified with not only fellow colleagues but with my teachers, mentors, SMP staff, allied health professionals and all my unforgettable Okanagan friends will last a lifetime. I am thrilled for my upcoming adventures in Victoria that will give me the training I need to return and contribute to the community that has given me so much.



## Denise Hawley

Studying medicine in Kelowna as part of the UBC Southern Medical Program has been a fantastic learning experience. Not only did

I discover my passion for full-spectrum, rural Family Medicine while receiving a truly exceptional and personalized education from local preceptors and lecturers, I also learned much about balancing work, having fun and maintaining wellness. I enjoyed making the most out of the time with my colleagues in the Okanagan, from wine tasting to fly fishing. My future career goals include establishing a multi-disciplinary practice where I can work with other professionals to best meet the varied needs of my patients. Depending on my community's needs, I have several interests that I would like to incorporate into my future practice including Dermatology, Women's Health and Emergency Medicine.

I will fondly remember my experience in Kelowna at the SMP, and I hope to have the opportunity to return in the future and give back to the program and community that gave so generously to me. Thank you Kelowna!



## Amanda Ho

I'm from Vancouver and completed a B.Sc. Psychology at UBC. My fondest memories of my time at the Southern Medical

Program revolve around my classmates, as well as the kindness and tireless engagement of the program's staff and mentors. Special extras like anatomy prep sessions, third year boot camp and mentorship group meetings were the icing on the cake of a personalized learning experience that truly fostered our independence and confidence as future physicians. I am also especially grateful for the opportunity to have been involved with CONNECT Communities, and for the residents and staff who taught me resilience and person-centered care. I am excited to head for Edmonton to pursue my passion for family medicine at the University of Alberta, with plans to return to B.C. to practice broad-based Family Medicine.



## Joel Ho

I had an amazing time over the last 4 years with the Southern Medical Program. It was my privilege to get to know a bunch of warm-hearted and kind colleagues.

I am excited to embark onto the next step of my training in an internal medicine residency. This would not have happened without all the help and teaching of the faculty and staff in SMP, so thank you all very much!



## Kurt Hoskin

After being born and raised in the Lower Mainland, and then completing my BSc in Physiology at SFU, coming to Kelowna was an exciting

new adventure. I was able to maintain an active lifestyle running along the greenway, playing tennis at the Apple Bowl, and outdoor volleyball at City Park. My favourite memories had to be the countless events I got to share with my classmates. I'm really going to miss seeing everyone regularly. I'll be heading home for residency in Internal Medicine - but I won't soon forget my wonderful experience in the Okanagan. I wish everyone the best of luck in Residency!



## Jordan Hynd

I was born and raised in the Lower Mainland where I completed my undergrad in neuroscience and physiology at UBC. I can remember

anticipating my move to Kelowna to pursue my dream of medicine, four years later I can say it was the best decision I have ever made. From the intimate class size, making life long friends, to working with colleagues on a first name basis, Kelowna is the best place to learn medicine. I enjoy looking back on our first year when we all stumbled through the various clinical skills sessions to now feeling proud to be amongst a group of very talented and hardworking 'soon to be doctors'. I enjoyed my time in Kelowna so much that I will be sticking around for another two years to become a rural family doctor. I hope to practice full service family medicine in an underserved area of BC. Thank you to everyone who has made the last four years possible.

# THE SOUTHERN MEDICAL PROGRAM CLASS OF

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## Abbey Joschko

My 4 years with the Southern Medical Program have been exciting and rewarding. I am thankful for the phenomenal teaching

and mentorship I have received in both the didactic and clinical settings. I am very happy to be moving to London, Ontario to pursue my residency training in Anesthesiology. I am sad to be leaving the Okanagan but hope to return one day as both an anesthesiologist and a SMP clinical faculty member.



## Kenneth Lee

Born and raised in Richmond, BC, I completed my degree in biochemistry at UBC, and was fortunate enough to be part of the SMP Class

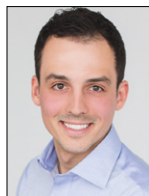
of 2016. Kelowna has become a second home! My preceptors were challenging but encouraging, pushing me to the limits of my knowledge. My classmates were supportive, reminding me that life does exist outside of medicine. My patients were welcoming, allowing me to be present during the most intimate moments of their lives. My favourite memories at SMP all relate back to the amazing people I have met - whether it be class ski trips, seeing a friendly face while on-call, or PBL at the Bo. In terms of my future, I am staying at UBC to pursue my career in Pediatrics! It is still surreal, but I cannot think of a better group of people to have spent the last 3 years with in Kelowna. Wishing all of my awesome classmates the best of luck, and thank you to the physicians, hospital and administration staff, and patients that made our experience possible!



## Simon Macdonald

Thank you very much to all the staff and faculty for the very enjoyable and educational years at the SMP. I have had a great

time over the past few years studying and working in Kelowna. I am excited to go to Halifax for the next stage of my journey and education. At the same time, I am sad to leave BC behind. I couldn't have asked for better classmates and wish them all the best in their future endeavors.



## Michal Martinka

Completed an incredible 4 years in Kelowna with an amazing group of classmates. I am thankful for the endless opportunities

and the hard working faculty who made our experiences unforgettable. And a big thank you to all of those who supported me along the way. I am looking forward to the next step in my education and beginning my residency training in Dermatology at the University of Calgary.



## Pat McDonald

Coming to the Okanagan was one of the best decisions I have ever made. I fell in love with the region, and my soon-to-be wife here. I

have a lot to be thankful for, and I owe a lot of it to the fantastic atmosphere, training, and guidance I received along the way. The staff, faculty, and preceptors of the Southern Medical Program have been first class. I'll be pursuing a career in Psychiatry at UBC in July, and I don't know if I would have been drawn to the field if it weren't for some of the exposure I had during my time in the SMP. I have a lot of fond memories and I'm thankful for all the friendships that have been a part of it all. I particularly enjoyed Wednesday night hockey with classmates, and the Vernon Doctor's Hockey Tournament! Thank you for everything. I'll be back!



## Matthew Mittelstadt

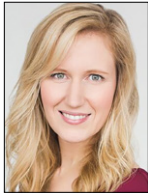
I had a wonderful time studying at the SMP. The faculty demonstrated excellence in their teaching and I was fortunate to be

among a superb group of peers. My education is next taking me to study Internal Medicine in sunny Saskatoon, and I know my time in Kelowna has prepared me well for this next step.



# THE SOUTHERN MEDICAL PROGRAM CLASS OF

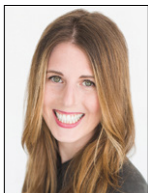
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## Kristin Morch

I would like to thank my classmates and preceptors for making my time in Kelowna unforgettable. I couldn't image a better place

to learn medicine. Originally from Victoria, I instantly felt in love with the interior which combined my passions of art, food and the outdoors. However, it was the people that made Kelowna my new home. It is possible to summarize four years of memories, but at the beginning of each one of them was amazing, brilliant, funny and kind classmate of mine. I am really looking forward to starting my new career in Emergency Medicine at the University of Alberta. I know this really is a reflection of dedication of the entire program and the endless support it provided.



## Hannah Nazaroff

During my four years in the SMP, I have been blessed with incredible friends and mentors, and will treasure many precious memories.

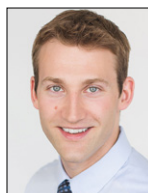
I cannot think of a more valuable place to have experienced medical school than the Okanagan, and I hope that my future career in medicine calls me back to this beautiful part of BC. My dream of becoming a physician began at the age of six, and 21 years later, I get to proudly say that this dream has finally come true. The SMP has fostered my ever-growing knowledge and love of medicine, and for this, I am immensely grateful.



## Jennifer Olsen

What a journey the past four years have been! Couldn't have gotten through without the support of family, friends, and inspiring mentors.

Hardworking preceptors, faculty, and staff, as well as incredible patients, made learning medicine enjoyable and easier every day. The memories and friendships made will last a lifetime! My favorite memories include SMP class celebrations, clerkship in Kamloops, and connecting with classmates while on my Fourth Year Road-Trip throughout the province. Born and raised in White Rock, BC, I finally was able to enjoy the beautiful Okanagan year-round, not just while on vacation. I'm excited to unpack my suitcases from fourth year and settle down for two years of Family Medicine Residency in Edmonton. Don't worry Dr. Jones, I'll be back in the Okanagan and join the SMP Faculty in no time!



## Jamie Powell

From Vernon, I completed my B.Sc., and now M.D. in Kelowna. I've come a long way from my fire-fighting days. Having spent most

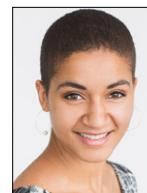
of the last year working in communities throughout BC, but fear not: I will be returning to Kelowna to train as a resident in BC's newest 5-year Emergency Medicine Residency Program, training with some of BC's best ER Doctors, and once again proving that, "you can take a man out of the Okanagan, but you can't take the Okanagan out of a man." I want to thank my family for all of their encouragement and support (Powell's and Schindler's), all of the patients and physicians who have taken the time to teach me what good medicine looks like, and especially my partner Stephanie, who has loved and supported me for over 5 years. We are engaged to be married in June, 2017.



## Jason Randhawa

After completing my B.Sc. in Neuroscience at McGill University, I joined the second cohort to go through the Southern Medical

Program. I will always cherish being able to return to my hometown of Kelowna, BC for my medical education. Now, I am continuing my training at UBC Vancouver where I matched to the Neurology residency program. In the future, I hope to return to Kelowna to practice as a community neurologist. Here, I aspire also to be active in clinical teaching through the Southern Medical Program, returning the amazing experience I have been afforded here.



## Antonia Sapping

It has been an absolute pleasure to have spent the past four years in Kelowna's Southern Medical Program. From time spent in the

anatomy lab, to busy nights spent at KGH, to weekends spent hiking Knox, it has been an unforgettable experience. Thank you so much to all the doctors, support staff, faculty, and patients who provided me with such a rich and supportive learning environment! I am excited to continue my training at University of Toronto's Public Health and Family Medicine program, and am looking forward to addressing the social determinants of health throughout my career.

# THE SOUTHERN MEDICAL PROGRAM CLASS OF

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## Adam Siemens

After seven years of working as a registered nurse, I decided to take the plunge into medical school. Studying away from my wife and step

son for two years could have been a miserable experience, but thanks to such great classmates and supportive faculty my two years in Kelowna were extremely rewarding. Lasting SMP memories include working at Willowbridge transition housing facility as part of my Doctor, Patient and Society research project, Friday afternoons skipping lecture to play soccer with my classmates on the UBCO campus, getting through neuroanatomy labs thanks to the great teaching of Dr. Oyedele and of course winning the inaugural SMP tennis tournament as one half of the killer beez tandem. I will be doing a family medicine residency in my hometown of Abbotsford, BC which I am incredibly excited about. Having the opportunity to live in the same house as my wife, step son and newborn son throughout my training is something I am extremely grateful for. My interests within Family Medicine include Mental Health and Addictions, Hospital Medicine and Geriatrics and are areas I plan to explore during my residency.



## Roberto Trasolini

4 years in Kelowna have flown by and I now have a new addition to the list of places I consider home. I'm grateful for all the wonderful

friends I've made and for all the memories of days spent skiing, climbing, hiking and sitting around a table laughing and sharing stories. I'm also grateful for all of the physicians, staff and patients that volunteered to teach me the skills and the empathy of a good doctor. I'll continue to indulge my curiosity over the next three years in Victoria as an Internal Medicine resident and hope to have many more adventures.



## Travis Thompson

Born and raised in Oliver, BC. I spent three years at UBCO studying science and one year in the pharmacy program at UBC. I enjoy

playing hockey, skiing and cycling. The SMP was a fantastic program and I have many fond memories; too many to list. The people are all fantastic, which really added to the experience. I have matched to the Family Medicine Residency Program in Penticton for this coming July. My future practice aspirations include practicing Family Medicine in the South Okanagan, potentially Oliver/Osoyoos. My main focus would be office practice, inpatient management and emergency.



## David Van de Vosse

Originally from Prince George, I arrived at the SMP following 11 long winters in Edmonton completing a doctorate in

cell biology at the University of Alberta. I am particularly interested in Epigenetics and Pharmacogenomics, and plan to continue these interests following residency. I am excited to be staying in Kelowna to pursue Family Medicine with a goal of settling in the beautiful Okanagan Valley and continuing my academic interests. Over the past four years the students and faculty of the SMP have established far more than friendship and mentorship, we have become an extended family. From sharing personal stories in our amazing DPAS group, anatomy sessions with Dr. O, to our matching turf scars from soccer Friday's, but most of all, the naps. This summer you can find me exploring the backcountry by dirt bike while attempting to fly fish.





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Southern Medical Program

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