The Outreach to Women Physicians Committee presents:

20th Annual Women’s Health Care Seminar

**Transitions**

*Your Next Ten Years*
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<th>Time</th>
<th>Session and Speaker</th>
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<tr>
<td>7:30 - 8:30 a.m.</td>
<td>Registration and Breakfast</td>
<td>Governor General Foyer</td>
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<td>8:45 - 9:00 a.m.</td>
<td>Opening Remarks Dr. Clover Hemans &amp; Dr. Sharon Bal (Co-Chairs)</td>
<td>Governor General I &amp; II</td>
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<td>9:00 - 10:00 a.m.</td>
<td>Keynote: Make Medical Solutions that Matter Dr. Julielynn Wong</td>
<td>Governor General I &amp; II</td>
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<td>10:00 - 11:00 a.m.</td>
<td>Panel: Physician “Side Gigs” Dr. Julia Alleyne, Dr. Shazeen Suleman, &amp; Ms. Chika Oriuwa</td>
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<td>11:00 - 11:30 a.m.</td>
<td>15 Minute Networking</td>
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<td>11:30 - 12:30 p.m.</td>
<td>Emotional Impacts of Change Dr. Alison Freeland</td>
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<td>12:30 - 1:45 p.m.</td>
<td>Lunch – President Address Dr. Nadia Alam</td>
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<td>1:45 - 2:45 p.m.</td>
<td>A. Financial Independence Workshop Dr. Paul &amp; Jane Healey</td>
<td>A. Governor General I &amp; II</td>
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<td>1:45 - 2:45 p.m.</td>
<td>B. Rules of Engagement: Living joyfully in the moment Dr. Gonsalves, Dr. Heather MacLean, &amp; Dr. Millaray Sanchez-Campos</td>
<td>B. Newfoundland/Nova Scotia</td>
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<td>1:45 - 2:45 p.m.</td>
<td>C. Women in Health Leadership Penny Mirams</td>
<td>C. Saskatchewan</td>
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<td>2:45 - 3:00 p.m.</td>
<td>Break &amp; Changeover</td>
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<td>3:00 - 4:00 p.m.</td>
<td>A. Financial Independence Workshop Dr. Paul &amp; Jane Healey</td>
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<td>C. Saskatchewan</td>
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<td>4:00 - 4:30 p.m.</td>
<td>Closing Statement Dr. Clover Hemans &amp; Dr. Sharon Bal (Co-Chairs)</td>
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<td>4:30 - 6:30 p.m.</td>
<td>Networking Reception</td>
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Accreditation

Credits for Family Physicians

This 1-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Queen’s University for up to 5 Mainpro+ credits.

Credits for Specialists

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and approved by Queen’s University Office of CPD. You may claim a maximum of 5 hours (credits are automatically calculated).

Credits for Others

This is an accredited learning activity which provided up to 5 hours of Continuing Education.

Meet the Outreach to Women Physician Committee

Clover Hemans
MD, MScQIPS, CCFP, FCFP, BScN, Co-Chair

Sharon Bal
MD, CCFP, FCFP, MCIsC (FM), Co-Chair

Shobana Ananth
MD, CCFP (EM), MPl(c)

Sharon Burey
MD, FRCPC, MPlc

Pamela Liao
MD, CCFP

Ceara McNeil
MD, CCFP(EM)

Mina Tohidi
MD, PGY-4, Resident Representative, Queen’s University

Flora Jung (cover illustrator)
MD Candidate 2021, University of Toronto

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#WomenOMA #WHCS2019

WomenOMA @WomenOMA
On behalf of the Outreach to Women Physicians Committee (OWPC) of the OMA, it is our pleasure to welcome you all to the 20th annual Women's Health Care Seminar Transitions: Your Next Ten Years. It is essential that we recognize the multiple points of transition in the lives of women who are physicians and learners. Whether considering the stress points of a medical trainee’s roadmap from school through residency and into practice, a woman’s personal story of partnering and/or starting a family, or the unexpected paths our lives often take, women physicians commonly travel on non-linear life journeys. Indeed, the traditional and predictable careers we were told to expect have been largely replaced by individualized, tailored stories as unique as the amazing women to whom they belong. Acknowledging this diversity and the challenges therein is crucial to supporting and empowering women as physicians, persons, and change agents.

Today we’ll hear from a few unique perspectives. We will be introduced to the world of innovation in 3D medical printing and its incalculable ability to transform medicine from space to developing nations, through a keynote address from Dr. Julielynn Wong, co-founder of Medical Makers, entitled Make Medical Solutions that Matter. We will hear from Dr. Julia Alleyne sharing her perspectives from Team Canada and her work developing athletic wear. Dr. Shazeen Suleman will share her adventure using the power of music to transform pediatric development as Co-Founder of MusicBox, and Ms. Chika Oriuwa will reflect on her quest as a powerful advocate for Black medical school students at the University of Toronto and beyond. Later, in her talk, Emotional Impacts of Change, we will hear from Dr. Alison Freeland, Associate Dean (Medical Education) at the University of Toronto, who will share with us her informed perspectives on the unique challenges faced by women physicians in an ever-changing landscape. At lunch time, we will enjoy the welcome of Dr. Nadia Alam, OMA President and staunch supporter of women.

Finally, we are holding interactive workshops. Drs. Jane and Paul Healey, creators of the popular Facebook Group, Physician Financial Independence, will address financial equity and planning for women physicians. Dr. Carol Gonsalves and her colleagues Dr. Heather MacLean and Dr. Millaray Sanchez-Campos will speak about mindfulness and contemplative medicine in our personal and professional lives; and Penny Miriams and Susannah Crabtree will leverage their backgrounds in recruiting to discuss barriers to health-based leadership roles for women. These sessions were selected to provide you with practical tips on financial, personal and systemic issues along with solutions important to women physicians in today’s fast-paced world. This event offers an opportunity to further network and utilize smaller group, hands-on learning as a springboard for building connections and promoting collaboration.
We would like to acknowledge and congratulate the OWPC for its hard work in planning this year's event. A special thank-you to: Dr. Shobana Ananth, Dr. Sharon Burey, Dr. Ceara McNeil, Dr. Pam Liao, Dr. Mina Tohidi (resident member), Ms. Flora Jung (medical student) and Ms. Cynthia Cheng lead administrator extraordinaire.

We encourage you to submit an evaluation of this seminar online – so please watch out for an email from us following the event. Evaluations allow your feedback to inform and shape future events, such as the outreach to women physician events the OWPC holds each year throughout the province.

If you have any questions, please contact Cynthia.cheng@oma.org.

Finally, you may follow the online conversation about today's seminar by using #WHCS2019 on Twitter, and by following us @WomenOMA (Twitter) and on Facebook.

Thank you for your participation, and we hope you enjoy your time at the Women’s Seminar.

Dr. Sharon Bal & Dr. Clover Hemans

“Together We Are Stronger”

Co-Chairs, Outreach to Women Physicians Committee
Keynote: Make Medical Solutions That Matter

Anybody can be a Medical Maker and learn innovation skills to make healthcare better. Dr. Julielynn Wong takes us on a journey of her career through medicine, and into a world of technology and innovation. She shares her inspiring stories on using 3D printers to make affordable life-saving and life-changing medical supplies to support environmental stewardship, poverty reduction, social justice, human rights, and accessibility.

At the end of this session, participants will be able to:

- Discover channels to pursue their own passion projects to benefit the medical community
- Recognize the barriers women face in the world of entrepreneurship, technology and medicine.
- Identify how technology and 3D printing can provide access to medical devices

Dr. Julielynn Wong

Julielynn is an award-winning, Harvard educated physician-scientist, innovator, and educator whose life’s mission is to use technology to benefit the world. She is internationally recognized as a 3D printing, drone, robotics, telemedicine and digital health pioneer who uses cutting-edge technology to deliver healthcare solutions in diverse environments, from outer space to remote communities with limited access to healthcare resources. She was the first to 3D print medical supplies onboard the International Space Station and at the Mars Desert Research Station. She designed a solar-powered mobile 3D printing system that can be transported in a carry-on suitcase to produce medical supplies in remote, off-grid communities. Julielynn regularly lectures on innovation in healthcare and is a frequent contributor to various media outlets including ABC News, Forbes, and the Huffington Post.
Panel: Physician “Side Gigs”

This panel was created specifically to address physicians, or students who have a passion outside of the traditional medical route. It follows Dr. Shazeen Suleman, Dr. Julia Alleyne and Ms. Chika Oriuwa as they discuss their journey through their medical career, and how they followed their hearts towards a career out of the clinic and classroom.

At the end of this panel, participants will:

- Feel confident in their pursuits outside of the clinical setting
- Understand the financial and time commitments required to pursue “side gigs”
- Have the opportunity to ask panelists about their “side gig” experiences

Dr. Shazeen Suleman

Dr. Shazeen Suleman is a staff physician in the Department of Pediatrics, Outreach Services at St. Michael’s Hospital. She completed her pediatric residency at the Hospital for Sick Children and her medical degree at the University of British Columbia, where she was named a Wesbrook Scholar. She completed a master’s of public health at the Bloomberg School of Public Health at Johns Hopkins University in 2017, where she was a Sommer Scholar.

At St. Michael’s Hospital, Dr. Suleman provides consulting general pediatrics care for children living in the inner-city, including urban Indigenous, refugee and immigrant children. She is a consultant pediatrician with the Model Schools Pediatric Health Initiative, and is the research lead for K!DConnect, a pediatric patient navigation program at St. Michael’s Hospital. Her academic interests involve the development and evaluation of evidence-based programs to support newcomer and vulnerable children.

Outside of the clinic, she is the co-founder and president of the MusicBox Children’s Charity, a national organization that has provided music education opportunities to more than 5000 vulnerable children across Canada. She is a founding member of the Social Pediatrics Special Interest Group and was involved with the Caring for Kids New to Canada task force. She is an assistant editor for Paediatrics & Child Health, the official journal of the Canadian Paediatric Society. She is actively involved in medical education, and frequently gives guest lectures, presentations and workshops to all levels of medical trainees.
Chika Oriuwa

Chika Stacy Oriuwa is a third-year medical student at the University of Toronto (U of T) completing her MD/MSc with a concentration in Systems Leadership and Innovation. As a professional spoken word artist, she has worked under the Hamilton Youth Poets, and earned her place as a national slam poetry finalist twice. She has a keen interest in healthcare reform pertaining to the intersections of race and gender within medicine.

Her resolve has compelled her to remain proactive in the mentorship of youth in minority communities. For these reasons she enjoyed her roles as co-president of the U of T Black Medical Students Association, co-founder of the Black Inter-professional Students Association (BIPSA), and co-director of a non-profit youth leadership organization. She is currently an ambassador for the Black Students Application Program at U of T’s Faculty of Medicine, and sits on the External Implementation Steering Committee to the Minister of Children and Youth Services assisting with the Ontario Black Youth Action Plan. Chika uses her background in performance poetry and public speaking to mobilize reform in medical education as to how it prepares its medical trainees who will encounter discrimination within their profession. She has had the privilege of delivering international keynotes on the topic of women’s health, immigrant health, and global health (with a focus on Nigerian healthcare fundraising).

Chika has had the honour of representing U of T’s Faculty of Medicine through several syndication networks including televised interviews (CBC, CP24), newspapers (Toronto Star) and article authorships (FLARE). Ultimately, her commitment to health equity and community empowerment propels her to engage marginalized youth and disadvantaged cohorts.

Dr. Julia Alleyne

Dr Julia Alleyne is an experienced sport and exercise medicine physician, therapist and administrator. She served as Chief Medical Officer for Team Canada at the 2012 Summer Olympics in London, U.K and is Chief Medical Officer for the 2015 Pan Am / Parapan Am Games held in Toronto, Canada.

Dr Julia’s impact in the arena of sports administration is reflected in her high-level appointments with the Invictus Games (2017), the Pan Am Games (TO2015), Canadian Olympic Committee and Skate Canada. Prior to her 2012 appointment as Chief Medical Officer for the London Olympics, Dr Julia has served Team Canada in several capacities spanning 10 years of the Olympics.
Emotional Impacts of Change

Dr. Alison Freeland explores the psychological aspect of major life changes, with a focus on unique issues that physicians face. Join Dr. Freeland in creating a vision of how your personal changes will happen, and how to prepare yourself emotionally.

At the end of this session, participants will be able to:

- Identify significant changes in a physician’s life
- Prepare for the emotional impacts of change
- Create a personal vision of how change will happen

Dr. Alison Freeland

Dr. Alison Freeland is the Associate Dean of Medical Education (Regional) at the Faculty of Medicine, University of Toronto and the Vice President of Quality, Education and Patient Relations at Trillium Health Partners.

Dr. Freeland’s commitment to education and leadership has been a consistent theme throughout her career. She has previously served as Associate Chief of Psychiatry of the Royal Ottawa Health Care Group, Undergraduate Education Director for the Department of Psychiatry, University of Ottawa, and Associate Professor at the University of Ottawa.

She is currently a member of the Ontario’s Consent and Capacity Board. She chairs the Professional Standards and Practice Committee, and the Choosing Wisely Working Group of the Canadian Psychiatric Association. She has recently been a member of Health Quality Ontario’s Expert Advisory Panel on Schizophrenia Quality Standards.

Her clinical work is focused on providing care to vulnerably housed and homeless people with serious mental illness and addictions. She has a passion to shape the future generation of health care providers to best serve patients and their families.
Workshop A: Financial Independence

Dr. Jane Healey & Dr. Paul Healey are married physicians in their 40’s who taught themselves about personal finance by trial and error. Today they use their unique combined knowledge of physician financial independence to address specific financial issues that women face in medicine.

By the end of this workshop participants will:

- Begin to reach financial independence as a woman in medicine
- Pursue wise spending – tackling student debt and saving for retirement
- Identify the basics of investing for the busy physician
- Assess the cost and value of the financial advice industry

Dr. Jane Healey & Dr. Paul Healey

Although Dr. Paul and Dr. Jane Healey don’t have any financial credentials, they are very familiar with the “financial information vacuum” that most physicians operate in. In May 2017, they started the Physician Financial Independence (PFI) group on Facebook where physicians teach other physicians about personal finance. The group does not accept advertising or sponsorship and is only open to physicians and their spouses. The online community has about 10,000 members from all over Canada and is growing daily. The PFI group emphasizes frugality, evidence-based investing, and maximizing happiness.

Jane has been a hospital-based paediatrician in Mississauga since 2005. Paul has been an emergency physician in Oakville practicing since 2003. They live in Oakville, Ontario with their two children. Jane & Paul are not in high-billing specialties but are financially independent. They work because they want to, not because they have to.
Workshop B: Rules of Engagement: Living Joyfully in the Present Moment

Dr. Carol Gonsalves and her colleagues take you through a workshop of mindfulness and wellness in the workplace. They highlight the importance of finding joy in life, and the impact of living in the present moment.

At the end of this session participants will be able to:

- Apply a framework to explore living mindfully through an overview of key concepts and experiential learning
- Be reacquainted to mindful practice
- Explore the role of mindful living in supporting joy, connection and peace

Dr. Carol Gonsalves

Dr. Carol Gonsalves MD, FRCPC, MMEd is a clinician educator and assistant professor in the Department of Medicine, Division of Hematology, The Ottawa Hospital (University of Ottawa). She is a clinician investigator with the Ottawa Hospital Research Institute and national AFC Committee Chair for Adult Thrombosis Medicine with the RCPSC. Her academic focus is on medical education, specifically in the areas of needs assessment and curriculum development. She was a member of the Mindfulness Curriculum Working Group at the University of Ottawa’s Faculty of Medicine, which launched a longitudinal curriculum in 2014. She has assisted in editing the course material and teaches in this curriculum. She is a co-founder of the Academy for Mindfulness and Contemplative Studies with the University of Ottawa Brain and Mind Research Institute and the Mindfulness in Medicine Journal Club. Along with her colleagues, she has given well received workshops in mindfulness to faculty and practicing physicians in Ottawa and has presented at national and international meetings on physician wellness and medical education. She is an investigator in multiple research studies involving mindfulness curricula in medical education.
Dr. Heather MacLean

Dr. Heather MacLean is an Assistant Professor of Neurology and the Director of Pre-Clerkship at the University of Ottawa. She spearheaded the development of a longitudinal Mindfulness Curriculum in UGME and has authored a book on mindfulness entitled Mindfulness for Medical School, Residency and Beyond. She is an investigator in several studies on mindfulness both in medical school and in MS patients and is a co-founder of the Academy of Mindfulness and Contemplative Studies with the University of Ottawa Brain and Mind Institute.

Dr. Millaray Sanchez-Campos

Dr. Millaray Sanchez-Campos is an assistant professor in the Department of Family Medicine at the University of Ottawa. She has significantly contributed to the development and implementation of the longitudinal undergraduate mindfulness curriculum at the uOttawa, she is involved with the Humanities in Medicine Program and is a co-founder of the Academy of Mindfulness and Contemplative Studies with the University of Ottawa Brain and Mind Institute.

Dr. Sanchez-Campos is an investigator in several studies of mindfulness in medical education. She is experienced in the field of mindfulness and together with her colleagues at the University of Ottawa, she has given workshops in mindfulness for faculty development and has presented at national and international meetings on health care professional wellness and mindfulness curricula.
Workshop C: Women in Health Leadership

Penny Mirams and Susannah Crabtree work with attendees to maximize their strengths in order to strive towards senior management roles in the health industry. They will disseminate all the tips and tricks they’ve accumulated from senior management in healthcare, to help attendees transition into management roles and seize opportunities.

At the end of this workshop, participants will be able to:

- Explore and discuss the key leadership strengths which are required, and how to develop them to take senior management roles in the health industry
- Identify a number of different issues, including gender bias, in health leadership

Susannah Crabtree

Susannah Crabtree is a Partner and Head of Odgers Berndtson’s Ottawa office. She specializes in the recruitment of senior executives in the public and not-for-profit sectors. Susannah is also a member of the firm’s Leadership Practice and works with clients to assess and develop the leadership potential of their executives and high-potential talent.

Before joining Odgers Berndtson, Susannah was the Office Leader in Ottawa at Mercer Canada, where she worked as a human resources consultant, helping her clients manage their talent, in particular with respect to their pension and benefits plans. Prior to that she worked for Aon Hewitt in Toronto and the United Kingdom.

Susannah holds a Bachelor of Science with Honours from McGill University, specializing in Psychology and Mathematics. She is a qualified actuary and is a member of the Board of Directors of the Ottawa YMCA-YWCA of the National Capital Region as well as the Royal Ottawa Foundation for Mental Health. Susannah is also fully bilingual in English and French.
Penny Mirams

Penny Mirams is Partner and Head of the firm’s Health Care Practice in Toronto. With more than 18 years of executive search experience, Penny has lead a number of successful senior level searches for clients in institutional and community health care, as well as long-term care homes, foundations, health-related charities and member organizations.

Prior to joining Odgers Berndtson, Penny spent a number of years as a consultant in executive search and career outplacement, working for two international consulting firms on a freelance basis. Her years in consulting have helped her to establish a large network of colleagues and contacts to assist her in recruiting top candidates for her clients.
Please contact us for more information.

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