

First Five Years Community of Practice

May 7, 2025

Speakers:

Dr. Preeni Rathuge
Dr. Anthony Davies
Dr. Sheniz Eryuzlu

Moderator:

Dr. Ryan Banach



Expanding Horizons: Balancing Comprehensive and Focused Care



Family & Community Medicine
UNIVERSITY OF TORONTO

Land Acknowledgement

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.

About the First Five Years Community of Practice

- Designed for you!
- Free, fun and full of answers
- Sessions are highly practical
- Tap into the expertise of both speakers and colleagues
- Tonight's snack pairing: Guacamole and Veggies
- Fully Accredited for 1.5 Mainpro credits per session



Moderators:

- **Dr. Eleanor Colledge**, CPD Program Director, University of Toronto and Family Physician, South East Toronto Family Health Team, Toronto, ON
- **Dr. Ryan Banach**, Family Medicine Early Career Supports Lead, Office of Health System Partnership, University of Toronto and Lead Physician, Norfinch FHO, Toronto, ON

First Five Years Community of Practice

Disclosure of Financial Support

Nothing to disclose.

Potential for conflict(s) of interest:

N/A

Mitigating Potential Bias

- The Scientific Planning Committee has full control over the choice of topics/speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by a three-member national/scientific planning committee.



Dr. Preeni Rathuge – Panelist

Surgical Assistant and Family Physician, Scarborough Health Network



Dr. Anthony Davies – Panelist

Family Physician, Summerville Family Health Team (areas of added competence/scopes of practice are Medical Education, Addiction Medicine, Family Practice Anesthesia, Pain Management)



Dr. Sheniz Eryuzlu – Panelist

Sport & Exercise Medicine Physician, Push Pounds Sports Medicine Clinic

Speaker Disclosure

- Faculty Name: **Dr. Preeni Rathuge**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: N/A
 - Others: N/A

- Faculty Name: **Dr. Anthony Davies**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: N/A
 - Others: N/A

- Faculty Name: **Dr. Sheniz Eryuzlu**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: N/A
 - Others: N/A

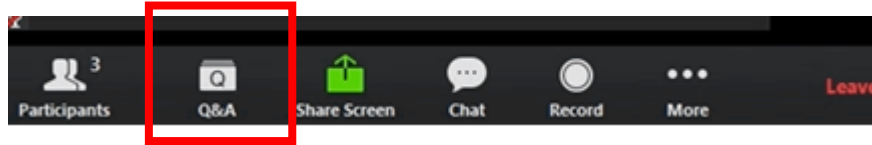
Speaker Disclosure

- Faculty Name: **Dr. Ryan Banach**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: OMA – Speaker for Billing and Practice Management
 - Others: DFCM OHSP – Salary, SGFP Tariff Committee

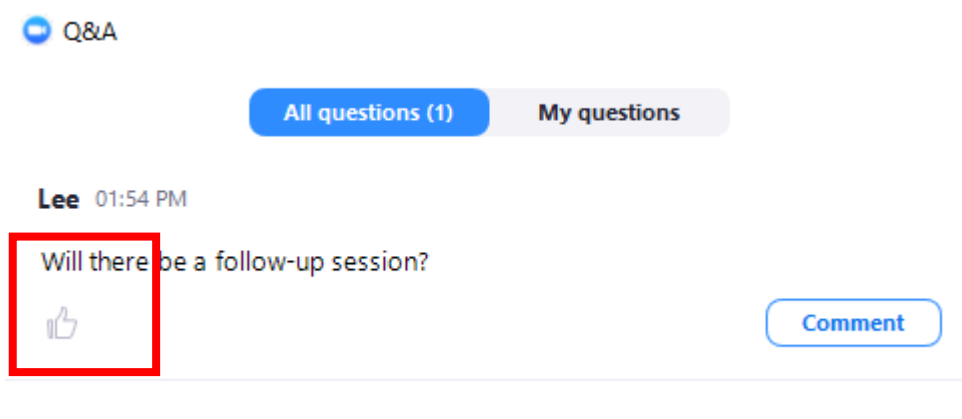
- Faculty Name: **Dr. Eleanor Colledge**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Others: DFCM Q&I – Salary, Foundation for Medical Practice Education - Stipend

How to Participate

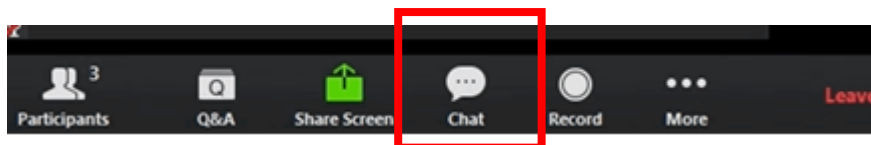
- All questions should be asked using the Q&A function at the bottom of your screen.



- Press the thumbs up button to upvote another guest's questions. Upvote a question if you want to ask a similar question or want to see a guest's question go to the top and catch the panels attention.



- Please use the chat box for networking purposes only.



BALANCING COMPREHENSIVE AND FOCUSED CARE

**PERSPECTIVES FROM A FAMILY DOCTOR/SURGICAL
ASSISTANT**

DR. PREENI RATHUGE

MAY 7TH 2025

MY PRACTICE

- Primary Role – Comprehensive Family Practice: community FHO practice of 1000 patients, 6 half days/week
- “Side Gig” - Surgical Assistant - SHN, 2 half days/week, 1-2 call shifts/month
 - Primary assisting role: ENT – Thyroid/Parathyroid
- Other roles – Teaching, Co-QI Director for SHN Family Medicine Residency Program

A WEEK IN MY LIFE

Monday – Clinic AM + PM

Tuesday – Clinic AM + PM

Wednesday – Clinic AM, PM - Paperwork/Catch Up, or time off!

Thursday – Surgical Assisting (ENT) +/- Call shift

Friday – Clinic AM (Resident Supervision), PM – off!

WHY SURGICAL ASSIST?

- Change of scenery!
- “Using your hands” /developing surgical skills
- No formal training required, mentorship-based role
- Building relationships with specialist colleagues
- No paperwork!
- Flexibility
- Made me love my family practice more!

CHALLENGES

- Learning curve – volume matters!
- Finding your niche
- Call (potentially lucrative, but not something I love) – unpredictability



ADDING IT ON?

- Most community hospitals (outside downtown core) rely on family medicine assists
- Can reach out to chief of family medicine/chief of surgery at your local hospital to see what opportunities are available

QUESTIONS?

Preeni Rathuge
(preeni.rathuge@gmail.com)

A group of professionals in business attire are gathered around a table, engaged in a collaborative discussion. They are using various devices, including tablets and smartphones, and holding coffee cups. The scene is set in a modern office environment with large windows in the background.

Thriving in Medicine: A Journey of Passion, Purpose & Possibilities

Mentorship Talk by Dr. Anthony Davies

From Lagos to Ontario: The Making of a Clinician-Educator



Medical Degree: University of Lagos (2002)



Family Practice Anesthesia: University of Saskatchewan



MSc Pain Management: University of South Wales



“Start where you are. Use what you have. Do what you can.” – Arthur Ashe



A Physician for All Settings

Practiced in rural
Saskatchewan, urban
Ontario, and abroad

GP Anesthesia,
Addiction Medicine,
Pain Management,
Psychiatry

Family Medicine in
hospitals and
academic units

Teaching the Next Generation



Assistant Clinical Professor (U of T, McMaster, Western)



Designed bootcamps, mentored undergrads and residents



Published and presented locally and internationally



“Teaching is not a lost art, but the regard for it is a lost tradition.” – Jacques Barzun

Thriving Through Change



RE-TRAINED IN CANADA
AFTER NIGERIA



TRANSITIONED BETWEEN
SPECIALTIES AND SETTINGS



BALANCED CLINICAL WORK
WITH EDUCATION AND
RESEARCH

Leading with Purpose



President, Kitchener
Waterloo Academy of
Medicine



Active in faculty
development and
mentorship



Peer reviewer,
international speaker



“Leadership is not a
position or a title, it is
action and example.”

Balancing Academic Practice with Focused Practice

- **Integrated Approach** - Blending family medicine with anaesthesia, pain, psychiatry, and teaching to deliver well-rounded care.
- **How I manage**
 - ✓ **Self-Management:** Prioritize, plan weekly, protect time
 - ✓ **Delegation:** Empower team, share responsibility
 - ✓ **Digital Tools:** EMR, autoscribe, smart scheduling
- **Outcome** - Sustainable, efficient, and purposeful practice across settings

Family, Fitness & Fulfillment

- Father to three boys
- Loves soccer and table tennis
- Maintains balance as a pillar of sustainability in medicine

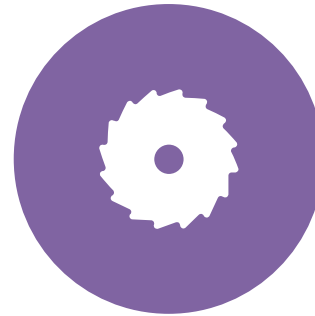
What I Wish I Knew Early On



TRUST YOUR TRAINING—
BUT KEEP LEARNING



PROTECT YOUR TIME AND
WELL-BEING



DON'T CHASE TITLES—
BUILD VALUE



Defining Success in Your Own Terms

- Not every path is linear
- Your strengths are your compass
- Comparison steals joy—run your race



Stay Connected & Inspired

- **Email:** anthony.davies@thp.ca
- **Blog:** <https://anthonydavies.net>
- “Mentorship isn’t a moment, it’s a mindset.”



DFCM First Five Years Community of Practice - Sport and Exercise Medicine

Dr. Sheniz Eryuzlu

MD CCFP(SEM) Dip. Sport Med.

My background

- University of Ottawa undergrad
- McMaster University med school
- University of Toronto
 - FM residency
 - SEM enhanced skills (+1)



My week

- Family practice 2 days/week
 - FHO
- Sports medicine 3 days/week
 - Push Pounds Sports Medicine on the Danforth



My Sports Med Practice



- MGH ER referrals
 - Dislocations, sprains, tears, OA flare, frozen shoulder, gout flare, calcific tendinitis, concussions, MSK pain NYD

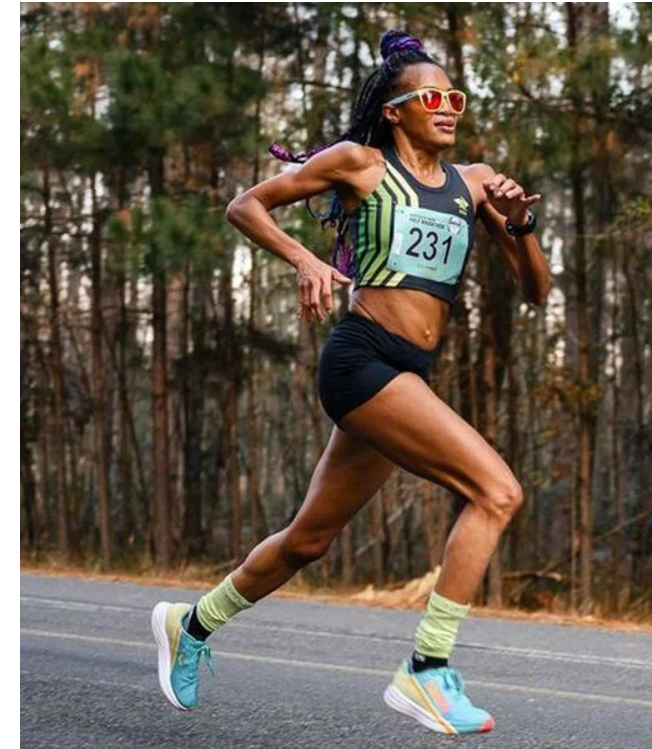
My Sports Med Practice



- MGH ER referrals
 - Dislocations, sprains, tears, OA flare, frozen shoulder, gout flare, calcific tendinitis, concussions, MSK pain NYD
- Family medicine referrals
 - Acute and chronic MSK pathologies

Patient population

- Youth to elderly
- Gen pop, rec to pro athletes



My Sports Med Practice

1. Establish correct diagnosis
2. Non-operative vs operative treatment
3. US-guided injections - cortisone, hyaluronic acid, PRP
4. Multidisciplinary team - PT, RMT, chiro, bracing, orthotics, ortho
5. Referral to other specialty?
Rheum, EMG, pain clinic



Commonly performed injections

- Rotator cuff pathology
- Tendinopathies/bursitis (tennis/golfer's, gluteal, achilles, patellar tendon)
- Any OA other than spine/SI joint (knee, hip, shoulder, hand/wrist, foot/ankle, elbow)
- Frozen shoulder
- Plantar fasciitis
- Trigger finger



Routes to a career in Sports Medicine

- Enhanced skills program
- Practice eligible



A career in Sports Medicine

- Clinic
- Event coverage
- +/- other:
 - Surgical assist
 - FM
 - ER



Challenges?

- Event coverage vs FM coverage
- Remaining up to date
- Accessibility to patients

Why I love the balance of Sports Medicine with Family Medicine

- Payment models
- Vacation
- Paperwork
- Patient populations
- Specialty vs generalist

Thank you!

Questions?

Upcoming session

Our next First Five Years Community of Practice session:

June 4, 2025 from 7:00-8:30pm

Planning Ahead: Understanding Wills and Power of Attorney

The First Five Years Community of Practice is a one-credit-per-hour Group Learning program that has been certified for up to a total of 13.5 Mainpro+ credits.

Contact us: dfcm.quality@utoronto.ca



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Evaluation

Please take a moment to complete the evaluation:



We will also email the link to you directly.

