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WONCA POLARIS POST

Official Newsletter of WONCA Polaris



Your Polaris Executive Committee

As the vibrant energy of spring breathes new life into the world, WONCA Polaris is thrilled to unveil its incoming Executive Board Members. We bring a unique blend of expertise and enthusiasm to our roles within the region's Young Doctors' Movement. But beyond our contributions, we warmly invite you to join us in shaping the vibrant tapestry of interregional Family Medicine culture.

United under the banner of Polaris, young family doctors from Canada, the USA, and the Caribbean stand poised on the brink of boundless potential. Together, we possess a wealth of collective strengths, skills, and passions waiting to be harnessed as catalysts for progress within the Family Medicine community.

So, seize the opportunity to become an active participant in our journey. Whether you're a medical student, Family Medicine resident, or young Family Physician, your voice matters. Let's collaborate, innovate, and propel WONCA Polaris to new heights of fulfillment and impact. Together, we can illuminate the path forward for Family Medicine, guiding it towards a brighter, more inclusive future. Join us, and let's make a difference, one step at a time.

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Introducing the Polaris Executive Committee



BRUNÈE DORSETT, MD, a committed Family Physician in Nassau, The Bahamas, earned degrees from Acadia University and The University of the West Indies. She champions preventive health and wellness advocacy in her community. Actively involved in physician well-being and leadership, Brunèe serves as Chair of WONCA Polaris and Young Doctor' Movement representative for WONCA Working Parties on Education and Women in Family Medicine. In her leisure, she enjoys playing the piano, snorkeling, and creative brainstorming.



SANITA BELGRAVE-KING, MD, is a highly respected Family Medicine and Geriatric Specialist based in New Providence, The Bahamas. Beginning her medical journey at Queen Elizabeth Hospital in Barbados, she quickly distinguished herself, earning the title of Outstanding Intern of the Year in 2013. With six degrees, four Distinctions, and one Honors, including a Doctorate in Family Medicine, she brings a wealth of knowledge and experience to her practice. Dr. Belgrave-King has remained dedicated to serving others, aiming to establish a legacy where care transcends generations. She serves as the WONCA Polaris Vice Chair.



ROHINI PASRICHA, MD, former Chair and current secretary of WONCA Polaris, is a final-year Family Medicine Resident in Toronto, Canada. She plans to pursue a Fellowship in hospitalist medicine and has interests in Palliative Care, Preventative Medicine, and academics. Beyond her clinical work, Rohini is actively involved in leadership roles within her local and national medical committees. Outside of medicine, she enjoys sports and travel and has set a personal goal to climb Mount Kilimanjaro.



MARIA A. BIANCHI, MD, is a committed Family Medicine Resident Physician at The University of Iowa Hospitals & Clinics. Hailing from Caracas, Venezuela, her passion lies in effecting positive change within underserved communities and fostering inclusivity on a global scale. Maria holds the esteemed position of AAFP Resident Member to the Center for Global Health Initiatives while also serving as the Resident Representative for the Global Health Member Interest Group. She serves as the Polaris representative for the WONCA Young Doctors' Movement ASPIRE committee.



Our Polaris Projects Updates

We have been determined and busy these past few months working on new projects to serve you. Check out these updates!

PolaRISE Mentorship Program - We launched on 24th February with a dynamic group interactive session. With a focus on physician leadership development, participants are building and transforming their connections through use of a unique online mentoring platform.

empowerED - WONCA Polaris' first podcast hit the scene on 6th February 2024. Already there has been two monthly updates bringing you empowering insights to support you on your Family Medicine journey. Follow the show on Spotify or Apple Podcasts to stay updated with new episodes.

PolarUS - PolaRUS is a monthly hybrid general membership meeting and coffee break. During our first session on 29th February 2024, attendees formed connections and contributed to the discussion on promoting the vast skillset of Family Physicians.



WONCA
Polaris
2024:
“Shining
Brighter”



WONCA Polaris Star - Canada

ADAM CHUBBS-PAYNE

Adam Chubbs-Payne is a second-year resident at Queen's University in Ontario, Canada. His journey is defined by a passion for fostering collaborative relationships with his patients, empowering them through accessible health information. Adam's inspiration to pursue Family Medicine stems from the profound impact of establishing high-quality, trusting, and longitudinal relationships with patients. The comprehensive nature of Family Medicine allows him to care for individuals of all ages and backgrounds, addressing a broad spectrum of health needs. The continuity of care fosters a sense of trust and familiarity, aligning with his belief in the importance of a patient-centered approach.

How do you motivate yourself at work?

"Medicine is difficult and sometimes I must sit back and view things with some perspective. I motivate myself by telling myself that even though medicine is difficult and there can be system issues that are out of my control, I am extremely privileged to be able to heal sick and injured patients. I could not see myself doing anything else."

Adam takes pride in his creation and development of 'This is Family Medicine,' an online platform dedicated to showcasing the rich diversity within the field. Through this initiative, he successfully amplifies the voices and stories of healthcare professionals in Family Medicine from various backgrounds, contributing to a more inclusive understanding of the specialty. Beyond Family Medicine, Adam's interests include traveling, photography, cooking, and playing sports. His travels, spanning 24 countries and counting, have been a continuous source of inspiration and personal growth, offering unique experiences and perspectives.

If you were to write a book about yourself, what would you name it?

"Beyond Borders: Adam's Journey Through Medicine, Travel, and Well-Being"

ADAM CHUBBS-PAYNE

WONCA Polaris -USA

MARIA BIANCHI

Maria A. Bianchi, a PGY-1 Family Medicine Resident at the University of Iowa, is on a dynamic journey of constant growth and self-discovery. Embracing residency challenges, Maria thrives on saying yes to opportunities that reveal more about herself, develop skills, and shape her future career. In the supportive environment of her Family Medicine Residency, Maria enjoys the shared experiences and accountability with her fellow residents. Passionate about preventive healthcare and health equity, Maria's introduction to Family Medicine coincided with her mother's battle with advanced breast cancer. For her, family doctors are akin to orchestra conductors, fostering lasting patient relationships and coordinating holistic care across life stages.



Which accomplishments are you most proud of?

"Since starting residency, I've been actively engaged in global health, serving as the AAFP Resident Member of the Center for Global Health Initiatives and Resident Representative for the AAFP Global Health Member Interest Group. Additionally, I've contributed to sports medicine as a researcher and High School team physician. I also manage my residency program's social media to enhance diversity in recruiting advocacy through meetings with State legislators and contributing to the operational aspects of graduate medical education as the Family Medicine Resident representative in my hospital's House Staff Council."

Originally from Caracas, Venezuela, she brings a rich medical background and a passion for supporting international medical graduates. Beyond medicine, Maria enjoys acrylic painting, non-medical reading, board games, and exploring different cultures through her travels to 25 countries. She is committed to using social media as a platform for physician networking and supporting fellow international medical graduates on their unique journeys.

If you were to write a book about yourself, what would you name it?
"An Immigrant Doctor's Resilience Story"

MARIA BIANCHI



WONCA Polaris -The Caribbean

ELINDERA FERGUSON-KNOWLES



Elindera Ferguson-Knowles is a final-year Family Medicine Resident at The University of the West Indies in Nassau, The Bahamas. Her dedication to health education and preventive care is evident in her work, where she witnesses the positive impact these interventions have on patients and their families. Through her clinical experiences, she engages in meaningful dialogues with colleagues, leveraging their insights to enhance patient care.

How do you stay motivated at work?

"I am motivated by my own experiences with healthcare. I have had opportunities to navigate through the healthcare system due to various ailments and surgeries. Because of these experiences, I can empathize with patients about the frustrations and confusion associated with the healthcare system. With each patient, I think about their life experiences and empathize with their challenges. This motivates me to take the extra moments with them, to go above and beyond for them, to help save a life, and to promote healthy living."

If you were to write a book about yourself, what would you name it?

"The Inner Being: Stronger Than You Know, More Beautiful Than You See, and Smarter Than You Think"

ELINDERA FERGUSON-KNOWLES

Motivated by personal experiences and reflections on the pivotal role of primary care, Elindera embarked on a journey to contribute to community health and wellness. Notable among her achievements is her leadership in a research project on antimicrobial resistance, recognized at the Medical Association of The Bahamas Medical Conference. Additionally, she recently attained her Diploma in Family Medicine, marking a significant milestone in her professional development. Beyond her medical pursuits, Elindera embraces life with zest, enjoying travel, adventure, and dance. Committed to philanthropy, she volunteers with HOPE Worldwide, actively participating in initiatives supporting underprivileged children and families. Her involvement in community health fairs and blood drives underscores her dedication to holistic well-being.



Polaris Leadership Buzz - Job Crafting

Are you a young Family Doctor dissatisfied with your work despite knowing Family Medicine is your calling? Try job crafting, a personal leadership skill that could be your game-changer. It's about controlling and reshaping your roles and responsibilities to align with your values, strengths, and preferences. Picture it as a tailor-made suit for your career, enhancing your job satisfaction, engagement, performance, and overall well-being. So how does it work? Let's break it down.

Task crafting is your first tool in the kit. Think of it as customizing your daily to-do list. As a Family Physician, this might mean zeroing in on tasks that light your fire, delegating the ones that don't, or jumping at fresh opportunities that push your professional boundaries.

Then there's relational crafting – your chance to fine-tune the dynamics of your workplace connections. Strengthening ties with colleagues, patients, and stakeholders can create a supportive ecosystem. And don't forget about setting boundaries and seeking support when needed. It's all about cultivating a positive environment where you can thrive.

Last, we have cognitive crafting – the art of reframing your perspective on work. Take a moment to reflect on your impact on patients' lives. Find joy in the small victories and opportunities for growth. Shifting your mindset can uncover new layers of purpose and fulfillment in your role.

So, the next time you're feeling the work blues, remember the power of job crafting. Take charge of your professional journey, find joy every day, and watch as you create a ripple effect of positivity in your workplace and beyond.



Polaris Wellness - The Power of Gratitude

As Family Medicine trainees and physicians, our days (and nights) are filled with work, non-work obligations, and tasks. It may seem as if completing one task goes unnoticed as it is quickly replaced with three new ones. In this demanding specialty, prioritizing our mental health is crucial. Daily gratitude is a powerful practice that can positively impact your well-being and perspective.

Take a moment each day to reflect on three things you're grateful for, fostering a positive mindset and inviting more joy into your life. Set a daily alarm, keep a gratitude journal, and be amazed by your journey of gratitude. Start this practice right now and be transformed. What are three things you are grateful for in this moment?



Help us to unleash the power of our Polaris community!

Let us know how you
would like to get involved:
newsletter, social media,
website, blog, project
support, event
organization, artist & more

Our 2023-2025 Polaris Objectives

This term, our focus is on you! In all our Polaris activities, we strive to achieve at least one of the following objectives: increasing community engagement, raising awareness of the diverse practices of Family Medicine in our region, supporting physician well-being, showcasing the talents and contributions of our Polaris members, assisting in career development, and promoting the Family Medicine specialty. But we can't do it alone. Help us make Polaris a transformative experience for you on your Family medicine journey. If you or your residency are involved in noteworthy initiatives, please email us and let us know (woncapolaris@gmail.com).

Polaris Physician Stars

Do you know a medical student with strong interest in Family Medicine, Family Medicine Resident or early career Family Physician in our region who is making a splash in the Family Medicine community? Send us an email with their name, country, and contact so that we can feature them in our Polaris Post Summer Issue. We value your efforts and are dedicated to letting our community know that you are a Polaris Star!

**POLARIS
STARS** 

**CALL FOR REGIONAL
NOMINATIONS**
Canada, USA, The Caribbean

**Summer 2024 Newsletter
Physician Spotlight**

Nomination Deadline

3rd May 2024 12 o'clock 11:59pm EST

woncapolaris@gmail.com



Announcements, Upcoming Events, Updates

- 28th March 2024** PolarUS General Membership Coffee Break
- April 2024** empowerED Podcast monthly update
- 25th April 2024** PolarUS General Membership Coffee Break
- 19th May 2024** Polaris 10th Birthday & World Family Doctor Day
- 23rd May 2024** PolarUS General Membership Coffee Break

PolarUS Meetings Zoom Details for above dates:

Meeting ID: 841 7515 4042

Passcode: 637812

All medstudents with FM interest, FM residents, and early career Family Physicians in Canada, USA, and the Caribbean are invited to the PolarUS meetings

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