

Community Connection



Pembroke Regional Hospital Spring 2017 Edition

Leading, Learning,
Caring For You

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Area Residents Now Reaping The Benefits Of New Orthopaedics Program At PRH

Renfrew resident David Schinkel is calling the Pembroke Regional Hospital's new orthopaedics program a "win-win" for everyone after having a knee replacement on January 9th.

Mr. Schinkel, who was the hospital's first orthopaedics patient had nothing but positive things to say about orthopaedic surgeon Dr. Chris de Jesus, the entire health care team and the whole experience.

Knowing he was the first patient, Mr. Schinkel said he received a lot of attention by staff interested in seeing how everything went.

Mr. Schinkel felt good about his recovery and noted that he was returning to PRH twice a week for physiotherapy while keeping up with his prescribed exercises at home.

Recognizing that he will likely have to have the same procedure done on his other knee, Mr. Schinkel said he has no reservations about returning to Pembroke, especially now that he knows what to expect. "This is a program that was badly needed in Renfrew County and it's great news for everyone now that it's here," Mr. Schinkel said.

Francois Lemaire, Vice-President of Patient Services – Acute Care and Chief Nursing Executive said it's taken a great team a solid four to five months of intense planning to get the program up and running and viewed as a major

accomplishment.

"The wonderful thing is that everyone involved in the planning process saw the value in bringing this program to our region. That meant that they not only were motivated to make it the best it can be but they also felt a sense of ownership and worked hard to get everything ready on time," Mr. Lemaire said.



Francois Lemaire

A major part of the preparations involved staff training for which nurses from PRH travelled to Ottawa's Queensway-Carleton Hospital (QCH).

"QCH was a great partner in this journey," Mr. Lemaire said, noting that PRH nursing staff gained knowledge from their team, not only for the operating room but also for work in the orthopaedic clinic, day surgery, and recovery.

"They really helped a lot with the clinical coordination of getting our program off the ground and ensuring we had everything we needed. Today hospitals recognize the value in sharing knowledge and partnering to ensure other hospitals have their own success," Mr. Lemaire said, adding that the work spent on training and preparations was evident when surgeries began.

In terms of the program itself, elective surgeries are well underway, the orthopaedic clinic for such services as casts and x-rays is running 1.5 days a week and patients are being seen in the emergency department by orthopaedic surgeons on a consult basis. Soon, a final ramp up of the program to include trauma surgeries will take place rendering the program full service.

In the meantime, the orthopaedic surgeon team consisting of Dr. de Jesus, Dr. Natasha Holder and Dr. Ingrid Radovanovic are also quite pleased with how everything has come together and they are starting to feel quite at home at PRH.

Pembroke resident Catherine Kalincak was Dr. Radovanovic's first local patient when she had a full knee replacement on January 17th. Originally on a wait list for the procedure in Ottawa, she was very excited when she found out she could have it done in Pembroke.

"While I was scared to go in and get it done, overall the entire process went very well and I was quite comfortable while in hospital. All of the staff were wonderful and provided a lot of useful tips," Mrs. Kalincak said.

Discharged after just a two-night stay, she said her recovery is going well and isn't as worried about having her other knee done. "I certainly see and feel the difference already in the one that was just replaced and who would have thought I could get this done so close to home."

PRH Celebrates 10-Year Milestone In Providing Smoking Cessation Support To Patients

Pembroke Regional Hospital recently celebrated a 10-year partnership with the Ottawa Heart Institute's Ottawa Model for Smoking Cessation (OMSC). Since implementation of the OMSC at PRH, over 7,300 smokers have been reached through personalized, best practice tobacco dependence treatment, resulting in increased quit attempts and long-term cessation. An estimated 2,200 smokers are smoke-free as a result of the support they received while at Pembroke Regional Hospital.



From left, Network Manager Kerri-Anne Mullen for the Division of Prevention & Rehabilitation at the University of Ottawa Heart Institute, and from PRH President and CEO Pierre Noel, Vice-President of Patient Services - Seniors and Community Care Sabine Mersmann, Respiratory Therapist Jennie Mainville, Clinical Manager for Ambulatory programs Martin Burger, Registered Practical Nurse May Seto, and Registered Nurse for the Stroke Prevention clinic Lisa Keon.

One of those individuals is Pembroke resident Don Grattan, who has been smoke-free nearly four years after smoking for more than 50 years. Mr. Grattan said he had previously tried to quit smoking on his own without success and decided when admitted to hospital in 2013 that he didn't need a cigarette and asked that his supplies be thrown out.

While in hospital, and as part of the OMSC program, Mr. Grattan was provided with nicotine patches, but said he rarely used them. Upon discharge he was enrolled in phone call based followup and he said that he appreciated the phone support received as part of the program, adding that "the calls became like a reward" for his efforts.

Continued on Page 3

PRH Receives Achievement Award

The Trillium Gift of Life Network recently recognized PRH with an achievement award for its dedication to organ and tissue donation in Ontario.

PRH was presented with the Provincial Routine Notification Rate Award for maintaining a 100 per cent routine notification rate throughout 2015/2016. Routine notification is the rate at which hospitals notify Trillium Gift of Life Network when a patient has died and there may be potential for organ and/or tissue donation.

"PRH recognizes the potential and therapeutic value to recipients and bereaved families who give consent to organ and tissue donation and its place as an integral part of quality end-of-life care," said Francois Lemaire, Vice-President of Patient Services – Acute Care, and Chief Nursing Executive, as well as the local Executive Lead for Trillium Gift of Life. "Our team and our staff believe in organ and tissue donation. Our results demonstrate our engagement by providing to our patients and families the option of donation."



From left, Chief of Staff Dr. Tom Hurley, Emergency and Intensive Care Unit Manager Michelle Godsell, Francois Lemaire, TGLN Director of Hospital Programs Karen Johnson, TGLN Hospital Development Coordinator Ami Sheth, Rehabilitation and Acute Mental Health Manager Kristie Tousignant, and Clinical Education and Infection Prevention and Control Coordinator Kirsten Johnson



Message from the Executive Director



There is no question that our community cares about our Pembroke Regional Hospital and the people we serve. Together we have brought many new services to our region since 2002 and with continued support, we will keep moving forward. Someone recently asked me if we were finished fundraising now that the MRI is up and running. **We will never be finished...** health care is forever evolving and our hospital must keep evolving too. Having MRI technology paved the way to expand our surgical program to include knee, hip and other bone surgeries which is very exciting for local families. Our next priority is to modernize our 1950 vintage in-patient surgical rooms to meet current standards for patients and staff post-surgery. This is an \$11.5 million project and we are asking the community to help us raise \$2.5 million. Please know that your thoughtful contributions including In-memory gifts, Estate gifts, Sponsorship gifts, Monthly Giving gifts, etc. greatly impact the lives of our local families.


Meet Some of Our Board Members



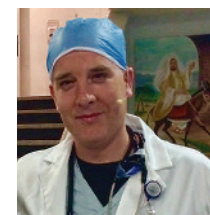
Frances Lemke has been a Board Director since 2011. A well-known name in the business community and owner of the local Cooperators Insurance, Frances has worked in the insurance industry for over 40 years. When not working or volunteering, Frances and her husband Dave enjoy traveling and spending time with their two grandchildren. "Since joining the Board, I have been able to see first-hand the needs of our community hospital. I have enjoyed meeting the many volunteers who have helped raise funds for the MRI and who are now focused on other needs of the Pembroke Regional Hospital."



Dave Gen has been involved in health care as a pharmacist since 1988. Joining the Pembroke Regional Hospital Foundation has provided an important opportunity for him to make a further difference in local healthcare. He enjoys skiing and cycling among other outdoor activities the Ottawa Valley offers.

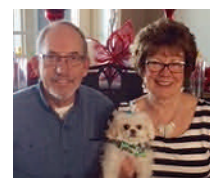
 If you are interested in local health care and want to make a difference, the PRH Foundation Board is now accepting applications. Visit prhfoundation.com or call (613)732-2811, extension 6223 to learn more.

Spotlight on Donor Events



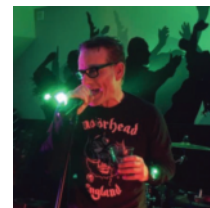
High Times at the Heart Institute

Stone Fence Theatre group partnered with local hospital foundations to raised over \$25,000 to support regional health care initiatives. Congratulations and thank you to the Stone Fence Theatre group, to Dr. John Epps and Dr. Tom Hurley who took part in the play, to the attendees who supported the event, and to the volunteers who helped make the evening a success.



Dobbs Family Festive Home and Garage Tour

Kirk and Lynda Dobbs hosted the Second Festive Home Tour and raised \$4,435 for local health care. Thank you to Kirk and Lynda, and to all the volunteers and guests who contributed to the success.



Martini Night

Thank you to the attendees, the volunteers and the donors who contributed prizes for the Silent Auction, the White/Brown Family, the dedicated staff at Dineamics, Crazy Arms Band, Midlife Krisis and especially to Marianne Minns who spearheaded the event. Our community truly cares about our local hospital and the families we serve!

Thank you for your In Memoriam & Estate Giving

Your donations stay local and enrich the lives of our community families today and for years to come.

Adriano Lovisa	Carmelita Clouthier	Dinie Gerrits	Helen McGovern	Joey Dashnay	Madeline M. Bucholtz	Pearl Johnston	Shirley McCumber
Agnes Desjardins	Claire Lefebvre	Doreen Boldt	Helen Parker	John Proulx	Mae Blanchard	Peter Gohr	Shirley Mohns
Amelia McGuire	Clifford Boyd	Doreen Nesbitt	Helen Radbourne	Joseph Foohey	Maia B. Popke	Peter Noble	Stanley W. Brum
Ann Stone	Clifford Lloyd	Dorothy Francis	Henry Bradley	Kenneth Lautsch	Margaret Lepine	Pierrette Noble	Theresa McConnell
Aurel Vaillancourt	Dan Brumm	Drusella Radway	Howard Gagnon	Lakshmi Srinivasan	Marie Jennings	Ray Smith	Ursula Cleary
Bernice McCoy	David Boucher	Emgard Borne	Howard Griese	Lauretta E. Kunkel	Mary Fraser Sr.	Raymond Chaput	Valerie Thrasher
Betty Wright	Dean Fitzpatrick	Garda Pilatzke	Irene Coburn	Leonard Surtees	Mary McGonegal	Raymond Hurley	Victor Maves
Bryan Kenny	Delmar MacDonald	Garry Boldt	Isabell Wilson	Liliane Proulx	Maurice Bissonnette	Reginald Hoffman	Victoria Swan
Bob Bucknell	Denis Holder	George Sullivan	James B. Derouin	Loella Trimm	Melbert Giroux	Richard Blanchard	Wally Gimson
Bonnie McConnell	Denise Huppert	Gordon Murphy	Janet Mulcahy	Lois Grattan	Monty Stewart	Robert Clouthier	Welland Charkavi
Bruce Hamilton	Diana Topham	Gordon Woods	Jerry Harrington	Loretta Graham	Olive Arsenault	Robert Reinke	Yvonne Philion
Bud Knezevich	Dianne St. Pierre-	Guenther Lellwitz	Jim Sterling	Lucille Sullivan	Omer Moncion	Roland Junop	
Caden Edwards	Spencer	Hayden Francis	Jody Hannah	Madeline Clouthier	Patricia Bergsma	Sadie Simpson	

Save the Date!



On April 28th we are partnering with the Clarion Hotel for a Comedy and Dance night to support the Cutting Edge Campaign: Bringing our Surgical Floor to the 21st Century. The event will feature Yuk Yuk's seriously funny Scott Falconbridge and the always entertaining Matt Gagné & Ben Rutz. The evening includes appetizers, prizes, and more! Tickets are \$25, and available at Moncion Metro, TD Bank Pembroke, and the Foundation Office (613)732-2811, extension 7408.

Please Continue to Invest in Your Local Hospital

**Cutting Edge
Campaign**
Bringing Our Surgical
Floor to the 21st Century



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For more information on how you can help, drop by our office at the Pembroke Regional Hospital (Tower A, Room 126), call 613.732.2811 Ext. 7408, email us foundation@prh.email or visit our website prhfoundation.com.

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Pembroke Regional Hospital Foundation
705 Mackay Street, Pembroke, ON K8A 1G8

A tax receipt will be issued for gifts \$10 or more.
Charitable Registrations No. 870047610RR0001

Successful Information Session Shows That Mental Illness Resources Are Required

Close to 200 people attended a free, public presentation on mental illness at Pembroke's Clarion Hotel March 1st demonstrating a clear need for information, collaboration, and expanded resources in the region.



Hosted by Mental Health Services of Renfrew County, a program administered by the Pembroke Regional Hospital, the two-hour session featured keynote speaker Dr. Pat Deegan, along with several panelists, information displays from regional support agencies and an opportunity to ask questions.

Dr. Deegan, an Adjunct Professor at Dartmouth College's Geisel School of Medicine is a recognized thought leader in the field of behavioural health recovery. In her one-hour presentation, Dr. Deegan shared a very detailed overview of her own personal journey of recovery after being diagnosed with schizophrenia in her teens.

At the time of her diagnosis, Dr. Deegan was a talented athlete with a bright promising future but she said that her treatment which involved high doses of medication and an avoidance of stress sent her into despair and withdrawal from her active lifestyle.

She outlined her frustrations in dealing with a care team who didn't share her vision of an appropriate outcome. They felt treatment was successful in that it stopped the progression of her illness, but she felt it wasn't a success if she wasn't "living" or achieving the quality of life she wanted.

It was at that time in her life that Dr. Deegan said she began to look to spirituality in terms of finding meaning and purpose in her life. "Boredom and having no reason to get out of bed is stressful and recovery meant finding my reason to get out of bed in the morning," Dr. Deegan said.

Crediting her grandmother with offering her a chance to step back into the world each day with the invitation to grocery shop, Dr. Deegan said taking her up on that offer one day was the first step towards self-care and not long after she realized her calling was to become a doctor and change the mental health system for the better.



"All of us in recovery can make a discovery of our purpose and it's critical that when helping those with mental illness, that we don't ever give up on anybody."

Dr. Deegan explained that care givers and health care providers can help by not defining a person by their illness and by helping individuals find the meaning and

purpose in their life.

Panelists Paul McIntyre, August Mcrea and Sabine Mersmann each brought their own perspective to the table regarding mental health illness and recovery.

Mr. McIntyre is President of the Mental Illness Caregiver Association of Canada (MICA), a peer lead organization supporting families with vocation, education, housing and other aspects of future planning. From a father's perspective, he said that helping a loved one with mental illness is a lifelong journey, and one in which people are not alone. "As a parent your first response is to try and fix them which then leads to a sense of hopelessness when you realize you can't," he said, adding that being able to network with other families while sharing experience and knowledge can be a great thing.

Ms. Mcrea who is a Peer Support Worker for Mental Health Services of Renfrew County shared her personal journey and lived experience with trauma, mental illness and poverty which she now uses to challenge stigma and help others. Both an advocate and an activist, she uses skills she has learned to now make "amazing authentic connections with others" and shares with them the importance of self-care.



And Ms. Mersmann, Vice-President of Patient Services for Seniors and Community Care at Pembroke Regional Hospital which includes oversight of the Mental Health Services program spoke about the importance of health care providers working together to improve the system.

"The Ministry of Health and Long Term Care is investing money in mental health and mental health and addiction is a priority for the Champlain Local health Integration Network. The challenge is that we need to move more towards working as a system, not silos and a meeting like tonight is a good first step."

Ms. Mersmann spoke about a number of current and future local initiatives, including planned health hubs for youth and young adults and a partnership between Mental Health Services of Renfrew County and Carefor to create more supportive housing.

Ms. Mersmann said that, while a lot of mental health treatment still tends to be based on traditional care models, the integration of peer support workers are an important and positive steps towards developing services that support a recovery based model of self care and empowerment. "A successful evening like this sends a powerful message that this is an important area of care and that we all need to work together to further improve the system," Ms. Mersmann said.

Did You Know...

- 1 in 5 Canadians will experience mental illness at some point in their life.
- Mental illness can produce changes in the way an individual thinks, behaves and feels. It can also affect one's ability to cope and function.
- With the right support, mental illness is treatable and individuals can lead a full and satisfying life.

www.pembrokeregionalhospital.ca/mentalhealthservices

Support...Continued from Front

His wife, Anna Mary Grattan said there is an "enormous weight lifted when a family member successfully quits smoking". "It is a huge relief to know that your loved one is healthier and will be able to spend more time with his family and granddaughters for years to come."

In 2002, smoking cessation experts at the University of Ottawa Heart Institute developed the Ottawa Model for Smoking Cessation – an institutional program that systematically identifies, provides treatment, and offers follow-up to patients who smoke as part of routine care. In 2006, UOHI began to assist other inpatient, outpatient and primary care settings to implement the OMSC.



Sabine Mersmann

"Implementing the Ottawa Model at our hospital has fundamentally altered our relationship with patients who smoke," said Sabine Mersmann, Vice-President of Patient Services - Seniors and Community Care.

"We now have the tools, the system, and a real team approach to more effectively support smokers while they are admitted to hospital. Our hospital grounds have been smoke free since 2010 and staff are engaged in helping patients who may be dealing with nicotine withdrawal and who may be ready to quit smoking for good. Importantly, our program has contributed to a significant decrease of smokers in our community and has continued to do so not only for inpatients but also for many outpatients."

Retired Nurses Recently Reunited



Recently, retired nurses from the 50s, 60s and 70s gathered at Anthony's restaurant in Pembroke to reminisce about their experiences at the Lorrain School of Nursing and as nurses working at the Pembroke General Hospital.

Organized by Merita Etmanski, Iris Klatt and Sister Rita Kehoe who was the last Director of Nursing Education at the Lorrain School of Nursing and the first Director of Nursing Education at Algonquin College, the evening brought about many fond memories.

The group paid tribute to Margaret Egan, a graduate of St. Michael's Hospital's School of Nursing in Toronto who was recognized as the group's "own Florence Nightingale". They also commended nursing matriarch Carmel Harrington who, over many years at PGH held several nursing administrative positions including head nurse, supervisor, Assistant Director of Nursing Service and lastly Director of Nursing Service.

A number of senior nurses were also recognized and remembered including Maureen Morris, the first lay Director of Nursing Service at PGH and Mary McBride the first lay Director of Nursing Education at Algonquin College. Many in attendance held key nursing positions throughout the various departments of the hospital and school of nursing. One such nurse was Joyce Lemke who, for many years, was head nurse on paediatrics. It was recalled that in the 1970s she was asked to convert the entire hospital to the Metric System - no small task.

Former administrators, directors of nursing service and education, private duty nurses and staff nurses were recalled throughout the evening, along with those who have since passed away and were fondly remembered. Many amusing stories were told about what the women referred to as the "good old days".

Throughout the evening, many of the women spoke about loyalty, work ethic and organizational skills. Everyone agreed that these characteristics were attributed to the Philosophy and Teachings of the Grey Sisters.

Housekeeping In A Hospital Is No Simple Task

The health care team at PRH is comprised of many individuals whose expertise and skillsets ensure that all patient experiences are both positive and safe.

The Environmental Services staff are an integral part of infection prevention at PRH and are a knowledgeable group of professionals.

They are responsible for cleaning and disinfecting all areas of the hospital including the Operating Room, Emergency department, Intensive Care Unit, Medical Units, Labour and Delivery suites, offices, Diagnostic Imaging, Laundry, Materials Management and more.

The Housekeeping department is made up of 50+ cleaning staff who are responsible for keeping approximately 300,000 square feet of space clean.

The cleaners are also responsible for all Waste Management processes including biomedical waste, cytotoxic waste, anatomical waste, general waste, e-waste, and recycling. They also gather all soiled linen in preparation for transportation to the hospital's off-site laundry facility.

Environmental Services Manager Marilyn Watson said that it's important to ensure that surfaces not only look clean but also to ensure that they aren't contaminated with bacteria and viruses. "The environment plays a big role in the transmission of infections. Cleaning is an essential part of reducing healthcare-acquired infections."

"Environmental cleaning at PRH focuses primarily on the protection of patient/client, staff and visitors from hospital acquired infections. Our practices minimize the spread of infections and

are reviewed and kept current while we work in collaboration with the Infection Prevention and Control team to monitor outcomes," Ms. Watson said.

"We know that IV pumps, call bells, bedrails, telephones, commodes, blood pressure cuffs, stethoscopes, and medication carts can all be the source of disease transmission as they harbor microorganisms such as MRSA, VRE, C-difficile, the influenza virus and others," Ms. Watson said.

To ensure a cleaner and healthier environment for everyone, some of the guidelines the cleaners follow include:

- Follow proper hand hygiene practices
- Proper use of gloves
- Focus cleaning on frequently touched surfaces
- Work from clean to dirty and from high to low areas
- Avoid generating airborne particles (i.e. roll up linens, do not shake mops or cloths, tie up waste bags without compressing air)
- Change cleaning cloths often; don't double



Housekeeping staff, Mary-Lou O'Connor, left, Roberta Mielke and Patrick Bechamp.

- dip
- Ensure cleaning equipment and supplies are clean
- Proper use of cleaning and disinfecting products
- Ensure surface or item is cleaned before it's disinfected
- Communicate issues to the Team Leader or Manager

Regular auditing of environmental cleaning practices takes place in order to provide feedback to staff both in areas of excellence and opportunities for improvement. Auditing is focused in patient care areas using a checklist for daily cleaning of high touch surfaces.

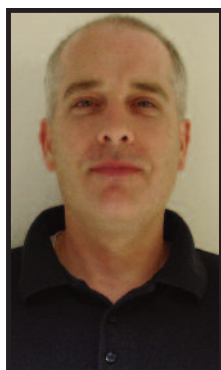
Ms. Watson said that staff training and education is ongoing. "Initially, staff are trained to ensure things are cleaned correctly. This training includes use of the Environmental Cleaning Toolkit provided by Public Health Ontario. This Toolkit outlines environmental cleaning guidelines based on Best Practices Environmental Cleaning for Prevention and Control of Infections as documented by the Provincial Infectious Diseases Advisory Committee," Ms. Watson said, adding that staff are also required to follow all Health and Safety requirements for the use of proper Personal Protective Equipment to protect themselves and others.

"Stringent cleaning practices are paying off in the reduction of hospital-acquired infections," Ms. Watson said. "Our team deserves a lot of credit for creating a clean, safe and pleasant environment for our patients, staff and visitors, and for checking to ensure that patients are satisfied with the cleanliness of their rooms."

A Spotlight On...Some Of Our Physicians

Pembroke is blessed with a medical staff that is second to none, all with excellent training and a variety of world class backgrounds...

Dr. Thomas Hurley, Chief of Staff



Dr. Thomas Hurley
Chief of Staff,
Chief of
Emergency

Dr. Tom Hurley's interest in medicine began during the latter years of high school as his family struggled with his mother's cancer diagnosis.

Dr. Hurley went to the University of Western Ontario for medical school after two years of a combined chemical engineering/biochemistry program at the University of Ottawa. He has been in practice since 1997.

While he was initially attracted to the research/scientific element of medicine, he became more interested in the direct treatment of the ill and injured as his training progressed and through that he gravitated towards emergency medicine.

"I have enjoyed the rewards and challenges of emergency medicine not only at PRH; but, also during my service with the Canadian Forces. Currently, I have a blended professional life between clinical work and administrative duties at PRH (as Chief of Staff) and in Renfrew County as a coroner. These latter two positions allow me to act as a patient advocate in a slightly different way than hands-on medicine but no less important."

Dr. Hurley said he finds the most enjoyment in providing help to the patients entrusted in his care. "The nature of emergency medicine provides me with many different clinical challenges from

trauma to medical illness to mental health concerns often all in the same shift. At PRH, I am blessed to work with many caring and competent staff and it is this supportive nature that has kept me at PRH."

When he's not working, Dr. Hurley enjoys trying new things. "I have tried many things so far: parachuting, SCUBA diving and race car driving. Although each has been very enjoyable; admittedly, I have never had overwhelming success at any one in particular. I always enjoy personal challenges such as running the Ottawa marathon or puzzles such as the Rubik's cube."



Dr. Kate Quirt
Emergency
Department

Dr. Kate Quirt, a self-proclaimed "book worm" with a love of science, became a doctor in 2011.

She said that medicine was the perfect fit – life-long learning while working with people.

"I chose to specialize in the field of Emergency Medicine because it is fun! I am drawn to the teamwork, as well as the fast pace, multitasking, and procedures. The shift work that comes with emergency

medicine is perfect for me in sustaining a happy work life balance as a mom."

Dr. Quirt earned her Bachelor of Science in Mathematics and Biology from Queen's University.

She then attended the University of Toronto for Medical school before returning to Queen's University for her Family Medicine residency and Fellowship in Emergency Medicine.

"I truly enjoy the working environment at

PRH. I feel like we are a team in Pembroke and that is something that is extremely important to me. I also enjoy working with military families. I am a military spouse myself and understand some of the challenges that come with the lifestyle, which includes access to medical care."

Dr. Quirt is a mother of three. "Like medicine, raising kids is hard work, but so incredibly rewarding. When I am not at work, I am throwing in laundry, taking my kids to the park, and working on a grocery list!"



Dr. Robert Reid
Emergency -
Zone B

Dr. Robert Reid's path to medicine began with an interest in genetics stemming from the fact that his brother was born with 9p monosomy, a rare genetic disorder.

In 2008, Dr. Reid graduated from the University of Western Ontario with a Bachelor of Biological Science with Honours in Genetics.

He then attended Medical school at Queen's University in 2012 and completed his Family Medicine Residency at the Schulich School of Medicine and Dentistry in 2014.

While in residency, Dr. Reid was proud to receive a teaching award voted on by the medical students and junior residents.

As much as he had an interest in medicine, Dr. Reid also had a desire to be involved in the military. To achieve this, he took the military officer training plan (MOTP) which helped him pay for medical school.

"Every day is a learning experience and I find that working in Zone B gives me the opportunity to expand and improve the clinical skills I use during my military work day."

