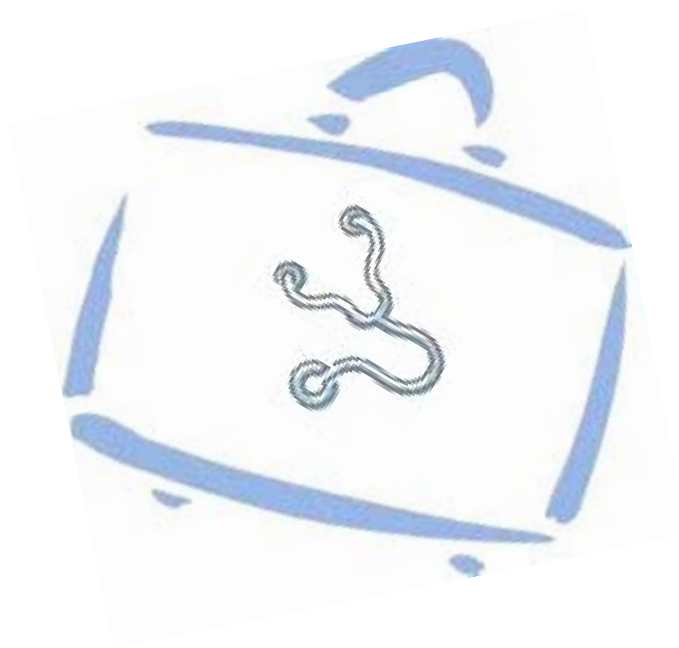




McGill Faculty of
Medicine

Preparing for your Rural Rotation

Guide for Residents



**RURAL EDUCATION OFFICE
January 2009**

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Foreword

This document contains a range of information regarding rural rotations in the province of Quebec. It should be used as a reference guide. It complements the information that is issued by your department. Further information can be found on the departmental websites.

Should you require additional information, please contact the Rural Education Office or your program department.

Rural Education Office
McGill University, Faculty of Medicine
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Note:

This document is updated periodically. The latest version can be found on the the Family Medicine website www.mcgill.ca/familymed/postgrad/sites/rural/, the CHIME Website at www.medicine.mcgill.ca/internalmed/training_chime.htm or at www.medicine.mcgill.ca/postgrad/residentinfo_stagesenregion.htm.

McGill accredited Rural Sites in Québec: Family Medicine

Sites are indicated by administrative regions

For locations refer to the map

Region 07 : Outaouais

- **CSSS de la Vallée de la Gatineau, MANIWAKI (French required)** **B**
- **CSSS de Papineau, BUCKINGHAM (French required)** **C**
- **CSSS du Pontiac, SHAWVILLE (French required)** **D**
- **CSSS des Collines, WAKEFIELD (French required)** **E**

Region 08: Abitibi-Témiscamingue

- **CSSS de la Vallée de l'Or, VAL-D'OR (French required)** **F**
- **CSSS du Lac Témiscamingue, VILLE-MARIE (French required)** **G**
- **CSSS Témiscaming et de Kipawa, TÉMISCAMING (Some French required)** **H**

Region 16: Montérégie

- **CSSS du Haut-Saint-Laurent, HUNTINGDON (French required)** **I**
- **CSSS du Haut-Saint-Laurent, ORMSTOWN (French required)** **I**
- **CSSS du Suroît, VALLEYFIELD (French required)** **J**
- **CSSS La Pommeraie, COWANSVILLE (Some French required)** **K**
- **CSSS La Pommeraie, LAC BROME-KNOWLTON (French required)** **K**
- **CSSS Vaudreuil-Soulanges, RIGAUD (French required)** **L**

Region 17: Nunivik - Northern site

- **CS l'Ungava Tulattavik, KUUJJUAQ (Laval accredited site-interuniversity agreement)**
- **Inuulitsivik Health Centre, PUVIRNITUQ (French required)**

Region 18: Cree Board (James Bay)-Northern Region

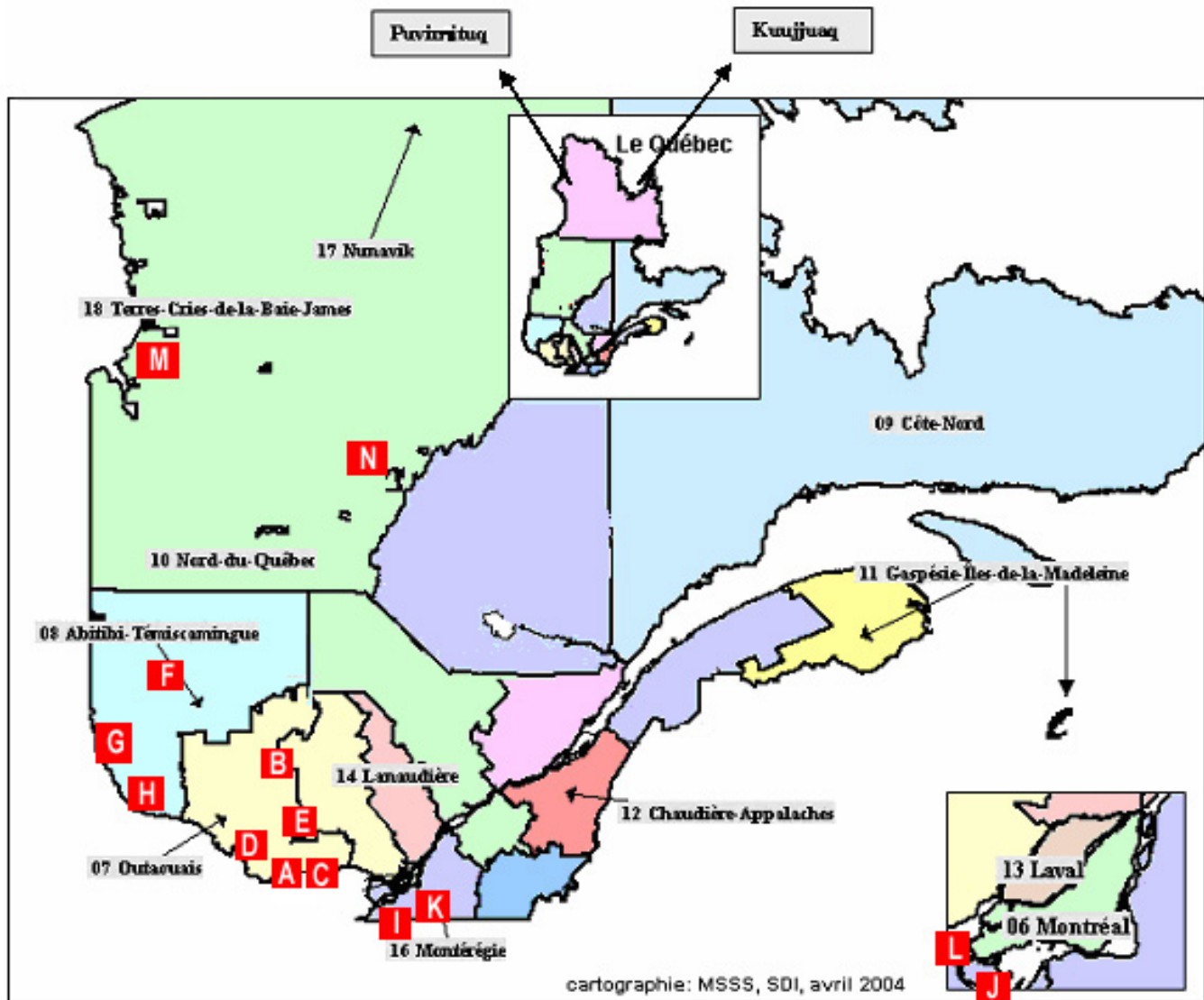
- **Conseil Cri SSS de-la-Baie James, CHISASIBI** **M**
- **Conseil Cri SSS de-la-Baie James, MISTISSINI** **N**

Note: *CSSS des Collines (Wakefield) and CSSS de Papineau (Buckingham) are not considered as rural sites for residents located at the UMF de Gatineau, since these sites are located less than 50 km from their home base.*

McGill accredited Rural Sites in Québec: Family Medicine

Sites are indicated by administrative regions

Basic French is recommended for all sites, except Chisasibi and Mistissini



McGill accredited Rural Sites in Québec: Specialties

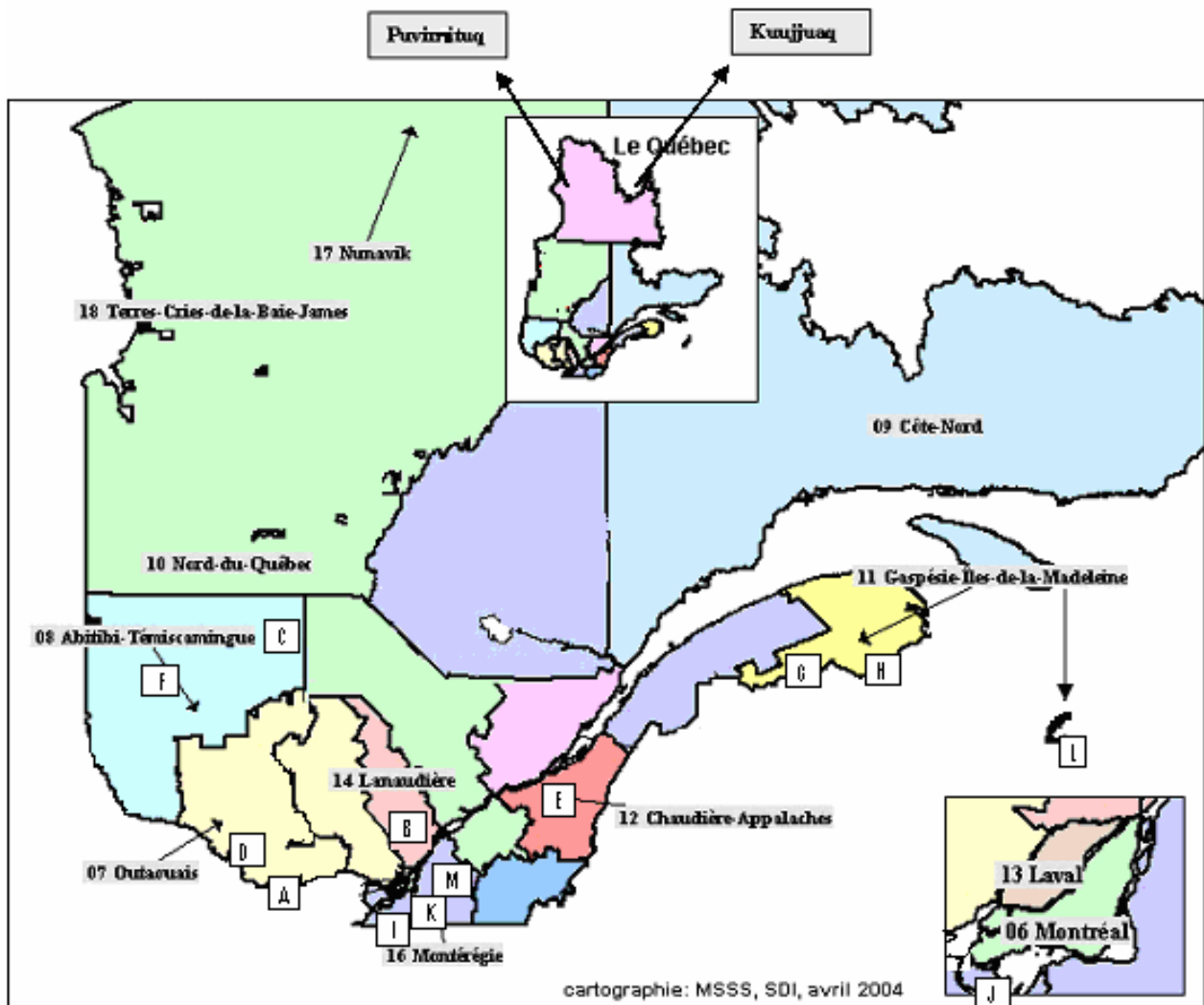
Sites are indicated by administrative regions - *For locations refer to the map*

Anesthesiology	<p>Region 07 : Outaouais</p> <ul style="list-style-type: none"> • CSSS de Gatineau, GATINEAU & HULL (French required) A
General Surgery	<p>Region 07 : Outaouais</p> <ul style="list-style-type: none"> • CSSS de Gatineau, GATINEAU & HULL (French required) A • CSSS de Pontiac, SHAWVILLE (French required) D <p>Region 08 : Abitibi-Témiscamingue</p> <ul style="list-style-type: none"> • CSSS de la Vallée de l'Or, VAL-D'OR (French required) F <p>Region 15 : Lanaudière</p> <ul style="list-style-type: none"> • CSSS Nord de Lanaudière, JOLIETTE (French required) B <p>Region 16 : Montérégie</p> <ul style="list-style-type: none"> • CSSS du Haut-Saint-Laurent, ORMSTOWN (French required) I
Internal Medicine	<p>Region 07 : Outaouais</p> <ul style="list-style-type: none"> • CSSS de Gatineau, GATINEAU & HULL (French required) A <p>Region 08 : Abitibi-Témiscamingue</p> <ul style="list-style-type: none"> • CSSS Les Eskers de l'Abitibi, AMOS (French required) C <p>Region 11 : Gaspésie-Iles-de-la-Madeleine</p> <ul style="list-style-type: none"> • CSSS des Iles, MAGDALEN ISLANDS () (French required) I • CSSS Baie-des-Chaleurs, MARIA (Laval accredited site-interuniversity agreement) (French required) G <p>Region 12 : Chaudière Appalaches</p> <ul style="list-style-type: none"> • CSSS de la Région de Thetford, THETFORD MINES (Laval accredited site-interuniversity agreement) (French required) E <p>Region 16 : Montérégie</p> <ul style="list-style-type: none"> • CSSS La Pommeraie, COWANSVILLE (Some French required) K • CSSS du Suroît, VALLEYFIELD (French required) J
Obstetrics & Gynecology	<p>Region 08 : Abitibi-Témiscamingue</p> <ul style="list-style-type: none"> • CSSS de la Vallée de l'Or, VAL-D'OR (French required) F <p>Region 11 : Gaspésie-Iles-de-la-Madeleine</p> <ul style="list-style-type: none"> • CSSS du Rocher-Percé, CHANDLER (French required) H <p>Region 16 : Montérégie</p> <ul style="list-style-type: none"> • CSSS La Pommeraie, COWANSVILLE (CMQ form to be completed by resident) (French required) K
Pediatrics	<p>Region 07 : Outaouais</p> <ul style="list-style-type: none"> • CSSS de Gatineau, GATINEAU & HULL (French required) A <p>Region 08 : Abitibi-Témiscamingue</p> <ul style="list-style-type: none"> • CSSS de la Vallée de l'Or, VAL-D'OR (French required) F <p>Region 16 : Montérégie</p> <ul style="list-style-type: none"> • CSSS Richelieu Yamaska, ST-HYACINTHE (French required) M (Sherbrooke accredited site-interuniversity agreement)
Psychiatry	<p>Region 07 : Outaouais</p> <ul style="list-style-type: none"> • Centre hospitalier Pierre-Janet, Gatineau (French required) A <p>Region 08 : Abitibi-Témiscamingue</p> <ul style="list-style-type: none"> • CSSS de la Vallée de l'Or, MALARTIC (French required) F (Université de Montréal accredited site-interuniversity agreement)

McGill accredited Rural Sites in Québec: Specialties

Sites are indicated by administrative regions

Basic French is recommended for all sites, except in Chisasibi and Mistissini



Site Contact Information

Establishment	City	Coordinator	E-mail	Telephone
ABITIBI-TÉMISCAMINGUE				
CSSS des Eskers de l'Abitibi	Amos	Joann Bélanger	joann_belanger@ssss.gouv.qc.ca	819-732-3341 ext. 2160
CSSS de la Vallée de l'Or	Val-d'Or	Louise Cardinal	louise_cardinal@ssss.gouv.qc.ca	819-825-6711 ext 2479
CSSS de Temiscaming et de Kipawa	Temiscaming	Cindy Bernard	cindy_bernard@ssss.gouv.qc.ca	819- 627-3385 ext. 1218
CSSS du Lac Témiscamingue	Ville-Marie	Sandy Lachapelle	slachapelle@temisensante.coop	819-622-2433, ext. 225
CHAUDIÈRE APPALACHES				
CSSS de la Région de Thetford	Thetford Mines	Dr Claude Lauzon	claudelauzon4@sympatico.ca	418-338-7777
GASPÉSIE – ÎLES-DE-LA-MADELEINE				
CSSS Baies des Chaleurs	Maria	Info rotation : Carole Appleby	carole.appleby@globetrotter.net	418-759-3443
		Lodging/stipend: Doryne Cyr	doryne.cyr.chbc@ssss.gouv.qc.ca	418-759-1336 ext. 2811
CSSS des Îles	Cap-aux-Meules	Stella Landry	stella.landry.archipel@ssss.gouv.qc.ca	418-986-2121
CSSS du Rocher-Percé	Chandler	Dre Renée Soucy	soucy@globetrotter.qc.ca	418-689-2261
LANAUDIÈRE				
CSSS Nord de Lanaudière	Joliette	Michel Côté	michel.cote.csssntl@ssss.gouv.qc.ca	450-759 8222 ext. 4291
MONTÉRÉGIE				
CSSS du Haut -St- Laurent	Ormstown	Mireille Dion	mireille_dion@rrsss16.gouv.qc.ca	450-829-2321 ext. 226
CSSS du Haut -St- Laurent	Huntingdon	Dr. Jeannie Rosenberg	jeancla.rosenberg@rrsss16.gouv.qc.ca	450-264-6101
CSSS du Suroît	Salaberry de Valleyfield	Michèle Fortier	michele.fortier@rrsss16.gouv.qc.ca	450- 371-9920 ext. 2019
CSSS la Pommeraie	Cowansville/ Lac Brome- Knowlton	Claude Benoit	claud.benoit@rrsss16.gouv.qc.ca	450-266-4342, option 5, ext. 5535
CSSS Vaudreuil Soulanges	Rigaud	Marie Françoise Issaac	gfrigaud@hotmail.com	450-451-5336 ext. 233
CSSS Yamaska-Richelieu	Saint-Hyacinthe	Aline Grenon	Aline.grenon@rrsss16.gouv.qc.ca	450-771-3333 poste 4941

NORTHERN REGIONS				
Conseil Cri/Baie James and Dispensaire de Mistissini	Chisasibi/Mistissini	Jacinthe Tondreau	jtondreau@ssss.gouv.qc.ca	819-855-9001 ext. 4204
CSSS Inuulitsivik	Puvirnituk	Eve Milliard	eve.milliard@ssss.gouv.qc.ca	819- 988-2957 ext. 237
CS Tulattavik de L' Ungava	Kuujuaq	Sylvie DesRosiers	sylvie.desrosiers.cstu@ssss.gouv.qc.ca	819- 964-2905 ext. 321
OUTAOUAIS				
Centre Hospitalier Pierre Janet	Gatineau	Carole Rocheleau	carole.rocheleau@ssss.gouv.qc.ca	819-776-8047
CSSS de Gatineau	Gatineau-Hull	Serge Marleau	serge.marleau@ssss.gouv.qc.ca	819-966-6171- ext 251
CSSS de la Vallée-de-la-Gatineau	Maniwaki	Gail Baker	gail_baker@ssss.gouv.qc.ca	819-449-4690, ext. 522
CSSS de Papineau	Buckingham (Gatineau)	Caroline Joyce	Caroline_joyce@ssss.gouv.qc.ca	819-986-4115, ext. 4035
CSSS du Pontiac	Shawville	Amanda Boisvert	amanda_boisvert@ssss.gouv.qc.ca	819-647-2211 ext. 2136
CSSS des Collines	Wakefield	Holly Crouch	holly_crouch@ssss.gouv.qc.ca	819- 459-2363

Preparing for your rotation

Things to do

Residents must contact the site coordinator **at least 3 weeks in advance** to obtain information on the accommodations provided and to get additional details specific to the site.

Things to bring

- own toiletries and personal effects
- alarm clock
- stethoscope
- McGill ID card and name tag
- linen (if not provided by site)
- pager (if not provided by site)

When going up North, residents should bring their favorite snacks or foods; especially if following a special diet. Even though there is a supermarket, some spices or foods are expensive or difficult to come by.

Description of the Family Medicine sites can be found on the “Family Medicine Teaching Sites” webpage: <http://www.mcgill.ca/familymed/postgrad/sites/rural/>

For information on Internal medicine sites, visit the Chime webpage: http://www.medicine.mcgill.ca/internalmed/training_chime.htm

Things to know

Lodging

Lodging is the responsibility of each site. Basic commodities are usually provided. Type of lodging varies from site to site. There are mainly 3 types: private homes, shared apartments and transits. (see the Glossary for definition on page 17 and Allocation Table on page 14)

In most cases, residents will be sharing accommodations. Therefore, it is important that everyone does their share to keep all common areas clean and safe. All accommodations are non-smoking environments.

Generally, there is a phone in the apartment. You can not make long distance calls unless it is a collect call. However, you can receive long distance calls.

If there is a problem with the lodging provided, the supervisor at the site should be notified immediately. The Rural Education Office should be contacted if the problem is not taken care of and in emergency cases. You can reach us at (514)-398-5666.

There is generally no internet access at the apartment, transit or private home where you will be staying. However, internet is usually available at the hospital or clinic. You should contact the coordinator at the site for more information.

When traveling to Northern sites

(Chisasibi-Kuujuuaq-Mistissini-Puvirnituaq):

Flights are booked by the coordinator at the site. A confirmation letter is usually sent 3 weeks prior to the departure date. If you haven't received it contact the site.

Residents usually fly out the first Monday of the rotation and fly back on the last Friday of the rotation.

You should confirm your flight 24 hours prior to the departure, with Air Creebec, Air Inuit or First Air; as flights can be delayed due to weather constraints. It is recommended that you bring snacks on board as usually a light meal is served. The ticket entitles you to a maximum amount of pounds for your baggage. Please refer to the information published on your flight confirmation letter.

You may fly on board planes varying in size (8 to 40 passengers) depending on the destination. Once at the destination, make sure that the luggage is unloaded.

There will be a taxi waiting to bring you to the hospital/clinic. Even though, the taxi driver has your name, we recommend having a proactive approach and asking questions at the counter.

Mistissini: The flight is direct from Pierre Elliott Trudeau airport to Chibougamau. Then it is a 1 h 30 min drive to Mistissini.

Kuujuuaq: The flight is direct from Pierre Elliott Trudeau Airport to Kuujuuaq.

Chisasibi & Puvirnituaq: The plane makes multiple stops before reaching the site. Passengers may get off and on the plane at each stop.

Please visit the airlines' website for more information.

Air Creebec

<http://www.aircreebec.ca>

1-800-567-6567

(Chisasibi, Mistissini)

Air Inuit

<http://www.airinuit.com/en/index.php>

1-800-361-2965

(Puvirnitug)

First Air

<http://www.firstair.ca>

1-800-267-1247

(Kuujuuaq)

Allocations guide for rural rotations

The Ministry of Health and Social Affairs (MSSS) funds the travel, lodging, and living expenses of residents doing a rural rotation in Quebec. It is important to note that the amounts reimbursed vary from site to site. It is based on whether the site is located in a designated area or not, and also on whether the site provides lodging and meals.

(See Allocation table, page 14)

To be eligible for the stipends, residents must be established in the region for the duration of the rotation. Each site has its own reimbursement procedures. It is essential to provide all personal contact information to the coordinator at the site. Following is a list of the pre-established amounts per site.

You should expect your check from the site within 6 months of your rotation. If you have not received your check after 6 months, please contact the site coordinator or the Rural Education Office at (514) 398-5666 or by email at sersec.med@mcgill.ca.

Travel expenses

One return trip per rotation (28 days) at the rate of \$0.34 per km (automobile) or transportation by train or bus is granted. Travel expenses are based on government established distances in kilometers between the home university and the rotation site. When traveling to Northern regions, the air flight is booked and paid by the site. However, travel to and from the Pierre-Elliott Trudeau Airport is not reimbursed.

Lodging expenses

Most of the sites provide residents with lodging. Residents in Buckingham, Huntingdon, Rigaud and Valleyfield have the option of staying in the apartment or organizing their own accommodations. In the latter case, a sum of \$480.00 per rotation period (28 days) is granted. However, they must stay in the region in order to benefit from the stipend. See the description of the sites for more information.

Living expenses

A sum of \$225.00 per rotation period (28 days) is granted for living expenses for a non-designated site and a sum of \$325.00 is granted if the rotation is in a designated area, except if the establishment provides food.

Allocation Table - from Montreal(MTL) and Gatineau (GAT)

City	Establishment	Rotation done primarily at	Car required	French required	Paid by the teaching site (after the rotation)		
					Transportation (Per rotation month) *	Accommodation (per rotation month)	Food (per rotation month)
Abitibi-Témiscamingue							
Val-d'Or	CSSS de la Vallée-de-l'Or	Hospital		Yes	From MTL : \$358.36 From GAT : \$281.52	Shared Apartment	\$325.00
Témiscaming	CSSS de Témiscamingue et de Kipawa	Hospital		Some	From MTL: \$422.28 From GAT : \$293.08	Shared Apartment	\$325.00
Ville-Marie	CSSS du Lac Témiscamingue	Clinic & hospital	Recommended	Yes	From MTL: \$482.12 From GAT : \$352.92	Shared Apartment	\$325.00
Amos	CSSS Les Eskers de l'Abitibi	Hospital	Yes	Yes	From MTL: \$405.96	Shared Apartment	\$325.00
Cree Board (James Bay)-Northern Region							
Chisasibi	Conseil Cri SSS de la Baie James	Hospital			Flight booked & paid by site	Transit**	\$325.00
Mistissini	Conseil Cri SSS de la Baie James	Clinic			Flight booked & paid by site	Transit**	\$325.00
Montérégie							
Ormstown	CSSS du Haut St-Laurent	Hospital	Recommended	Some	From MTL: \$40.80 From GAT : \$142.80	Shared Apartment	Meals provided by site
Huntingdon	CSSS du Haut St-Laurent	Clinic	Recommended	Yes	From MTL: \$51.68 From GAT : \$145.52	Private home	\$225.00
Salaberry-de-Valleyfield	CSSS du Suroît	Hospital	Recommended	Yes	From MTL: \$55.76 From GAT : \$127.16	Private home	\$225.00
Cowansville	CSSS la Pommeraie	Clinic		Some	From MTL: \$61.20 From GAT : \$204.68	Shared Apartment & private home	\$225.00
Lac Brome-Knowlton	CSSS la Pommeraie	Clinic	Yes	Yes	From MTL: \$74.12 From GAT : \$217.60	Shared Apartment & private home	\$225.00
Rigaud	CSSS Vaudreuil-Soulanges	Clinic		Yes	From MTL: \$47.60 From GAT : \$99.28	Dorm in private school	\$225.00
St-Hyacinthe	CSSS Richelieu Yamaska	Hospital	Yes	Yes	From MTL: \$38.76	NO* \$480.00 provided	\$225.00
Nunavik- Northern Region							
Puvirnituq	Inuulitvik Health Centre	Hospital		Yes	Flight booked & paid by site	Transit**	Meals provided by site
Kuujuuaq	CSSS Tulattavik de l'Ungava	Hospital		Some	Flight booked & paid by site	Transit**	\$325.00
Outaouais							
Gatineau (Hull)	CSSS de Gatineau	Hospital		Yes	From MTL: \$142.12	Shared Apartment	\$225.00
Gatineau	CSSS de Gatineau	Hospital		Yes	From MTL: \$149.60	Shared Apartment	\$225.00
Gatineau (Hull)	CH Pierre Janet	Hospital		Yes	From MTL: \$142.12	Shared Apartment	\$225.00
Maniwaki	CSSS de la Vallée-de-la-Gatineau	Hospital		Yes	From MTL: \$229.84 From GAT : \$89.76	Shared Apartment	\$325.00
Shawville	CSSS de Pontiac	Hospital	Recommended	Yes	From MTL: \$195.84 From GAT : \$55.76	Shared Apartment	Meals provided by site
Buckingham (Gatineau)	CSSS de Papineau	Hospital	Yes	Yes	From MTL: \$117.64	Shared Apartment	\$225.00
Wakefield	CSSS des Collines	Clinic & Hospital	Yes	Yes	From MTL: \$163.88	Private home	\$225.00

Allocation Table (cont'd)

City	Establishment	Rotation done primarily at	Car required	French required	Paid by the teaching site (after the rotation)		
					Transportation (Per rotation month) *	Accommodation (per rotation month)	Food (per rotation month)
Other Areas (Cont'd)							
Joliette	CSSS Nord de Lanaudière	Hospital	Yes	Yes	From MTL: \$47.60	NO* \$480.00 provided	\$225.00
Maria	CSSS Baies des Chaleurs	Hospital		Yes	From MTL: \$553.52	Shared Apartment	\$325.00
Thetford Mines	CSSS de la région de Thetford	Hospital	Yes	Yes	From MTL: \$70.04	Shared Apartment	\$225.00

* Stipend for transportation may vary slightly from the amount shown here.

** **Transit:** house shared by visitors to the area. Trainees have a private room but share common areas.

*** Trainees will have to organize their own accommodations. A maximum of \$480.00 will be granted to cover the rent.

Trainees in Rigaud, Valleyfield and Wakefield have the option of staying in the apartment or organizing their own accommodations. In the latter case, a sum of \$480.00 per rotation period (28 days) is granted. However, trainees must stay in the region in order to benefit from the stipend. See the description of the sites for more information.

Family Medicine

Site characteristics

ACTIVITIES	Emergency room	Obstetrics-Pre &/or Post natal care	Home care/visits	CLSC	Private Office	Walk-in clinic	Ward & patient services	Long term care facility	On-call	Visits to Native territories or other villages	Teaching activities-rounds-conferences	Other
RURAL SITE												
ABITIBI-TÉMISCAMINGUE												
CSSS de la Vallée de L'Or: Val d'Or	X	X	X		X	X	X			Algoquin community*		Intensive care, psychiatry hospital, one day of ambulance services
CSSS du Lac Témiscamingue: Ville-Marie	X	X		X	X		X	X				G.P.anesthesia, surgery, intensive care
CSSS Témiscaming-et-de-Kipawa: Témiscaming	X		X	Diabetes, Baby vaccination, School health, Industrial medicine		X	X		X	X	X	Involvement in community projects
MONTÉRÉGIE												
CSSS du Haut-Saint-Laurent: Huntingdon	X in Ormstown		X	Diabetes	X	X					X	No weekend shift, minor surgery-suturing
CSSS du Haut-Saint-Laurent: Ormstown	X				X		X		X		X	Minor surgery & intensive care
CSSS du Suroît: Valleyfield	X			On request	X		X	X	X			
CSSS La Pommeraie: Cowansville	X	Postnatal care, baby and child visits (No OB)	X		X	X	X	X	X		X	Hospitalization, all wards except OBGYN, 1 week (usually), ER shifts available, procedures (injections, lumps & bumps)
CSSS La Pommeraie: Knowlton-Lac Brome	X		X	Alcoholism, drug addiction, chronic pain and ADHD	X		X					No weekend shift, minor surgery
CSSS Vaudreuil-Soulanges: Rigaud	X		X	X	X	X		X	X		X	No weekend shift
NUNAVIK												
Inuulitsivik Health Center: Puvirnituq	X		X (PLA)	X		X	X	X	X	Villages*		Medivac*** French speaking staff
CS Tulattavik de l'Ungava: Kuujuaq	X	X	X	X		X	X	X	X	Villages*	X	Medivac***
OUTAOUAIS												
CSSS de la Vallée-de-la-Gatineau: Maniwaki	X			X	X		X	X	X	Villages*	X	Intensive care
CSSS de Papineau: Buckingham	X			X	X		X	X				
CSSS du Pontiac: Shawville	X	X		Community program	X		X		X	Villages*		G.P.anesthesia, Intensive care
CSSS des Collines: Wakefield	X	X	X		X		X	X			X	IUD, endometrial biopsy, lumps and bumps, etc
TERRES-CRIES DE LA BAIE JAMES												
Conseil Cri SSS de-la Baie James: Chisasibi	X	Prenatal only	X	Community health		X	X	X	X	Waskaganish**		Medivac***
Conseil Cri SSS de-la Baie James: Mistissini	X	Prenatal only		Diabetes and community health		X						No labs, x-rays

* Day visit to native villages according to availability of doctors

** 1 week in Waskaganish according to availability of doctors

*** Medivac: medical evacuation by ambulance aircraft

Glossary

Accredited site:	is a site where training in Family Medicine and/or a specialty has been accredited to McGill or another university.
ASSS:	Agence de santé et des services sociaux
CMQ:	Collège des médecins du Québec
CSSS:	Centre de santé et des services sociaux
Electives:	are clinical rotations organized by the residents themselves, either within the McGill system or that of another university
MSSS:	Ministère de la santé et des services sociaux
Place of residence:	a resident's place of residence is the region in which the university they are registered in is located.
Private home	lodged by a member of the community. Residents have a private room and will share common areas.
Rural rotation:	residents performing one or more rotations in Quebec in one or more establishments located at least 50 km from McGill campus.
Rural site:	a site that is located at least 50 km from the McGill campus
Shared apartment:	apartment or house reserved for students and residents. Residents have a private room and will share common areas.
Transit:	house shared by visitors to the area. Residents have a private room but share common areas.