Table of Contents:

Welcome to the Medical Profession ........................................... 1

Introduction ............................................................................. 2

Advocacy ................................................................................... 3

Member Services ....................................................................... 4
- Professional Development ..................................................... 4
- Physician Health ..................................................................... 4
- Canadian Medical Association Services ............................... 4
- Insurance ............................................................................... 4
- Financial Planning ............................................................... 5
- Stay in the Know .................................................................... 5

Medical Students ...................................................................... 6
- First Year Orientation ........................................................... 6
- Financial Help ........................................................................ 6
- Summer Medical Student Observership ............................... 6

Residents .................................................................................. 7
- Resident Representation ....................................................... 7
- Iype/Wilfred Resident Award ............................................... 7
- New to Practice Tools ............................................................ 7
- Recruitment and Retention Incentives ................................. 8
- Electronic Medical Records .................................................. 8

Contact us .................................................................................. 8
Welcome to the Medical Profession

Congratulations in choosing a career in the medical field. As a physician you will have the opportunity to make a great impact in your community and in the lives of your patients. Your medical school and residency are the first steps towards a long and fulfilling career. We want to remind you that the NBMS is here to support you every step of the way. We are here to serve you and represent your interests, just as we do for life-long members.

Whether you are a first year medical student or in the last year of your residency you have the opportunity to become active in your professional association.

By becoming involved with the NBMS you can help shape the future of the medical field and the delivery of healthcare in New Brunswick. You can become involved by participating on the Board of Directors as a student or resident representative, or by participating in one of many events throughout the year. You can also become involved in your region through our District Medical Societies. It is never too early in your career to start helping make a difference in improving the lives of New Brunswickers.
Introduction

Welcome to the New Brunswick Medical Society (NBMS), a provincial division of the Canadian Medical Association (CMA). As an NBMS member, you are also a member of the CMA and have access to their services.

Originally created in 1867, the NBMS has two missions: representing all practicing and future physicians in the province, and advocating for the health of New Brunswickers. More specifically we focus on:

- Improving physicians’ health and quality of life;
- Helping to create a unified and strong medical profession;
- Advocating for a high quality patient-centred approach to health care delivery;
- Promoting the practice of medicine as an autonomous self-regulating profession; and
- Building a practice environment that is attractive to the next generation.

The NBMS continues to advocate to improve healthcare delivery for New Brunswick patients. We have been able to lead the way in various initiatives such as the implementation of electronic medical records and the promotion of team-based healthcare delivery. We have also been successful in promoting healthy living initiatives and policy changes to protect youth from hazards like smoking and tanning beds.

The NBMS offers free membership to all New Brunswick medical students attending accredited medical schools and out-of-province students studying medicine at New Brunswick’s two medical school campuses. We also offer heavily discounted membership to residents affiliated with the province.

We have a range of services to serve you at all stages of your medical career, from medical school to retirement. The following guide outlines the services designed for students and residents.
Advocacy

The NBMS works in ensuring that New Brunswickers have timely access to healthcare services. We have undertaken various initiatives to make recommendations to the provincial government on how to improve healthcare and health promotion.

Specifically for residents and students, we have launched several initiatives in recent years. We surveyed, studied, and submitted a proposal to government on their recent changes to recruitment and retention in the province. We have successfully lobbied to keep the Summer Medical Observership Program after it was cancelled by the government. We continue to support residents in our aligned efforts to end the ineffective ‘billing numbers’ system. Finally, we continue to reach out with new initiatives, such as our Electronic Medical Record program, to ensure all learners are prepared for what they will find in New Brunswick practices as they go through their rotations and clerkships.

In addition to making recommendations and lobbying the provincial government, we have taken a leadership role in implementing initiatives to promote healthy living. One called Make Menus Matter was designed to study school cafeteria lunches. Another involved doctors issuing exercise prescriptions to patients. We also sponsor a children’s running program. All of these are small steps that look at the health choices New Brunswickers can make, and the promotion of healthy living.

We encourage you to visit our website to keep up to date about our initiatives and advocacy efforts.
Member Services

Professional Development

The NBMS offers various opportunities for professional development that are free for students and residents. One of the programs we offer is the Community Hospital Program (CHP) which creates tailor-made sessions to respond to the training needs of physicians in the local community. We also have professional development sessions at our Celebration of Medicine and at the Annual General Meeting.

In addition to the NBMS-led professional sessions, as a member you may also access the CMA online learning tools in a variety of clinical areas.

To know more about these free professional development opportunities, please visit our website.

Physician Health Program

A medical career is extremely rewarding but it can also be challenging. There are times when you may find that you require additional support. If you are feeling stressed, burned out or are having relationship problems, you can access the NBMS confidential Physician Health Program. This service provides counselling for medical students, residents, physicians and their families. To access this service you can e-mail SanteHealth@nbms.nb.ca or call 1-888-453-7272.

Canadian Medical Association Services

When you become a member of the NBMS, you also become a member of the CMA and have access to their services. This includes their extensive online journal collection and free online textbooks.

The CMA also offers the Young Leader Award to one student, one resident and one physician in their early career who have demonstrated exemplary dedication, commitment and leadership in one of the following domains: political, clinical, education, research and/or community service. We encourage you to nominate outstanding colleagues for this award.

As a member, you also have access to exclusive rates and special offers on a variety of services including hotels, car rentals, gym memberships and travel.

For more information about any of these services, please visit the CMA website www.cma.ca.

Insurance

The NBMS has negotiated special insurance rates for our members. For more information visit:

• Ontario Medical Association: www.oma.org
• Wilson Insurance: www.wilson.nb.ca
Financial Planning

Medical school and residency are great at giving you an excellent medical education, but not for preparing you for current and future financial needs. Whether it is debt repayment or support starting your practice, you have access to a variety of financial planning tools. Owned by physicians for physicians, MD Physician Services (MDPS) is part of CMA and provides personalized, expert financial advice from the first day of medical school right through to retirement.

The NBMS encourages you to use these tools and to take advantage of this service. For more information visit their website at: www.mdm.ca

Stay in the Know

The NBMS keeps you up to date in our activities and informed about the events that are changing the healthcare landscape. Read our quarterly OPUS magazine, Student and Resident Newsletter, President Letters, the economic news update, the E-bulletin and our website. As a member you will receive our publications and free access to our website, which uses your e-mail address as your username. You can create a password of your choice.
Medical Students

Congratulations and welcome to first-year medical students: you have just started the first step of a rewarding and challenging career. Welcome back to returning students. We hope that you continue to have a great experience in medical school.

New Brunswick has two medical training programs: Dalhousie Medicine New Brunswick in Saint John and the Centre de Formation Medicale du Nouveau-Brunswick (Université de Moncton in Partnership with Universite de Sherbrookee) in Moncton.

In addition, New Brunswick sponsors medical school seats at Memorial University of Newfoundland, Université Laval, and Université de Montréal.

If you are a medical student attending any of these programs, you are eligible to become a member of the New Brunswick Medical Society at no cost and the NBMS will cover your Canadian Medical Association fees.

First Year Orientation

During the first month of medical school representatives from the NBMS and CMA will visit to introduce you to our services. They will hold information sessions to explain what we do and how we can support you throughout your four years of medical school.

Financial Help

We know that the cost of medical school can place a heavy burden on your shoulders. There are various financial resources to help you minimize the debt that you accumulate during your four years of school. We recommend that you visit the following sites to find out more about grants and bursaries for which you may be eligible:

- Department of Health
  www.gnb.ca/health
- New Brunswick Medical Trust
  www.foundationhealthcarepartnership.ca
- New Brunswick Medical Society
  www.nbmns.nb.ca

Summer Medical Student Observership

This program was created through a partnership between the NBMS, the Province of New Brunswick and the two Regional Health Authorities. First and second year students who are interested in different practices in New Brunswick are given an opportunity to shadow medical professionals in a variety of settings. Participants often have the opportunity to interact and learn from general practitioners and specialists in a variety of practice settings. To apply for this program, visit the Department of Health at www.gnb.ca/health.
Residents

Resident Representation

The NBMS maintains links with dozens of residents nationwide. During your residency you continue to be a member of the NBMS. However, for this part of your medical career your collective agreement and employment interests are represented by two different associations.

The Professional Association of Residents in the Maritime Provinces (PARI-MP) represents resident physicians affiliated with Dalhousie University and the Fédération des Médecins Résidents du Québec (FMRQ) represents residents physicians affiliated with the Centre de Formation Medicale du Nouveau-Brunswick.

These organizations negotiate on your behalf to create collective agreements that outline your rights and responsibilities in the workplace. To find out about the specifics of your agreement such as required work hours, call hours, and vacation time, please visit: PARI-MP www.parimp.ca or FMRQ www.fmrq.qc.ca

Although we don’t negotiate your work terms, we offer you some resident-specific services. In the following section you will find some services that are exclusively for you.

Iype/Wilfred Resident Award

The NBMS celebrates excellence in medicine at all stages of the medical career. The Iype/Wilfred Resident Award is awarded to residents who have demonstrated outstanding achievement during their residency training in New Brunswick. More specifically, this award recognizes achievements in research, professionalism, compassion and caring. The award is presented during our Celebration of Medicine event. Visit our website to nominate one of your colleagues.

New-to-practice tools

Transitioning from residency to your own practice can be intimidating. You have to learn many new skills in administration and financial management. We understand that this is a stage of your medical career when you need a lot of additional support. We help you through this challenging process by providing and distributing new-to-practice tools. We have staff that are experienced in helping you through the billing numbers process and on acquiring electronic medical records.

We also understand that starting your practice is a period when you incur significant expenses. To alleviate this pressure, we lobby the Province of New Brunswick to help you finance the initial costs related to starting your practice.
Financial Recruitment and Retention Incentives

The Province of New Brunswick offers medical residents who want to start their practice in the province some financial incentives depending on their practice location and speciality. To learn more about which incentives apply to you, visit the Department of Health at www.gnb.ca/health.

Electronic Medical Records (EMRs)

After years of lobbying, we were able to announce a partnership with the New Brunswick Government that created a program to do two things: get EMRs in doctors’ offices, and connect with other provincial health information systems. The NBMS created a company, as has happened in most other provinces in Canada, to lead the charge in these areas. It is led by doctors and is called Velante. To learn more about this program visit Velante’s website www.velante.com.

Contact Us

For more information about any of the services outlined in this guide or to ask any questions please feel free to contact us:

New Brunswick Medical Society
21 Alison Blvd
Fredericton, New Brunswick
E3C 2N5

(506) 458-8860
1-800-661-2001 (NB only)
Fax: (506) 458-9853
nbms@nb.aibn.com