What our PGY-1 Residents have to say about living and working in Victoria, BC

**Educational Specific Benefits:**
- Great staff who are keen to teach and all extremely nice and approachable!
- Very few senior residents so there is lots of responsibility and hands-on experience with great staff to back Residents up!
- Great staff who try to make ANY off-service rotation relevant to the Resident’s specialty.
- Friendly nurses!
- Amazing and close-knit group of residents between the Royal College and Family Practice residents. There are opportunities to get to know and work with most/all of the Royal College and Family Practice Residents.
- Great supervision and resident to preceptor ratio.
- Smaller resident body = less "competition" for good cases.
- Helpful, supportive staff that know us all personally.
- Lots of opportunities to work with staff/attendings one-on-one.
- All the benefits of learning at a tertiary centre with all the benefits of smaller city life.
- Rotations are responsive to resident feedback and are continually changing and improving.
- Opportunities to work with and teach Island Medical Program students.
- Excellent, supportive and accommodating administrative staff.
- Although you are in Victoria, you are still included in academic half day once a month with your home program.

**Victoria Specific Benefits:**
- Beautiful city with half the rain fall of the Mainland and more sunshine!!
- Amazing things to see on the Island which are easy to explore during time off - Sooke Potholes, surfing in Tofino, Courtenay/Comox, Dallas Road, Beacon Hill Park, running, hiking, kayaking/paddle boarding at inner harbor, golfing, public tennis courts open all year round, camping, etc.
- Amazing food and brunch.
- More affordable than the Mainland for housing.
- Less traffic and you can bike everywhere.
- Easy access to Vancouver concerts and events without having to live on the Mainland.
The Vancouver Island Health Authority (VIHA) is the body which administers all hospitals on Vancouver Island. There are two tertiary teaching hospitals in Victoria which are part of this Authority, the Royal Jubilee Hospital (RJH) situated near the City Centre and the Victoria General Hospital (VGH) situated in the Western Communities of Greater Victoria. Together with the Island Medical Program, a branch of the University of British Columbia, Victoria is becoming an important teaching centre in BC.

Victoria offers Royal College Residents the unique opportunity to work along side the Family Practice Residents and there are relatively few upper year residents in most clinical settings. As a result, PGY-1’s interact mostly with staff physicians, play an important role in teaching and supervising third year medical students, and enjoy autonomy in managing their clinical experiences. In addition, you will be in Victoria and on the Island, one of the most beautiful places in the world!!

The two hospitals have approximately a combined bed base of 750, and include Pediatrics and Obstetrics at VGH, and several Medicine and Surgical sub-specialties at both hospitals with a greater proportion being at RJH. The BC Cancer Agency is also located at the same site as RJH.

The RJH also has a major focus on cardiac disease, cardiac surgery and electrophysiology. With the new Medical School, both hospitals have been equipped with call rooms, Library facilities (at both RJH and VGH sites), computers and reading and teaching areas.

Number of Emergency patients: VGH = 46,000  RJH = 46,000  
Number of Deliveries at VGH: 3,100

Geography:

One of our Residents described Victoria as a “geographical paradise on your doorstep”. Please visit the following link to see what all of Victoria has to offer: http://www.tourismvictoria.com/

Location of Hospitals:

Victoria General Hospital: http://www.viha.ca/finding_care/facilities/victoria_general_hospital.htm#map
Royal Jubilee Hospital: http://www.viha.ca/finding_care/facilities/royal_jubilee_hospital.htm

Access to Hospitals – please see the links above for information regarding location, directions and bus routes to each hospital. There is also a shuttle bus that operates between each hospital. The schedule for this shuttle can be accessed electronically within the VIHA system.
**Housing:**

*It is the Resident’s responsibility to find their own housing for their stay in Victoria.* Below are some links to assist you in your housing search:

- [http://www.usedvictoria.com/](http://www.usedvictoria.com/)
- [http://victoria.en.craigslist.ca/](http://victoria.en.craigslist.ca/)
- [http://www.housing.uvic.ca/offcampus/](http://www.housing.uvic.ca/offcampus/)

**Other:**

For those Residents with families, the following link is a good resource for locating child care and other child friendly events/activities within the community:  [http://www.kidsinvictoria.com/](http://www.kidsinvictoria.com/)

**Overview of Rotations:**

*NOTE:* 2013-2014 rotations will be tailored to the individual RC Resident’s home program, and not all residents will take all these rotations.

**Internal Medicine**

Internal Medicine is done through a CTU at RJH with two teams on the Medicine CTU rotation. This rotation is led by local Attendings and Senior Internal Medicine Residents from Vancouver who act as team leaders on the CTU rotation. The year will consist of two four-week blocks.

**Surgery**

The Surgery rotation is preceptor based and consists of 6 weeks of General Surgery and 2 weeks of a Surgical Subspecialty rotation of the Residents’ choice. General Surgery call is home based at VGH only and scheduled by the Senior Surgical resident. The experience includes assessment of patients in the ER for trauma and acute surgical illnesses, attending surgical teaching clinics and surgeon’s private office clinics, attending in the OR for open and laparoscopic surgery and participation in the treatment room for minor surgical procedures under local anesthesia. There are also a number of subspecialty possibilities on the rest of the Island including Orthopedics, Plastic Surgery, ENT, Urology, Neurosurgery, Radiation Oncology, Gyne Oncology, Thoracic Surgery, Vascular Surgery, and Cardiac Surgery (prereq: General Surgery).

**Obstetrics and Gynecology**

This rotation consists of 6 weeks on the Labour and Delivery ward at VGH. Most vaginal deliveries are performed by the family doctors, which allows for a great experience for the residents and lots of hands on training. There are many outpatient clinics that can be attended to enhance the learning opportunities (gestational diabetes, outpatient high risk obstetrical clinic, amniocentesis, OR). Some gynecology can also be done during this time with the obstetrician/gynecologist on call. The 2 week gynecology rotation is done with the gynecologists in an outpatient setting and usually involves a mixture of office and OR time. There is also a 1-week rotation on the Antepartum ward which includes teaching time at a Midwife Clinic.

**Pediatrics**

This 8-week rotation is located at VGH. It is an organized, structured experience, involving a team approach with other residents, med students and supervising staff. There is much hands on experience on the ward, in LDR and in the Emergency room seeing new patients.

**Psychiatry**

The Psychiatry programs are consolidated at the RJH site with inpatients in the new Patient Care Centre and outpatient programs at the adjacent Eric Martin Pavilion. These programs include General Adult Psychiatry, Geriatric Psychiatry and Psychiatry Emergency Services (PES)/Psychiatric Intensive Care (PIC). A rotation in Sexual Medicine is available, especially for OBS/GYNE Residents. Forensic Psychiatry is also a good option for Pathology Residents. Victoria offers a full Post Graduate Psychiatry Program with Senior Psychiatry Residents available for teaching. There is also an opportunity for teaching medical students through the Island Medical Program.

**Intensive Care**
This has proved to be a very valuable rotation especially for those residents in the surgical, medical, anesthesia, and radiology areas. The teaching is dynamic and intensive. The rotation is divided between the RJH and VGH hospitals.

**Emergency Medicine**
Victoria General Hospital is the trauma centre for Vancouver Island. Many dedicated teachers characterize this rotation, which takes place between RJH and VGH Emergency rooms in Victoria. The rotation is preceptor based so the resident will work directly with one of a few staff physicians thereby maximizing the learning experience. This is a very popular rotation. The ER at the VGH is a brand new facility which opened in September 2009.

**Family Practice**
Residents on the Family Practice rotation will be working with a cohort of enthusiastic Family Practice physicians who have a long experience in training both family Practice residents and the PGY1 resident group. The rotation is preceptor based, and residents attend the family practice office of clinic of their assigned preceptor. During the Family Practice rotation residents will cover “House Call” during which they obtain experience in hospital based family practice through working with the Family Practice hospitalists covering patients admitted to the hospitalist service.

**Elective**
The elective is usually arranged at the hospital, but can be done in any approved institution where a good educational experience is available. *Approved institutions are defined by the Program Director.*

Beginning with the 2008-2009 Academic Year, some of the Royal College Programs have specified the electives their Residents must complete. If you are in one of these programs, you will be placed automatically in an elective period as requested by your Royal College program.

**Mock Codes:**
In addition to the above rotations, the residents form part of the cardiac arrest teams for the hospitals. There are typically two “mock” codes per month, one at each hospital, where residents have the opportunity to practice ACLS skills.

**Trauma Course:**
At the request of previous Royal College Residents, at the beginning of the academic year we offer a scaled down version of the Family Practice ATLS Course. This course is run by a group of enthusiastic ER physicians and an ER Trauma Surgeon. This is a one day course and it is mandatory for all of our Victoria Royal College Residents to attend. After completing the course, Residents found that they are much more comfortable attending a code than they were when they first arrived in Victoria.

**Neonatal Resuscitation Course:**
At the request of previous residents, at the beginning of the academic year we offer a Neonatal Resuscitation course. The course is run by a group of NICU nurses and pediatricians. This one-day course is mandatory and residents found that it prepares them for the Pediatric and Obstetrics rotations well.

**Academic Half Day Lectures:**
Excellent teaching is arranged for your Academic Half Day, which is held once a week on Wednesday afternoons. Physicians from all disciplines are invited to speak to you and the teaching is done within small groups and is interactive. Academic Half Day teaching sessions follow the CanMEDS guidelines. *Attendance at Academic Half Day is mandatory for all residents.*

Once a month you are funded to return to Vancouver for academic half-day with your home program. Residents usually travel by floatplane, a 35 minute flight harbour to harbour (pre-paid tickets are provided by the administrative staff). The ferry takes 90 minutes, plus wait and drive times, however you may catch a pod of Orcas
on the way over! Please visit the following link for more information on the floatplane travel (Harbour Air): http://www.harbour-air.com/

**STATUTORY HOLIDAYS:**

The PAR-BC contract calls for 12 stat. holidays during the year. No provision is made in the call schedule to get the additional time off if a stat. holiday is worked. If a Resident is scheduled to work on a stat. holiday, the onus is on each PGY-1 Resident to arrange with his/her team to take a lieu day at a mutually convenient time within the same rotation in which the stat. occurred.

**SCHEDULED HOLIDAYS:**

Each resident is entitled to four weeks (20 working days) of vacation during each academic year, to be taken as follows:

- 2 weeks during the first half of the year (request must be submitted to office by May 15)
- 2 weeks during the second half of the year (requests must be submitted to office by October 15)

Some black-out times occur:

- No vacation during the first two weeks of Block 1
- No vacation during Block 7* (Christmas/New Year): *You will be given 5 consecutive days off during the Christmas/New Year period. These 5 days account for the 3 Statutory Holidays (Christmas Day, Boxing Day & New Year’s Day) and two weekend days.
- No vacation during the last 2 weeks of Block 13
- No vacation during CTU or Pediatrics rotations
- 1-week allowed during a 4 week rotation, 2-weeks allowed during an 8-week rotation
- 1 Resident away at any given time

**Orientation Day for the 2013-2014 Academic year is June 28, 2013.**

**CONTACTS:**

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*Please feel free to contact Diana or David at any time before the start of your Residency on July 1 if you have any questions you may have regarding the program in Victoria.
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