

## **Avik Nath, MD, CCFP(EM), MPH, FCFP**

It is with great professional pride that I submit this letter of interest, to be your representative as a Member-at-large on the CFPC Board of Directors. In wanting to convey my suitability for this role, I felt the best way to do so would be for me to put in writing my answers to questions that I have been asked during this process.

### **A bit about me**

I was born and lived in Zambia, Africa, where I had the privilege of learning about life in a developing country first hand. This has shaped my personal and professional values. When I was 18-year old, I moved to Sudbury, Ontario, Canada, where I completed my University undergraduate degree. I then pursued medical school and residency training in Ottawa. I currently am a Family Physician with a focused practice in emergency medicine and have been in practice for over 15 years. I live in Ottawa with my wife and 10-year old daughter.

### **My beliefs**

I have lived a very privileged life and feel grateful to be able to care and advocate for those less fortunate in our community. Working in the emergency department has allowed me to see the failings of our health care system first hand: lack of primary care for many Canadians; gaps in our system that affect our most vulnerable populations; and the impacts on the wellness of colleagues and allied health care providers. Administrative tasks have shifted the focus away from care of our patients. I still believe we have a health care system whose ideals are founded in the principles of fairness, equity and equality. In this role, I hope to support the work of the CFPC in shaping policy, to bring the focus back to improving the health of all people in Canada.

Being an immigrant and visible minority, I strongly believe in the principles of fairness and equality. Furthermore, being married to a francophone, and having a 10-year-old daughter, I hope to lend a voice to minority groups, as well as advocate strongly for progressive policy decisions in terms of gender equity.

### **What experience do I bring to this position?**

#### **Leader**

I have been the Program Director of the CCFP(EM) Program at the University of Ottawa since 2010. I was elected National Chair of the Family Medicine Emergency Medicine Residency Directors group in 2020. This has allowed me to understand issues currently facing the CFPC related to education and certification (such as the Outcomes of Training Project and the move towards a 3-year Family Medicine Residency), as well as to advocacy, research and the patient-physician relationship (including issues related to physician wellness and impacts of the COVID-19 pandemic). I have had the privilege of working with CFPC Leadership in this position, and have problem solved issues collaboratively, while still being a strong advocate for issues I was tasked to bring forth.

In 2020, I was elected by my colleagues to become the Chair of the Ottawa Hospital Emergency Physician Associates, which is the practice plan that over 95 FRCP and CCFP(EM) Physicians are a part of. This leadership opportunity has allowed me to become knowledgeable about financial budgeting, planning and projecting, and human resource management. I chair executive meetings with departmental leadership which has allowed me to set a vision, and work collaboratively with leaders to make progress on achieving our strategic plan.

### **Collaborator**

Since becoming Program Director, I have sat on the Academic Executive of our Department. I have had the opportunity to contribute and work with other leaders in our Department on academic budgeting and forecasting, as well as strategic planning exercises to identify and pursue the mission and goals of our Department. I have also recently been appointed to sit as the College of Family Physicians representative on the Royal College Specialty Committee in Emergency Medicine to represent the views of Family Physicians on this committee. I have been involved with the CFPC Accreditation Process and have been an external reviewer for Family Medicine training Programs nationally.

### **Advocate**

As Program Director, I have always advocated for my residents in all their educational pursuits. One of my proudest achievements has been the expansion of the Ottawa CCFP(EM) Program with the addition of a bilingual training position, to better serve our Francophone population. Six new bilingual Family Physicians with enhanced skills in emergency medicine have since graduated from the program. We are currently planning to build on the success of this expansion by creating a community training position, to serve rural communities within our region. I have also fostered ties with the Canadian Armed Forces (CAF) to train CAF Family Physicians in enhanced skills in emergency medicine. We have had 7 CAF Family Physicians train in the Program who are now serving the needs of Canada's population both at home and abroad.

Before I became Chair of our department's practice plan, I was elected as a Member-at-large for the preceding 5-years. Advocating for my colleagues and raising their concerns to our Department's Leadership was a role I took great pride in fulfilling. It allowed me to effect change for my colleagues, while learning the nuances of advocacy and compromise, to move an agenda forward.

### **My commitment**

If I were privileged enough to represent you on the Board of Directors, I give you my commitment that I would work collaboratively, and with a great degree of enthusiasm to help advocate on your behalf, for issues that matter to you. I hope the experiences I have outlined above demonstrate by abilities as a leader, team player and advocate, and instill confidence in my aptitude to serve you well in this esteemed role.

Thank you kindly for considering my candidacy.

Truly.

A handwritten signature in dark ink, appearing to read 'Avik Nath', with a stylized flourish at the end.

Avik Nath