

Trina Stewart, MD, CCFP, FCFP

I come from humble beginnings, having grown up in the small river valley town of Perth-Andover, NB. I was raised in a family of 6 by blue collar parents who did a wonderful job teaching us the value of hard work, the importance of setting goals and believing in our dreams. Although we did not have much, we had a large, rich family and community life and I was always made to feel by everyone around me that I was capable of anything. I am eternally thankful for the wonderful teachers that fostered my love of everything academic and encouraged me to stretch my wings. In fact, my first leadership opportunity was in grade 2 when I was elected Red Cross president for my class. When I was 16 years old, I lost my older brother suddenly and my family was forever changed. I was in grade 11 at the time and was already deciding that medicine was the career I would pursue. This experience shaped who I am today and solidified my decision to become a physician. I use this experience in my day to day practice with patients and it enhances my ability to empathize with those experiencing death and dying and has given me an appreciation for life and living each day like it is the last such that I am happy that I have done my best for myself and others each and every day.

I received my BSc from Acadia University with an Honours in Histology and from there went on to Memorial University of Newfoundland for medical school. I did not get in my first year which was a wakeup call for me and therefore spent that year developing a plan B, which I did! Luckily, I was the second to last person to get in to my class the following year, off the wait list, but as I've told so many premedical students since, where you are on the list does not matter as long as one gets in! My time at MUN was busy but one of the most memorable in my life and I have fond memories of Newfoundland, my fellow classmates, faculty, the old Janeway, Grace, St. Clare's, and Health Sciences. Many of my best, lifelong friends were made there, and I truly believe being the smallest class in the nation, we experienced some of the best clinical experiences of any medical school. My family practice residency was through Dalhousie in the Fredericton/Saint John program. Once again, I appreciated the education, faculty, and overall experience and felt well prepared to start practice. I was fortunate to have my first medical leadership opportunity as Chief Resident there as well. I moved to Kentville, NS where I worked in a group with 4 men. None of them had worked with a female family doctor so it was a lot of fun, particularly as I had my first child while I was there and thus they had the experience of working with a pregnant female family doctor to boot! Within 2 years, I moved to PEI so that my husband could pursue some educational opportunities of his own and we have been here ever since. My son and daughter are now 20 and 17 years old respectively and raising them has been the joy of my life. I am fortunate to feel well supported as a working mother and advocate for balance and equity for all physician parents.

I am fortunate to have experienced much diversity in my practice activities over the years. It is through these experiences and activities that I developed an interest in being involved

with the CFPC Board on a national level. I have always practiced comprehensive office and hospital-based family medicine including assisting in the operating room, ambulatory care work, some walk in work, teaching at all levels from early medical students to residents nearing completion and even supervision of practice eligible physician candidates. In 2005, I opened a private medical aesthetic business which triggered my interest in learning more about the skin generally. In 2009, I pursued a Diploma in Practical Dermatology at Cardiff University and have been assisting my colleagues with their patients' skin issues ever since. At the same time, I expanded my involvement with our medical staff, sitting on the executive/Medical Advisory Committee and just completed a several year term as Head of the Department of Family Practice in December 2019. In 2010, I took on the Curriculum Coordinator position for the PEI site of the Dalhousie Family Medicine Residency Program, a position I continue even now. The connection to learners at all levels is invaluable and has given me great insight into the issues coming from the training years into practice. I coordinated the small group CPD sessions for my colleagues locally for many years and in 2019 was appointed to the role of PEI CPD representative on the National CPD committee. Likewise, I maintain involvement in our local medical society and currently sit on the board and I am the current Medical Society President of PEI.

My involvement at many levels over the years, both clinically and administratively, spurred me to put my name forward to the national Board as I have much experience with the good and not so good aspects of our training programs and delivery of primary care as well as broader health care systems issues. I love to be involved and actively participating in the decisions that impact our ability to provide inclusive, timely, evidence-based, comprehensive care to our patients while maintaining good stewardship of our resource deficient system. I feel my clinical experience with patients, learners, colleagues, medical leaders, system stakeholders (including government, health authority and Medical Society) position me well to offer a valuable perspective to the Board. I work well with my patients and colleagues and feel respected and welcomed by those I have the privilege to work with. I truly believe that family medicine is the cornerstone of our healthcare system and with the inevitable changes that are happening, I am passionately advocating for our profession, its sustainability and better patient outcomes into the future. The pandemic has forced us to pivot quickly in our offices, incorporating virtual care and adopting public health measures that change the way we offer care. I think we all realize the time for transformational change is now and I am hopeful that my years of clinical experience, teaching, leadership, board, and business experience along with the important relationships I forged over the years with so many colleagues, patients and stakeholders will benefit the board in these very important discussions. As a proud CCFP member since 1998, it would be an honour to serve and to represent respected colleagues and advocate for them and our patients as we move a new and improved version of Family Medicine into the future.

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