

A 'double-double' thank you



We received a 'double-double' dose of thanks on Friday 5 February with a visit from the Tims for Good truck.

Company team member Danyelle Smith was accompanied by our local Tim Horton's owner Bill Janes. Dietary Department Manager Heather Massier, and staff members Henrietta Tebo and Karen Killingbeck accepted the thank you gift.

Proper food handling rules were followed for safe and thankful distribution in the Cafeteria.



West Parry Sound COVID-19 Assessment Centre will be open on Family Day - appointments always needed

The West Parry Sound COVID-19 Assessment Centre will be open for its regular hours of 8 a.m. to 4 p.m. through the weekend and on Monday 15 February (Family Day).

Please call 705-746-4540 ext 5030 to book an appointment.

When calling the Assessment Centre, the patient must provide basic information and will be assessed based on the COVID-19 testing guidelines established by Ontario Health. Individuals with general questions should not call the Assessment Centre. Please contact Telehealth Ontario at 1-866-797-0000, or the North Bay Parry Sound District Health Unit, 1-800-563-2808, or visit online at www.myhealthunit.ca



*On behalf of the Government of Ontario,
I am pleased to commend the members of the*

WEST PARRY SOUND HEALTH CENTRE AUXILIARY

*for extending your support to your neighbours and the
community during this time of need.*

*These have been difficult days for our province, but we
are facing the challenge together. Nothing inspires me more
than thinking about all the frontline workers who are working hard to
keep us safe and healthy, and hearing about all the acts of kindness and
compassion that show we care for one another and
exemplify the true Ontario Spirit.*

Thank you for your generosity and commitment.

Legislative Building, Toronto
July 30, 2020

**Doug Ford
Premier**



In service to health care since 1927

We share pride in the work of our Auxiliary and the members who continue to support health and safety in our communities.



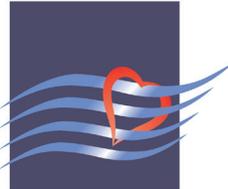
Our Wellness Team is now offering some healthy self-care with the availability of two Whole Body Massage chairs. They are now available for use for all staff, physicians, and volunteers.

Soothe your mind, soul, and whole body. Let every muscle in your back, neck, and shoulders surrender into relaxation.

One chair will be moving through the organization to the units for a two-week time period. The other chair will be staying on the third floor, temporarily in the Chapel.

Instructions for use and cleaning has been provided with each chair.

Shawn Mullen is a co-chair of the Joint Occupational Health and Safety Committee.



west parry sound
health centre
FOUNDATION

**INSPIRED GIVING.
KEEPING HOSPITAL CARE LOCAL.**

Our Foundation's payroll deduction 50/50 draw takes place every two weeks - and you can sign up to participate any time.

The cost to enter the 50/50 draw will be \$5 per pay - only available through payroll deduction. The winning participant and the Foundation equally share the amount of money collected through the entry fee. Pick up a form from the Foundation office.

The winner of the January 29 draw was Judy Rivers with a prize of \$487.50.

Nurses, time to renew with the College

This is a reminder to all nursing staff that it is time to renew with the College of Nurses of Ontario.

Nurses have until 16 February 2021 to pay all fees and renew their membership. The suspension date is Wednesday 17 February 2021. Suspended members have until 18 March 2021 to lift their suspensions by paying all fees and renewing their membership.

Suspended memberships that are not renewed by 18 March 2021 will expire on 19 March 2021. (Members registered in the temporary class are not required to renew).

This information is from the College of Nurses of Ontario.

NEWS FROM HUMAN RESOURCES

Please take a minute to complete our Wellness Survey

Dear Valued Team Members,

WPSHC is committed to providing a safe and healthy work environment. We will be enhancing our wellness initiatives and require your feedback to do so. Please complete the survey below (approximately 1 minute) by 19 February 2021. Your feedback will be utilized to ensure our wellness initiatives meet your interests and needs.

If you have additional recommendations or ideas on how we can support your wellness which are not captured in the survey, please send your ideas to Hilary Piano, Wellness Coordinator (hpiano@wpshc.com).

In addition, we will be creating a Wellness Committee to support the implementation of wellness initiatives. If you are interested in joining the Wellness Committee, please email Hilary (hpiano@wpshc.com) with a brief description of your interest in wellness.

<https://www.surveymonkey.com/r/FDHV5LQ>

If you have any questions or concerns, please reach out to our Wellness Team:

Sandra Quathamier – ext 2412

Hilary Piano – ext 2410

Thank you for everything that you do each and every day!

VACCINE INFO EDITION of WPSHC COVID-19 update



COVID-19 update

4 February 2021 - Number 46

Compassion • Accountability • Rights and responsibilities • Excellence • Safety

We are gathering and sharing information about the COVID-19 vaccine

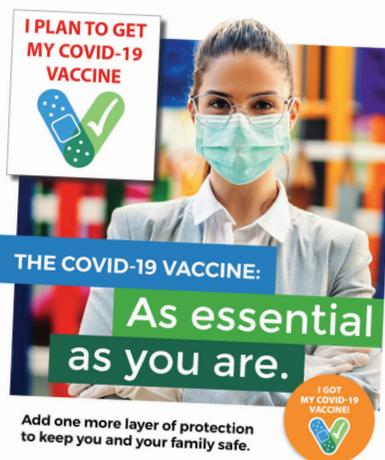
It is strongly recommended that all health care workers receive the COVID-19 vaccine to protect themselves, patients, colleagues, the community, and their families against the COVID-19 virus. The vaccines have been authorized for use by Health Canada.

At this time, we do not have a date and/or specific information about the delivery of the vaccine in our area, however we want to be ready. We have been working closely with the North Bay Parry Sound District Health Unit in preparation for vaccine delivery as soon as it is available for our staff.

The Health Unit will be providing direction for the next steps once the Long-term Care Homes and other vulnerable sectors have completed their vaccinations.

Prior to administration of the vaccine, we are required to obtain an informed consent from all staff. We have included links and additional information to give you an opportunity to review and ask questions prior to being asked for an informed consent for the vaccination.

You may complete a consent at any time and hand it in to Occupational Health. Please contact your primary care provider if you have any medical concerns and are unsure if you should get the vaccine.



WPSHC CARES
Compassion • Accountability • Rights and responsibilities • Excellence • Safety

If you are immunocompromised or pregnant/breastfeeding, you should contact your primary care provider as soon as possible. Most people with other health conditions should consider the vaccine as the risk of COVID-19 is much greater. You only require a primary care provider statement IF you are declining the vaccine.

A staff survey will be sent out next week to ask for any other questions that you may have about the vaccine.

[You can find our COVID-19 Update Vaccine Info Edition by clicking here.](#)

The science behind vaccine dose intervals: answering health care worker questions

Given the rapidly evolving research and communications during the rollout of COVID-19 vaccines, health care workers naturally have questions and concerns. To help answer some of our hospital worker questions, the Ontario Hospital Association convened experts in the field to create [this video](#) to explain the decision to extend the interval between first and second vaccine doses from 21-28 days to 42 days.



Featuring Dr. Peter Lin, Director of Primary Care Initiatives at the Canadian Heart Research Centre and CBC Health Columnist; Dr. Caroline Quach-Thanh, Chair of the National Advisory Committee on Immunization (NACI); and moderated by Dr. Brad Wouters, Executive Vice President of Science and Research at University Health Network; the goal of this video is to help health care workers better understand the science behind the decision and what the delay means for them.

Click on the link above to view this 30-minute video.



Join us in sharing community messages.

Find us on Facebook, Twitter, and at wpshc.com

mRNA VACCINE MYTHs

MYTH

"The vaccine was developed too fast!"

FACT



We've only known slow vaccine development. A lot of time is wasted between research stages. Global funding for COVID vaccines allowed for huge, well-run trials. mRNA vaccines are also much faster to make than traditional vaccines.



MYTH



"mRNA vaccines change your DNA!"

FACT



mRNA is simply a message that the body reads. It cannot change your DNA or your genes. Think of this one like a wanted poster for COVID-19. Now your body knows what it looks like! The wanted poster degrades quickly, but your body remembers what to look for.



MYTH



"mRNA vaccines have dangerous ingredients!"

FACT



mRNA vaccines are free of preservatives and only contain the mRNA, a fatty coating layer to protect the mRNA, PEG (*polyethylene glycol*), and a combination of salts, sugar, and water. There are no blood products or fetal cells.



MYTH



"It's not safe until we get more long-term data."

FACT



Millions have been vaccinated. Vaccine side effects occur within 6 weeks. After that, the vaccine is gone and so is your initial immune system response. Clinical trials showed us the vaccines are safe, and now we want long-term data to know how long the vaccine protects for.

NEWS FROM QUEEN'S PARK

8 February 2021

Public Health Units will gradually return to the COVID-19 response framework

In consultation with the Chief Medical Officer of Health, the government is moving to a regional approach and maintaining the shutdown in the majority of the public health regions in Ontario, including the Stay-at-Home order and all existing public health and workplace safety measures. When it is safe to do so, the province will gradually transition each region from the shutdown measures to a revised and strengthened COVID-19 Response Framework.

“Our number one priority will always be protecting the health and safety of all individuals, families and workers across the province,” said Premier Doug Ford. “But we must also consider the severe impact COVID-19 is having on our businesses. That’s why we have been listening to business owners, and we are strengthening and adjusting the Framework to allow more businesses to safely reopen and get people back to work.”

To support the province’s economic recovery, the government has updated the Framework to allow for a safer approach to retail. Limited in-person shopping in Grey-Lockdown zones will be permitted with public health and safety measures, such as limiting capacity to 25 percent in most retail settings. In addition, public health and safety measures in retail settings will be strengthened for other levels of the framework.

“While we have seen some progress in our fight against COVID-19, the situation in our hospitals remains precarious and **the new variants pose a considerable threat to all of us**,” said Minister of Health Christine Elliott. “As we cautiously and gradually transition out of the province-wide shutdown, we have developed an emergency brake system giving us the flexibility to contain community spread quickly in a specific region, providing an extra layer of protection.”

[Read the complete media announcement here.](#)

COVID-19 outbreak at residential apartment in North Bay

On 6 February 2021, the North Bay Parry Sound District Health Unit (Health Unit) made the public aware of an outbreak of COVID-19 among individuals who reside in the Skyline – Lancelot Apartments. Due to the small number of individuals testing positive for COVID-19 in the Health Unit’s district, this has raised concern. This is especially worrying as **two of the people who tested positive had a preliminary confirmation of a COVID-19 Variant of Concern.**



All specimens of those who tested positive for COVID-19 have been sent for additional testing, which takes days to receive results.

[Read the complete media announcement here.](#)



MEDIA STATEMENT

OHA Calls for Discipline and Ruthlessness in Fight Against COVID-19

Toronto, ON, February 8, 2021 --- "Ontario continues to be caught firmly within the grasp of the second wave of COVID-19 and continued discipline is needed in the weeks ahead to combat this evolving virus. While evidence is beginning to show that Ontario is slowly flattening the curve, serious risks remain.

New, highly contagious variants are circulating in the province, vaccination roll out continues to be delayed and the health care system and its staff are operating under significant stress. More than 20 per cent of open intensive care unit (ICU) beds are occupied by COVID-19 patients, and more than half of ICUs across the province are full or have only one or two beds left. With new variants being detected across the province, the province's finite health care capacity remains at risk, particularly if we let our guard down too quickly. As noted last week by Dr. Mike Ryan, Executive Director of the World Health Organization Health Emergencies Programme: 'The rain has eased, but the sun is not out yet.'

In determining whether or not it is safe to remove the Stay-at-Home order on February 16 for 28 public health units or February 22 for Toronto, Peel and York, the province must carefully review public health evidence and err on the side of caution. Currently, 21 of 34 public health units (PHUs) have at least one of the following three indicators: more than 40 cases per 100,000, a test positivity rate of at least 2.5 per cent, or a reproduction number that's 1.2 or greater. Returning to piecemeal, PHU by PHU decision-making will result only in Ontario losing the hard-fought gains we have made over the past several weeks.

While the virus is abating in a handful of PHUs, the vast majority of the province remains at risk. Please continue to stay home where possible, avoid unnecessary gatherings, wear a mask indoors and outdoors, wash hands frequently, and maintain physical distancing. These measures have been essential to preventing unnecessary death and suffering, flattening the curve and to protecting the province's finite health system capacity."

- Anthony Dale, President and CEO, Ontario Hospital Association



Wings of Change Peer Support Online Meetings

2021 Every Wednesday Evening 19:00 (7pm) ET

Who can join

- All First Responders, Law Enforcement Personnel, Correctional and Communications Officers, Members of Military, Healthcare and Child Protection Providers, Animal, Funeral and Judicial Service Workers along with any other profession which is exposed to work related trauma; be it career, retired or volunteer.
- There are many who fall under the First Responder umbrella such as tow truck drivers. If uncertain, please do not hesitate to contact with any questions.

How to join

- Participants wanting to join the Wings of Change Peer Support Meeting MUST email wocpeers@gmail.com of their interest to attend EACH WEEK.
- Cut off time to request a spot in the meetings is Tuesdays 16:00 (4pm) ET.
- An email will be sent by Wednesday afternoon from the Ontario Telemedicine Network or OTN name. Please check your junk/spam folder as this email could go there.
- In the email, it will have the person's unique personal id to join the meetings. This CAN NOT be shared with others.
- There are only 19 spots available for each meeting.



Family Peer Support program is also now available

Let me first say we are immensely grateful to blood donors for their cooperation, understanding, and support during the COVID-19 pandemic. Last year brought forth changes none of us could have predicted or imagined, and your support means patients needing lifesaving care in the form of blood and blood products were able to receive what they needed, when they needed it.

While we hope that existing donors will continue to give as much as they can, we know that new donors are critical to meeting Canada's future blood needs. Across Canada, Canadian Blood Services must collect 17,000 units of blood every week.

We're OPEN and we NEED DONORS.

We would like to remind Ontarians that giving blood is permitted throughout the COVID-19 pandemic, even during lockdowns. We encourage donors to book, and honour their appointments, to ensure an ongoing supply of blood and blood products for patients in need. We have been providing essential products and services for patients throughout the pandemic and have implemented various measures in response to COVID-19 to ensure donors' wellbeing is safeguarded at all times.

It's worth noting that blood donation is an activity that can help address feelings of helplessness you may have in the face of COVID-19. Find out if you're eligible today and book an appointment at an upcoming clinic at blood.ca or on the GiveBlood app!

Please share with your network and encourage those around you to join #CanadasLifeline!

*Elaine St Pierre, Territory Manager
Donor Relations & Collections Ontario*



Together, we are Canada's Lifeline

Donate blood

St. Peter's Church - Knights of Columbus Hall

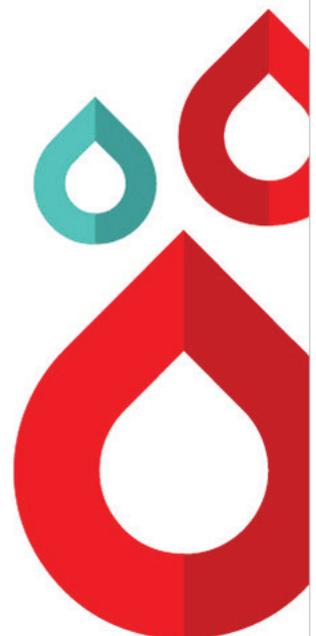
52 Church Street, Parry Sound

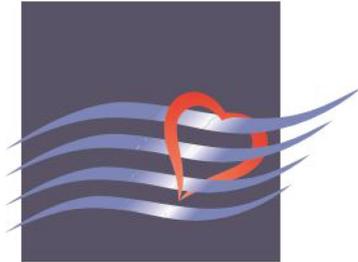
Friday, February 19

2:00 p.m. to 7:00 p.m.

Book on blood.ca or call 1-888-2DONATE

Appointments only please





WEST PARRY SOUND HEALTH CENTRE FOUNDATION

ATTENTION: Staff

Looking to upgrade your knowledge or skills?



Apply for the Foundation Education Bursary Generously donated by the Foundation through the West Parry Sound Health Center Payroll deduction 50/50 draw

Application Deadline: March 22th, 2021

To apply, contact: Milly Thomson

mthomson@wpshc.com



Hospice West Parry Sound (HWPS) has gorgeous nature-inspired prints for sale. These beautiful prints were donated to HWPS by the family of the talented, late artist Carol Cascanette.

These stunning prints are 18 X 24 and can be purchased for \$20 each. If interested in a print (or two) please contact Melissa at mcrossman@wpshc.com to arrange payment and delivery.

Prints can be viewed on Hospice West Parry Sound's Facebook Page.

Carol Cascanette was born in Ontario in 1944, where she began drawing at the age of eight. Since that time, her love of drawing has been her main focus, although painting and sculpting occasionally drew her talents.

Carol attended a commercial art school program in Toronto for four years, then returned home to the Parry Sound, and spent nearly 20 years managing the local Humane Society.

"I saw every type of dog and cat man has to offer. Almost every native species and domestic species have passed through those doors at least once, from birds to snapping turtles." While watching this 20-year-long parade of animals move by, Carol took the opportunity to sharpen her artistic skills. "I get my inspiration from wildlife of all kinds. Detail and accuracy is a must. I love to spend time with whatever animal I'm drawing, holding them whenever possible, touching their fur or feathers, seeing them up close."

Carol retired from the Humane Society in 1995. A self-taught naturalist, her hobbies included gardening and assisting in fund-raising for the Aspen Valley Wildlife Rescue and Release Center, which housed 41 orphaned bear cubs this year. Over the years she has made many "live" donations to the centre. Carol loved to work on absolutely silky smooth paper, and used graphite from the Czech Republic. "I use pencils from H-9B and various combinations, sometimes going over an image five or six times, until the image shows three-dimensionally."

"I've lived in the Parry Sound area almost all my life and will never tire of the magnificent landscapes and beautiful cold winters. Georgian Bay has abundant wildlife and fisheries, and an archipelago that is my inspiration. I never want to leave it. It's paradise."



Northern Ontario School of Medicine

On Friday 29 January WPSHC hosted our NOSM students for a retreat, skills day. Students were treated to hands-on skills labs hosted by Dr. Victoria Smith, Dr. Ashley Lawrence-Leger, Dr. Tim Redmond, Dr. Mara Hollingsworth, Dr. Cait Champion, and Dr. Bill Smyth.

Skills included airway management, suturing, code simulation, chest tubes, abscess/pus, and casting.

Special thanks to Orr's Meats for donating the ribs and pig fat so students had a "real chest wall" to practice insertion of chest tubes.



Public Health Ontario | Santé publique Ontario

Login

Home > Diseases & Conditions > Index > Infectious Diseases > Respiratory Diseases > Coronavirus Disease 2019 (COVID-19)

Save Share Print

Coronavirus Disease 2019 (COVID-19)

Public Health Ontario works with the Ministry of Health, local public health units and other health system partners to provide evidence and expertise that will support COVID-19 efforts. This includes:

- conducting laboratory testing and assessing evolving testing requirements
- surveillance of cases and epidemiological data analysis and reporting
- generating reports and guidance documents in response to public health, government, healthcare and partner needs
- infection prevention control and management training, guidance and support
- contact tracing training and implementation of various supports to local public health units
- scientific and technical advice, resources and surveillance to support the successful implementation of COVID-19 vaccine programs

Data and Reports

[Data and Surveillance](#)

[Daily Scan of Public Health Organizations](#)

[Synopsis of Key Articles](#)

[What We Know So Far About....](#)

Updated ☆

INTERACTIVE REPORT

Ontario COVID-19 Data Tool

Explore confirmed COVID-19 data in Ontario by: case trends over time including hospitalizations and deaths, age and sex, public health unit, acquisition, outbreaks and laboratory testing.

Webpage | Updated 5 Feb 2021



[Public Health Ontario offers a very comprehensive and trusted site for COVID-19 information.](#)



Science Briefs Glossary About Partners Subscribe

Category: Epidemiology, Public Health & Implementation

Update on COVID-19 Projections

Ontario COVID-19 Science Advisory Table and Modelling Consensus Table

6,628 views | Published: January 28, 2021

Home > Science Briefs

Slide Deck Presented at the January 28, 2021, Press Conference:

[English](#)
[French](#)

[Find Ontario's latest COVID-19 modeling information on the Science Table website.](#)

Rugged Shores 705.746.2181 | Medical Associates 705.746.9382 | Family Health Team 705.751.8001

Contact Hours Staff Only Resources Careers



Parry Sound Medical Offices

COVID-19 RESOURCES

Physician Clinics Mental Health Resources West Parry Sound Health Centre

For information about appointments, programs, and services at the Family Health Team, please visit

Updates here:
<https://www.psfht.com/pages/physician-offices>



West Parry Sound Health Centre Grand Rounds

Vaccines, variants and vitality: Navigating the Ever-changing Landscape of Covid-19

Presented by: Dr Joan Saary

March 5th, 2021 at 1200

Learning Objectives:

1. Have increased awareness of the nature and safety of approved vaccines, as well as those under development
2. Understand the emergent sequelae of mild covid, and appropriate monitoring thereof.
3. Build resilience for self and patients through an understanding of:
 - a. Phases of disaster
 - b. Digital leadership
4. Have at hand a small set of web-resources as sources of reliable and up to date covid-19 information.

Speakers

Dr. Joan Saary is an Occupational Medicine physician with several graduate degrees as well as advanced aerospace and diving medicine training from various institutions. An associate Professor at the University of Toronto, she also teaches at the Canadian Forces School of Operational Medicine. She consults regularly to industry, governmental agencies and tribunal boards and has substantial experience in the areas of medical standards and safety-critical work. Joan is involved in aircrew selection for the Royal Canadian Air Force; she is a Transport Canada Civil Aviation Medical Examiner; and she is a consultant to the Canadian Space Agency for various activities and is currently the Chair of the Medical Standards and Health Evaluation working group for the International Space Station (ISS) program. She has represented Canada internationally both in Occupational and in Aerospace Medicine roles and is a Fellow of both the American College of Occupational and Environmental Medicine and the Aerospace Medicine Association. She has also just been named one of the Top 20 Women in Defense this year.

Continuing Education

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1.00 Mainpro+ credit.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine. You may claim a maximum of 1 hour (credits are automatically calculated).

Hosted at Virtually, 6 Albert Street, Parry Sound, ON, P2A 3A4

Contact Kathy Hamer, RN at 705-746-4540 x1403

Please pre-register at: <https://zoom.us/meeting/register/tJcof-itqDwjHtVNyggqOnrTQmKPU53MoNpu0>

The Final Frontier: Joan Saary on Delivering Medical Care in Space

By Claire Wiles

Dr. Joan Saary (MD '97, PGME '06, PhD '08) has never been to space, but she's no stranger to the complex medical issues that can arise in such an extreme environment. From solving medical issues with astronauts on the International Space Station to working with futuristic technologies not yet adopted on Earth, her work in space medicine might sound like something out of science fiction. Dr. Saary is a physician in Occupational Medicine with a unique expertise in aerospace medicine. She is an Associate Professor in the University of Toronto's Department of Medicine and a consultant to various organizations including the Royal Canadian Air Force/Canadian Forces Environmental Medicine Establishment and the Canadian Space Agency. Dr. Saary completed her postgraduate medical training at the University of Toronto and has trained at NASA and the International Space University, among others.



Currently, Dr. Saary is in the process of developing a Fellowship in Aerospace Medicine, a first for Canada. The fellowship will enable practicing physicians to gain specialized training in aerospace medicine with a unique Canadian focus.

Dr. Saary sat down with writer Claire Wiles to explain what it's like to work in the field of aerospace medicine, and what the future of space medicine may hold.

What is space medicine?

Space medicine is one component of the broader specialty of aerospace medicine. Aerospace Medicine is a specialized body of medical information and knowledge related to human safety and performance in aviation and space environments. These are often extreme or very isolated environments, so having specialized clinical medical skills is crucial to providing care for crew members in space operations.

In terms of what I do in space medicine specifically, I am the Chair of an international working group that develops the medical standards for the International Space Station Program, defining the medical requirements to become and continue working as an astronaut, while ensuring that the emergent medical needs in such an obscure and remote environment are met. This requires a lot of thinking outside the box around how to solve medical issues that could arise in such an environment.

With the International Space Station, there are environmental and engineering limitations that require medical equipment and supplies to take up as little mass, power, and volume as possible. There is no “flying ICU” and emergency evacuation is complicated, or sometimes impossible. The solutions to delivering medical care in these situations can have very meaningful impacts on health care delivery here on Earth, especially for countries like Canada where we have populations living in isolated areas. For example, the miniaturization of medical technology means we can use handheld devices for complex diagnostics in ways we haven’t in the past.

How do space and aerospace medicine intersect with occupational medicine?

I have an interest in medicine in extreme environments. I’m also involved in diving medicine, military aviation and civil aviation. Unlike traditional medicine in which physicians are treating ill individuals, I am usually selecting and ensuring the health and safety of healthy individuals working in extreme environments, which is how it ties in with occupational medicine.

What’s the most frequently asked question you get when you tell people your profession?

It really depends on the audience. Kids are always really interested and will often ask if I’ve met any astronauts. I’ve met most of the past and current Canadian astronauts in some capacity and I’ve been privileged to be part of the medical selection board in the last two Canadian astronaut selections: in 2009 when **David Saint-Jacques** and **Jeremy Hansen** were selected, and in 2017 when **Joshua Kutryk** and **Jenni Sidey-Gibbons** were selected. As a result, a lot of people ask for advice about how to become an astronaut. Many people also ask question about living in space knowing that without gravity things float, including us!

What’s the most rewarding part of your job?

I think the most rewarding part of my job is contributing to forward-thinking, creative solutions for problems. It’s not waiting to see what other people will do to solve the problems and then implementing them; it’s being a part of the teams that are trying to solve problems that, to the average person, would seem quite futuristic. Think high-tech clothing, robotic surgery, space hotels, even technology like the tricorder from Star Trek. In space medicine we know what’s coming before others conceive that it’s possible.

I also derive real satisfaction from helping others achieve their dreams, and inspiring a very talented younger generation who have never known a world without the International Space Station and for whom the next step back to the moon and even beyond is going to happen in their life time.

What advice can you give to young professionals hoping to pursue the niche practice of aerospace medicine?

You have to think creatively. For those who have a passion for an area, there are always ways to get involved and contribute, even if the path to reach that career isn’t linear. There are opportunities both in clinical medicine and research to combine this interest with a variety of other fields. The interdisciplinary nature of space, as a broader field makes it important for one to understand disciplines beyond medicine, so one can easily think about how to merge a variety of interests into something that could solve challenging problems for the field.

What do you hope to see for the future of space medicine?

I think that as commercial space opens up and we begin to see greater access to space in the private realm, the provision of medical care to space travelers, both private and professional, will expand. I also think that professional astronauts will continue to push the boundaries further. Canada has joined the Lunar Gateway project to return to the moon – or even beyond. We're thinking about longer duration missions farther away from Earth, and the complexity that both time and distance brings to the delivery of healthcare. I think we're going to see more autonomously functioning systems, more high-tech integration and more artificial intelligence contributing to the systems developed for these exploration missions.

Who do you look up to for mentorship or for inspiration?

I'm grateful for the numerous military physicians, flight surgeons and astronauts from Canada and abroad who have shared their unique personal experiences with me, ranging from escorting royalty and hiking Everest, to living under the ocean and in space. As well, the training program and teaching philosophy at the International Space University has given me the framework of how to think in the world of space, and really laid the groundwork on which to stand in aerospace medicine.

Is there anything else you'd like to add?

Space medicine is an exciting and progressive field, and Canada has a long history of expertise in space and aviation medicine. I think Canada hits well above its weight for being a productive partner in the world of space and I am excited to be a part of Canada's future in space.



We are working together through an exceptional time in the history of our health care system.

Please make time to care for yourself, your colleagues, your family, friends, and neighbours.

Get out to safely enjoy the beauty that is all around us.

We live and work in a very special place.

Reach out to us,
the WPSHC Wellness Team

Sandra Quathamier
extension 2412

Hilary Piano
extension 2410

We are a team, and we're working together!

Providing and supporting safe, sustainable care

Parking lot sentinel in camouflage
photo - Sandra Beirnes