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WONCA POLARIS POST

Official Newsletter of WONCA Polaris



Welcome to our Polaris community

BY BRUNÈE DORSETT, CHAIR 2023-2025

Did you know that Polaris is the brightest celestial body we can see in Canada, North America, and the Caribbean? That's right, we are named after the brightest star in the Northern Hemisphere. In keeping with our promising name, the WONCA Polaris theme for 2024 is "Shining Brighter." Building together on greatness done by past Polaris members, we shine brighter by harnessing our collective strengths and potential. The WONCA Young Doctors' Movements (YDM) is the group for Family Medicine trainees (medical students and residents) and Family Doctors with under five years of practice. WONCA Polaris is the YDM chapter for Canada, The United States of America, and The Caribbean.



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Polaris Transforming Power

Now that you know who we are, let's discuss what you can expect from us these next two years.

PolaRISE Mentorship Program - This program provides a unique mentoring experience for 25 mentors and 25 mentees. Look out for updates across our social platforms!

empowerED - Empowering Education is designed to connect you with top healthcare leaders to support your leadership journey.

PolarUS - We acknowledge the importance of belonging to a larger Family Medicine community. This monthly session will provide space to connect with Polaris members and collaborate.

Follow us on our social platforms to stay up to date! (see page 7)

WONCA
Polaris
2024:
“Shining
Brighter”





WONCA Polaris - Canada

EMMANUEL HEBERT

This vibrant second-year Family Medicine Resident enjoys his daily patient interactions, learning and advocating for their needs. Dr. Emmanuel Hebert found his calling to Family Medicine, having heard his grandmother, who was diagnosed with cancer, explain her reluctance to follow-up with her medical visits because she didn't feel like her medical opinions mattered to her doctors. Emmanuel decided he would pursue the profession and provide personal primary care.



How do you motivate yourself at work?

“Medicine is difficult, and sometimes I must sit back and view things from some perspective. I motivate myself by telling myself that even though medicine is difficult and there can be system issues that are out of my control, I am extremely privileged to be able to heal sick and injured patients. I could not see myself doing anything else.”

If you were to write a book about yourself, what would you name it?

“A guide to faking it until you’ve made it”

EMMANUEL HEBERT

Some of Dr. Hebert's greatest successes include advocating for his fellow residents. He serves as Chief Resident, Chair of the Section of Residents Council for the College of Family Physicians of Canada, and a member of the board of governors for Resident Doctors of Canada. His capacity to advocate for his Family Medicine Residents at multiple levels has empowered him to present concerns to authorities and implement positive changes for Family Medicine Residents throughout Canada. An interesting fact about Emmanuel is that he is a “big wristwatch nerd” collector and admirer of watches. Dr. Hebert loves playing ball sports, especially golf and football, in his free time. He also spends his time prioritizing personal wellness whenever possible.

WONCA Polaris Star -USA

CAROLYN PEARCE

Along with practicing Family Medicine, Dr. Carolyn Pearce is the Obstetrics Medical Director at a Federally Qualified Health Center in Rhode Island, USA. She completed her Family Medicine training in 2021 and pursued her Fellowship in Obstetrics, successfully finishing in 2023. Her combined training offers her the privilege of providing continuity of care for women pre-, ante-, and postnatally. Dr. Pearce also collaborates in global health research through the Academic Model Providing Access to Healthcare Kenya collaboration, focusing on obstetrical point-of-care ultrasound.

How do you motivate yourself at work?

"In medical school, I started writing down my one-year, five-year, and ten-year goals and breaking these goals down into individual steps. This practice has been refined over the years to reflect on my biases inherent in those goals and the facilitators and barriers I face. I am grounded and motivated in my goals despite exhausting daily busy schedules and extraordinary demands. They help give the day purpose and meaning and allow me to focus on the activities."

Having the opportunity to begin her career in public health, Dr. Pearce was inspired to pursue medical school training and then Family Medicine to embrace the platform to advocate healthcare at the population level. Carolyn loves medical diagnostic challenges and serves her patients by providing healthcare, supporting their needs, and contributing to research to influence healthcare policies. Reflecting on the quote by Henry David Thoreau, "Go confidently in the direction of your dreams! Live the life you've imagined", Dr. Pearce is grateful to her many mentors who contributed to her professional and personal success today. Something interesting about her is that Carolyn has family representation from Australia, America, South America, Asia, and the Pacific. She has lived in five states, spending most of her adolescence in Hawaii. Outside of medicine, Carolyn enjoys international travel, reading, hiking, and spending time in water.



If you were to write a book about yourself, what would you name it?
"Living the Dream"

CAROLYN PEARCE

WONCA Polaris -The Caribbean

YOKASTA GERMOSEN ALMONTE

Since 2014, Dr. Yokasta Germosén Almonte has developed a deep appreciation for Family Medicine through engaging with her patients beyond her clinic in the Dominican Republic. She describes the most rewarding aspect of Family Medicine as conducting and providing quality medical care to her home patients with limited healthcare access. Dr. Germosén Almonte is passionate about providing comprehensive patient care and building enduring patient relationships.

How do you stay motivated at work?

"I find motivation in the opportunity to learn and grow professionally, staying updated on medical advancements and best practices in Family Medicine. My motivation stems from my love for what I do and the desire to make a difference in the lives of the people I serve."

When asked about her most significant achievements, Yokasta shared her pride in building relationships with her patients and bringing healthcare to those with limited access to medical institutions. Additionally, she is proud of her involvement in community projects to promote health and prevent diseases, including mentoring medical students. When we asked her to share something interesting about herself, she told us about her love for event programming and project organization. Being very organized having the opportunity to plan and coordinate such events from start to finish makes her happy. Yokasta also incorporates her organizational talents in organizing academic events to make them enriching for those who attend. She travels, reads, watches movies, and enjoys anime and cosplay in her spare time.

If you were to write a book about yourself, what would you name it?

"Challenging Boundaries: A Story of Overcoming in Medicine"

YOKASTA GERMOSEN



Polaris Leadership Buzz

Have you ever thought of yourself as a leader in family medicine? Whether it crossed your mind or not, you're a beacon guiding others on their primary care journey. One of our Polaris projects, which is called empowerED (Empowering Education), is about bringing you priceless leadership insights from influential healthcare leaders. Keep an eye out for actionable tips in our quarterly Polaris Post newsletter. We're here not just to support you but to empower you, helping you to shine brighter!



Polaris Wellness

Let's get real: being in medicine is no walk in the park. Family Medicine, while deeply rewarding, demands our all. The risk of compassion fatigue and burnout is real without intentional wellness practices. If you've danced with burnout, you know it can be suffocating, dimming your true essence. Polaris recognizes your dedication and is here to support you. That's why we're rolling out regular wellness practices, ensuring you're fueled for the meaningful work you're called to do. Introducing PolarUS, our monthly Polaris community meeting. It's your dedicated space for guided mental health moments and a chance to collaborate and innovate within our Family Medicine family. Stay tuned for updates across our social platforms!





**Help us to
unleash the
power of our
Polaris
community!**

**Let us know how you
would like to get involved:
newsletter, social media,
website, blog, project
support, event
organization, artist & more**

Are you ready to PolaRISE?

**Coming
January 2024**

*For Family Medicine trainees and Family
Physicians in Canada, USA, and The Caribbean*

WONCA Polaris is conducting an exciting virtual mentorship program called PolaRISE. During this 6-months program there will be monthly 1:1 mentoring and group interactive sessions. Space is limited to 25 mentors and 25 mentees.

Mentors

- Validate leadership skills
- Build a reputation as an advisor
- Grow communication and coaching skills
- Gain new perspectives
- Give back and uncover hidden talent

Mentees

- Learn the workplace culture
- Advance your career
- Networking opportunities
- Work through problems
- Knowledge transfer opportunities

Interested? Email us your full name,
country, and mentorship role
woncapolaris@gmail.com



FROM YOUR POLARIS
FAMILY
*Happy
Holidays*

**POLARIS
STARS**



**CALL FOR REGIONAL
NOMINATIONS**
Canada, USA, The Caribbean

**Spring 2024 Newsletter
Physician Spotlight**

Nomination Deadline

2nd February 2024 12 o'clock 11:59pm EST

woncapolaris@gmail.com



Announcements, Upcoming Events, Updates

January 2024 PolaRISE Mentorship Program
Start of PolarUS sessions
Start of empowerED project

19th May 2024 Polaris 10th Birthday
& World Family Doctor Day

YDM & WP/SIG 2024/2025 WEBINARS SCHEDULE

MARCH 2024	AfriWON & WP on Quality & safety
APRIL 2024	The Waynakay & WP on Panetary Health
JULY 2024	The Spice route & WP on Integrative Medicine
SEPT 2024	Al Razi & WP on Mental Health
NOV 2024	EYFDM & WPPWFM
JAN 2025	The Rajakumar Movement & SIG Emerging Practice Models for Family Medicine
MARCH 2025	Polaris & WP on Research

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