

Finding meaning
and connection
in your practice

About me



- ~20 years into my medical career
- Have worked in emerg and as a surgical assistant
- Currently a hospitalist, family physician at Waypoint Mental Health Centre
- Passionate about physician wellness
- Husband is a paediatrician, mother of four teenagers

Lacking nourishment?





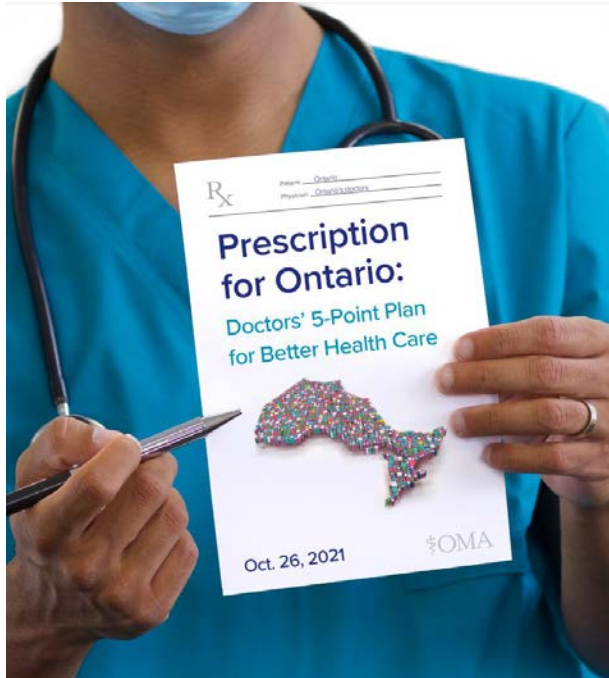
90% of the land
mass ...

6% of the
population

Leadership can be lonely



Our road map for the future...



To improve the delivery of health care provincewide, it comes down to:

- Reducing the backlog of services and reducing wait times
- Expanding mental health and addiction services in the community
- Improving and expanding home care and other community care
- Strengthening public health and pandemic preparedness
- Giving every patient a team of health-care providers and linking them digitally

More funding needed for palliative care, tackling surgical backlog: Medical association

Kathleen Saylor

Oct 05, 2022 • October 5, 2022 • 3 minute read • [Join the conversation](#)

OMA President, Dr. Rose Zacharias, speaks about the strain facing the health-care system, while in town to attend Essex County Medical Society's clinical education day, on Wednesday, Oct. 5, 2022. PHOTO BY DAX MELMER /Windsor Star

Ontario is facing surgical backlogs, a shortage of family doctors and a vast need for more palliative care services — but the organization representing Ontario's doctors is recommending a slate of new measures to help ease the strain in the health-care system.

\$OMA

Strengthening the delivery of
Mental Health and Addiction
Services in Primary Care



afhto association of family
health teams of ontario



Ontario College of
Family Physicians



SGFP

New OMA president calls for more mental health and addiction supports in North

Dr. Rose Zacharias began her new term at an OMA meeting in Thunder Bay.

TBNnewsWatch.com Staff

May 9, 2022 12:41 PM



Dr. Rose Zacharias is the new president of the Ontario Medical Association (OMA photo)



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00:02:19

THUNDER BAY — The new president of the Ontario Medical Association says the province's 43,000 doctors are carefully tracking the election campaign platforms of each party.

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MEDICAL ORGANIZATIONS CALL FOR NEW MENTAL HEALTH FUNDING



THE SHIFT WITH PATTY HANDYSIDES
Monday, October 3rd 2022 - 5:31 pm

Connection is key to success

