

Mind | Body | Spirit

Patient Inspired Care

ALSO IN THIS ISSUE

Clinic succession

CCNM student
Natalie Wideman

Teaching patients how
to move and feel better



Dr. Louise McCrindle, ND

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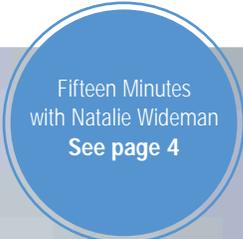


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“Winning the first Pan Am gold medal for women’s softball since 1983, especially on home soil in Toronto, is a feeling I will never forget. There’s nothing more satisfying than years of sweat, sacrifice and commitment paying off.”

Natalie Wideman (CCNM third-year student)



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Editor's Letter



Focus on the Patient

This issue brings together a number of stories about our alumni and all the different kinds of patients they interact with. Whether it's Dr. Louise McCrindle, ND and her quest to help those who suffer from chronic fatigue syndrome and fibromyalgia or Dr. Ellen McDonell, ND who combines a focus on research with clinical practice at the Ottawa Integrative Cancer Centre (OICC) to help those who suffer from cancer, we found so many patient-focused stories around us, that we thought we would be remiss if we did not bring you a few of the many stories we hear about.

Author! Author!

CCNM alumni have been very prolific recently in publishing an array of books in areas of great interest in the popular press. Who, for example, has not heard of "paleo"? In his new book, *The Paleo Project*, Dr. Marc Bubbs, ND brings us fascinating results on the relationship between nutrition and movement. You can read more about his book on page 23.

In a similar vein, Dr. Karen Jensen, ND and Dr. Marita Schauch, ND have recently published *Stress and the Disease Connection*. Their story begins on page 16.

The Latest in Clinical Training

At CCNM, there is a constant desire to keep up with the latest trends in education. To that end, CCNM has recently brought in state of the art simulators to help prepare second and third year students for practice. Read more about this innovation on page 34 and about the work that Dr. Maria Shapoval, ND and CCNM associate dean Dr. Shehab El-Hashemy, ND are doing to keep clinical training up to date.

Gold-Medal Performance

We were thrilled to see the news that CCNM third-year student Natalie Wideman won a gold medal at the Pan Am Games in Toronto. See page 4 to hear about how she balances life as a third-year student with her athletic accomplishments.

Clinic Succession

Finally, it's never a great day for a happy patient when they hear their ND is moving on or retiring. Dr. William Dronyk, DC, ND and Dr. Keshia Bishop, ND share how they optimized the patient experience as they transitioned his clinic. You can read more on page 12.

Thanks to all of you who have sent e-mails about what you read in this magazine. Keep your comments coming! I can always be reached at sphilogene@ccnm.edu. *

A handwritten signature in black ink, appearing to read 'Simone', with a long, sweeping underline that extends to the right.

Simone Philogène,
Chief Communications &
Marketing Officer, CCNM

"We found so many patient-focused stories around us."

Simone Philogène

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Fifteen Minutes with Natalie Wideman

Pan Am Games gold medal winner
and CCNM third-year student
Natalie Wideman shares her feelings
about winning a gold medal



"My ultimate goal is to blend my athletic experience and my skills as an ND. I've been invited to try out for Team Canada for next summer's competitions, including our biggest event, the World Championships, taking place in Surrey, BC."

Natalie Wideman (third-year student)



Q What does it feel like to win a gold medal?

A - Winning the first Pan Am gold medal for women's softball since 1983, especially on home soil in Toronto, is a feeling I will never forget. There's nothing more satisfying than years of sweat, sacrifice and commitment paying off. Not to mention, sharing that moment with family, friends, fans, volunteers and other Canadian athletes.

Q At what age did you get involved with softball? Why did you choose this sport?

A - I joke that I've always played softball... both my brothers played baseball growing up so I was at the field from the moment I was born. I think I joined an actual softball team when I was about 5. I chose it because I told my mom after watching my brothers that I could play. I could do whatever my brothers could do, if not better!

I eventually studied sports management with a concentration in health and wellness at the California University of Pennsylvania. I received a softball scholarship and had the opportunity to compete in the NCAA.

Q Describe the process of making it to the national team.

A - It has required a lot of scouting, camps, tryouts, training, practices and tournaments over the years. I've played with multiple organizations around the GTA including Mississauga, Markham and Brantford. I also played for American travel teams, Team Ontario at the Canada Summer Games, the Junior Women's National Team and my university's team.

Q What have you learned at CCNM thus far that's helped your training for the games?

A - One of the biggest things I've learned is the importance of self-care - mentally and physically. Balance is so important, especially with my demanding schedule. I try to make sure that I get downtime. Also, I've become more aware of my hydration levels and use hydrotherapy post competition or training.

Q What's next for you?

A - My ultimate goal is to blend my athletic experience and my skills as an ND. I've been invited to try out for Team Canada for next summer's competitions, including our biggest event, the World Championships, taking place in Surrey, BC. In August 2016, the softball community will find out if the sport will be reintroduced for the 2020 Tokyo Olympics. My goal is to represent Canada at the games if the opportunity is there. *

Bringing the Benefits of Evidence & Research to Patients

Dr. Ellen McDonnell, ND (Class of 2015),
brings her passion for patients to
a new research residency at the OICC





Dr. Dugald Seely, ND, centre, with the team at OICC



New OICC Research Resident Brings Enthusiasm and Care

The first time you meet Dr. Ellen McDonnell, ND, you are struck by her energy, sense of purpose and full engagement with whatever she happens to be doing. Interested in health care from a young age, Ellen recently embarked on a two year research residency at the Ottawa Integrative Cancer Centre (OICC).

“Cancer has overtaken heart disease as the number one cause of death in Canada, and two in five Canadians will be diagnosed with cancer in their lifetime,” says Ellen. “Only 5-10% of cancers are hereditary. The vast majority are linked to diet, lifestyle choices and the environment. Naturopathic doctors can make an enormous impact in reducing the incidence of cancer by working on primary and secondary prevention.”

An Early Interest in Preventative Medicine

Ellen readily admits that her interest in health care was developed at a young age. “I have always been interested in preventative medicine, the power of nutrition and exercise to improve health, and treating the root cause of illness.” After completing a Bachelor of Science at the University of Ottawa in biochemistry, with a minor in psychology, Ellen went on to graduate from CCNM. In her fourth year she had the opportunity to do a two week externship in Ottawa at the OICC, working with Executive Director Dr. Dugald Seely, ND. “During her externship, Ellen had the opportunity to see what it is like to work in an integrative clinic and how it operates,” recalls Dugald.

“Naturopathic doctors can make an enormous impact in reducing the incidence of cancer by working on primary and secondary prevention.”

Dr. Ellen McDonnell, ND (Class of 2015)



Nutritional guidance is one of the elements of OICC's patient-focused care

Clinician and Researcher

Ellen notes that one of the most valuable experiences during her externship was to work with cancer patients. "While I learned a great deal about how to provide adjunctive treatment for many different types of cancers...the most valuable experience for me was the opportunity to see what working with this population is like. Every day of my two weeks at OICC I left feeling inspired, invigorated and wanting to learn more about integrative cancer care."

But in addition to being inspired by patients, and being in Dugald's words, a "fantastic clinician with great potential," Ellen also identifies with the influence that research can have.

"Research is what changes policy, perception, and practice guidelines, which ultimately allows naturopathic medicine to be accessed by a greater number of people."

"Research is what changes policy, perception, and practice guidelines, which ultimately allows naturopathic medicine to be accessed by a greater number of people."

Dr. Ellen McDonnell, ND (Class of 2015)

"I look forward to working on several clinical trials and observational studies at the OICC to add to the body of evidence supporting the use of naturopathic medicine in adjunctive cancer care."

Dr. Ellen McDonnell, ND (Class of 2015)



Being Proactive

With that in mind, and nearing the end of her time at CCNM, Ellen proactively put together a proposal for a two year research residency at the OICC and made her case. The timing was particularly fortuitous, as CCNM's research department/OICC has recently begun its pioneering involvement in the Canada/US Integrative Oncology Study (CUSIOS).

Forty per cent of her research residency will consist of a clinical component with the rest having her engage with the CCNM research department conducting synthesis research as well as involvement in clinical trials underway at OICC.

The Future

"I look forward to working on several clinical trials and observational studies at the OICC to add to the body of evidence supporting the use of naturopathic medicine in adjunctive cancer care," says Ellen.

A native of the Maritimes, Ellen's long term career goal is to one day open her own integrative clinic in Halifax, Nova Scotia. "The Atlantic Provinces are limited in terms of accessibility of integrative cancer clinics, so I hope to fill that gap." *

JOIN US IN CONTINUING TO BUILD THE EVIDENCE



Dr. Kieran Cooley, ND, Director, Research

CCNM's research department is a leader in advancing our understanding of complementary and naturopathic medicine. The team collaborates with various institutions and industry partners and conducts evidence-based, whole-practice clinical trials and synthesis reviews to evaluate the quality and impact of both naturopathic and integrative care. Here, director of research Dr. Kieran Cooley, ND, gives his thoughts on evidence and the naturopathic community.

"Contention about the nature, inherent biases (cognitive and scientific), or applicability aside, most in the naturopathic community can agree that better evidence continues to contribute to our profession and practice.

Knowledge dissemination is only one piece of an action-oriented approach to this dilemma – conscious individual will to change, support or participate in the evidence-cycle is the sustaining vital force. Words are a poor substitute for the will of CCNM's students, residents, faculty, and administration.

And to that point, I urge you to join us – our research priorities are:

- 1) explore the cost-effectiveness and cost benefit of naturopathic medicine,
- 2) undertake observational studies assessing outcomes of naturopathic medicine in chronic disease, and
- 3) explore the impact of naturopathic medicine on adherence, effectiveness and use of (conventional) pharmaceutical drugs.

As always, stay tuned to the alumni e-news as well as upcoming conferences for exciting announcements and presentation of research findings." *

ND NOTES

A Practical Resource for Naturopathic & Integrative Practice

Case study contest

Do you have a unique case study that you'd like to share with the naturopathic community?

ND Notes in conjunction with CanPrev & Orange Naturals is proud to announce its inaugural case study contest for natural healthcare practitioners and students. As a publication keen to embrace and support the advancement of naturopathic medicine, we are seeking your unique case studies to highlight achievements in the field.



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There are two submission categories, one for practicing healthcare practitioners and another for full-time students of naturopathic medicine or similar field of study.

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Honourable Mention(s): Publication of author in the ND Notes

Healthcare practitioner category

First Place (\$1500 value)	Second Place (\$750 value)
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Honourable Mention(s): Publication of author in the ND Notes

Calls for submissions begin now and are due on **February 28th 2016**. Visit www.ndnotes.ca/casestudy to enter today.

Patient Experience at the Heart of Clinic Succession

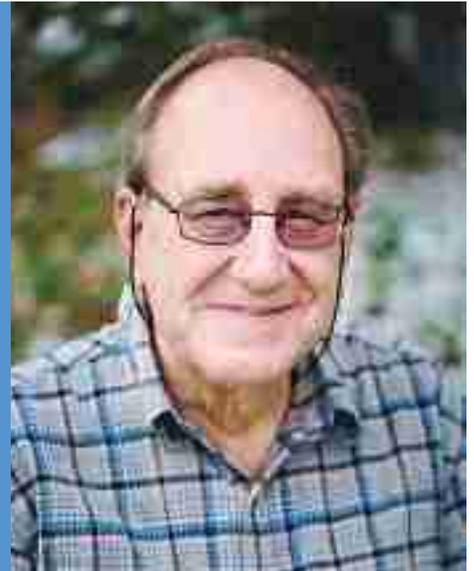
Dr. Keshia Bishop, ND (Class of 2014),
is keeping the Dronyk Health Clinic
in good hands



I WORK FOR HER BUT WE WORK WITH EACH OTHER

"We let the patients know that I'm a partner and we are both here for their well-being. We've been conveying that it's not just one person, it's the two of us."

Dr. William Dronyk, DC, ND (Class of 1984)



A Smooth Transition

On River Road in Kitchener, Ontario, located just a few blocks from the many parks that dot the length of the Grand River, the Dronyk Health Clinic recently celebrated an important anniversary.

The process of transferring or buying another practitioner's clinic may conjure up images of long meetings with lawyers and financial planners, endless paperwork and bewildered patients, but the Dronyk Health Clinic accomplished its leadership transition – without any issues.

When Dr. William Dronyk, DC, ND, finalized the sale of his clinic – including the name, equipment and goodwill – in October, 2014, to Dr. Keshia Bishop, ND, he knew his clinic would be well looked after. "It's been a smooth transition," he says. "She's the golden girl!"

An Easy Switch for Patients

Although Dr. Dronyk is no longer the owner of the clinic, he continues to see patients and has no plans to stop. That has been the key to the success of the transition, according to Keshia.

"Dr. Dronyk would introduce his patients to me and we work on cases together. If the person selling the practice stays on, the change will be that much smoother for patients," she says.

"I work for her but we work with each other," he adds. "We let the patients know that I'm a partner and we are both here for their well-being. We've been conveying that it's not just one person, it's the two of us."

And no one had to wonder who to see for certain treatments. The clinic is set up so that naturopathic and chiropractic services are separated – Keshia handles the initial

"Dr. Dronyk would introduce his patients to me and we work on cases together. If the person selling the practice stays on, the change will be that much smoother for patients."

Dr. Keshia Bishop, ND (Class of 2014)



Learn more about the
Dronyk Health Clinic at:
www.dronykhealthclinic.com

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consultations and acupuncture work, while Dr. Dronyk focuses on chiropractic and Total Body Modification, a technique used to balance energy in the nervous system by finding stressed areas of the body.

Fortunately, patients warmed to Keshia immediately. "Everyone says 'she's so nice.' She has such a gentle and caring attitude and it shows, all the patients have accepted her completely," explains Dr. Dronyk.

The Benefits of Preceptorship

Dr. Dronyk graduated from the Ontario College of Naturopathic Medicine in 1984 after being exposed to the College while working as a chiropractor (he graduated from the Canadian Memorial Chiropractic College 10 years prior). At the time, there were no formal preceptorship opportunities available so Dr. Dronyk took it upon himself to visit as many clinics as possible on his own time.

"My advice is to go out and find as many NDs and other health-care practitioners as you can to preceptor with," he says. "No matter who you go and see, there will be something in that office that will make you think 'I want to do it this way.'"

Keshia started out as a preceptor in Dr. Dronyk's clinic and soon after she graduated from CCNM in 2014, talks to buy the space began to materialize. He points out that she was a natural fit in the clinic and was impressed with her commitment from the beginning of their partnership.

"I've been a chiropractor for 40 years and an ND for 30. I have had so many preceptors but Keshia really embraced everything that I do here. When you find the place where you want to work and someone you want to work with, hang on to them!"

At 72 years of age, Dr. Dronyk is going strong and has no intention to retire. As for Keshia, much of her success can be attributed to Dr. Dronyk.

"Overall it's been a positive experience but it's been this way because of who Dr. Dronyk is. His love and passion for the work is contagious and he is very compassionate and wants to help everyone," she says. "I've learned that sympathy and compassion from him. His positive attitude and joke telling make every day a great day!" *



"My advice is to go out and find as many NDs and other health-care practitioners as you can to preceptor with."

Dr. William Dronyk, DC, ND (Class of 1984)



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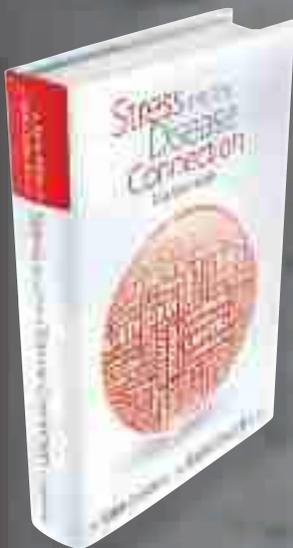
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Educating Patients: New Book Explores Stress-related Illnesses

Dr. Marita Schauch, ND (Class of 2005),
and Dr. Karen Jensen, ND (Class of 1988),
co-authors of the book,
Stress and the Disease Connection



RESPECT, FRIENDSHIP AND TRUST

"It was the respect, friendship and trust that developed over the years since our first book that enabled a second book. Marita and I had a common goal which was to simply provide the most complete and accurate information to the reader from our respective experience and knowledge base."

Dr. Karen Jensen, ND (Class of 1988)



United by a Common Health Issue

Adrenal health and stress are major health issues facing many patients. In the newly published *Stress and the Disease Connection*, the link between stress and acute and chronic illnesses are explored and presented in a comprehensive, easy-to-understand manner.

CCNM alumni and co-authors of the book, Dr. Karen Jensen, ND (Class of 1988) and Dr. Marita Schauch, ND (Class of 2005) draw upon their combined 35 years of practice and expertise in adrenal health to identify the common contributors to stress and its effect on the glands and other organs.

"Writing a book on stress and the adrenals was on my bucket list," says Karen, a Class of 1988 graduate. After a mutual friend introduced her to Marita five years ago, the pair began to collaborate on their first book, *The Adrenal Stress Connection*.

"This is my fourth book, and my second with Karen," says Marita. "One of the biggest motivators for becoming a naturopathic doctor was preventative medicine and educating patients. Books are an excellent tool to do just that and I love seeing my patients gain optimal health through teaching about diet, lifestyle and giving the body the appropriate tools to be able to heal."

"Books are an excellent tool to educate and I love seeing my patients gain optimal health through teaching about diet, lifestyle and giving the body the appropriate tools to be able to heal."

Dr. Marita Schauch, ND (Class of 2005)



Dr. Marita Schauch, ND (Class of 2005)

IT IS ABOUT THE PATIENT

Recently, Marita moved into Tall Tree Integrated Health Centre in Victoria, BC, a clinic that also houses physiotherapists, chiropractors, RMTs, acupuncturists, kinesiologists and occupational therapists.

She says that the partnerships with other health-care practitioners have allowed her practice to grow, and most importantly, her patients can attend to all their health needs in one place.

"I love watching my patients grow and succeed and reach their potential of optimal health," Marita replies. "I love being an ND and feel so blessed that I get excited to go into work every day. I think success is finding your passion and I'm thankful every day that I have found mine."

Karen retired from practice in 2010 after one of her twin sons was diagnosed with a life-threatening brain tumor (at this time, his tumor remains stable). Today, she continues to lecture, write articles for magazines and publish books, including her sixth on brain disorders and naturopathic treatment options which is currently at the editing stage.

"Dr. Chris Turner, ND, and Dr. Ingrid Pincott, ND, were kind, generous and helpful on so many levels when I was going through a difficult time," she states. "Naturopathic medicine is a small profession and is much more than just treating our own patients. If you see one of 'your own' going through a difficult time, reach out."

Learn more about Marita's practice:
www.talltreehealth.ca
www.doctormarita.com

[facebook.com/DoctorMarita](https://www.facebook.com/DoctorMarita)

The Path to Naturopathic Medicine

Before Karen found CCNM and naturopathic medicine, she lived in northern British Columbia and was a single parent with three children under the age of three. Teaching teenagers with behavioral problems at an alternative education school, she "just hit the wall" one day, recalling that her energy levels were so low she could barely get out of bed.

"The doctors said I was depressed but I knew I wasn't. Friends told me about a naturopathic doctor in my area, Dr. Gene Pontius, ND, who introduced me to my adrenal glands and within a short period of time, I was back."

With Gene's help, Karen's life was running smoothly. But tragedy would strike a few years later, forcing her to reexamine her life.

"I was engaged and we planned to live on a ski hill and home school my kids, but life had a different plan. One day while we were up skiing, my fiancé was killed in an avalanche. After the shock wore off, I woke up one day and said 'what do I want to do when I grow up?' I was 38, with three kids and no money.

"I decided I wanted to do what NDs did because of my own experience. Gene gave me my life back and inspired me to go into the profession. I had the passion to learn all I could about the importance of the adrenal glands."

For Marita, a newspaper story on naturopathic medicine – clipped by her mother from The Globe and Mail 15 years ago – moved her to learn more about the profession and to eventually become an ND.



Tall Tree Integrated Health Centre





Tall Tree Integrated Health Centre

"I have always loved working with people and actually had plans of becoming a medical doctor but lost the drive in university," reflects Marita. "I had to step back and really evaluate what was going to make me happy and fulfilled long term. My parents always encouraged me to find my passion, so when my mom clipped out that article I knew I found my calling."

The Spirit of Collaboration

Sharing a mutual interest and passion in adrenal health, Marita and Karen's collaboration was a natural fit. So too was the research and writing portion of their new book, characterized by Karen as an "easy flow."

"It was the respect, friendship and trust that developed over the years since our first book that enabled a second book," Karen explains. "We had a common goal which was to simply provide the most complete and accurate information to the reader from our respective experience and knowledge base."

Spreading the Message

Marita agrees that spreading the message about stress and illness is important, mainly because the general public is not aware of the severe long-term side effects of chronic stress.

"Putting together our second book has been rewarding and just being able to get the information out there has been our main goal from the very beginning. Our newest book is really for anyone – NDs or patients – and we believe that it is a pretty comprehensive guide to all of the diseases that can be connected to chronic stress on the body," she says.

And although they have referenced plenty of research and citations in the book to back up their points, Karen emphasizes that it's the one-to-one patient experience and the real, tangible health benefits which come from naturopathic care that is the most vital to them.

"My patients over the last 25 years have been the fuel for the fire that has kept my passion alive in this field of medicine," Karen says. "It was the empathetic listening to my patients that kept me in touch with the reality of medical practice. I enjoy the statistics and it needs to be considered; however, at the end of the day, it is really about what works for each patient on an individual basis." *

"My patients over the last 25 years have been the fuel for the fire that has kept my passion alive in this field of medicine."

Dr. Karen Jensen, ND (Class of 1988)



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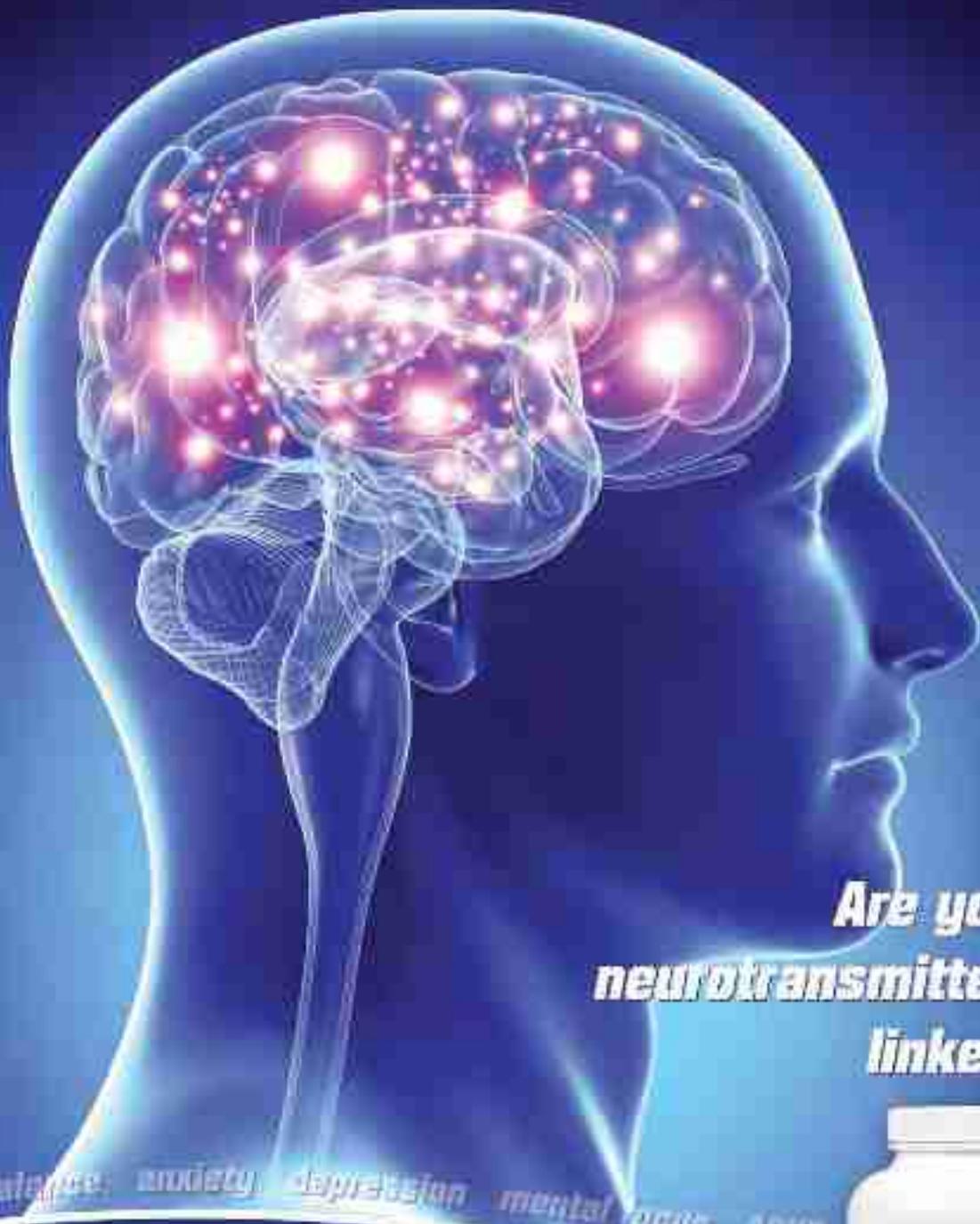
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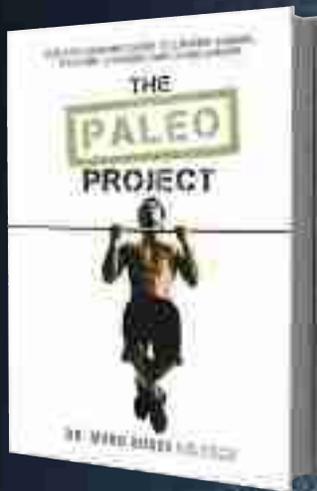
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Helping Patients to Move and Feel Better

Dr. Marc Bubbs, ND (Class of 2010), provides guidelines for nutrition and movement in his new book, *The Paleo Project*



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Dr. Marc Bubbs, ND, delivering his message of health and movement to CCNM students and staff

Simple Fixes Create a Healthier Lifestyle

This past fall, Dr. Marc Bubbs, ND, spoke to an attentive group of CCNM students and staff about his new book, *The Paleo Project*, and the strategies he uses in practice to bring out the best in his patients.

His two-year-old and the other toddlers at daycare have a perfect squat, he says. So how do we lose that capacity as we grow older?

His new book – a three-year long process of gathering research, accumulating data and tracking results – debunks common myths and provides guidelines for nutrition and movement that help patients perform, look and feel better at any age.

“The process of writing this book was rewarding,” Marc explains. “I wanted the book to be foundational and give a real idea of my approach to health and practice.”

Marc has plenty of experience with helping people realize their potential. After graduating with an integrative sciences degree from the University of British Columbia, he spent three years working as a personal trainer in London, England. He witnessed his clients undergo remarkable transformations – not only did they improve their wellbeing, some even managed to reverse chronic health conditions such as diabetes.

That’s when he started thinking about becoming an ND.

“Seeing them turn around their health motivated me to pursue naturopathic medicine, which already balances what I had been doing. So I returned to Canada and applied to CCNM,” he recalls.

Marc’s approach to health care is a combination of functional and naturopathic medicine, both of which try to address the root cause of illness. “It’s mindboggling what conventional medicine can do, but surgery can’t solve everything with people eating and living the way they do,” he says.

“It’s mindboggling what conventional medicine can do, but surgery can’t solve everything with people eating and living the way they do.”

Dr. Marc Bubbs, ND (Class of 2010)

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Although his book is written for NDs, chiropractors and complementary health-care practitioners in the field, others can also gain an understanding into diet, athletic performance, recovery, and the science surrounding them.

"Seeing patients improve their outcomes is so inspirational," the Class of 2010 graduate says. "They change themselves and most people don't realize that the solutions are only 10-20 degrees from what they're doing now – they just need some guidance. This book provides that."

Get Physical (Performance)

In addition to treating patients at his two clinics in downtown Toronto, Marc speaks at conferences and workshops across North America and the U.K. and serves as the sports nutrition lead for the Canadian Mens' National Basketball Team, winners of the silver medal at the most recent Pan-Am Games.

"As part of the performance team, we assess the athletes using a variety of metrics based on nutrition and how they move," he says, describing the role he has held since 2011. "They're playing seven-eight games in a span of a week to 11 days so that presents its own challenges. We have a diverse group – older guys and 20-year-olds playing in the NBA – so we work on how to fuel and feed them so that they're playing at their best."



Dr. Marc Bubbs, ND

Marc's experience and expertise will soon be available in podcast form as well. Launching in early 2016, the paleo-themed podcast is intended for anyone, from the professional athlete to the inactive person who is thinking about or just beginning an exercise regime.

"The content is about upgrading physical performance. It should be fun to do the podcast and promote the benefits of naturopathic medicine at the same time."

Marc's passion for sports medicine and wellness is evident, supporting his patients as they "go against the curve" to eat properly and simply move more. His goal is to help them become "better at their jobs, better at sports, and better as parents." And maybe achieve that perfect squat, too. *

The Paleo Project is available to purchase on Amazon or through Marc's website at: www.drmarcbubbs.com/book

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Dr. Marc Bubbs, ND (Class of 2010)

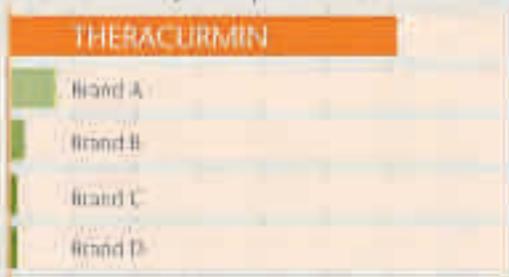
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How Patients Inspire Practice

Dr. Louise McCrindle, ND, treats
chronic fatigue and fibromyalgia at the
Robert Schad Naturopathic Clinic (RSNC)



Robert Schad
Naturopathic Clinic



rsnc
ROBERT SCHAD
NATUROPATHIC CLINIC



Dr. Louise McCrindle, ND (Class of 2008) treats chronic fatigue and fibromyalgia patients at the Robert Schad Naturopathic Clinic (RSNC).

Gratitude in Patients, Gratitude in Practice

Roughly fifty people were settled into a classroom at CCNM during Naturopathic Medicine Week two years ago. They came to listen to a talk by Dr. Louise McCrindle, ND. They were quite an attentive group: listening, taking notes, sharing what they knew, and asking plenty of questions. It was evident how important this information was to them; as sufferers of myalgic encephalomyelitis (ME) – commonly known as chronic fatigue syndrome (CFS) – and fibromyalgia (FM), they knew all too well the lack of information out there on their condition and the treatment options available. They left the talk more informed of how naturopathic medicine could help them and more importantly, they left feeling grateful.

Fast forward to present day and that gratitude continues to be echoed in Louise's work both in private practice and in treating chronic fatigue and fibromyalgia patients at the Robert Schad Naturopathic Clinic (RSNC). "Patients are so grateful to have a safe space where they feel heard and understood and where they have someone working really hard to try and figure out how to help them better," she says.

An Underserved Patient Population

It was a love of working with others that propelled Louise to leave her job as a geologist and pursue naturopathic medicine. "I liked the detective work aspect of being a geologist but I felt like I needed to do something that made me feel like I was having a positive impact on the world."

Shortly after graduating from CCNM in 2008, Louise had the opportunity to work with Alison Bested, MD, FRCPC, a hematological pathologist by training who specializes in ME/CFS and FM.

"I realized very quickly that there was this patient population that was desperately in need of care that so few people were focussing on. My interest grew from there. I didn't plan on this going through the program because there was virtually no instruction on it so it happened by chance but I also see it as one of those lucky things that happens in life," she recalls.

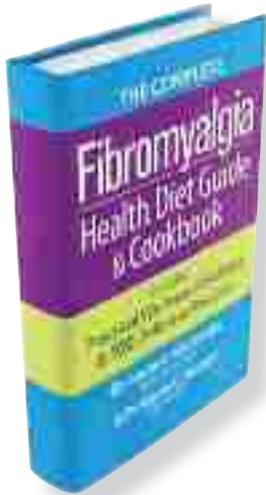
The Chronic Fatigue and Fibromyalgia Focus at the RSNC

The chronic fatigue and fibromyalgia focus at the RSNC emerged in 2012. In addition to treating patients, Louise sees this as an opportunity to educate future NDs about these conditions.

"If you look at medical school curricula across the board, there's so little being taught. There is such a high prevalence of these types of conditions and not nearly enough being discussed in the classroom.

"I feel like I get so much more from my patients than they do from me, I learn so much from them. Even when I'm exhausted getting into work, I'm totally recharged by the end of the day. I'm so happy I did this."

Dr. Louise McCrindle, ND (Class of 2008)



Dr. Louise McCrindle, ND and Dr. Alison Bested wrote *The Complete Fibromyalgia Health, Diet Guide and Cookbook*. The book provides common sense tools that will help fibromyalgia patients help themselves on to a road to improvement and perhaps recovery.

As naturopaths, I feel like we're in such a good position to help people with complex chronic illness. We have to be so strong in differential diagnosis and working with this patient population helps strengthen those diagnostic skills."

What has impressed her most from her work at the RSNC is the students she's had the opportunity to mentor and teach.

"Every single year, I'm impressed with the caliber of students I work with and the response from them has been so positive. This patient population deals with a lot of dismissive care. These patients need you to bear with them to figure it out. Watching the students grow throughout the year and be okay with not knowing or understanding everything and bearing with the process of working really hard to figure it out is also really empowering for them," she says.

It was in fact, the students she worked with at the RSNC that approached Louise about setting up support groups based on feedback they received from patients. Together, they submitted a proposal and in 2013, the RSNC began offering educational support and cognitive behavioural therapy groups to patients.

"These groups eliminate the isolation individuals can feel when dealing with a chronic illness and provide an environment for people to connect, learn, and grow from each other," she explains.

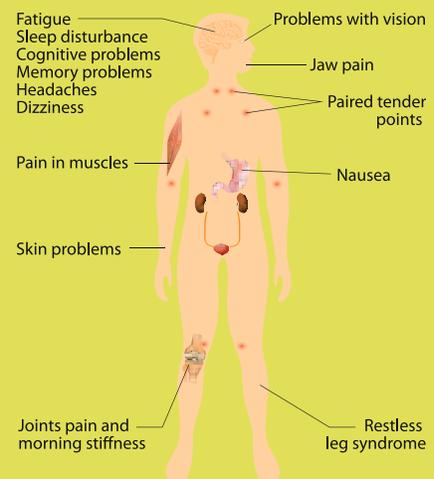
Fortunately, the opportunity to learn and grow isn't only limited to Louise's patients and students.

"I truly feel inspired by all the patients I see and the fact that they trust us with their stories and their lives. Even for those who are really early on in their process, just the fact that they're coming in says so much; that intent to want to do something for themselves and to do the best they can. I feel like I get so much more from my patients than they do from me, I learn so much from them. Even when I'm exhausted getting into work, I'm totally recharged by the end of the day. I'm so happy I did this." *

WHAT IS FIBROMYALGIA?

Fibromyalgia is the most common musculoskeletal condition after osteoarthritis. Still, it is often misdiagnosed and misunderstood. Its characteristics include widespread muscle and joint pain and fatigue, as well as other symptoms. With fibromyalgia syndrome, the following symptoms commonly occur together:

- > Anxiety or depression
- > Decreased pain threshold or tender points
- > Incapacitating fatigue
- > Widespread pain



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Leading-edge Clinical Training Benefits Students and Patients

Dr. Maria Shapoval, ND
(Class of 2011), uses simulation
models in her physiology
and clinical training courses



THE BENEFIT OF SIMULATORS

"The benefit of simulators is that the teacher and student both see the same thing. They provide feedback that can be evaluated and fixed immediately – the placement of a hand or the amount of pressure applied during a physical exam, for example."

Associate dean, CCNM, Dr. Shehab El Hashemy, ND (Class of 2004)



Classroom setup with simulation models

A Databank of Images

Dr. Maria Shapoval, ND, carefully pulls out the eye simulation model to demonstrate how second- and third-year students at CCNM use them to prepare for physical examinations with patients.

CCNM's eye simulator, as well as its ear, pediatric, prostate and gynecological units, have databanks consisting of thousands of images with every known pathology contained therein. "You can't always control what type of conditions you see in the RSNC," says Maria, "but the models have many simulations – the ear one alone has about 2,000 images. None of the databanks which exist currently – such as Google or YouTube – have the same number of images and pathologies."

Maria graduated from CCNM in 2011 and during her time as a student, she and her classmates didn't have this type of training available. Now, as a member of the College's academic faculty, Maria uses the models in her physiology and clinical training courses.

"Students are excited to use them and they always have a positive experience," she says.

Patient Care

"The benefit of simulators is that the teacher and student both see the same thing," says Shehab El Hashemy, the associate dean of academic delivery and Class of 2004 graduate. "They provide feedback that can be evaluated and fixed immediately – the placement of a hand or the amount of pressure applied during a physical exam, for example."

And because of the large databank of images, it might be possible to prevent the use of prescription drugs and antibiotics when they are unnecessary. "You can see if a patient might have pneumonia, instead of a heart problem. Or, with the pediatric model, whether a child has a light cough instead of a serious one," he explains.

THE BENEFITS OF USING SIMULATION MODELS

- > Immediate tactile feedback
- > Comprehensive databank of images
- > Perform any kind of medical procedure, from intensive surgery to routine check-ups
- > Enhance clinical skills before seeing patients
- > Used by military and emergency response teams as a means to respond quicker and more effectively in "real life" situations



Leading-edge Clinical Training Benefits Students and Patients cont'd

How They Work

Technological advances in medical care and training now allow for students to practice common procedures on simulation models before seeing real patients. CCNM became one of the first naturopathic schools in North America to use these models in classrooms and examinations three years ago.

In illustrating the use of the ear simulator, Shehab says that students learn how to apply and adjust pressure so that they do not run the risk of a wrong diagnosis, or worse, performing a procedure incorrectly.

"The ear simulator is remote controlled. It senses pressure and has an LCD screen. The unit has a thin membrane in the ear that moves depending on how much pressure is applied by the student. Based on the pressure, it then streams a series of images," describes Shehab.

The Future of Naturopathic Medical Education

The program and curriculum are intensive, but advances in technology, such as the use of simulators, ensure that CCNM is always evolving. Eventually, Shehab and Maria are planning to offer a 24/7, open access simulator lab which will allow students to book time with a specific simulator.

"These models are great educational tools," says Maria. "Every student at CCNM will have used them during their time here. Medical graduates are trained on simulators, and now so are we." *

"The ear simulator is remote controlled. It senses pressure and has an LCD screen. The unit has a thin membrane in the ear that moves depending on how much pressure is applied by the student. Based on the pressure, it then streams a series of images."

Associate dean, CCNM, Dr. Shehab El Hashemy, ND (Class of 2004)



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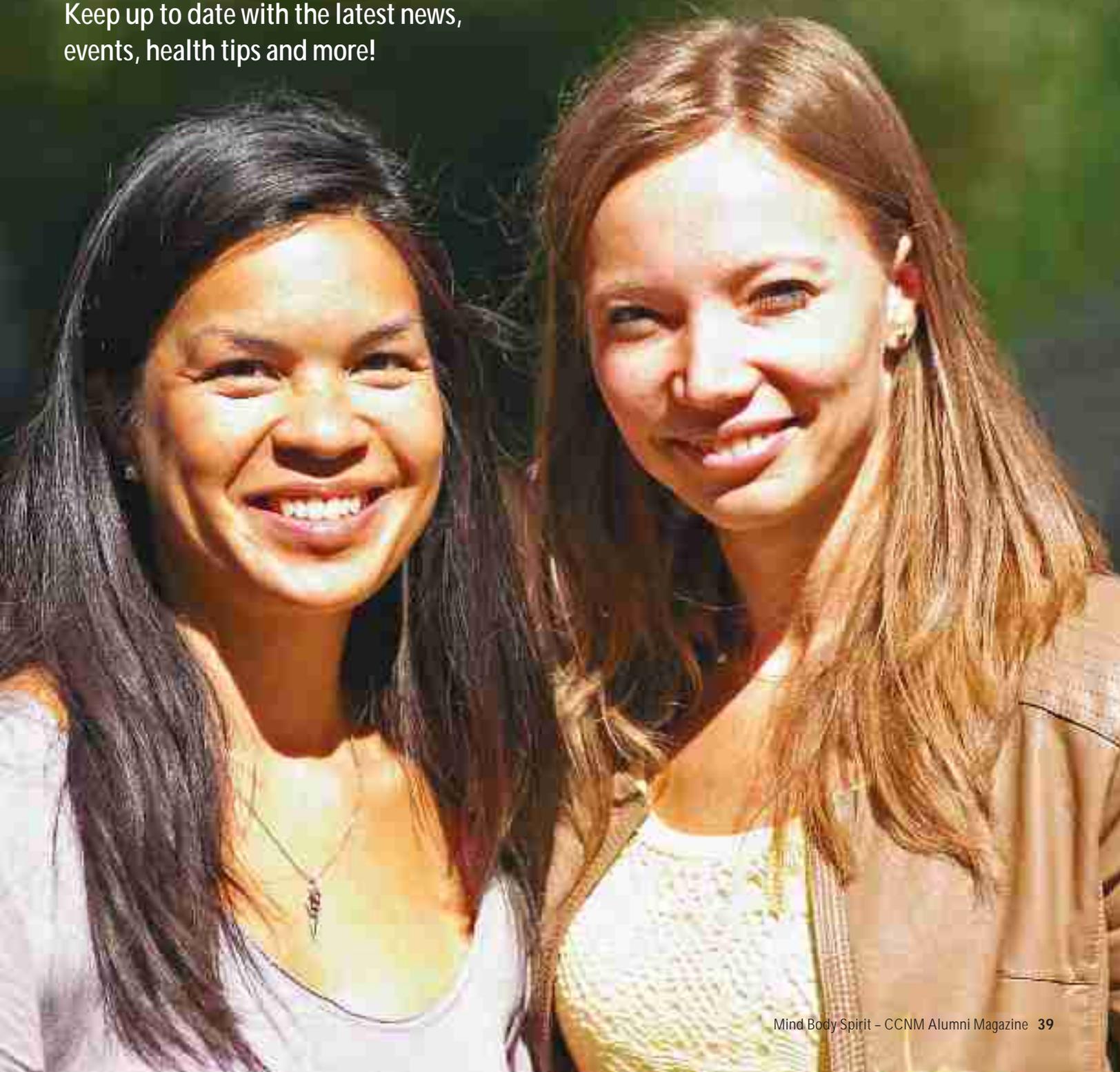
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