

## Education

<b>Medical Residency, Family Medicine</b> – <i>McMaster University, Owen Sound</i>	<b>CFPC</b>	2020 – 2022
<b>Doctor of Medicine</b> – <i>University of Toronto, Toronto</i>	<b>MD</b>	2015 – 2020
<b>Master of Science, Zoology</b> – <i>University of British Columbia, Vancouver</i>	<b>MSc</b>	2013 – 2015
<b>Bachelor of Science, Animal Biology</b> (with distinction) – <i>University of British Columbia, Vancouver</i>	<b>BSc</b>	2008 – 2013

## Awards & Scholarships

### Medical School

<b>Indspire Award</b> (nomination) – Health category Nominated for award that honours 12 First Nations, Inuit and Métis individuals who exemplify Indigenous excellence and whose stories inspire, uplift, and educate Canadians about the tremendous contributions Indigenous people make to our country	2019, 2020
<b>President's Award for the Outstanding Indigenous Student of the Year</b> Awarded by UofT's President Meric Gertler to two Indigenous UofT students for academic achievements and advocacy; "Both of you have skilfully balanced academic success with community engagement, service and advocacy on Indigenous issue"	2019
<b>OT1 Jacqueline Helen Perry Memorial Award</b> Presented to a fourth-year student at convocation for recognition of demonstrated interest in rural medicine, humanitarianism and compassion in their interaction with patients and their families	2019
<b>City of Toronto Scholarships for Indigenous Students Studying in Health Professions</b> Awarded to an Indigenous student based on academic merit and community leadership	2017

### Graduate School

<b>Aboriginal Graduate Fellowship</b> Awarded to an Aboriginal student based on academic excellence and research potential	2014, 2015
<b>NSERC Graham Bell Canada Graduate Scholarship</b> – Master's level Awarded to students with a first-class average who demonstrate a high standard of achievement early in their graduate studies	2014
<b>Shell Canada Scholar &amp; Erebus Medal Recipient</b> – 2014 Victoria Strait Expedition Named one of two Indigenous students to join the Arctic expedition. Medal recognizes the discovery of <i>HMS Erebus</i>	2014
<b>Cordula &amp; Gunter Paetzold Fellowship</b> Awarded to an excellent graduate student in any field. Nominated by a UBC faculty member	2014
<b>McLean Fraser Memorial Scholarship</b> Awarded for high academic standing and demonstrated outstanding research ability in Zoology	2014
<b>Faculty of Science Graduate Award</b> Awarded in recognition of academic achievement in graduate studies	2013, 2014

## Academic Experience

### Publications (\*co-lead author)

<b>*Fellows TK, *Freiman S, *Ljubojevic V &amp; *Saravanabavan S.</b> <i>"We regret to inform you that you did not match": Reflections on how to improve the match experience.</i> ( <b>Canadian Medical Education Journal</b> ). doi: 10.36834/cmej.69322 . Shared our reflections in going unmatched and offered suggestions to help improve the residency application experience. Authored by four unmatched Canadian Medical Graduates at the time of publication	Apr 2020
<b>Fellows TK.</b> <i>The potential role of unmatched Canadian Medical Graduates during a pandemic.</i> ( <b>Canadian Medical Association Journal Blogs</b> ). url: <a href="https://cmajblogs.com/the-potential-role-of-unmatched-cmgs-during-a-pandemic/">https://cmajblogs.com/the-potential-role-of-unmatched-cmgs-during-a-pandemic/</a> . Purposed the use of unmatched Canadian Medical Graduates to offload demand on essential human resources during the early phases of the CoVID-19 pandemic	Mar 2020
<b>*Kilian A, *Fellows TK, *Giroux R, Pennington J, Kuper A, Whitehead CR &amp; Richardson L.</b> <i>Exploring the approaches of non-Indigenous researchers to Indigenous research: A qualitative study.</i> ( <b>Canadian Medical Association Journal Open</b> ). 7(3): E504–E509. doi: 10.9778/cmajo.20180204 . Identified facilitators and barriers to Indigenous research by thematically analysing interviews with non-Indigenous researchers conducting Indigenous research	Aug 2019
Indigenous Health Writing Group of the Royal College. <i>Indigenous Health Primer.</i> ( <b>Royal College of Physicians and Surgeons of Canada</b> ). url: <a href="https://www.royalcollege.ca/rcsite/health-policy/indigenous-health-e">https://www.royalcollege.ca/rcsite/health-policy/indigenous-health-e</a> . Co-wrote a document designed to provide key approaches, ideas and background knowledge for health care providers, learners and educators in caring for Indigenous Peoples	Jun 2019

*Goller B, * <b>Fellows TK</b> , Dakin R, Tyrrell L, Fernández-Juricic E & Altshuler DL. <i>Spatial and Temporal Resolution of the Visual System of the Anna's Hummingbird (Calypte anna) Relative to Other Birds. (Physiological and Biochemical Zoology)</i> . 92(5): 481–495. doi: 10.1086/705124	Jun 2019
<ul style="list-style-type: none"> <li>Measured behavioral and anatomical estimates of spatial and temporal acuity of Anna's hummingbirds, determining their abilities are below predictions based on body scaling</li> </ul>	
*Dakin R, * <b>Fellows TK</b> & Altshuler DL. <i>Visual guidance of forward flight in hummingbirds reveals control based on image features instead of pattern velocity. (Proceedings of the National Academy of Sciences)</i> . 113(31): 8849–8854. doi: 10.1073/pnas.1603221113	Jul 2016
<ul style="list-style-type: none"> <li>Revealed birds utilize image expansion cues to control position through narrow corridors</li> </ul>	
<b>Fellows TK</b> . <i>Visual resolution of Anna's hummingbirds (Calypte anna) in space and time. (University of British Columbia)</i> . MSc Thesis. doi: 10.14288/1.0166301	Jun 2015
<ul style="list-style-type: none"> <li>Measured the spatial and temporal visual acuity of Anna's hummingbirds' visual system</li> </ul>	
<b>Presentations</b>	
<b>Fellows TK</b> . <i>Advocacy and allyship in medicine. (oral)</i> . University of Toronto, St. George Campus.	Mar 2022,
<ul style="list-style-type: none"> <li>Shared concepts in advocating for marginalised populations, principles of allyship, and shared experience in going unmatched as an Indigenous Canadian Medical Graduate</li> </ul>	2021, 2020
<b>Fellows TK</b> . <i>REBOA's reboot. (oral)</i> . Queen's University, Oshawa.	Oct 2019
<ul style="list-style-type: none"> <li>Reviewed and presented the literature on resuscitative endovascular balloon occlusion of the aorta (REBOA) for Interventional Radiology faculty and discussed directions for future research</li> </ul>	
<b>Fellows TK</b> . <i>PoCUS in microgravity. (oral)</i> . University of Texas Medical Branch, Houston.	Jul 2019
<ul style="list-style-type: none"> <li>Spoke on the history, practice and research of point-of-care ultrasound in low-earth orbit at NASA</li> </ul>	
<b>Conferences &amp; Collaborations</b>	
<b>Indigenous Access to Surgical Care – Canadian Global Surgery Trainee's Alliance (CGSTA)</b>	April 2022
Moderating a virtual panel of FRCP and CFPC surgeons regarding access to surgical care by Indigenous peoples in rural Canada	
<b>Inuit People in Medicine – McMaster's Mental Health and Behavioural Science (MHBS) series</b>	Jun 2021
Moderated a roundtable discussion with three generations of Inuit people to explore their personal experiences with the medical system in the Arctic in an effort to destigmatise the dialogue around Indigenous healthcare	
<b>Indigenous Health Education Symposium – Indigenous Physicians Association of Canada (IPAC)</b>	May 2019
Co-created an action plan with AFMC, CFPC, FRCP, and IPAC to address and carry out part of the Truth and Reconciliation Commission's Calls to Action by setting curriculum standards for Indigenous medical education in Canada	

## Clinical Experience

### Postgraduate Training

			Blocks
Family Medicine	McMaster University	Owen Sound, ON	Core – PGY2 10 – 13
Family Medicine/GP Surgery	McMaster University	Inuvik Regional, NT	Rural Elective – PGY2 8, 9
General Surgery	Western University	London, ON	Elective – PGY2 6
General Surgery	McMaster University	Hamilton, ON	Elective – PGY2 5
Palliative Care	McMaster University	Owen Sound, ON	Core – PGY2 4
Intensive Care Unit	McMaster University	Owen Sound, ON	Core – PGY2 3
General Surgery	McMaster University	Owen Sound, ON	Core – PGY2 2
Emergency Medicine	McMaster University	Collingwood, ON	Elective – PGY2 1
Pediatrics	McMaster University	Owen Sound, ON	Core – PGY1 12, 13
Obstetrics & Gynecology	McMaster University	Owen Sound, ON	Core – PGY1 10, 11
Emergency Medicine	McMaster University	Owen Sound, ON	Core – PGY1 8, 9
Internal Medicine	McMaster University	Owen Sound, ON	Core – PGY1 5, 6
Family Medicine	McMaster University	Owen Sound, ON	Core – PGY1 1 – 4

### Undergraduate Training (visiting electives only)

Family Medicine	Alberta University	Inuvik Regional, NT	2 weeks – MEC	Dec 2019
Trauma Surgery	McMaster University	Hamilton General, ON	2 weeks – MEC	Nov 2019
Interventional Radiology	Queen's University	Lakeridge Health, ON	2 weeks – MEC	Nov 2019
Emergency Medicine Research	University of British Columbia	Vancouver General, BC	4 weeks – MEC	Oct 2019
Emergency Medicine	University of Toronto	Sunnybrook, ON	2 weeks – MEC	Sep 2019
Internal Medicine – ER Consults	McGill University	Jewish General, QC	3 weeks – MEC	Aug 2019
Principles of Aviation & Space Medicine	UTMB	USRA & NASA, Houston, TX	4 weeks – MEC	Jul 2019
Emergency Medicine	University of Toronto	Scarborough General & Birchmount, ON	2 weeks – MEC	Jun 2019
Radiology	Kathmandu University	Dhulikhel Hospital, Nepal	4 weeks – UGY4	Mar 2019

Emergency Medicine	University of Toronto	Scarborough General, ON	4 weeks – UGY4	Feb 2019
Emergency Medicine	University of Toronto	St. Michael's, ON	3 weeks – UGY4	Dec 2018
Emergency Medicine	University of Ottawa	Ottawa General, ON	4 weeks – UGY4	Nov 2018
Pediatrics	University of Toronto	SickKids, ON	2 weeks – UGY4	Oct 2018
Emergency Medicine	Dalhousie University	QEII Health Sciences Centre, NB	2 weeks – UGY4	Oct 2018
Emergency Medicine	University of British Columbia	Richmond General, BC	3 weeks – UGY4	Sep 2018

## Professional Development

### Administration

<b>Canadian Medical Education Journal (CMEJ) Reviewer</b> – University of Calgary	2020 – Curr.
Reviewed eight manuscripts to date for multiple sections: <i>Major Contributions, You Should Try This!, Canadiana, and Black Ice</i>	
<b>Residency Admissions Interviewer</b> – McMaster University	2021, 2022
Interviewed 20 applicants each year for McMaster's Family Medicine residency program	
<b>Medical School Admissions Interviewer</b> – University of Toronto	2019, 2020
Interviewed 30 Indigenous and non-Indigenous applicants each year	
<b>Medical School Admissions File Reviewer</b> – University of Toronto	2016 – 2020
Reviewed 40 applicants' personal statements, letters of references, autobiographical sketches, and personal essays each year	

### Certifications

<b>IP</b>	CPoCUS Independent Practitioner (CERT+186754-001)
<b>ACLS</b>	Advanced Cardiac Life Support (exp. 2022)
<b>BLS</b>	Basic Life Support (exp. 2021)
<b>PADI</b>	Professional Association of Diving Instructors

### Courses

CBT Training – Essentials	Aug – Curr.
LGBT2SQ Foundations Course (CERT+192644-001)	Oct 2020
ED Echo 2 – Advanced (CERT+190510-001)	Sep 2019
ED Echo 1 – Essentials (CERT+188032-037)	Apr 2019

### Affiliations

<b>CAGS</b>	Canadian Association of General Surgeons
<b>CMEJ</b>	Canadian Medical Education Journal
<b>IPAC</b>	Indigenous Physicians Association of Canada
<b>CPoCUS</b>	Canadian Point-of-Care Ultrasound Society
<b>CAEP</b>	Canadian Association of Emergency Physicians
<b>AsMA</b>	Aerospace Medical Association

### Media

CMAJ Blogs – Unmatched CMGs in a pandemic	Mar 2020
This Clerkship Life s2.e9 – Going unmatched	Feb 2020
Tusaayaksat – From Arctic snow to outer space	Feb 2020
ELMNT FM 106.9 – Moment of Truth	Jan 2020
UofT Celebrates – President's award	Nov 2019
Faces of UofT – Tyee Fellows	May 2019

### Licensures & Examinations

<b>CFPC</b>	College of Family Physicians of Canada Certification Examination – Scheduled	April 2022
<b>USMLE-2CK</b>	United States Medical Licensing Examination Step 2, Clinical Knowledge – Pass	Sep 2019
<b>MCCQE-1</b>	Medical Council of Canada Qualifying Examination Part 1 – Pass	Aug 2019
<b>USMLE-1</b>	United States Medical Licensing Examination Step 1 – Pass	Mar 2018

## Teaching & Mentorship

<b>Alumni Mentor</b> – MD Alumni Mentorship Program, University of Toronto, Faculty of Medicine	2021
Mentored two third-year medical students through a one-on-one professional development relationship; responsible for creating a safe and trusting environment, and establishing personal boundaries, expectations and communication methods	
<b>Indigenous Interviewer</b> – Summer Mentorship Program, University of Toronto, Faculty of Medicine	2017 – 2020
Selected students at greatest risk of facing structural barriers to higher education – Black, Indigenous, and Low-income families; program offers hands-on experience and mentorship in numerous healthcare fields such as Social Work, Medicine, Nursing	
<b>Indigenous Mentor</b> – 3 <sup>rd</sup> annual Yeyénthos, University of Toronto, Office of Health Professions Student Affairs	2019
Led a 1-hour suturing activity for 16 Indigenous students in grades five and six; Yeyénthos is an initiative that exposes young Indigenous youth to university and medicine to facilitate better access to these professions in the future	

## Interests

<b>Climbing</b>	Avid lead/multipitch rock climber; Stawamus Chief, BC (600m), Dolomite routes, Italy (320m), Red River Gorge, Kentucky
<b>Camping</b>	West Coast Trail (6-day hike), Thomson River (2-week portage), Arctic Tundra (3-day ski-doo), Everest Basecamp (14-day trek)
<b>Coding</b>	R (MSc Thesis), LaTeX (this CV), Python (Data scraping and analysis), SwiftUI (iPhone/iPad apps: <i>ED Tracker, Screen-19</i> )
<b>Music</b>	Electric and acoustic guitar, harmonica, singing; lead guitar for UofT's 2017 Daffydil Musical – "Gabe and the Ward of Wonders"
<b>Photography</b>	Amateur photographer with vintage film cameras – Canon AE-1 and Mamiya 645; develop my own 35mm and 120mm colour film