



# Jill Trinacty, MD

## Endocrinology and Metabolism

Ottawa, ON • 613-505-9704

### Education

#### **Endocrinology and Metabolism Residency** 2016 - 2018

##### **University of Ottawa, The Ottawa Hospital**

Completed 2 years of Endocrinology and Metabolism specialty training covering a breadth of endocrine conditions with a focus on diabetes. Over 8 months of inpatient diabetes and endocrine management in addition to outpatient clinics.

#### **Internal Medicine Residency** 2013 - 2016

##### **University of Ottawa, The Ottawa Hospital**

Completed 3 years of core internal medicine training including a broad range of internal medicine subspecialty training with both inpatient and outpatient experience.

#### **Doctor of Medicine** 2009 - 2013

##### **Dalhousie University, Halifax NS**

Completed four year doctor of medicine including clinical training

#### **Bachelor of Science (Honours)** 2004 - 2008

##### **Saint Francis Xavier University, Antigonish NS**

Completed a four year biology degree including honours research

### Examinations

#### **Royal College of Physicians and Surgeons** - 2018

**Successful completion of the Endocrinology and Metabolism Examination**

#### **Royal College of Physicians and Surgeons** - 2017

**Successful completion of the Internal Medicine Royal College Examination**

#### **MCCQE Part II** - 2014

**Successful completion of the MCCQE II**

#### **MCCQE Part I** - 2013

**Successful completion of the MCCQE I**

### Professional Experience

#### **Clinical Endocrinologist** 2018 - present

##### **LMC Ottawa, Barrhaven ON**

Clinical Endocrinologist assessing and managing a wide variety of endocrine conditions

#### **Clinical Endocrinologist** 2018 - present

##### **Bariatric Medical Institute, Ottawa ON**

Clinical Endocrinologist assessing and managing general endocrine conditions with a focus on peri-bariatric surgery conditions and endocrine condition management in the context of weight management

#### **Consulting Endocrinologist** 2018 - present

##### **Bruyere Continuing Care, Ottawa ON**

Inpatient diabetes and general endocrine management

#### **Vice Chair Endocrinology and Metabolism** 2019 - present

##### **Ontario Medical Association**

Serve as Vice Chair for the Section of Endocrinology and Metabolism advocating for Ontario Endocrinologists and providing recommendations for contract improvements and improved physician health and wellness

#### **Independently Licensed Physician** 2017 - 2019

##### **Moonlighting in Medical Oncology and Hematology**

Provide on call coverage for inpatient medical services including consultation services to the emergency department and both urgent and non-urgent care to admitted patients

#### **Resident Physician** 2013 - 2018

##### **The Ottawa Hospital, University of Ottawa**

Internal Medicine; Endocrinology and Metabolism

## Active Living Coordinator

2008 - 2009

### Town of Kentville

Partnership between the Town of Kentville and the Province of Nova Scotia to develop a strategy and action plan to increase physical activity while engaging with community stakeholders

## Medical Education Experience

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### Lecturer

2017 - present

#### University of Ottawa

Lecturer for the Endocrinology and Metabolism unit

### Case Based Learning Facilitator

2014 - present

#### University of Ottawa

Facilitation of case based learning in Endocrinology

### OSCE Evaluator

2015 - present

#### University of Ottawa

Objective Structured Clinic Examination evaluator for medical students and residents at both the University of Ottawa and Medical Council of Canada

### MCCQE Examination Evaluator

2014 - present

#### Medical Council of Canada

Evaluation of Part I written examination to confirm accuracy and resolve discrepancies; Evaluation of residents history taking, physical examination and communication skills in an OSCE based setting

### Chief Resident, Endocrinology

2017 - 2018

#### University of Ottawa, The Ottawa Hospital

Responsible for formal and informal teaching with rotating residents. Currently working on development of rotating resident curriculum. Development of curriculum for subspecialty Endocrinology Residents and leading and implementing the changes to curriculum.

### Professional Skills Development Tutor

2014 - 2016

#### University of Ottawa

Teaching and evaluating physical exam skills with an emphasis on physiology for students in year 1 and 2 of medical school

### Link Period Tutor

- 2015

#### University of Ottawa

Teaching basic consultation skills to medical students entering their clinical training

### MCCQE Examination Evaluator, Software Development

- 2014

#### Medical Council of Canada

Tested new software designed to evaluate examination responses to determine accuracy of use of technology

### Teaching Assistant and Laboratory Demonstrator

2006 - 2008

#### Saint Francis Xavier University

Demonstrated laboratory techniques and evaluated students written laboratory work and weekly quizzes.

## Publications and Presentations

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### Continuing Medical Education

2018 - present

#### Professional Speaker

Speaker for a wide range of medical professionals providing updates on topics such as the new Diabetes Canada Guidelines, use of medications in diabetes, updates from medical conferences and weight management

**Trinacty, J., & Keely, E. (2019). End of Life: What Does That Mean for the Management of Adult Patients With Type 1 Diabetes?. Canadian journal of diabetes, 43(4), 261-262.**

#### Canadian Journal of Diabetes

Published in print July 2019

<b>Diabetes at End of Life</b>	<b>- 2018</b>
<b>Palliative Care City Wide Grand Rounds</b>	
Presented on the current evidence for treatment of diabetes in patients at end of life and the challenges in practice	
<b>Diabetes in Uganda</b>	<b>- 2018</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
<b>Diabetes at End of Life</b>	<b>- 2018</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
<b>Hypoglycemia in Patients with Diabetes</b>	<b>- 2018</b>
<b>Hospital Wide Rounds, Makerere University, Kampala, Uganda</b>	
Visiting Resident and Teacher at Makerere University in Kampala Uganda for one month. Provided multiple teaching sessions to residents and medical students including hospital wide rounds on hypoglycemia in patients with diabetes	
<b>Evaluating Pituitary and Adrenal Function</b>	<b>- 2017</b>
<b>13th annual update in Endocrinology, University of Ottawa</b>	
Presentation at Family Medicine review course in Endocrinology	
<b>Pancreas transplant in patients with type 1 diabetes</b>	<b>- 2017</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
<b>Hypoglycemia Case Based Learning</b>	<b>- 2017</b>
<b>University of Ottawa</b>	
Interactive lecture covering pathophysiology, symptoms, conditions and treatment of hypoglycaemia	
<b>Plant Based Diets: Evidence for use in prevention and treatment of type 2 diabetes</b>	<b>- 2017</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
<b>Patient and Provider Experience with MyChart™ Access in Endocrinology and Metabolism Clinics</b>	<b>- 2017</b>
<b>Department of Internal Medicine Resident Research Day</b>	
Oral Presentation	
<b>Causes and Prevention of Weight Gain with Insulin Therapy</b>	<b>- 2017</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
Oral Presentation	
<b>Hyperaldosterone and Saline Suppression Testing</b>	<b>- 2017</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
Oral Presentation	
<b>Thyrotoxic Dysphagia: A tough diagnosis to swallow</b>	<b>- 2016</b>
<b>Canadian Society of Endocrinology and Metabolism</b>	
Clinical Vignettes - Poster	
<b>The case of F8.1, TRPM6 mutations and the role of Mg in the human body</b>	<b>- 2016</b>
<b>Canadian Society of Endocrinology and Metabolism</b>	
Oral Presentation	
<b>Obesity: A complex situation for patients and medical practitioners</b>	<b>- 2016</b>
<b>University of Ottawa Medical School Obesity Interest Group</b>	
Guest lecture for the inaugural session	
<b>Eating Disorders in Girls and Women with Type 1 Diabetes</b>	<b>- 2016</b>
<b>Division of Endocrinology and Metabolism Grand Rounds</b>	
Oral Presentation	
<b>The effect of smoking status on success in a weight management program</b>	<b>- 2015</b>
<b>The Obesity Society - Obesity Week; Canadian Obesity Summit; University of Ottawa Resident Research Day</b>	
Poster presentation - awarded recognition as one of the top 10 posters at Obesity Week	

**Obesity: not just a health problem, a healthcare problem**

- 2015

**The Ottawa Hospital Department of Medicine Grand Rounds**

Selected by the Internal Medicine program to give the annual resident lecture for Department of Medicine Grand Rounds

**The Treatment Threshold for Subclinical Hypothyroidism is TSH > 10mU/L**

- 2015

**Division of Endocrinology and Metabolism Grand Rounds**

Oral Presentation

**D.M. Hodges, K. Burger-MacLellan, J.M. Trinacty, M.L. Elliot and S. Fillmore. Effects of increased ascorbic acid content on post-harvest quality of spinach. Amercian Society for Horticultural Science. Scottsdale, Arizona. July 15-19, 2007.**

**Agricultural and Agri-Food Canada**

Honours research for undergraduate degree with ongoing research in the lab of D.M. Hodges.

Awards and Recognition

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**Resident Award for Advocacy & Leadership**

- 2017

**Diabetes Canada**

Awarded to someone who demonstrates leadership and commitment to advocacy efforts for diabetes through specific actions and initiatives and brings about change that has the potential to result in positive, long-term improvement for those affected by diabetes

**Resident Doctors of Canada - Featured Profile**

- 2017

**Resident Doctors of Canada**

Full profile outlining my choice of career in Endocrinology, typical work day, challenges and other aspects of my life as a resident in Endocrinology

[http://residentdoctors.ca/wp-content/uploads/2017/09/Resident-Profile-Endocrinology\\_JTrinacty-EN-R1.pdf](http://residentdoctors.ca/wp-content/uploads/2017/09/Resident-Profile-Endocrinology_JTrinacty-EN-R1.pdf)

**CANMEDs Health Advocate Award**

- 2015

**University of Ottawa Internal Medicine**

Awarded to a resident who displays and works toward advocacy for patients in the health care system

**Dean's List Honours**

2004 - 2008

**Saint Francis Xavier University**

**President's Circle of Young Alumni**

- 2008

**Saint Francis Xavier University**

Awarded to the top 50 contributors to student life

**J.P McCarthy Scholarship**

2004 - 2008

**Saint Francis Xavier University**

Awarded for scholastic excellence and community involvement - full tuition for 4 years

## Professional Development

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Conferences Attended: American Diabetes Association 2019; Canadian Diabetes and CSEM 2017, 2016 & 2015, Obesity Week 2015 & 2014, Canadian Obesity Summit 2015, ENDO 2015; Department of Medicine Resident Research Day 2014, 2015, 2016, 2017

Courses Attended: GSEM GLP-1 Diabetes 2019; Tandem Diabetes Care and Dexcom site visit for Endocrinologists; McMaster Endocrine Update 2018; Clinical Endocrinology Update 2017; CSEM Resident Review Course 2016 & 2015; Internal Medicine Review Course 2016

## Research Participation

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Role of Visual Aids in Code Blue, Simulation Study; Cortisol Levels Before and After Code Blue, Simulation Study; Bedside Teaching Feedback Study; Effective Feedback Tool Validation Study; GEM study: Genetic, Environmental and Microbial Causes of Crohn's; Active Surveillance of adverse events following immunization among healthcare workers; Communication Focus Group

## Volunteer Experience

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Dress For Success: Organized several clothing drives with donations to Dress for Success

Internal Medicine: Royal College Preparatory Session Speaker; CaRMS interviewer; Evaluations Committee; The Ride (formerly Ride the Rideau) bicycle tour fundraiser participant and team organizer; "Buddy" Match coordinator

Dalhousie Medical School: Gold and Silver "D" Awards Selection Committee member; Mock OSCE evaluator; Making Waves swim program instructor; Heartland Tour for cardiovascular awareness logistics coordinator; Cabot Trail Relay team captain (2 consecutive years); Orientation Week Team Leader; Medical School Interviewer; Euphoria and For The Health of It participant

Relay For Life - Previous Event Chair and Team Development (two years)

## Interesting Endeavours

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CBC Radio featured interview regarding physicians attitudes towards obesity

Weighty Matters Guest Blog Post - Do medical schools teach future doctors about weight management?

International Medical Electives - Romania 2010; India 2013; Uganda 2018

Olympic Torch Bearer 2010 Vancouver Winter Olympics

Canadian Inter-University Sport Academic All-Canadian

Saint Francis Xavier Women's Rugby Team - National Champions 2006

Princess Berwick and Queen Annapolis LXXIV 2006