

Jill Trinacty, MD

Endocrinology and Metabolism

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Education

Endocrinology and Metabolism Residency 2016 - 2018
University of Ottawa, The Ottawa Hospital
PGY5 Chief Resident

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 - 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

Endocrinologist 2018 - present
LMC Diabetes and Endocrinology
Management of general endocrinology and diabetes patients in a collaborative team based setting

Endocrinologist 2018 - present
BMI Medical Institute
Management of endocrinology issues for patients undergoing a weight loss program or weight loss surgery

Independently Licensed Physician 2017 - present
Moonlighting in Medical Oncology, Hematology and General Internal Medicine
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

Endocrinology and Metabolism - Med Year 2 2017 - present
University of Ottawa
Lecturer

Case Based Learning Facilitator 2014 - present
University of Ottawa
Facilitation of case based learning in Endocrinology

OSCE Evaluator 2015 - present
University of Ottawa

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.

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 com munition skills in an OSCE based setting

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

End of Life – What does that mean for management of patients with type 1 diabetes? - 2018
Canadian Journal of Diabetes
Accepted and pending publication

Diabetes in Uganda: My experience in the African Nation - 2018
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

Transplantation in the Management of T1DM - 2018
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

Plant Based Diets: Evidence for use in prevention and treatment of type 2 diabetes - 2017
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

Patient and Provider Experience with MyChart™ Access in Endocrinology and Metabolism Clinics - 2017
Department of Internal Medicine Resident Research Day
Oral Presentation

Causes and Prevention of Weight Gain with Insulin Therapy - 2017
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

Hyperaldosterone and Saline Suppression Testing - 2017
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

Thyrotoxic Dysphagia: A tough diagnosis to swallow - 2016
Canadian Society of Endocrinology and Metabolism
Clinical Vignettes - Poster

The case of F8.1, TRPM6 mutations and the role of Mg in the human body - 2016
Canadian Society of Endocrinology and Metabolism
Oral Presentation

Obesity: A complex situation for patients and medical practitioners - 2016
University of Ottawa Medical School Obesity Interest Group
Guest lecture for the inaugural session

Eating Disorders in Girls and Women with Type 1 Diabetes - 2016
Division of Endocrinology and Metabolism Grand Rounds
Oral Presentation

The effect of smoking status on success in a weight management program - 2015
The Obesity Society - Obesity Week; Canadian Obesity Summit; University of Ottawa Resident Research Day
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

Education Advocacy Award Nominee - 2017
Diabetes Canada
Awarded to a person who has demonstrated exemplary leadership, commitment and dedication in advancing public policy in the interests of people living with diabetes and in accordance with the advocacy strategy of Diabetes Canada.

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

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

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

Courses Attended: Clinical Endocrinology Update 2017; CSEM Resident Review Course 2016 & 2015; Internal Medicine Review Course 2016

Research Participation

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

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

University of Ottawa / The Ottawa Hospital: 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: Previously Event Chair and Team Development (two years)

Interesting Endeavours

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 Annapolisa LXXIV 2006