



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 University of Ottawa Lecturer	2017 - present
Case Based Learning Facilitator University of Ottawa Facilitation of case based learning in Endocrinology	2014 - present
OSCE Evaluator University of Ottawa	2015 - present
Chief Resident, Endocrinology 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.	2017 - 2018
MCCQE Examination Evaluator 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	2014 - present
Professional Skills Development Tutor University of Ottawa Teaching and evaluating physical exam skills with an emphasis on physiology for students in year 1 and 2 of medical school	2014 - 2016
Link Period Tutor University of Ottawa Teaching basic consultation skills to medical students entering their clinical training	- 2015
MCCQE Examination Evaluator, Software Development Medical Council of Canada Tested new software designed to evaluate examination responses to determine accuracy of use of technology	- 2014
Teaching Assistant and Laboratory Demonstrator Saint Francis Xavier University Demonstrated laboratory techniques and evaluated students written laboratory work and weekly quizzes.	2006 - 2008

Publications and Presentations

End of Life – What does that mean for management of patients with type 1 diabetes? Canadian Journal of Diabetes Accepted and pending publication	- 2018
Diabetes in Uganda: My experience in the African Nation Division of Endocrinology and Metabolism Grand Rounds Oral Presentation	- 2018
Transplantation in the Management of T1DM Division of Endocrinology and Metabolism Grand Rounds Oral Presentation	- 2018
Plant Based Diets: Evidence for use in prevention and treatment of type 2 diabetes Division of Endocrinology and Metabolism Grand Rounds Oral Presentation	- 2017
Patient and Provider Experience with MyChart™ Access in Endocrinology and Metabolism Clinics Department of Internal Medicine Resident Research Day Oral Presentation	- 2017

- 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 Annapolis LXXIV 2006