

People in Public Health

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I originally trained in family medicine through UBC, with the intention of becoming a 'full service rural doc'. It was the following years working as family doctor throughout the north (Inuvik, Iqaluit and Haida Gwaii) that brought me to reconsider my career path. While I enjoyed practicing medicine in these aboriginal communities, I felt increasingly frustrated because clinical medicine did little to address the systemic barriers to health that these communities faced. Through this frustration my interest in public health began.

During my years in the North I also married a man from Annapolis Royal, Nova Scotia; I now call this community home and I have a family practice here. Rural Nova Scotia, like much of rural Canada, suffers economic stagnation and the ensuing health disparities again drew me to consider a career beyond family medicine. With the support of the Government of Nova Scotia I was fortunate to gain a re-entry position at the University of Toronto. I have a unique arrangement where I will complete almost all of my training from Nova Scotia, while still being a UofT resident.

Being the sole PHPM resident in Nova Scotia is not without challenges. Fortunately modern technology makes attending academic rounds each Friday quite feasible, and I look forward to the few times per year that I travel to Toronto and have the chance to get to know other residents face-to-face.

Upon completing of my training I intend to work as an MOH in Nova Scotia. My public health interests, guided by my clinical experiences, are in aboriginal health policy and rural health inequity.

Outside of residency I am part of a fantastic group family practice; I have tremendous colleagues who have been extremely accommodating of the time I need away from the practice to complete my PHPM training. My best job, however, is being with my 2 young children. My daughter turns three this month and I am currently on maternity leave with my son, who is seven months old.