

Dr. Eric Sigmund, MD, CCFP

Lonsdale & 17th Medical Clinic, 1616 Lonsdale Ave, North Vancouver, BC, V7M 2J3

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EDUCATION

- **Family Medicine Postgraduate Residency** June 2018
University of British Columbia, Coastal Site
- **Doctor of Medicine** May 2016
Michael G. DeGroot School of Medicine, McMaster University, Hamilton, ON
- **Bachelor of Science with Distinction in General Mathematics** May 2011
(with a 95% academic average), Queen's University, Kingston, ON

CERTIFICATIONS

- **Certificant of the College of Family Physicians (CCFP)** 2018
- **Provincial Opioid Addiction Treatment Support Program** 2018
(BC Centre on Substance Abuse; allows for methadone and buprenorphine/naloxone)
- **Licentiate of the Medical Council of Canada (LMCC)** 2017
- **Neonatal Resuscitation Program (NRP)** 2016
- **Advanced Cardiovascular Life Support (ACLS)** 2016
- **Advances in Labour and Risk Management (ALARM)** 2016

ELECTIVES

- **General Internal Medicine** Dr. K. McLeod Nov. 2017
North Vancouver, BC (4 weeks)
- **Family Medicine** Health Connection Clinic Sept. 2017
(for complex, underserved patient populations) North Vancouver, BC (6 weeks)
- **Family Medicine** Dr. K. Bracken Jan. 2016
McMaster Family Practice, Hamilton, Ontario (2 weeks)
- **Physical Medicine and Rehabilitation** Dr. S. Baker Aug. 2015
Neuromuscular and Neurometabolic Clinic, McMaster University (2 weeks)
- **Family Medicine** Dr. D. DiValentino and Dr. J. Moreno April 2015
Main East Medical, Hamilton, Ontario (2 weeks)
- **Family Medicine** Dr. S. Rechner Mar. 2015
Southwest Family Health Centre, Hamilton, Ontario (2 weeks)
- **Family Medicine** Dr. L. Solomon and Dr. S. Hadcock Feb.-Mar. 2015
Multiple clinics, Hamilton, Ontario (4 weeks)
- **Psychiatry** Dr. A. Brotea, Dr. B. Frey, Dr. S. Archie, Dr. I. Milosevic, et al. Nov. 2014
Anxiety/Mood disorders, Women's Health, Hamilton, Ontario (4 weeks)
- **Family Medicine** (pre-clerkship) Dr. M. Sadowski, Dr. S. Barclay, et al. July 2014
Kings Lane Medical Clinic, Salt Spring Island, British Columbia (4 weeks)
- **Adolescent and Child Psychiatry** (pre-clerkship) Dr. J. Couturier June 2014
McMaster Children's Hospital, Hamilton, Ontario (3 weeks)

AWARDS AND ACHIEVEMENTS

- **Dr. Morton Dodek Award in Family Medicine nomination**, UBC 2017
(awarded from the Department of Family Practice for care, competence, and compassion)
- **Dr. Irene Turpie Internal Medicine Geriatrics Award**, McMaster University 2016
- **Dr. James Buchan Medical School Scholarship Award** (x3) 2013-2015
(in recognition of academic/clinical performance and extracurricular achievements)
- **Achieved an average percentile score of 98.8 (with a maximum of 99.6)** 2014- 2015
on the Personal Progress Index examinations during medical school
(standardized LMCC-type tests completed by all students at McMaster University)
- **Attained the highest score in the Hamilton campus or my cohort (of 24 students)** 2015
on all clerkship examinations (when such information was available)
- **Scored above the 98th percentile on the Medical College Admission Test (MCAT)** 2012
- **Susan Near Prize in Physics** (x2), Queen's University 2009- 2010
(for achieving the highest academic average in physics)
- **Dean's Honour List with Distinction**, Queen's University 2010
(for attaining an academic average in the top 3% of my program)
- **The John and Elizabeth Murray Scholarship**, Queen's University 2010
- **Dora and Beatrice H. Scholarship in Mathematics**, Queen's University 2010
- **Lady Minto Hospital Auxiliary Scholarship** (x2) 2008-2009
(in recognition of academic performance and contributions to a hospital)
- **The Arthur Loudon Scholarship in Physics**, Queen's University 2009
- **The Edna McGill Prize in Physics**, Queen's University 2009
- **The Governor General's Academic Bronze Medal** 2008
(for graduating from secondary school with the highest academic average)
- **Peer Counseling Service Award**, Gulf Islands Secondary School (x2) 2006-2007
- **Citizenship Award**, Gulf Islands Secondary School (x2) 2006- 2007
- **Provincial Excellence Award**, Millennium Scholarship Foundation 2007
- **Principal's Scholarship**, Queen's University 2007
- **Grade 12 Provincial Scholarship Award**, Gulf Islands Secondary School 2007
- **PAC Scholarship for Excellence in Science**, Gulf Islands Secondary School 2007

PEER REVIEWED PUBLICATIONS

- **Sigmund E., Nguyen K., Terlien P.** Dyslipidemia Clerkship Case UBC MD Undergraduate Program, Department of Family Practice Mar. 2017
- **Sigmund E.** Vitamin D Deficiency: Pathogenesis. *The Calgary Guide to Understanding Disease*, published online at calgaryguide.ucalgary.ca Oct. 2015
- **Sigmund E.** High Anion Gap Metabolic Acidosis: Pathogenesis. *The Calgary Guide to Understanding Disease*, published online at calgaryguide.ucalgary.ca Aug. 2015
- **Sigmund E.** Acquired Disorders of Reduced Bone Strength: Pathogenesis. *The Calgary Guide to Understanding Disease*, published online at calgaryguide.ucalgary.ca May 2015
- **Sigmund E.** Pre-renal Acute Kidney Injury: Pathogenesis. *The Calgary Guide to Understanding Disease*, published online at calgaryguide.ucalgary.ca May 2015
- **Sigmund E.** Retroviral Infections: Mechanisms of Oncogenesis. *The Calgary Guide to Understanding Disease*, published online at calgaryguide.ucalgary.ca Mar. 2015

VOLUNTEER SERVICE

- **Author and Content Creator** for the UBC MD Undergraduate Program Family Medicine clerkship curriculum 2016-2017
- **Associate Editor** for The Calgary Guide to Understanding Disease 2015-2016
- **Mentor** for the Clerk 2 Clerk program at McMaster University (to provide guidance to students entering clerkship) 2015-2016
- **Medical School Tutor** (for standardized examinations) 2015-2016
- **Assessor** for the Mock Objective Structured Clinical Examinations 2015-2016
- **Author** for The Calgary Guide to Understanding Disease 2014-2016
- **Creator** of Medical School Flowcharts Google website 2014-2016
- **Volunteer Companion** for patients with dementia at an elderly care facility 2005-2015
- **Volunteer Science Tutor** for marginalized community members 2010-2014
- **Volunteer Care Assistant** at the Extended Care Unit of Lady Minto Hospital 2006-2014
- **Facilitator and Assistant** at Gulf Islands New Beginnings (a vocational rehabilitation program for those with mental illness or addictions) 2012-2013
- **Member** of Salt Spring Island's Physician Recruitment Committee 2012-2013
- **Member** of the Board of Directors for Salt Spring Literacy Society 2012
- **Volunteer Coordinator** for fundraising projects with Salt Spring Literacy Society 2012
- **Friendly Visitor** for Community Wellness Programs (to help isolated elderly individuals) 2011
- **Volunteer Companion** for the Alzheimer Society of Kingston, Ontario 2008-2010
- **Volunteer Driver** for Meals on Wheels (delivering meals to those in need) 2009
- **Executive Member** for Kids 4 Kids (fundraising for the pediatric unit of a hospital) 2008-2009
- **Peer Counselor and Mediator** at Gulf Islands Secondary School 2006-2007
- **Co-organizer** of HIV/AIDS initiatives in Canada and abroad 2005-2007

EMPLOYMENT

- **Family Physician**, Lonsdale & 17th Medical Clinic, North Vancouver Present
- **Complex Care Physician for marginalized populations**, Health Connection Clinic, North Vancouver Present
- **Adult Addiction Medicine Physician**, Stepping Stones, North Vancouver Present
- **Complex Care and Addiction Medicine Physician for youth**, Foundry North Shore, North Vancouver Present
- **Resident Doctor** in family practice at the University of British Columbia, Coastal Site 2016-2018
- **Online Tutor** in calculus, chemistry, and physics at Tutor.com 2012-2013
- **Personal Care Assistant** at the Extended Care Unit of Lady Minto Hospital 2011-2013
- **Research and Laboratory Assistant** at Hypex Technologies Inc. 2008-2013
- **Tutor** in mathematics, chemistry, and physics 2007-2013
- **Medical College Admission Test (MCAT) Instructor** for The Princeton Review 2012
- **Evaluator** of a vocational rehabilitation pilot project for Salt Spring Literacy Society 2011-2012

FAVOURITE HOBBIES

- **SCUBA Diving** (with Professional Association of Diving Instructors certifications) 2009-Present
- **Hiking** (including mountain climbing) 2000-Present
- **Freestyle Skiing** (6th place in BC Winter Games while competing on a team) 1999- Present