



srpc.ca

SCIENTIFIC EDITOR
RÉDACTEUR SCIENTIFIQUE
PETER HUTTEN-CZAPSKI, MD
Haileybury, Ont.

ASSOCIATE SCIENTIFIC EDITOR
RÉDACTEUR SCIENTIFIQUE ASSOCIÉ
GORDON BROCK, MD
Temiscaming, Que.

MANAGING EDITOR
DIRECTRICE DE LA RÉDACTION
SUZANNE KINGSMILL, BA, BSc, MSc
Toronto, Ont.

ASSISTANT EDITORS
RÉDACTEURS ADJOINTS
MIKE GREEN, MD
Kingston, Ont.

MARY JOHNSTON, MD
Revelstoke, BC

TRINA M. LARSEN SOLES, MD
Golden, BC

ROBERT MARTEL, MD
Arichat, NS

JAMES ROURKE, MD
St. John's, NL

GABE WOOLLAM, MD
Happy Valley-Goose Bay, NL

Canadian Journal of Rural Medicine (CJRM) is owned by the Society of Rural Physicians of Canada (SRPC). It appears in Winter, Spring, Summer and Fall. It is printed by The Lowe-Martin Group, Ottawa, Ont.

Address all correspondence to: Editor, CJRM, 45 Overlea Blvd., P.O. Box 22015, Toronto ON M4H 1N9; fax 416 961-8271; manedcjr@gmail.com

CJRM is indexed in *Index Medicus* and MEDLINE.

Publications Mail Agreement no. 4138705. Send address changes to: CMA Member Service Centre, CJRM, 1870 Alta Vista Dr., Ottawa ON K1G 6R7; 888 855-2555; cmamsc@cma.ca

ISSN 12037796

All prescription drug advertisements have been cleared by the Pharmaceutical Advertising Advisory Board.

Printed on acid-free paper from inception.

© 2018 Society of Rural Physicians of Canada



Canadian Journal

of
**Rural
Medicine**

Journal canadien

de la
**médecine
rurale**

VOL. 23, No. 2, SPRING / PRINTEMPS 2018

EDITORIALS / ÉDITORIAUX

- 35** Medical publishing is broken — *Peter Hutten-Czapski, MD*
- 36** Les publications médicales ne vont pas bien — *Peter Hutten-Czapski, MD*
- 37** President's message. Advancing rural medicine — *Tom Smith-Windsor, MD*
- 38** Message du président. Faire avancer la médecine familiale rurale — *Tom Smith-Windsor, MD*

ORIGINAL ARTICLES / ARTICLES ORIGINAUX

- 39** Maternal opioid use disorder and neonatal abstinence syndrome in northwest Ontario: a 7-year retrospective analysis — *Joe Dooley, MB BCh BAO; Gareth Ryan, BSc(Hons); Lianne Gerber Finn, MD; Megan Bollinger, MD; Cai-lei Matsumoto, MPH; Wilma M. Hopman, MA; Len Kelly, MD*
- 45** A quantitative day in the life of a Saskatchewan rural physician — *Emmett Harrison, BSc(Hons); Paul B.A. Dhillon, MB BCh BAO*

THE PRACTITIONER / LE PRATICIEN

- 51; 56** Country cardiograms case 62 — *Charles Helm, MD*
- 52** The fine points of taping — *Gordon Brock, MD*

Join our email discussion groups

RuralMed MedRurale StudentRuralMed

Contribute to, or just listen in on, our email discussion groups. Send an email including your name and the words "Subscribe to..." to

jennak@srpc.ca



Sand Dunes

Acrylic on canvas, 30" x 24" x 1"
by Sharon M. Duguay, 2018

"Sand Dunes is a painting from a photo by Kristina Rinell. Sunset on the dunes below Yaquina Bay lighthouse on the Central Oregon Coast, US."

<https://sharon-duguay.pixels.com/>;

[https://sharon-duguay.pixels.com/](https://sharon-duguay.pixels.com/featured/sand-dunes-sharon-duguay.html)

[featured/sand-dunes-sharon-duguay.html](https://sharon-duguay.pixels.com/featured/sand-dunes-sharon-duguay.html); sharael@live.ca

CJRM is published for the SRPC by Joule Inc., a wholly owned subsidiary of the Canadian Medical Association (CMA). The SRPC and the CMA subsidiary assume no responsibility or liability for damages arising from any error or omission, or from the use of any information or advice contained in the journal, including articles, editorials, case reports, reviews, book reviews, letters and advertisements. All editorial matter in CJRM represents the opinions of the authors and not necessarily those of the SRPC, the CMA or its subsidiary.

**EDITOR-IN-CHIEF, INTERIM,
THE CMAJ GROUP
RÉDACTRICE EN CHEF PAR INTÉRIM,
GROUPE JAMC**
DIANE KELSALL

**PUBLISHER, INTERIM
ÉDITRICE PAR INTÉRIM**
HOLLY BODGER

**MANAGING EDITOR
DIRECTRICE DE LA RÉDACTION**
KATE BROWN
800 663-7336 x8417
kate.brown@cma.ca

PRODUCTION
JENNIFER PERSHICK
CAROLE LALONDE, SARAH O'NEILL,
CLARA WALKER

**ONLINE PUBLISHING
PUBLICATION EN DIRECT**
JAMES MANSHIP

**CAREER/CLASSIFIED ADVERTISING
CARRIÈRES ET ANNONCES CLASSÉES**
LAURIE MCLEOD, SUSAN RITCHIE
advertising@cma.ca

**MARKETING AND ADVERTISING
SALES MARKETING ET PUBLICITÉ**
KEITH COMMUNICATIONS INC.
info@keithhealthcare.com
Oakville: 905 849-7777; 800 661-5004
fax 905 849-1055

OFF CALL / DÉTENTE

58

A step in the right direction: continuous mentorship programs as part of a multidimensional credentialing and privileging process for rural surgery and obstetrics — *Bret Batchelor, MD;*

Fred Janke, MD; Brian Geller, MD

60

CAREER / CLASSIFIED ADVERTISING CARRIÈRES ET ANNONCES CLASSÉES

INSTRUCTIONS FOR AUTHORS / DIRECTIVES AUX AUTEURS

Visit/visitez srpc.ca

SERVICE INFORMATION / RENSEIGNEMENTS GÉNÉRAUX

Visit/visitez srpc.ca

ARE YOU A RESEARCHER?

Have you an original research paper ready to submit? Send it in!

Have you a research paper archived on your computer waiting for the right time to submit? Dust it off!

Are you in the midst of doing a research paper and looking to have it published? Think *CJRM*!

CJRM welcomes original research submissions with a rural medicine slant, up to 3500 words long and sent in for peer review and potential publication. Check out our Instructions for Authors at srpc.ca.

SRPC AND THE ROUNDS

The Society of Rural Physicians of Canada is excited to announce its official partnership with The Rounds.

The Rounds has been built specifically for physicians in Canada. The platform is free for any practising physician, and the SRPC group (for SRPC members only) has been designed specifically for rural collaboration. The platform will allow us to have more engaging conversations, and for those subscribed to the listserv (RuralMed), it will offer a new and exciting place to engage with familiar peers. Signing into The Rounds will immediately connect you with thousands of physicians and surgeons.

The Rounds platform offers a wide range of member benefits. We encourage you to sign up and join the official SRPC group here: www.therounds.ca