

## Report on FMF at Quebec City from Claude H. Murphy Award Recipient, Dr Holly Hamilton

There was no preconceived notion of what FMF would be like; I have never attended FMF nor have I ever been to Quebec City. Both were more amazing than I could have ever imagined. I was very excited to attend the pre-conference day with the section of teachers and of course this as well did not disappoint. I walked in and felt a little out of place. I recognized people that had been my preceptors, others I had seen on the covers of bulletins and newsletters. I was definitely humbled by the company around me, however, as the day went on, I realized that I was "one of these people" and I have never been so hit with the notion of realization. The conversations regarding residents and medical students, successes and difficulties, were all conversations I had had with my colleagues at our teaching site. We were not alone; it was a sense of relief knowing that others were having similar difficulties and even more relief when they had suggestions and solutions to our problems.

The next day, I had the opportunity to see classmates I have not seen for several years; there were smiles, hugs, and tears as we shared our experiences. We were not alone, as over the hum of discussion you could see that look between people who had not seen each other for so long but could still recognize each other from across the room. They would meet somewhere in the middle and they would talk like there was never a pause in their friendship.

The remainder of the week was filled with a nice mix of the art and science of medicine, none as dramatic as jugglers performing in the middle of a room surrounded by fact filled posters, both impressing all that walked into the room. When it came to presentations done by specialists, it was evident there was a respect for family medicine as a whole. Students, residents, and physicians, in both the early and late stages of their practices, all walked together in a sense of cohesion; the glue that held them together was family medicine. Together, we are a force, the new technology, the experience, the wisdom all together in the same building all striving to learn and to be better.

Quebec City was the perfect atmosphere for FMF. The heartbeat is so strong and vibrant in this city, you can't help but feel the pulse while you are walking down the twisted veins of the city, each turn showcasing the joie de vivre that Quebec is so well known for. The city is filled with architecture, art, history and food that enlightens the mind and soul.

As a final statement about FMF I would say it allowed me reignite the flame of passion for medicine and more so made me realize how proud I am to be a family physician.