

**SCIENTIFIC EDITOR**  
**RÉDACTEUR SCIENTIFIQUE**  
 JOHN WOOTTON, MD  
 Shawville, Que.

**MANAGING EDITOR**  
**DIRECTRICE DE LA RÉDACTION**  
 SUZANNE KINGSMILL, BA, BSc, MSc  
 Shawville, Que.

**ASSISTANT EDITORS**  
**RÉDACTEURS ADJOINTS**

MARTIN BENFEY, MD  
 Fort-Coulonge, Que.

GORDON BROCK, MD  
 Temiscaming, Que.

MIKE GREEN, MD  
 Moose Factory, Ont.

STUART IGLESIAS, MD  
 Hinton, Alta.

ROBERT MARTEL, MD  
 Arichat, NS

JAMES ROURKE, MD  
 Goderich, Ont.

CARL WHITESIDE, MD  
 Vancouver, BC

The *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 Dollico Printing, Ottawa.

Address all correspondence to:  
 Editor  
*Canadian Journal of Rural Medicine*  
 Box 1086  
 Shawville QC J0X 2Y0  
 tel 819 647-2972, fax 819 647-9972  
 cjrm@ca.inter.net

"Instructions for Authors" and "Service Information": see [www.cma.ca/cjrm](http://www.cma.ca/cjrm).

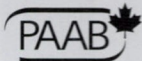
Publications Mail Agreement no. 40064383; Return undeliverable Canadian copies and subscription address changes to: CMA Member Service Centre, *CJRM*, 1867 Alta Vista Dr., Ottawa ON K1G 3Y6; 888 855-2555, [cmamsc@cma.ca](mailto:cmamsc@cma.ca). USPS #015-606. USPS periodical postage paid at Champlain, NY, and additional locations. Return other undeliverable copies to International Media Services, 100 Walnut St., #3, PO Box 1518 Champlain NY 12919-1518.

Canada

We acknowledge the financial support of the Government of Canada, through the Canada Magazine Fund, toward our editorial costs.

ISSN 12037796

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



© 2004 Society of Rural Physicians of Canada

**VOL. 9, No. 2, SPRING / PRINTEMPS 2004**

**EDITORIALS / ÉDITORIAUX**

- 75 An N of 1 — *John Wootton, MD*  
 76 Un N de 1 — *John Wootton, MD*  
 77 President's message: Regionalization woes — *Jill Konkin, MD*  
 78 Message de la présidente : Les malheurs de la régionalisation — *Jill Konkin, MD*

**ORIGINAL ARTICLES / ARTICLES ORIGINAUX**

- 82 Effectiveness of financial incentives in exchange for rural and underserved area return-of-service commitments: systematic review of the literature — *Ian P. Sempowski, MD, CCFP(EM)*  
 89 Colonoscopy procedures at a small rural hospital — *Erle Kirby, MD, CCFP, FCFP*  
 94 The first 25 years of the Northwestern Ontario Medical Programme — *William McCready, MB BCh, MRCP (UK), FRCPC; John Jamieson, PhD; Mun Tran, MA; Susan Berry, Dip PT, BA, MCE*  
 101 Cancer follow-up care in New Brunswick: cancer surveillance, support issues and fear of recurrence — *Baukje (Bo) Miedema, PhD; Sue Tatemichi, MD, CCFP; Ian MacDonald, MD, CCFP*

**THE PRACTITIONER / LE PRATICIEN**

- 110 Country cardiograms case 25 — *Keith MacLellan, MD*  
 111 The occasional knee aspiration or injection — *John Wootton, MD, CCFP, FCFP; Earl Potvin, MD, FRCSC; Josh Friedman, MD*

**116 INSTRUCTIONS FOR AUTHORS  
 DIRECTIVES AUX AUTEURS**

**132 CLASSIFIED ADVERTISING / ANNONCES CLASSÉES**

**SERVICE INFORMATION**

[See next page (p. 73), or visit [www.cma.ca/cjrm](http://www.cma.ca/cjrm)]

NORVASC® is a long-acting dihydropyridine calcium channel blocker.  
 Product Monograph available on request from Pfizer Canada Inc., Kirkland, Quebec H9J 2M5

Pfizer  
 TM Pfizer Products Inc. Pfizer Canada Inc., licensee  
 PAAB R&D





"Country Road"

24" x 30" (61 cm x 76 cm)  
oil on canvas

Vicky Lentz, St-Jacques, NB

www.vickylentz.com  
info@vickylentz.com

© 2002 Vicky Lentz

ASSOCIATION  
MÉDICALE  
CANADIENNE



CANADIAN  
MEDICAL  
ASSOCIATION

*CJRM* is published for the SRPC by the Publications Directorate of the CMA, 1867 Alta Vista Dr., Ottawa ON K1G 3Y6. The SRPC and the Canadian Medical Association (CMA) 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 or the CMA.

**ACTING DIRECTOR / DIRECTEUR PAR  
INTÉRIM, PUBLICATIONS**  
LORNE ROSS

**ASSOCIATE DIRECTOR, PUBLISHING  
SERVICES / DIRECTRICE ASSOCIÉE,  
SERVICES D'ÉDITION**  
GLENDA PROCTOR, MSc, ELs

**EDITOR / RÉDACTRICE, PUBLICATIONS**  
JENNIFER E. RAICHE  
800 663-7336 x2114  
jennifer.raiche@cma.ca

**TRANSLATION / TRADUCTION**  
MARIE SAUMURE

**PRODUCTION**  
KATHRYN A. FREAMO  
NICOLE BARBEAU, CLARA WALKER

**ONLINE PUBLISHING  
PUBLICATION EN DIRECT**  
HOLLY BODGER  
JEREMY SIMS, SHIRLEY WADDELL

**CLASSIFIED ADVERTISING  
ANNONCES CLASSÉES**  
BEVERLEY KIRKPATRICK  
DEBORAH RODD, TRACY HUCKABONE

**DISPLAY ADVERTISING  
ANNONCES PUBLICITAIRES**  
NANCY POPE  
advertising@cma.ca

**MARKETING AND ADVERTISING SALES  
MARKETING ET PUBLICITÉ**  
KEITH HEALTH CARE  
info@keithhealthcare.com  
Toronto: 905 278-6700; 800 661-5004  
fax 905 278-4850  
Montreal: 514 624-6979; 877 761-0447  
fax 514 624-6707

## SERVICE INFORMATION

**Society of Rural Physicians of Canada (SRPC) members:** Subscription price included in membership fee.

**Nonmembers (2004 rates):** *Individuals and institutions:* Canada, \$59 (single copy, \$30); USA and elsewhere, US\$65 (single copy, US\$30). *Students and others:* Please contact the CMA Member Service Centre (see next paragraph) for information. These rates include surface postage. Airmail postage is available for an extra charge of US\$23/yr to the USA and US\$43/yr elsewhere. Canadian subscribers please add 7% GST / 15% HST (NS, NB, NF) as applicable.

All subscriptions are payable in advance. Payment should be made to the Canadian Medical Association (CMA) in the funds specified. MasterCard, VISA and American Express are accepted. Orders or requests for information should be addressed to: *CJRM*, CMA Member Service Centre, 1867 Alta Vista Dr., Ottawa ON K1G 3Y6; 888 855-2555 x2307 (Canada/US) or 613 731-8610 x2307; fax 613 236-8864; cmamsc@cma.ca

**Missing issues:** Claims for missing issues must be made within 3 months of publication date (subject to availability).

**Change of address:** Send one month before effective date to the CMA Member Service Centre (see above) for Canadian addresses, or to International Media Services of New York, 100 Walnut St., #3, PO Box 1518, Champlain NY 12919-1518 (US and elsewhere).

**Reprints:** Bulk reprints of *CJRM* articles are available in minimum quantities of 50. For information please contact the reprint coordinator, Janis Murrey, 800 663-7336 or 613 731-8610 x2110; fax 613 565-7704; janis.murrey@cma.ca.

**Copyright and Permissions:** Copyright for all material is held by the SRPC or its licensors, unless otherwise indicated. You may reproduce or otherwise use material from this journal only in accordance with Canadian copyright law and provided that credit is given to the original source. In the case of photocopying or other reprographic copying, please contact the Canadian Copyright Licensing Agency (Access Copyright): 800 893-5777; www.accesscopyright.ca. For any other use, including republishing, redistribution, storage in a retrieval system or transmission in any form or by any means, please contact Permissions Coordinator, CMA Publications, 1867 Alta Vista Dr., Ottawa ON K1G 3Y6; fax 613 565-7704; permissions@cma.ca

**Availability:** *CJRM* is available through Ovid Technologies, EbscoHost EJS, ProQuest Information and Learning Company, CAB Abstracts, Global Health and *Ubrich's International Periodicals Directory*. All articles published in *CJRM* are available free at the time of publication at www.cma.ca/cjrm.

**RuralMed:** To locate information on RuralMed (the SRPC Listserv) please see the Journal's Table of Contents; information is also available online.

**Advertising: Classified ads:** Contact Bev Kirkpatrick or Deborah Rodd, *CJRM*, 1867 Alta Vista Dr., Ottawa ON K1G 3Y6; 800 663-7336 or 613 733-8610 x2127/2314, fax 613 565-7488, advertising@cma.ca. See Classified Advertising section of *CJRM* for information on rates. **Display ads:** Contact Nancy Pope (see preceding information); x2111.

## ADVERTISERS' INDEX / INDEX DES ANNONCEURS

### AVENTIS PHARMA

Actonel 70  
Altace Inside Back Cover

### BOEHRINGER INGELHEIM

Spiriva 74

### GLAXOSMITHKLINE

Avandamet Inside Front Cover, 69

### KLINIX SOFTWARE

93

### PFIZER CANADA INC.

Bextra 80, 81  
Lipitor 72  
Norvasc 71, Outside Back Cover

### SOLVAY PHARMA

Pantaloc 108, 109

### PRESCRIBING INFORMATION

Actonel 117, 118, 119  
Altace 122  
Avandamet 123, 124, 125  
Bextra 126, 127  
Lipitor 128, 129  
Norvasc 130  
Pantaloc 131  
Spiriva 120, 121