



## **Dr. Jonathan Fairbairn R3**

**Educational background:** I studied a BSc. in Pharmacology, and completed my medical degree at Western University.

**Hometown:** I'm from Chatham, Ontario.

**Research/Academic interests:** I'm interested in studying the metabolic side effects of antipsychotics in patients with severe and persistent mental illness. Also, I have an interest in the effectiveness of day hospital treatment programs as an alternative to inpatient care.

**Hobbies/Personal interests:** Cooking, jogging, reading in cafes, backpacking, Mandarin Chinese, and classical acoustic guitar

### **What would you like to tell prospective applicants to our program?**

I enjoy the smaller size of the program--it allows you to really get to know your colleagues and preceptors. Also, Kingston lends itself to a nice quality of life. Many residents live on the water, and are only ten minute from Kingston General Hospital, Hotel Dieu Hospital, and the historic downtown.

### **If you weren't a psychiatry resident, what other speciality (or occupation) would you have done?**

If I wasn't in Psychiatry, I would be a rural family doctor. One of those docs who does a bit of everything.

### **What is your favorite sound?**

My family's kitchen, full of people talking and the sounds of cooking, preferably on Christmas or Thanksgiving.

### **What is your greatest accomplishment?**

Getting accepted into medical school.

### **What is your most treasured possession?**

A compass my grandfather had with him at Normandy in World War II.

### **What type of Psychiatry would you like to practice in the future?**

I can see myself practicing General Adult Psychiatry in a smaller community setting.

### **What is your motto (or words that mean a lot to you)?**

"The enemy of good is perfection/Perfect is the enemy of good" – Voltaire

### **Which superpower would you most like to have?**

I would say telepathy, although I'd like to be able to 'turn-off' this power when I want.

### **Favorite restaurant in Kingston:**

I don't think I can choose just one, it depends on what type of food I'm feeling like. A short list would include Woodenheads, Dianne's Fishbar, and Sima Sushi.