

Bichara Solomon Sahely

BSc (Hons), MBBS, DM (Internal Medicine)

Consultant Internist | Adult Internal Medicine | Clinical Educator

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PROFESSIONAL PROFILE

Consultant internist with more than two decades of specialist practice in hospital and community settings, combining adult Internal Medicine, longitudinal outpatient care, clinical teaching, physician supervision and public-health service. Completed postgraduate Internal Medicine training at The University of the West Indies and a six-month PGY-2 elective at the University of Toronto. Relocated to Canada in 2026 and pursuing Ontario registration and supervised clinical opportunities in Internal Medicine.

CURRENT PROFESSIONAL ACTIVITIES

Member, Medical Board of St. Christopher and Nevis

2006–Present

Federation of St. Christopher and Nevis

- Continue to participate remotely by videoconference pending appointment of a successor.
- Contribute to professional-regulatory deliberations based on long-standing clinical and health-system experience.

MEDICAL REGISTRATION, CANADIAN EXPERIENCE AND EXAMINATIONS

Permanent Registration as a Medical Internist — Registration No. M063

19 Jan 1999–Present

Medical Board of St. Christopher and Nevis

MBBS recognized July 1997; specialist qualification in Internal Medicine recognized 21 October 2003. Current certificate issued 12 August 2026.

Postgraduate Internal Medicine Elective, PGY-2 Level

Jan–Jun 2002

University of Toronto / University Health Network, Toronto, Ontario

- Completed rotations in General Internal Medicine, Rheumatology, Cardiology and Nephrology under a full-time postgraduate appointment.
- Final assessment: very good to excellent overall performance, with strong clinical knowledge, clinical skills, judgement, teamwork, communication and patient care.
- Completed the appointment under the CPSO postgraduate-education registration required for the clinical elective (historical, 2002).

Medical Council of Canada Evaluating Examination (MCCEE) — Pass

1 Mar 2001

Medical Council of Canada

Historical examination result completed for the University of Toronto postgraduate elective pathway.

EDUCATION AND POSTGRADUATE TRAINING

Doctor of Medicine (DM), Internal Medicine

1999–2003

The University of the West Indies, Mona Campus, Kingston, Jamaica

Awarded 21 October 2003 after successful completion of the DM Part I and Part II examinations; included the University of Toronto elective above.

Bachelor of Medicine and Bachelor of Surgery (MBBS)

1992–1997

The University of the West Indies, Mona Campus, Kingston, Jamaica

Awarded 1 July 1997. Distinctions in Biochemistry and Physiology; Honours in Anatomy, Community Health and Pharmacology.

Bachelor of Science and Honours Certificate, Biology

1988–1992

Dalhousie University, Halifax, Nova Scotia, Canada

Honours Certificate in Biology, First Class Honours (1992); Bachelor of Science in Biology, Distinction (1991); cumulative GPA 4.0.

PROFESSIONAL EXPERIENCE

Consultant Internist / Consultant Specialist Physician

Sep 2003–31 Oct 2025

Joseph N. France General Hospital, Basseterre, St. Kitts

- Provided consultant-level adult Internal Medicine care in the national referral-hospital setting, including inpatient and outpatient assessment, ward rounds, emergency consultation and on-call service.
- Supervised medical officers and medical students, supported case review and clinical decision-making, and contributed to clinical service development.
- Participated in national chronic-disease prevention, metabolic-disease and health-system capacity-building initiatives.
- Retired from St. Kitts and Nevis public service upon reaching the mandatory retirement age.

Consultant Internist — Private Practice

Feb 2004–14 Aug 2026

New Street, Basseterre, St. Kitts

- Delivered longitudinal outpatient Internal Medicine for adults, including assessment and management of complex and chronic medical conditions.
- Coordinated investigations, specialist referrals and continuity of care across hospital and community services.
- Closed the practice in advance of relocation to Canada, with transition arrangements for patient records and ongoing care.

Resident, Internal Medicine (DM Programme)

1999–2003

The University Hospital of the West Indies / The University of the West Indies, Kingston, Jamaica

- Completed full-time postgraduate specialty training and the DM Part I and Part II examinations.
- Undertook six months of second-year resident training at the University of Toronto in 2002.

Medical Officer, Internal Medicine

Jan–Jun 1999

Joseph N. France General Hospital, Basseterre, St. Kitts

- Provided Internal Medicine service before commencing formal postgraduate specialty training.

Intern

Jul 1997–Dec 1998

The University Hospital of the West Indies, Kingston, Jamaica

- Completed supervised internship; surviving evaluations document rotations in Child Health, Obstetrics and Gynaecology, Internal Medicine, General Surgery and Pathology.
- Pathology elective (Jul–Sep 1998) with Professor Barrie Hanchard included HTLV-I research that led to the 1999 published conference abstract listed below.

ACADEMIC APPOINTMENTS AND CLINICAL TEACHING

Clinical Assistant Professor of Medicine / Clinical Preceptor

2010–Oct 2025

University of Medicine and Health Sciences (UMHS), St. Kitts

- Supervised medical students in adult Internal Medicine placements, including bedside assessment, clinical reasoning, case presentation and management planning.

Clinical Supervisor / Preceptor

2008–Oct 2025

Windsor University School of Medicine, St. Kitts

- Supervised medical students during clinical placements at Joseph N. France General Hospital and in practice-based learning settings.

SELECTED PUBLIC AND PROFESSIONAL SERVICE

2021: Medical internist participant, St. Kitts and Nevis capacity-building project for prevention and control of metabolic diseases.

2019: Participant, St. Kitts and Nevis Forum for Chronic Disease Prevention and Control.

2008: Medical-internist contributor to the St. Kitts and Nevis WHO/PAHO STEPwise chronic-disease risk-factor initiative.

PROFESSIONAL MEMBERSHIP

May 2008–Present: Member, American College of Physicians (ACP).

SELECTED PUBLICATIONS, BOOK CHAPTERS AND PUBLISHED ABSTRACTS

Published book chapter: Sahely B. Towards learning the life capital solution. In: Noonan J, Baruchello G, editors. *Ten Essays in Honour of John McMurtry*. Northwest Passage Books; 2024:156–171. ISBN: 9781999114657.

Published conference abstract: Hanchard B, Sahely B, Gray R, Braham J, Cranston B, Sonoda S. Mother to infant transmission of HTLV-I. *J Acquir Immune Defic Syndr Hum Retrovirol*. 1999;20(4):A26. Abstract O-54. doi:10.1097/00042560-199904010-00094.

Peer-reviewed article: Dixon B, Sahely B, Liu L, Pohajdak B. Cloning a cDNA from human NK/T cells which codes for an unusual leucine zipper-containing protein. *Biochim Biophys Acta*. 1993;1216(2):321–324. doi:10.1016/0167-4781(93)90165-A.

OPEN SCHOLARSHIP AND KNOWLEDGE TRANSLATION

Author and Curator, Toward Life-Knowledge / Life-Knowledge Commons

2011–Present

- Develop and curate an open-access knowledge commons at bsahely.com spanning medicine, public health, systems thinking, ecology, political economy, peace, ethics and civilizational repair.
- Adapt long-form scholarship and educational resources for accessible text, audiobook, podcast and video distribution through bsahely.com, ElevenReader, Spotify and YouTube.

SELECTED INVITED ADDRESSES AND PUBLIC LECTURES

2020: *There Is No Unity Without a Life-Valuing Community: Uncovering the Life-Capital Solution to a Healthier Nation*. UWI Open Campus St. Kitts and Nevis, History and Heritage Month presentation, 27 February 2020.

2015: *The Secret to a Healthy Nation*. Operation Rescue fundraiser presentation, St. Kitts and Nevis, 3 October 2015.

2014: *The Secret to Healthy Ageing*. Public lecture series on ageing, UWI Open Campus St. Kitts and Nevis in collaboration with The Ripple Institute SKN, 22 October 2014.

2012: *Keynote Address, White Coat Ceremony*. University of Medicine and Health Sciences, St. Kitts, 12 May 2012.

HONOURS AND AWARDS

The University of the West Indies

1993–1994

- Pre-Clinical Medal (1994).
- Physiology Medal (1994).
- Noel Haye Prize in Anatomy (1994).
- E. V. Ellington Pre-Clinical Medal Prize (1993).

Dalhousie University

1988–1992

- Dalhousie Entrance Renewable Scholarship (1988–1992); Ross Stewart Smith Scholarship (1989–1990); Hector McInnes Memorial Scholarship (1990–1991); Hugh P. Bell Scholarship and Annual Fund Scholarship (1991–1992).
- Dean's List (1989, 1990 and 1992); Avery Prize (1991).
- Burgess McKittrick Prize and J. G. MacGregor Prize in Physics (1989).
- Chemical Rubber Company Freshman Chemistry Achievement Award (1989; first among approximately 900 students).

Government of St. Kitts and Nevis

1988–1992

- Full scholarship to attend The University of the West Indies for the MBBS degree (1992).
- St. Kitts and Nevis State Scholar (1988).

ADDITIONAL PROFESSIONAL INTERESTS

Chronic-disease prevention; clinical education; social, economic and ecological determinants of health; health-system improvement; environmental health; life-coherent medicine and knowledge translation.