



Department of Emergency Medicine

Weekly ^{email}

Updates for ED Physicians

July 07. 2020

COVID-19 Updates

Wellness CoVID Updates

A huge thank you video from our department to our leadership can be viewed at: https://www.youtube.com/watch?v=YMo29_7N-6M&feature=youtu.be

1. **Call your Peer Support Team.** The Peer Support Team member can provide an empathetic ear, screen for safety and guide you to resources that exist in our community (i.e PFSP).
2. **Call Physician and Family Services (PFSP) – 1877SOS4MDS. THIS LINE IS AVAILABLE 24/7.** You have 6 free hours of counselling for yourself and 6 free for your family members.
3. Free Course Offered by Yale "The Science of Wellbeing" <https://www.coursera.org/learn/the-science-of-well-being>
4. WellDoc Alberta (WDA) + University of Calgary recently did a Webinar on **Parenting as a Physician during COVID-19**. The objectives of this webinar include: identify signs of stress in children as a result of COVID19; describe evidence based strategies to reduced stress and promote resilience in children during the pandemic; describe strategies for reducing physician-specific parenting stress during the pandemic; determine which child and parenting strategies would be most effective to integrate into your family.

The content experts include Dr. Nicole Racine (R. Psych) and Michelle Zepeda (MSC Doctoral Candidate).

https://www.youtube.com/watch?v=kN_UJrTUUTc&feature=youtu.be

- Your Wellness Hub

Operations

New R1s & R3s

From the Emergency Medicine Residency Program:

We are so lucky and excited to have another incredible crew of incoming FRCP EM R1s and CCFP-EM R3s. If you see them on shift, please extend a warm welcome!

R1s:

- **Dr. Kira Genise:** Ottawa Medical School
- **Dr. Scott Wakeham:** Queen's Medical School
- **Dr. Bobby Johnston:** UofC Medical School
- **Dr. Duncan Simmons:** UofA Medical School

CCFP-EMs:

- **Dr. Jamie Keess:** Northern Saskatchewan Family Medicine
- **Dr. Ryan Chadwick:** McMaster Family Medicine
- **Dr. Adrienne Stedford:** UofC Rural Family Medicine: Lethbridge
- **Dr. Emily Quick:** Queens Family Medicine
- **Dr. Kyle Ricord:** UofC Family Medicine
- **Dr. Jacqueline Luhoway:** UofC Family Medicine
- **Dr. Jenny Strong:** UofA Rural Family Medicine: Red Deer

Shout out to our R4s, who are embarking on their special interest year:

- **Dr. Brett Shaw:** STARS/ HEMS Pre-Hospital Fellowship
 - **Dr. Miles Hunter:** Sports Medicine Fellowship
 - **Dr. Omar Damji:** Pediatric Emergency Medicine Fellowship
 - **Dr. Tyson Savage:** SIM Fellowship
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Education. CME. Rounds

R2C2 Facilitated Feedback Workshops

PGME is pleased to announce that we will be offering two R2C2 Evidence-Informed Facilitated Feedback Workshops on the following dates:

- September 10, 2020, 9:00 – 11:00 am
- October 2, 2020, 1:00 – 3:00 pm

Both sessions will be held over zoom.

For those individuals that are interested in attending the session, this workshop is accredited and participants will be able to claim 2.0 hours of section 1 credits with the Royal College of Physicians and Surgeons of Canada.

A brief description of the R2C2 Evidence-Informed Facilitated Feedback Workshop can be found below.

As programs prepare for the transition to CBD, programs will be encouraged to adopt academic advisors (or coaches) to meet with residents at regular intervals to review all of their assessments, provide feedback and assist the resident to develop a personal learning plan. This workshop will teach participants how to use an evidence informed facilitated feedback model and learning change plan that will optimize the effectiveness of the feedback and provide coaching for change for residents

The workshop is targeted towards educators who are or will be performing the following roles:

- Academic advisors (or coaches) in CBD
- Longitudinal preceptors
- Program directors
- Rotation coordinators who are responsible for synthesizing multiple assessments and providing residents with summative feedback

Please use the [accompanying flyer](#) and [trifold](#) to advertise this session to any relevant faculty within your program.

To register for a session please email cinde.adegbesan2@ucalgary.ca by August 28, 2020.

Best,
The CBD Team

Journal Club Articles

Dear EM Family,

We have begun planning for the 2020-2021 residency year journal club and every year, we receive excellent suggestions on articles to review from both residents and faculty.

To better catalog these suggestions as well as encourage collective engagement in building our JC, I've created a living google document which anyone can edit. On it feel free to post suggestions on articles you think should be reviewed. There are some articles/topics already added colored in red that have been recently covered by journal club.

The link is:

https://docs.google.com/spreadsheets/d/1f51k2nHKEV4qfmHBXrkHd8Dg77mXZpEuhRfl_q70yh0/edit?usp=sharing

Thanks in advance for helping us build a successful JC!
Mike "Munchikin" Szava-Kovats and Marshall "Smoochie" Ross

ED Resident Rounds - Summer Series - July 9

Session 1) Resident Summer Series

Time: 0900 –0930

Topic: Tachydysrhythmias

Presenter: Dr. Cody Dunne

Session 2) Resident Summer Series

Time: 0930 - 1000

Topic: Bradydysrhythmias

Presenter: Dr. Natasha Goumeniouk

Zoom details:

Madhavi Talasila sent an email with the rounds and Zoom calling details. Please check your email.

Please don't share the zoom link and connection details on social media or any website.

Evaluation form:

Please fill out the [evaluation form](#) and email to Judy.Mackay@albertahealthservices.ca to receive credit for your respective college for MOC.

Recording Link:

Recordings of this Thursday's Resident Rounds will be available the following Tuesday on our website:

<https://cumming.ucalgary.ca/departments/emergency-medicine/professional-development/grand-rounds/grand-rounds-archive>

ED Highlights

New Publication

Congrats to the team on their latest troponin article:

Andruchow, J., Boyne, T., Seiden-Long, I., Wang, D., Vatanpour, S., Innes, G., & McRae, A. (2020).

[Prospective comparative evaluation of the European Society of Cardiology \(ESC\) 1-hour and a 2-hour rapid diagnostic algorithm for myocardial infarction using high-sensitivity troponin-T](#). CJEM, 1-9.

doi:10.1017/cem.2020.349

UME Teaching Awards

Congratulations to our physicians who received the following awards for their teaching in the Undergraduate Medical Education Program (UME) at the University of Calgary during the 2019-2020 academic year:

The Platinum award. Awarded for contributing ≥ 40 hours in direct teaching time.

1. Dr. Erik Saude
2. Dr. David Fu

The Gold award. Awarded for contributing 30 hours - 39.9 hours in direct teaching time.

1. Dr. Marta Broniewska
2. Dr. Marcie Veitch

The Silver award. Awarded for contributing 20 hours - 29.9 hours in direct teaching time.

1. Dr. Kari McFarlane

The Bronze award. Awarded for contributing 10 hours - 19.9 hours in direct teaching time.

1. Dr. Stanley Mayer
2. Dr. David Dyck
3. Dr. Stan Bernbaum
4. Dr. Kelli Sherlock
5. Dr. Jesse Kao
6. Dr. Jonathan Lubin
7. Dr. Paul McKenna
8. Dr. Sujiva Heyn

The Associate Dean's Letter of Excellence for Clerkship Teaching. Awarded for teachers

Who must receive an average rating greater than or equal to 4.6 (outstanding) from student feedback on 3 or more evaluations.

1. Dr. Ping-Wei Chen
2. Dr. Daniel Joo

3. Dr. Daniel Peterson
4. Dr. Fareen Zaver
5. Dr. Mandeep Sran
6. Dr. Ian Wishart
7. Dr. Richard Morris
8. Dr. Kasia Lenz
9. Dr. Mark Scott
10. Dr. Christopher (Chris) Lipp
11. Dr. Justin Wong
12. Dr. Stuart Rose
13. Dr. Eddy Lang
14. Dr. Harsimranjit Singh
15. Dr. Katherine Bateman
16. Dr. Ryan Deedo
17. Dr. Andrew Battison

Thank you all for your contribution to the UME program.
Sincerely,
Sent on behalf of the Department of Emergency Medicine

Opportunities

New Leadership Positions - Care Plan Lead & Geriatric Lead

AHS leadership have just approved two new leadership positions for Calgary Emergency Medicine. We have been advocating for funds to support both a [Geriatric Lead MD](#) and a ["Care Plan" Lead MD](#) for the past year.

Both of these are critical areas of need in Calgary and the Admin Group is looking forward to having some expertise added to our group in these two areas.

Please apply to Scott Banks, Department of Emergency Medicine Manager.

I would be happy to answer any questions about these positions.

Thanks

Neil

UME's Career Exploration Program - Career Coaches needed

CAREER EXPLORATION PROGRAM

In 2019 the MD Program introduced a longitudinal Career Exploration Program designed to help students make informed choices for their future medical careers.

Career selection and "The Match" are significant sources of stress for medical students.

Students feel pressure to identify and commit to a career path early in their medical school careers, often based on incomplete information or incorrect assumptions. They describe fears that they will discover their true interest at a point too late for them to put together a competitive CaRMS application, or even after they have matched to something else. Students describe needing a "back up" to avoid going unmatched but very often this is a career option that has not been fully explored. Career choice regret is associated with burnout in residents and practicing physicians.

This Career Exploration Program will allow students to give careful, early, consideration to multiple possible career paths and in doing so make more confident, informed, choices.

The program will feature 3 components:

1. Individual Career Coaches assigned to each student on entry to the MD Program.
2. Deliberate exposure to at least 4 medical disciplines in Year 1.
3. Large group sessions addressing the realities of the CaRMS process and the match, strategies for deliberate career exploration and CaRMS preparation.

Career Coaches: Students will meet with their career coach on 3 occasions in Year 1. During these meetings they will consider their values, attributes, vision for their future careers. The coaches will help students understand any unrecognized biases or assumptions they may have about possible careers in medicine and explore how different careers would fit for them. The

coaches are distinct from mentors. They will not be clinicians in the areas that students are considering for careers, nor will they provide in specific career advice. Rather, they will have a strictly objective coaching role, guiding the students to the questions they need to ask and answer for themselves. The coaching meetings are timed to occur once within the first couple of months of medical school, once after their meetings with faculty in their disciplines of interest, and once prior to planning clerkship core rotations and electives.

Early deliberate exposure to careers of interest: In October of Year 1 students will be connected with physicians in 4 different disciplines by email. They will seek answers to questions about day to day practice, and how well this career could fit with their own attributes, interests, and personal and professional goals. The students will come to these sessions with questions they have worked on with their coaches. We ask that the preceptors taking students for these sessions answer these questions authentically, without the intention of marketing their particular career to the student. Following initial contact it may be possible for students to join these preceptors in the clinical setting for shadowing.

Large Group Sessions: These sessions are collaborations with the Student Advising and Wellness Office (SAW), the electives program, and PGME. In addition to discussion about how to choose suitable career paths, the content of these sessions will include early discussion of the practicalities of CaRMS and the statistics associated with the match, as well as strategies for a strong CaRMS application.

The opportunity for ad hoc shadowing will continue as will specific career guidance through the SAW office and faculty mentorship.

Please contact Sue-Ann Facchini to indicate your interest.

Miscellaneous

Dear Colleagues,

The lady who helps my family with housecleaning is looking for more daytime work in northwest Calgary. As you can imagine, COVID significantly affected her client pool. I have known her for many years and she is an adopted member of our family. If you are interested in a long term cleaning arrangement, or even something temporary, please give Danka Jedynak a call or send her a text. Her cell number is 403-402-2527. If you want more of a reference, please contact me anytime.

Thanks,

Kasia Lenz