



UNIVERSITY OF
CALGARY



Department of Emergency Medicine



Weekly email

Updates for ED Physicians

Operations

PERT Response Feedback

As you may be aware, the pulmonary embolism response team (PERT), a multi-disciplinary rapid response team designed to assist in managing and disposition planning for high risk/unstable PE's has now been operational for over 1 month at the FMC.

Please forward any feedback on the experience with PERT to continue tweaking things for the future by either emailing me directly, or via a **very** brief survey monkey to collect feedback:

<https://www.surveymonkey.com/r/WQQTNGX>

Best,
Mike Szava-Kovats

Physician Participation Needed!

RGH Simulation Session Sign-Up

November 19 simulation session is available (one spot only). To sign up, please follow link:

<https://www.signupgenius.com/go/5080d4ca5ac2eaaff2-participants>

ED Staff POCUS Hands-On Sessions!

The Calgary ED POCUS Hub is proud to provide Calgary ED staff physicians with dedicated hands-on training sessions with expert instructors covering some high yield POCUS applications such as advanced cardiac, peripheral nerve blocks, gallbladder, DVT and more.

Please let us know which applications you would like covered in the sessions by ranking them in the following short survey.

<https://www.surveymonkey.com/r/MMHG26V>

The first session will be December 12, 2019 from 1030-1230 at the ATSSL. Each session will accommodate 20 participants. Please RSVP to myself to sign up for the session.

The sessions are supported by the PSF and thus PSF members will have priority sign up. Please note there will be a \$200 charge if a participant cancels within 24 hours unless the spot can be filled by another participant.

Thanks!

Danny Peterson and the Calgary ED POCUS Hub

Equity Working Group

Equity Matters! The Department of Emergency Medicine is interested exploring what equity looks like in our department and how we can improve. Our starting focus is on gender equity: we are putting together a task force to look at this issue and help shape the future of our department. We are hoping to have a diverse group of people contributing. If you are interested in being a part of this working group please email Kelsey MacLeod.

Education. CME. Rounds

ED Grand Rounds

Date: Thursday, November 14, 2019
Time: 0900 - 1000
Host Site: Coombs Theatre - FMC
Title: [ETOH Withdrawal Management: Beyond the Benzos](#)
Presenter: Dr. Brett Shaw

Telehealth Sites:

Alberta Children's Hospital - Rm B4-010
Rockyview General Hospital – Rm 10332
Peter Lougheed Hospital – Rm 3047
South Health Campus – Rm 510007
Canmore General Hospital – Practitioner Cart

Grand Rounds Recordings

The recording of the October 31 Emergency Medicine Grand Rounds videoconference can be found at the following link:

https://ahamms01.https.internapcdn.net/ahamms01/Content/Videos_Other/FMC/Emerg_Rounds_2019_20/EmergOct31_19.mp4

ED Journal Club

Date: November 14th, 2019
Time: 1800 - 2100
Presenters: Dr. Dana Stewart and Dr. Meghan Mackenzie
Preceptor: Dr. Chris Hall

Host: Dr. Colleen Carey

The Questions Are [Attached](#).

Article 1: Early or Delayed Cardioversion in Recent-Onset Atrial Fibrillation

Article 2: A Multicenter Randomized Trial to Evaluate a Chemical-first or Electrical-first Cardioversion Strategy for Patients With Uncomplicated Acute Atrial Fibrillation

Journal Club Host Needed

We are looking for a **Journal Club Hosts** for **January 16th**.

As a staff host, you are only required to host attendees between 1800-2100 on the evening in question. Monetary reimbursement is provided up to \$ 750.00 for hosts to provide dinner/ non-alcoholic drinks. You just have to provide your receipts to the Program Administrator. (Alcohol is not covered).

Each journal club is preceptored by a staff from our research department, and the articles and discussion topics are prepared ahead of time by individual residents. What this means, is that as a journal club host, you are not responsible for any of the academic requirements of the evening.

Most Journal Clubs see approx. 25 - 35 ppl in attendance.

If you can help out please email Judy Mackay!

Symposium: Building the Equity Bridge

The Office of Professionalism, Equity and Diversity is hosting a symposium: Building the Equity Bridge, on January 13, 2020. There will be international, national, and local thought leaders in equity, diversity and inclusion to share strategies of how we can tangibly and meaningfully incorporate these areas into our academic work; and how we can be build successful alliances and be effective allies. Local work will be highlighted and opportunities for discussion will be ongoing throughout the day.

I encourage you as Department Heads, Institute Directors, Education Deans, as well as all leaders within the Cumming School of Medicine to attend the symposium. I hope that if you are unable to attend personally that you can send a delegate or encourage faculty in your areas to join us and bring their learnings back to you.

Register for Building the Equity Bridge: buildingtheequitybridge.eventbrite.ca
<https://buildingtheequitybridge.eventbrite.ca>

I hope to see you there.

Sincerely,

Jon Meddings, MD
Dean, Cumming School of Medicine

Clinical Pharmacology & Toxicology Pearl of the Week: [Drug-induced Urinary retention](#)

ED Highlights

FMC ER Christmas party

FMC Emergency Christmas Party

When: Dec 12th 1900-close

Where: St. James Corner Restaurant and Irish Pub

1219 1st SW

No tickets needed for Christmas party you pay for your own food and drinks.

Casual to formal attire

Everyone is invited including spouses and friends

DJ provided aka Raj

Nicole Groholski RN
4037964868

Wellness, Stress Resiliency Charity Spin Class

What: 1 hour spin class with additional stress resiliency training.

When: **Dec 10th 1:30pm-3pm**

Who: All ER Staff Physicians, Residents, ER Nurses.

Charity: DOAP team

The session is \$25 per person and the full proceeds will go to the DOAP team. Sign up via the link below!

<https://clients.mindbodyonline.com/classic/ws?studioid=115747&stype=-7&sVT=16&sView=day&sLoc=2&sTrn=100000009&date=12/10/19>

Instructor: Marin McCue - Yoga teacher (LIV and Yoga Nova), spin/cycle motivator (YYC cycle), bootcamp and climb class leader (KULT), author (first book is titled Be The Change), wellness retreat facilitator, one-on-one mind-body-life coach, keynote speaker, and a Mental Health Strength Training consultant for businesses.

From an early age, while pursuing and achieving the goal of playing basketball in the NCAA, Marin struggled with depression, self-harm, an eating disorder, and crippling anxiety. She completed a Bachelor's degree with a focus on Psychology and Philosophy, and continued on to receive over 1000 hours (ongoing) of various yoga teacher training's, including breathwork and meditation. Marin now teaches people how to heal themselves and optimize their mental health. It has become her mission to normalize mental health struggles, inspire others to be vulnerable and open, and utilize the power of growing and healing together.

Schedule of events:

1:15-1:25pm - Registration and bike setup

1:30pm Intro to Spin, Stress Resiliency and what to expect

1:40-2:40pm Stress Resiliency themed SPIN (including a 15 minute cool down stretch)

2:40-3:00pm Questions/inquiries

Please email Faren Zaver with any questions!

MD Spotlight

Dr. Geoff Lampard

Geoff hails from Red Deer, the "Amsterdam of Alberta". Despite the tempting draw of Red Deer's excellent river bike pathway system, he took some detours to Calgary. A year living in Istanbul taught him the clinically useful and high-demand language of Turkish as well as some serious bargaining skills. After 3 years at McGill he completed medical school in Calgary followed by the Royal College residency here as well, finishing in 2016.

He completed a Diploma of Tropical Medicine in Peru along the way as well as Medical Education training in R4. His interests include Global Health and Medical Education. He spends time with the residency program as a Longitudinal Preceptor, on the Competency Committee and CBD group at the moment. After a year half spent in Vancouver with his newly-minted and beautiful wife Danae who was completing an Anaesthesia fellowship at St. Pauls, they are glad to be back in Calgary full time. Now that they are back, he is looking to further involvement with the group in Global Health and educational respects. Outside of Medicine you'll probably best find him in the mountains on the side of something big as he transitions from the low-likelihood-high-consequence risks of ice and rock climbing to the high-likelihood-medium-consequence world of mountain biking.



Misc/Good news!

Tony Chad tested for and achieved his Black Belt in Taekwondo on Saturday November 9. He impressed the examiners with his board breaking spinning hook and 360 roundhouse kicks to complete testing, and shared in his accomplishment with his wife Madonna (seen in the background of the picture) and two daughters, all achieving Black Belt in the same day.

