



Department of Emergency Medicine

Weekly ^{email}

Updates for ED Physicians

April 06, 2021 Edition

COVID-19 Updates

Wellness COVID Updates

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.

April YYCEM Happiness Challenge!

It's April and that means we are 1/3 of the way through the year of the YYCEM Happiness Challenge! This month's challenge is learning to incorporate mindfulness into our daily routine. Apparently, a wandering mind is an unhappy mind. Mindfulness is based on the 3 pillars of focused attention, awareness and kind intention. Just 3-5 minutes of consistent practice of simple exercises can bring about valuable changes and health improvements. They can remind us in little moments of some of the true wonders of being alive and these glimpses of joy matter because they connect us to life rather than split us from it. Check out the website and the April video to learn more.

Click here to discover more: www.yycemhappinesschallenge2021.com

Click here to watch the April video: <https://www.youtube.com/watch?v=Xy0kxHEAcEY>

Operations

Radiology recommendation for V/Q scan for PE in women under 40

Hi Group:

Radiology will be asking ED MD's to consider ordering a V/Q scan as the first choice rule-out-PE study in women under 40.

The usual considerations of patient stability, isotope availability, predicted ease of interpretation (ie.normal chest xray) will be taken into account.

This will occur via a prompt from the DI Technician to the radiologist. Please be open to consideration of this option.

Thanks

Neil Collins

Toxicology Updates

1. There was a recent case of intentional sodium nitrite poisoning in the AHS-Calgary Zone. Sodium nitrite has legitimate uses as a coloring agent, food preservative, and in the treatment of cyanide toxicity. However, in this case it was purchased over the internet with the intent of self-harm. Hypotension, cyanosis, altered LOC, and methemoglobinemia are expected with serious exposures. Management involves airway support, fluids, pressors, and methylene blue as needed. Kudos to all staff involved in this case for successfully resuscitating this patient.

2. Banff emergency physicians report a recent increased in agitated, uncooperative patients after unknown drug exposure. This coincides with an analysis of a recent drug seizure in that area that identified of 3-Hydroxyeticyclidine, an analog of phencyclidine (PCP, angel dust). Toxicity from PCP and its analogs (such as ketamine) includes violent behavior, nystagmus, hypertension, tachycardia, anesthesia, analgesia, and psychosis. Benzodiazepines and judicious use of antipsychotics like haloperidol or olanzapine (provided there is no hyperthermia or qt prolongation) are useful in chemical restraint of such patients.

3. A reminder that help for those struggling with thoughts of self-harm is available 24/7 through Health Link 811 and the AHS Mental Health Helpline at 1-877-303-2642.

Mark Yarema
Medical Director
PADIS

SCM Updates!

Lidocaine 4% Topical Solution

April 8th, 2021

Effective April 8th, 2021, Intranasal Lidocaine 4% topical solution has been added to 6 ED Peds Order Sets:

- ED Bladder Filling Peds
- ED Burns Peds
- ED Common Medications Peds
- ED Minor Peds
- ED Procedural Sedation Peds
- ED Urinary Tract Infections Peds

The recommendation is to provide pre-medication of intranasal lidocaine 4% topical solution prior to Midazolam to mitigate pain caused by receiving intranasal dosing of Midazolam. Please see the targeted notice for further details.

[Attached](#) a copy of the targeted notice for the Intranasal Lidocaine change. In addition, in response to COVID-19, ACH ED will be adding new beds (ACH-ED-MH/Main-D20b and ACH-ED-MH/Main-D22b) as of April 6th.

Joshua Vejprava RN BSc BN MBA

Clinical Informatician | IT Clinical Systems User Support – Calgary Zone| Clinical Services – IT | Alberta Health Services

Physician Participation Needed!

Assistance with Internal Medicine COVID teams at RGH

Dr. Anna Purdy has sent a request for any ED physicians with free days that are interested in helping to fill Internal Medicine team COVID coverage at RGH as they add a second team in the coming weeks. Coverage can be day or overnight. Please message Dr. Purdy with interest or questions.

Volunteers needed to work on some pathways

Hi Group:

I would like a few volunteers to help work on some pathways.

There is a brief one on dividing up the surgical responsibility for necrotizing fasciitis between plastics, ortho, general surgery and urology.

There is a longer one on ENT referral pathways (neck mass, foreign body etc).

Let me know if you are interested.

Thanks

Neil Collins

Reminder: CSM census

To better understand the fabric of the present community within the Cumming School of Medicine, we are conducting a census to collect demographic data. The census is voluntary but we are asking all CSM members to participate and help us obtain a clearer picture of the CSM community so we can identify areas where we may not be meeting our diversity goals and can design services and interventions to promote equity, diversity, and inclusion throughout the CSM.

The census will take less than 10 minutes to complete. You don't need to complete it at one time, but your unique link to the census will only be available until April 30, 2021. Those who complete the census will be able to enter a draw that has multiple prizes, valued between \$100 - \$250 each.

Look for your unique census link in your Email (from oped@ucalgary.ca).

Education. CME. Rounds.

You are invited to the following Zoom Webinar.

Event: Emergency Medicine Grand Rounds

Date: Thursday, April 08, 2021

Time: 0900 – 1015 (1.25 Education Credits)

Please note that these rounds will not be recorded for later viewing

Session: (0900 – 1015)

Moderators:

Drs. Hannah Park & Aseem Bishnoi

Guest Speaker: (See Bio)

Dr. Shirley Lee, CCFP (EM), MHSc (Ed), FCFP

Physician Advisor, Practice Improvement-Safe Medicine Care, CMPA

Topic:

“Medico-legal tips to improve safe care in the ED”

Learning Objectives:

- Identify the top 5 diagnostic issues in Emergency Medicine
 - Describe best practices for ED documentation
 - Describe how structured handovers improve patient care
-

ZOOM session

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

Evaluation form:

Procedure:

Complete a separate form for each session: <https://forms.gle/szfmBrmxiesjuGfg8>.

MainPro credits for EM physicians in the Calgary Zone will automatically populate on the forms after submission

Recording Link:

Due to CMPA rules on Case Confidentiality these rounds will not be recorded.

Panel discussion: Is airborne transmission an important and mitigatable aspect of the COVID-19 pandemic?

The Department of Community Health Sciences and the O'Brien Institute for Public Health present: Is airborne transmission an important and mitigatable aspect of the COVID-19 pandemic? – A panel discussion

Description:

To date, the transmission of COVID-19 has been classified by major institutions as Contact/Droplet, which has resulted in mitigation protocols such as handwashing, masking guidelines, physical distancing rules and disinfecting surfaces. Others have challenged this definition, and assert that in addition to contact/droplet, airborne/aerosol plays an important role in transmission. They are calling for additional mitigation protocols, such as respiratory PPE and ventilation strategies. This seminar will host an international panel composed of global leaders who will break down the science behind the two paradigms, and explore whether we should double down on current efforts or re-think our approach.

Moderator:

[Dr. Christine Friedenreich](#)

Speakers:

[Dr. John Conly](#)

[Dr. David N. Fisman](#)

[Dr. Kim Prather](#)

This event is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Recording- Emergency Medicine Research Day, April 1, 2021

Keynote speaker – [Dr. Corrine Hohl](#)
Click [here](#) for recording!

Recording Link- Department of Medicine Grand Rounds, March 30, 2021

Topic: "Updates in The Management of Spontaneous Pneumothorax"

Presenter: Dr. Erik Vakil. Interventional Pulmonologist & Clinical Assistant Professor. Department of Medicine
Department of Medicine

Recording: <https://www.departmentofmedicine.com/cme/medical-grand-rounds-archive/>.

ED Journal Club Summary

[March 18, 2021 Journal Club: GI + FOAM](#)

Meaghan Mackenzie (R3), Natasha Goumeniouk (R2), Katie Lin

EDI LUNCH & LEARN - DECOLONIZING YOUR SYLLABUS: REFLECTING ON HOW, WHAT & WHO YOU TEACH

We are excited to have **Dr. Pamela Roach** as the next presenter at our next EDI Lunch & Learn on **April 29th**. Dr. Roach will discuss **epistemic racism**, guide participants in implementing the **principles of decolonization** into syllabi, course outlines, & course planning, and show how to develop a plan for tangible **changes in teaching & education**.

WHO: Hosted by OPED & OFDP

WHAT: EDI Lunch & Learn – Decolonizing your Syllabus: Reflecting on How, What & Who you Teach

WHEN: April 29th, 2021 12:30 – 1:30 PM

WHERE: ZOOM

HOW: Register at: <https://www.eventbrite.ca/e/148388922261>

Offered in partnership by the Office of Professionalism, Equity and Diversity and the Office of Faculty Development and Performance

June 3rd Grand Rounds: Addiction medicine.

We will be hosting a panel of experts to answer any questions you may have about treating addictions in Calgary. To allow the speakers to best prep for the talk, please ask your addictions related questions in the link below so that they can adequately prepare for the presentation. Thanks!

<https://forms.gle/e9azvFDVPxTSfs7D7>

Fareen

Faculty Development

CSMTEP Program

CSMTEP is designed to help faculty solidify fundamental teaching skills, learn relevant educational theory, and explore more advanced topics related to special areas of interest in health sciences education. Applicants should be involved in teaching at the graduate, postgraduate, and/ or undergraduate level and ideally planning on pursuing medical education as a major component of their career.

[Click Here](#) for more information regarding application requirements, and to see what past participants are saying about the program!

HANDS-ON TEACHING WITH ZOOM – TECHNICAL AND PEDAGOGICAL TIPS

This interactive workshop lets you apply cognitive psychology principles to Zoom teaching, and provide hands-on training to test out multiple Zoom functions from screen –sharing to breakout rooms to managing polls.....

Friday, April 23, 2021

12:00 PM – 1:30 PM MDT

LIMITED SEATING DUE TO INTERACTIVE COMPONENTS OF WORKSHOP

[SIGN UP NOW!](#)

THE CLINICAL COACH – HOW TO COACH YOUR LEARNERS

By the end of this workshop, you will be able to describe the Clinical COACH model, and use the Clinical COACH model with your clinical learners.

Tuesday, March 30, 2021

9:00 AM – 10:30 AM MDT

[SIGN UP NOW!](#)

TEC Vancouver 2021 (Technologies in Emergency Care): Innovations in Emergency Medicine: From COVID to Sustainability taking place May 15, 2021.

Early bird rates deadline now extended to Thursday, Apr 8, 2021!

[Technologies in Emergency Care Vancouver 2021 \(TEC\)](#)

[Innovations in Emergency Medicine: From COVID to Sustainability](#)

May 15 (Sat) | 0815–1230 PDT [Add to Calendar](#)

Target audience: emergency physicians, family physicians, nurse practitioners, nurses, academics, allied health professionals, residents & students.

Up to 3.25 Mainpro /MOC Section 1 credits

[Course Webpage](#) | [Agenda](#) | [Registration Form](#)

TAC Conference

TAC 2021 is virtual this year the week of April 12-16, 2021! Conference Co-Chairs: Dr David Evans and Micheline Wiebe (from Vancouver) Scientific Program Chair: Dr Paul Engels. Date: Week of April 12-16, 2021 <https://www.traumacanada.org/tac-conference-information/>

Opportunities

Okotoks Urgent Care positions on Doctor Jobs Board

The part-time and locum positions are now posted on Doctor Jobs Alberta:

[DoctorJobsAlberta.com: Okotoks - Urgent Care Physician - 40039](#)

[DoctorJobsAlberta.com: Okotoks - Urgent Care Physician - 40040](#)

Call for Med Show Performers/Artists

This year the Class of 2023 Med Show organizers will be hosting MedShow event at Twisted Pride Pub on Thursday June 24 at 8pm. At this time they are planning on holding this event both in-person, and streamed live. If you sing, dance, act, do spoken word, do comedy, DJ, do drag, or whatever else might make for an engaging performance we would love to have you in the show! Click [here](#) for details and [event poster is attached.](#)

David Campbell | Pronouns: He/Him

MD Student, Class of 2023 | Cumming School of Medicine
Student Equity and Professionalism Representative
Medical Students for Gender and Sexual Diversity Co-Chair

19ToZero Ambassadors - COVID outreach opportunity

Are you a health professional passionate about health promotion and education, ready to inform the public about COVID-19 and vaccination?

We are 19ToZero, a dedicated coalition of academics, public health experts, behavioural economists, and creative professionals working to understand, engage with, and ultimately shift public perceptions around COVID-19 behaviours and vaccination. This initiative is led by Dr. Jia Hu, Calgary Zone Medical Officer of Health. Over the past two months, we have been hosting town halls across Alberta in order to provide the public with information about the pandemic which is desperately needed. We are looking for informed and committed individuals who are willing to act as COVID Ambassadors – individuals who will deliver content to help change the course of the pandemic by building trust with local communities across the province. This is a flexible commitment – all we ask is that you stay up to date with current trends in COVID-19 research and vaccination in order to deliver accurate and effective content. We will provide you with standardized presentation slides and a document containing the most frequently asked questions we receive to assist you in preparing to lead a town hall or other event. We will then reach out to you when we are in need of presenters. You might be presenting at one or two events per month. Each presentation is approximately 45-75 minutes, depending on the number of questions. You are only expected to answer questions to the best of your ability, as some questions can be quite specific or there may not be an answer to them yet. We are able to follow-up with participants as needed if they have more difficult questions. You can read more about 19ToZero [here](#). 19ToZero is collaborating with Alberta Health and Alberta Health Services to deliver content directly into the arms of Albertans who need it most. If you are interested, please reach out to Nathan Rider, a resident assisting with ambassador recruitment, at ndrider@ucalgary.ca.

Kudos Corner

Dr. Mark Yarema- Behind the Scenes Award

Congratulations to Dr. Yarema for receiving "**Behind the Scenes Award**" for his significant contributions to the Undergraduate Medical Education Program's Pre-Clerkship Course I course in the 2020-2021 academic year.

MD on Spotlight

Dr. Cory Brulotte

Cory is currently in his 10th year of emergency medical practice in Calgary after being pried from his hometown of Ottawa by the promise of an exceptional working and practice environment in the Calgary Department of Emergency Medicine - which has held true. He was born and raised in Ottawa where he studied biochemistry and chemical engineering at the University of Ottawa before completing his MD and FRCPC-EM in the nation's capital.

His clinical work includes a split between the Foothills Medical Center and the Rockyview General Hospital, while also trying to maintain a presence at the Peter Lougheed Center and South Health Campus. Cory has an interest in prehospital care, has worked as an associate EMS medical director with AHS, and currently as an online medical control (OLMC) physician for EMS out of the Southern Communications Center.

Cory and his wife Michèle have four young children – Emma, William, Félix, and Elliot. He spends his spare time as an Uber driver for his kids, going on family adventures in the mountains, skiing, biking, and promising himself that he'll eventually get back into white water kayaking.



