



Department of Emergency Medicine

Weekly **email**

Updates for ED Physicians

Nov 8, 2022 Edition

Note: There will be no ED Newsletter the week of Nov 14-18.

Operations

CPT CaRMS Match 2022-2023 Results

I have some excellent news to share with you all on this snowy day. Starting July 2023, we will be welcoming 2 new residents into our program. We filled both of our positions with top candidates.

Jason Elzinga (ER - U of C, jason.elzinga@ucalgary.ca) and Nicolas Sajko (ER - U of A, sajko@ualberta.ca). Feel free to join me in congratulating them.

Thank you all for all your support,

Eric McGillis, MD FRCPC DABEM

Mbarara Update

Ian Wishart recently traveled to Mbarara, Uganda as part of the ongoing partnership between the University of Calgary and the Mbarara University of Science and Technology. For more information about the project and how to be involved please contact Ian Wishart, Margriet Greidanus, or Andrew Battison (awbattison@gmail.com).

[Read update here.](#)

C-Health Update

1. Thank you for all you and the ER docs did to keep us safe during COVID. Your efforts are greatly appreciated!

2. A quick update on C-era

- Wait times remain at 2 weeks, with urgent patients being accommodated sooner
- Thank you for the ER referrals. We hope that you are satisfied with the care and are receiving follow-up letters on the patients referred. Together, we have certainly identified many cardiac and non-cardiac issues that required further assessment and care.
- Dr. David Goodhart (cardiology) has now joined the C-era team. He is acting as an advisor and seeing worked up patients that require cardiology opinion.
- Northwest Cardio (Dr. Kryski, Dr. Joshi, etc.) has launched an echo facility on site. This allows us to offer full service cardiovascular care.
- Our doctors include: Dr Groves (Internal Medicine), Dr. Lutterodt (Internal Medicine), Dr. Chu (Internal Medicine), Dr. Diep (Internal Medicine), Dr. Spowart (Internal Medicine), Dr. Smyth (Internal Medicine), Dr. Sivakumar (Geriatrics / Internal Medicine), Dr. Downey (Emergency Medicine), Dr. Burs (Internal Medicine) and myself / Aly Nanji (Internal Medicine)
- We offer ETTs, nuclear cardiology studies (in partnership with EFW), 24-hour BP monitors, 24-hour holters, and Echos (NW Cardio) on site
- Our cardiopulmonary division offers PFTs and CPET (for research only for now)
- Our consult letters, treadmill reports, nuclear stress test results, and echo results are posted in Netcare

3. A quick update on C-endo

- This is our endocrinology division and offers full-service Endocrinology and Diabetes care
- This division can accept patient referrals from ER
- The current wait time is about 2-3 weeks. Urgent patients can be seen sooner
- Our specialists include: Dr. Khosla (Endocrinology), Dr. Pedersen (Endocrinology), Dr. Burs (Internal Medicine), Dr. Vijay (Internal Medicine), Dr. Sandercock (Endocrinology), Dr. Li (Endocrinology), Dr. Lee (Endocrinology), and Dr. Majeed (Endocrinology)
- Our allied health team includes Dieticians and Pharmacists
- Our consult letters are posted to Netcare

[I have included our referral sheets for your records.](#)

As always, please never hesitate to reach out to me on my cell (403-870-7181)

-Aly Nanj

YYC ED Specific

PLC Christmas Party

Tickets will be going on sale very soon!

Feel free to direct anyone to me with any questions!!

Party will start at 1900 Sunday, December 18

- @ Greta Bar
- 213 10 AVE SW
- gretabar.com

Ticket includes food, 1 drink & a gaming card to spend on the games in the bar!

Thanks again! Hope to see you there!

Dezz, Desiree.Tamano@albertahealthservices.ca

Foothills ER Christmas Party

Dec 21 starts at 1900 to 0200 at the Bank and Baron 125 8 Ave SW.

Features cocktails, turkey dinner, DJ & Dancing. [More info here.](#)

If any doctors want to donate to some door prizes for the nurses for the Xmas party, they can e-transfer Peter Furlong at the address included in the event info.

ED Simulation Facilitation Opportunities

The Calgary Emerg Sim Hub would like to introduce themselves and let you know about opportunities to become involved within simulation facilitation.

- Staff SIM (Gord McNeil, gordandlori@shaw.ca)
- Junior Resident SIM (Patty Lee, patriciazlee@gmail.com)
- Senior Resident SIM (Lorissa Mews, mews@ualberta.ca)
- EM resident SIM (Margriet Greidanus, mgreidanus@me.com)
- UME SIM (Ryan Wilkie, rdwilkie@ucalgary.ca)

If you are interested in facilitating UME or Resident sim please [add your name to the spreadsheet](#). If you are interested in facilitating staff simulation, please email Gord directly.

Adding your name just lets us know that you are interested - it doesn't commit you or tie you to a particular sim group. We will send out emails with further information and session sign-up.

Each SIM group may have slightly different requirements for facilitators. Facilitation and debriefing training is recommended but don't let this be a deterrent. If you are interested, please sign up/reach out! Two debriefing courses we recommend are ASSET (<https://www.kidsim.ca/faculty-development>) and WISE (currently undergoing a revamp and should be available soon).

Simulation facilitating is remunerated at the PGME teaching rate.

Feel free to scan the QR code and join the WhatsApp SIM hub group for sim collaboration, news and conferences.



Preceptors Needed

We are still recruiting preceptors for the next quarter of the academic year. As a preceptor for Academic Day Rounds, your job is to guide the resident assigned to the topic as they generate their presentation and to then be present during the session to help answer questions and guide discussion. We have returned to in-person Academic Day sessions. You will be remunerated at the standard PGME hourly-teaching rate.

We know how busy everyone is, and truly appreciate all of the support you all show to the residency program! If you are able to preceptor any of the following sessions, please email Anjali directly at anjali.pandya@gmail.com.

- **January 5th 14:00-15:00 Peds Cardiac Disorders**
- **March 16th 16:00-17:00 Non-DM Endo Emergencies**

Thank you for your consideration!

Catherine, Charles & Anjali

STAFF EXAMINERS FOR CCFP-EM ORAL EXAMS : 2022

December 08 – In Person

The CCFP-EM Residency Program is in need of 2 staff examiners for the oral exams on the following dates:

December 8th from 1030 – 1300

These exams have returned to In-Person sessions.

Please check your availability and let me know if you are able to help on any of these dates and please send the responses to TriSurendra.Malasani@albertahealthservices.ca

Your help and assistance is very much appreciated!! Once confirmed I will send Calendar invites.

ED Trauma Sims:

[EM Physician Participants: Level 1 Trauma Process Sims \(signupgenius.com\)](#)

EM Physician Staff Simulations List for 2023 – January to June is now published. Please sign up!

[EM Physician Participants: 2023 ED Staff Simulations \(Jan-June 2023\) \(signupgenius.com\)](#)

Wellness

Parenting & working as a physician during COVID - [resources from CSM](#)

Wellness Supports

1. Call your Peer Support Team. [HERE are their phone numbers \(updated Nov 2022\)](#). 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 free hours of counselling for yourself and for your family members.
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Grand Rounds & Journal Club

Toxicology Rounds Topics Survey

One of our local toxicology experts Dr. Scott Lucyk will be giving a Grand Rounds talk on Dec 8th, 2022 and was hoping to poll the group on what topics you would like him to discuss.

[Please fill out the one question on this survey.](#)

thanks, Fareen.

Emergency Department Grand Rounds

- **Date:** Thurs, November 10, 2022
- **Time:** 0900 – 1000 (1.00 Education Credits)
- **Room:** [G500 - HSC](#)
- **Zoom:** <https://albertahealthservices.zoom.us/j/66383702969>
- **Passcode:** 037024
- **Eval:** <https://cutt.ly/xT82kgH>

Speaker: [Scott Jarvis, MD, PhD, FRCPC](#), Associate Clinical Professor, Clinical Neurosciences, U of C

Topic: Migraines, Functional Neurological Disorders and More!

***Description:** We will focus on highly effective procedures for aborting migraines, manoeuvres to help identify functional neurological disorders, an approach to vertigo, and other acute neurological presentation.*

Summary Pearls:

1. Occipital Nerve Blocks and Sphenopalatine Ganglion Blocks are simple procedures to perform, have minimal adverse effects, and are highly effective at aborting migraines.
2. Abortive medications for migraines are best used in parallel, not serially.
3. There are many physical exam manoeuvres that can be employed to help you identify a functional neurological disorder.
4. The first key step in treating vertigo is to establish whether you're dealing with true vertigo. "Vertigo" and "dizzy" mean different things to doctors and patients.

** Recording Link: [Archived recordings can be found on our website.](#)

In person Journal Club - Nov 10

You are invited to attend the [In-Person Emergency Medicine Journal Club](#) on Thursday, November 10th, 2022.

- **Date:** November 10, 2022
- **Time:** 18:00 to 21:00
- **Presenters:** Drs. Rukaiyah Lakkadghatwala and Meg Mackenzie
- **Preceptor:** Dr. Colin Bell
- **Hosted by:** Dr. Colin Bell (rsvp for address)

ARTICLE 1: [Acetazolamide in Acute Decompensated Heart Failure with Volume Overload](#)

- [Discussion Questions](#)
- [Summary](#)

Attendings are encouraged to come - we've had great participation lately!

Please RSVP to [Tris TriSurendra.Malasanani@albertahealthservices.ca](mailto:Tris.TriSurendra.Malasanani@albertahealthservices.ca) if you want to attend this Journal Club (Tris will provide the address).

Opportunities

UME Portfolio Leads

There are now four portfolio lead postings open with a closing date of November 30th. "These positions will work in collaboration with the RIME Implementation Team and other leads of the Health Equity & Structural Competency Committee to develop and implement the new curriculum with a focus on their specific topics in their portfolio. The position will work directly with the Director of Generalism & Health Equity to ensure teaching coordinates with the overall health equity curriculum."

[Read more here.](#)

MD Wellness Lead

The MD Wellness Lead is considered a **0.1FTE** position, compensated at the rate of **\$24,000 annually**. If you're interested in applying for this exceptional opportunity, please email me a cover letter highlighting your interest and skillset for this position, and an updated CV.

The occupational wellbeing of physicians is recognized as an important factor in professional fulfillment and growth, and directly impacts the provision of care to patients. This is especially relevant in the COVID era and applicable to emergency physicians as they report the highest rates of burnout within all physician groups:

[29 physician specialties ranked by 2021 burnout rates \(beckershospitalreview.com\)](#)

This position will focus on the importance of emergency physician health, and will ensure that there is protected and supported time to advocate for physician wellbeing on important department decisions, to innovate and incorporate change into the Emergency Department, and to strive to become a center of excellence for physician wellbeing within our province. Multiple MDs in our department have specialized training in MD wellness and have been engaged in wellness projects.

This role will work collaboratively with the members of the Department of Emergency Medicine community to foster a culture of physician wellness and lead the planning, development, implementation, evaluation and continuous monitoring of department well-being initiatives and to make physician wellbeing a department priority and address issues on system level.

[See job posting.](#)

For further details about the role, please feel free to call or email me or Neil/Eddy or contact Sarah directly at sjmcpher@gmail.com.

Thanks!

Scott Banks

Associate Research Director

The Associate Research Director is considered a **0.2FTE** position and is paid from the University of Calgary. It is compensated at the rate of **\$41,790.50 annually** inclusive of vacation pay and there are no benefits associated with it. If you're interested in applying for this exceptional opportunity, please email me a cover letter highlighting your interest and skillset for this position, and an updated CV.

Innovation in emergency care and development of new evidence is critical to informing process and operational improvements, and in improving patient outcomes. This position is essential for the development of new evidence using local Calgary data. The Associate Research Director Scientist will also act as a scholarly mentor for graduate and postgraduate trainees, and participate in Calgary Zone ED quality improvement activities. They will also act as a collaborator with researchers from outside of the Department of Emergency Medicine whose research will impact the care of ED patients.

Key Responsibilities:

- Primary research/evidence generation leading to operational and practice change in Calgary Zone EDs.
- Mentoring graduate, postgraduate and undergraduate medical trainees engaged in research and/or quality improvement projects.
- Coordinating with the Calgary Zone Emergency Medicine Division Chief of Research regarding research projects involving collaborators outside of the Department of Emergency Medicine.
- Attend meetings as required and the departmental annual retreat.
- The Associate Research Director scientist will be expected to compete for additional peer-reviewed salary support.
- Assisting the Division Chief of Emergency Medicine Research in organizing the annual EM Research Day.
- Supervision for our Research Coordinator.
- Co-chairing the EM Research Advisory Committee.
- Developing original research ideas and leading in the performance and publication of these research ideas.
- Assisting with other collaborative research that occurs in the department.
- Teaching EM residents and other trainees about research methodology, abstract submission, poster design and oral presentation skills.

The selected candidate will work closely with EM Research Section Chief. For further details about the role, please feel free to call or email me, Eddy or speak directly to Stephanie and Katie at katielinmd@gmail.com

Thanks,

Scott Banks

-Scott Banks

EM Effectiveness & Clinical Excellence Coordinator

The Effectiveness & Clinical Excellence Coordinator is considered a **0.2FTE** position, compensated at the rate of **\$48,000 annually**. If you're interested in applying for this great opportunity, please email

me a cover letter highlighting your interest and skillset for this position, and an updated CV. The start date will be as soon as possible.

This position allows for improved resource stewardship in the Emergency Medicine Department, as well as, improvement in the quality of care we deliver and continuous work to increase physician engagement by utilizing feedback with physician performance measures.

The EM Effectiveness & Clinical Excellence Coordinator is responsible for optimizing clinical decision support and quality improvement audit and feedback activities within ConnectCare. In addition, the Coordinator reviews/changes/updates the EM Order Set for EM users. This role develops and creates reports on quality indicators of clinical effectiveness at the provider level in conjunction with the Department of Emergency Medicine Data Analyst reflecting optimal care, i.e. % of hemodynamically stable upper GI bleed patients receiving transfusion for Hgb >80, use of expensive antibiotics when less costly alternative is available.

This position is essential to continue and lead innovation & quality improvement projects/activities in the department. The Effectiveness Coordinator identifies areas of need for clinical effectiveness or quality improvement support, training and education for ED physicians.

For further details about the role, please feel free to call or email me or Neil/Eddy or contact Shawn directly at skdowling@gmail.com.

[See job posting.](#)

Thanks,
Scott Banks

CME & Learning

Upcoming Session: Closing the Distance in Healthcare Simulation

Presented by: Dr. Janice Palaganas, Dr. Alex Morton, & Dr. Cynthia Mosher

Date: Friday November 18, 2022

Time: Noon - 1 p.m.

Registration: [Webinar Registration - Zoom](#)

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the eSIM Provincial Simulation Program. You may claim a maximum of 1 hour (credits are automatically calculated).



The poster is for the eSIM Grand Rounds Series, presented by Alberta Health Services. It features three speakers: Dr. Janice Palaganas, Dr. Alex Morton, and Dr. Cynthia Mosher. The main title is "eSIM Grand Rounds Series" with the subtitle "Closing the Distance in Healthcare Simulation". The objectives of the presentation include understanding current patterns of growth in distance, virtual, and tele-simulation; distinguishing key conceptual and evidence gaps in current use; and identifying concrete projects to address these gaps. The event is on November 18, 2022, from 12-1pm. A yellow box contains the text "CLICK HERE to register, or to receive a link to the recorded session". At the bottom, there is a note about accreditation: "This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the eSIM Provincial Simulation Program. You may claim a maximum of 1 hour (credits are automatically calculated)." The poster also includes logos for Alberta Health Services and eSIM Provincial Simulation Program.

Alberta Health Services eSIM Provincial Simulation Program

You're invited to join the eSIM Provincial Simulation Team for:

eSIM Grand Rounds Series

Closing the Distance in Healthcare Simulation

Presented by:

Dr. Janice Palaganas Dr. Alex Morton Dr. Cynthia Mosher

Objectives of this Grand Rounds presentation include:

- Understanding current patterns of growth in distance, virtual, and tele-simulation.
- Distinguishing key conceptual and evidence gaps in our current use of distance simulation.
- Identifying concrete projects that could address these gaps.

November 18, 2022 | 12-1pm

[CLICK HERE to register, or to receive a link to the recorded session](#)

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the eSIM Provincial Simulation Program. You may claim a maximum of 1 hour (credits are automatically calculated).

39th Annual Emergency Medicine for Rural Hospitals (EMRH) **January 20th-22nd, 2023**

This course provides updates on clinical topics relevant for physicians, nurses and other health professionals who practice in rural communities. Through a combination of plenary lectures, small group interactive sessions and workshops, participants will review current best practices, guidelines, tools and techniques for investigating and managing emergent patients – from pre-hospital, to the rural emergency department.

[Info and registration here.](#)

How to make the media work for you: Media Training 101

Do you ever get asked to speak to the media and wonder if you're the right person? Want to know how to promote your work through the media? This session will help you get started, using approachable "dos" and "don'ts" and real-life examples. If you want to build your media relations skills, this is the workshop for you.

Clara Christie Theatre 3330 Hospital Dr. NW Health Science Centre
Wed, 23 November 2022
1:00 PM – 3:00 PM MST
[Register here.](#)

See more [Office of Faculty Development Courses](#) here.

The O'Brien Institute for Public Health invites you to: *Setting the Stage for Successful Mentorship Workshop with Dr. Lorelli Nowell*

Date: Tuesday, November 29, 2022

Time: 11:30 a.m. - 1:00 p.m.

In-person only: Rose Room, 3rd floor of the Cal Wenzel Precision Health Building, 3280 Hospital Drive NW

Light refreshments will be served.

[Register.](#)

Mindful Practice in Medicine Workshop

March 10-12th, 2023

[In-Person Schedule](#) - Subject to change

[Info and Registration Here.](#)

The poster features a red header with the text "Registration Open!". Below this, the logos for "Mindful Practice IN MEDICINE" and the "UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE" are displayed. A central image shows a scenic mountain landscape on the left and two men, likely the workshop facilitators, on the right. The text "Presented by the Centre for Mindfulness" is positioned above the men. At the bottom, a blue banner contains the text "Banff Centre for Arts and Creativity" and "March 10-12th, 2023". The University of Calgary logo and name are also present in the bottom left corner.

Let's Talk SoTL - Lunch & Learn, Nov 9, 12pm

This introductory session will describe the Scholarship of Teaching and Learning (SoTL) and distinguish it from other types of research.

[Info and registration here.](#)

SkiBEEM 2023 Jan 29-21

Presented by an international faculty of emergency physicians, the BEEM Course is an interactive update of emergency medicine practice approved for 12 hours of CME and up to 36 Mainpro+ credits.

[See flyer.](#)

NEW from OFDP - Sexual Violence Education

We are pleased to present two new, and very important, workshops being offered by our own Dr. Kiara Mikita. Dr. Kiara Mikita has been appointed as Sexual Violence Educator in the Office of Faculty Development and Performance (OFDP) as of August 15, 2022.

The Sexual Violence Educator role, split between CSM and AHS, works with faculty, staff, students, and AHS professionals to grow and build awareness about sexualized violence in healthcare settings and educational environments.

This specialized role is the first of its kind, and the OFDP is proud to pave the way and create space for Dr. Mikita to lead faculty development in this important area.

Tue, 22 November 2022, 12:30 PM – 1:30 PM MST

[Register here.](#)

Kudos

Baby joy - Dr. East

We welcomed a baby boy on October 21! Big brother Cooper is head over heels for baby Gus, and we're all settling in to being a family of 4.

Kudos to Drs. Andruchow and Morris for their advocacy!

[Calgary ER doctors say don't blame them, long wait times a result of a systemic crisis | CBC News](#)