



Department of Emergency Medicine

Weekly ^{email}

Updates for ED Physicians

May 18, 2021 Edition

Operational/COVID-19 Updates

The new positive COVID case numbers are decreasing rapidly in the province and in the Calgary Zone. This has been a forward-looking indicator of an upcoming drop in cases requiring hospitalization in other jurisdictions. See [Case Counts to May 17](#).

Admissions to hospital appear to be plateauing and there is hope that they will soon start to decrease. Occupancy of the ICU by COVID patients is at an all-time high with 70 COVID patients in Calgary ICU's this morning. This compares to 50 for the peak of Wave 2.

For reference, the 70 COVID patients exceeds the usual number of funded beds that ICU traditionally has for all patients in the Calgary Zone.

There is very little extra capacity for ICU beds in Calgary right now with physical space and RN staffing being the rate limiting factors. The next two weeks might see significant capacity pressure on the ICU's and while we don't anticipate that ventilated patients will overflow in the ED's to a significant extent, there may continue to be some delays in transfers.

ED MD's continue to staff inpatient and critical care teams and as a result there will be more posted shifts as ED MD's try to clear their schedules to work in the units. These shifts are the responsibility of the ED MD to get covered and we appreciate everyone's ongoing help in picking up posted shifts.

The other pressure point in the system is Mental Health admitted patients and this is contributing to major EIP (Emergency Inpatient) pressure at two hospitals (PLC and SHC) today.

Mental Health has done an amazing job in finding spots for these patients in the past. We would ask that we all do our best to work with the Crisis Teams in finding suitable outpatient plans for Mental Health Patients when possible.

Thanks as usual for your hard work and patience during this time of capacity challenges.
Regards,
Neil and Eddy

[Please click here](#) for updated referral criteria for the COVID Lung Clinics. Also available in the MyEDApp using master search function for "COVID clinic".

YYC ED Specific

What's New in the myEDapp (all credit to Patty Lee)

Inhaled budesonide for COVID? See the [excellent summary attached from Dr. Patty Lee](#) on the STOIC trial - use of inhaled budesonide for mildly ill COVID patients. In summary, in this small British study use of inhaled budesonide (Pulmicort) was associated with a significant reduction in ED visits or hospitalization. See above summary of the paper from Dr. Lee for the review on this relatively inexpensive and safe treatment option for COVID. This treatment has also made its way into the AHS document on COVID therapeutic options as a "may consider in mildly ill outpatients". Since this is an outpatient medication this medication does not need to be initiated/given in the ED, rather the patient can be provided with an outpatient prescription for the inhaled budesonide.

Connect Care training for Wave 4

Emails went out earlier this month to physicians at ACH and PLC ED's who need Connect Care training for wave 4 in November.

Please log into MyLearningLink (<https://insite.albertahealthservices.ca/hr/Page1881.aspx>) and register as soon as possible for basic training to ensure you get a time/date that works for you. This training is required in order to work at the above sites after Connect Care wave 4 launch.
-Matt Grabove

Need Staff Examiner for FR Orals - June 10

We need **staff examiners for FR Oral exams on Thursday June 10th from 1300 - 1700 via Zoom**. Please check your availability and let me know if you are able to help.

Your help and assistance is very much appreciated.

Thank you kindly,
Madhavi
madhavi.talasila@ahs.ca

R5 ORAL EXAM SESSIONS

We are looking for volunteers for examiners for the final R5 oral exam prep session on THURSDAY, JUNE 3, 2021. When you sign up, you can refer to the second page "Zoom Links" to see the schedule for each examiner to pick the time slot which best works for you. Lastly, please include both your Ucalgary email and your preferred contact email for exam info. If you do not have your Ucalgary email set up or it is not linked to a Zoom account, please email me and I will help you out. Thank you to everyone who has volunteered to date!
[Click here for sign up.](#)

-Brit Sunderani

Mentorship Program

Are you >2 years into practice? Are you newly back from a sabbatical/parental leave/leave of absence? If yes then you are the perfect mentor candidate!
We are looking for new mentors for our new faculty mentorship program as well as mentors for our returning from sabbatical/parental leave/leave of absence program.

Please email Fareen Zaver if you are interested in volunteering your time and expertise!

Send Us Your Kudos Corner Submissions

Our weekly newsletter letter has the "Kudos Corner" section to showcase all the good work that our department's members achieve. If you would like to highlight a colleague's work, please email the details to Amani at amani.otoom@ahs.ca to add to the newsletter.

Thank you.
Department of Emergency Medicine

Wellness Update!

“In Pursuit of Happiness” The Atlantic will host [a free virtual event](#) that explores what it takes to be happy and how to build a more meaningful life. On Thursday, May 20, from 11 a.m. to 4:30 p.m. ET, hear from happiness experts such as **Deepak Chopra**, the founder of The Chopra Foundation; **Angela Duckworth**, the founder and CEO of Character Lab; and the author and podcast host **Gretchen Rubin**. It looks like a fantastic line up of wellbeing experts so make sure you check it out!

10 Percent Happier App discount

Thanks to Christine East for helping get a promotion for 6 months of free access to the ten percent happier app for the YYC EM group. See below for how to redeem your promotional code. How to Redeem Your Free 6 Month Subscription to the Ten Percent Happier App: You'll redeem the code on our website, then when you open the app on your phone, everything will be unlocked. [Please follow the steps here.](#)

Wellness Supports

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.

YYCEM May Wellness Challenge!

It's May and that means we are almost half of the way through the year of the YYCEM Happiness Challenge! This month's challenge is to discover ways we can use money to improve our wellbeing and happiness. They say money can't buy happiness but actually it can. Multiple studies have shown that there are many ways of using your money that actually does boost your personal happiness and wellbeing! As Ayn Rand has said "Money is only a tool. It will take you wherever you wish but will not replace you as the driver."

Check out the website and the May video to learn more.

- Click here to discover more: www.yycemhappinesschallenge2021.com
- Click here to watch the MAY video: <https://www.youtube.com/watch?v=kHzzzS1mpml>

Rounds and Journal Club

Emergency Medicine Grand Rounds

Thursday, May 20th, 2021

Time: 0900 – 1030 (1.5 Education Credits)

Session #1: (0900 – 0945)

Dr. Kyle Ricord

Pierre Carvalho

CCFP – EM Resident

Medical Officer, Fire Training Officer

Topic: Pre-hospital care provided by the Calgary Fire Department

Description: Pre-hospital care that Calgary firefighters are capable of providing, an in depth look into specialty paramedics within the fire department and what you can do if arriving 'on scene' to a motor vehicle collision with patients involved.

Session #2: (0945 – 1030)

Dr. Ahmed Taher, MD MPH FRCPC ([Bio Attached](#))

Assistant Professor, Quality and Innovation, Department of Medicine, University of Toronto
Clinician Investigator, Toronto General Research Institute

Patient Safety Lead, Emergency Department, University Health Network
Quality Improvement Lead, Emergency Department, Mackenzie Health

Topic: Innovations in Emergency Medicine

Description: An overview of recent innovations in Emergency Medicine in light of the COVID-19 pandemic.

Zoom session

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

Evaluation form: Complete a separate form for each session

<https://forms.gle/szfmBrmxiesjuGfq8>.

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

Recording Link: Recordings of this Thursday's Grand Rounds (Except QAER & ACH City-Wide Rnds) will be available the following Tuesday on our [website here](#).

Recording link & Materials. May 13, 2021 ED Grand Rounds

Speaker: Dr. Jason Elzinga, R2 EM Resident – FRCPC – U of C

Topic: Breaking the Cycle: "Management of Cannabinoid Hyperemesis Syndrome in the ED"
Click [here](#) for recording. Summary is [attached](#).

Journal Club

Date: May 20, 2021

Time: 1800 hrs

Presenters: Drs. Dana Stewart and Cody Dunne

Preceptor: Dr. Andrew Fagan

Article 1 : Freedman et al. Multicenter Trial of a Combination Probiotic for Children with Gastroenteritis. NEJM. 2018;379:2015-2016.

Article 2 Benary D et al. Ondansetron Prescription Is Associated with Reduced Return Visits to the Pediatric Emergency Department for Children With Gastroenteritis. Ann Emerg Med. 2020;76:625-634.

[Click Here for Questions](#)

ZOOM Session

Best Regards
-Cody and Dana

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for 1.5 MainPro-M1 credits. This program is approved as an accredited group learning activity as defined by the maintenance of certification program.

CME

CSM New Faculty Orientation – September 14, 2021

Are you new Faculty who has started with Cumming School of Medicine within the last three years?

Have you been with Cumming School of Medicine for awhile but have NOT attended the Office of Faculty Development and Performance New Faculty Orientation?

Not to be confused with AHS Orientation, Faculty Development and Performance provides all new faculty within CSM with the low down on roles and responsibilities, critical resources, mentorship, career development, and more!

[Claim your space!](#)

CAEP Conference 2021 - CAEP at the Forks: Rising to the Challenge

June 15-17

CAEP 2021 will be virtually held June 15-17, 2021 and hosted by the city of Winnipeg. With CAEP 2021 at the Forks: Rising to the Challenge theme, there will be great events, workshops in a new format and attendees will learn about integration the values of equity, diversity and inclusivity in the organization of emergency medicine, understanding the impact of the coronavirus pandemic on the practice of emergency medicine; considering strategies to ensure career longevity and much more. This year's virtual format allows for speakers from around the world - [check out the plenary highlights!](#)

More info and registration at <https://caepconference.ca/>

Opportunities

Applications Welcome - Assistant Dean, Graduate Science Education for Curriculum Review and Program Development

The Cumming School of Medicine invites applications for the position of Assistant Dean – Graduate Science Education for Curriculum Review and Program Development

[Please see attached](#) for the complete terms of reference for the position.

The successful candidate will hold a PhD; be a full-time member of the CSM faculty at the rank of Associate or Full professor; have leadership experience in graduate education administration and be a respected educator and scholar.

The position is a 0.2-0.3 FT (negotiable). The initial appointment will begin July 1, 2021 for a three-year term.

Please submit a statement of interest and curriculum vitae, by May 31, 2021, to:

Tara Beattie
Associate Dean – Graduate Science Education
Cumming School of Medicine

Applications Welcome - Associate Dean CME & Professional Development

The successful candidate will hold an MD; be a full-time member of the CSM faculty; have leadership experience in medical education administration and have proven ability to collaborate and sustain relationships within the School and across the province with government and professional organizations.

The position is a 0.5 FTE. The initial appointment will begin December 1, 2021 for a five-year term. Please submit a statement of interest and curriculum vitae by May 31, 2021, to:

Beverly Adams, MD, FRCPC

Senior Associate Dean Education

Cumming School of Medicine

Teaching Research & Wellness (TRW)

Kudos Corner

Kudos to our own Dr. Stuart Rose. He is an international expert and leader in clinical debriefing, the Center for Medical Simulation published a podcast for him titled "Debriefing in the clinical environment before, during and after COVID-19". This recording is from the virtual IMSH 2021 conference with a panel of superstar speakers in the field.

You can access the podcast on Apple Podcasts or via this link:

<https://soundcloud.com/medicalsimulation/debriefing-in-the-clinical-environment-before-during-and-after-covid-19>
