All

Sorry to be a bit late with this (hospital updates are from November 18); I've been busy on consult service so just got around to reading all my email from last night.

Please see below: I have attached the most recent updates from both FMC and RGH regarding outbreaks and watches. Biggest change is unit 46 at FMC, which is now on watch, so as per previous outbreaks/watches -- no clerks allowed.

Other updates...

**Stop the Spread**
Despite much of my messaging over the last few weeks being about watches/outbreaks in the hospitals, we know that the biggest risk for COVID spread is community transmission.

Please pay heed to the public health advice and avoid participating in any social gatherings that are going to increase the risk of COVID spread. This is vitally important for your community, your family, your patients and your colleagues. Its also important for your education: as you know, if you have to quarantine for two weeks, it will mean making up time at the end of clerkship, deferring exams and adding extra stress and challenges that none of you need right now.

**CaRMS Prep**
You will have seen some info from CaRMS that was forwarded by Shannon Leskosky yesterday. CaRMS is producing several new tools to assist students in preparing for the match this year, recognizing that its a different process for all of us.

Remember to use the AFMC calendar of events ([https://afmc.ca/en/learners/r1-match](https://afmc.ca/en/learners/r1-match)) that is available. This is a repository of links and information about all of the various online sessions that are available for clerks to have a chance to do virtual meet and greets with faculty and residents at residency programs.

Please remember also that you are not allowed to be travelling to other schools for any sort of in-person meetings with program directors, residents or other faculty. If you are asked to do this by a program, please either let me know or if you would prefer, you can contact the PGME office here at CSM ([https://cumming.ucalgary.ca/pgme](https://cumming.ucalgary.ca/pgme)) and they can look into the issue (even if it is at another school).

**Eye Protection**
The Emergency Medicine team has asked that we make sure that students on EM rotations have eye protection on at all times as a part of their PPE. I've started looking in to what PPE we have available through UME; we had a fair bit donated earlier in the year, but passed much of it on to AHS in thoughts that there were areas with greater need. We may be able to provide goggles on a loaner basis. You can also of course purchase a pair of goggles yourself (hardware stores should have some available). While eye or face coverings are often available to you in the Emerge or elsewhere in the hospital, they could become more difficult to find. This is a new issue as of today, so we're still just at first steps towards figuring this out.
**N95s**  
We will continue to fit test students for N95s on the Monday of the start of any anesthesia rotations. We’re looking at whether we need to expand that fit testing at the beginning of any other rotations; we'll be discussing that at the clerkship committee next week.

**EPA Assessments**  
Please keep doing them.

I think that's all for now. Has it ever been awesome to run into some of you on the wards this week at RGH! In the past week I've had a chance to work with Limpkins, Boops Boops, Dholes and even an AyeAye (that one goes back a long way!).

I have been so impressed by all of you. You have persevered in the midst of a very difficult time. You are continuing to both work and learn, despite all of the pandemic challenges. In all of the myriad meetings that I attend, I'm proud to describe how you have adapted and thrived. Keep up the great work.

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**R1 Match | AFMC**  
The COVID-19 pandemic has created unique challenges for all stakeholders involved in the 2021 R1 match. As there will not be in-person activities for the class of 2021, it is essential for applicants to have the opportunity to find out more about different residency programs across Canada that will meet their career and life goals.  
[afmc.ca](http://afmc.ca)

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Take care,

KB  
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