



2024 Incoming Resident Orientation

Welcome to the PGME orientation for incoming residents. Please view the attached schedule and session descriptions.

| Time | Speaker | Topic | Location | Comments |
|--|--|--|---|---|
| 7:30 – 9:00 am | | Refreshments Available | HMRB Atrium | |
| 8:00 – 8:40 am | Dr. Melinda Davis, <i>PGME Associate Dean</i> Mr. Robert Bunn, <i>MEO</i> Ms. Leanne Johnson, <i>PGME Registration</i> Ms. Andrea Brose, <i>Resident Affairs and Physician Wellness</i> | Welcome | Libin Theatre | |
| 9:00 – 1:00 pm | | Market Hall | HRIC Atrium | See below for list of resources |
| 9:00 – 9:45 am | | Session #1 | See below | |
| 10:00 – 10:45 am | | Session #2 | See below | |
| 11:00 – 11:45 am | | Session #3 | See below | |
| 11:30 – 1:00 pm | | Lunch Available | HMRB Atrium | |
| <i>The below sessions are not mandatory but are strongly encouraged for PGY1 residents.</i> | | | | |
| 1:15 – 2:00 pm | Dr. Tamara Yee <i>2023/2024 PARA President</i> | Financial Literacy Session | Jun 26: Click Here for Zoom registration  | *The June 26 th session will be available as a hybrid in Theatre 1 for those who wish to attend “in person”. |
| 2:15 - 3:00 pm | Robin Raworth <i>Member Services Coordinator, PARA</i> | Understanding the Resident Physician Agreement | Jun 26: Click Here *  | *The June 26 th session will be available as a hybrid in Theatre 1 for those who wish to attend “in person”. |

Please visit the Market Hall for these resources.

- PGME Registration
 - AHS ID Badge pickup
 - Unicard pick up
 - AHS Parking
 - Office of Resident Affairs and Physician Wellness
 - Distributed Learning (DLRI)
 - Indigenous Health Program
- Canadian Medical Association (CMA)
 - UCalgary Active Living
 - CSM Communications
 - Physician and Family Support Program (PFSP)
 - Clinician Investigator Program (CIP)
- Alberta Medical Association/ADIUM
 - Precision Equity and Social Justice Office (PESJO)
 - Resident Education Scholars Program (RESP)



Sessions:

| Title | Speakers | Description | Room Location |
|--|--------------------------|--|---------------|
| Studying in Residency and other Learning Resources | E. Weir | Join us for a workshop focused on self-evaluating your skills and setting effective goals so that you will be ready to hit the ground running when you develop your personal learning plan for residency. Take charge of your learning journey as you move into this next stage of your career and become a life-long learner. | 1500 |
| Meal Prep and Planning in Residency | Dr. M. Roy | Tired of lunch being that apple in the bottom of your bag? Re-thinking crackers as a food group? Join Meagan, a PGY4 in Pediatric Emergency Medicine, on a culinary tour of how to meal prep and plan in residency. From feeding yourself and littles when you are too tired to life and beyond, join the discussion and share your own tried and true tricks for nourishing your body to nourish your mind. | 1405B |
| A DOSE of Wellness | S. Ashton & R. Okorosobo | Residency can be amazing, but where do you go if things get challenging? Join your Office of Resident Affairs and Physician Wellness in this workshop and learn what residents commonly experience, how to deal with those experiences, and what resources are available. | Theatre 1 |
| Transition to Residency | Dr. P. Pearce | Starting residency is exciting, but all career transitions also come with new challenges. In this session we will explore the wellness aspects of physician career transitions with a focus on the imposter phenomenon and wellness strategies. | Theatre 4 |
| Residents for Residents | Various | Want to know where to find the best coffee near the Foothills? Or wondering how to become an extender? Do you have questions about balancing residency with life or how to navigate the PGME policies? Bring your questions to this interactive session with panelists including residents, AHS MEO office, the CEO of PARA as well as the Associate Dean, PGME. | Libin Theatre |
| Advocacy, Accountability and Anti-Racism in PGME | Dr. S. Mintsioulis | Dr. Steve Mintsioulis is PGME's Director for Advocacy and Accountability. He will provide an overview of PGME/CSM/UofC's work around Indigenous Health, Anti-Racism, Patient Safety and Quality Improvement, Opioid Response and Planetary Health. | G382 |

