October 2018

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Important deadlines:

- **Certificates**: December Resident Certificate Requests Deadline to jglow@ucalgary.ca – **November 15, 2018**.
- **Electives**: February 2019 Canadian and March 2019 International Electives Deadline for upload to SharePoint - **December 1, 2018**.
- **Rotation Spreadsheet**: Complete and upload 2017-18 spreadsheet to SharePoint by **November 30, 2018**.

Visit our website:

Newly redesigned PGME website coming in 2019! Stay tuned for more information.

All issues of the PG Post can be found on the website: [http://cumming.ucalgary.ca/pgme/home/news](http://cumming.ucalgary.ca/pgme/home/news).

2019 Resident workshop registration now open:

See website for further details: [https://cumming.ucalgary.ca/pgme/workshopsevents](https://cumming.ucalgary.ca/pgme/workshopsevents).
SIMULATION SYMPOSIUM

Thank you to all of the presenters, facilitators, the committee, PGME staff and attendees for making this such a successful Symposium!

- Dr. Jenny Rudolph Keynote Presentation Podcast: [https://cumming.ucalgary.ca/pgme/workshopsevents/jenny-rudolph-keynote-presentation](https://cumming.ucalgary.ca/pgme/workshopsevents/jenny-rudolph-keynote-presentation)
- Sean Sweeney Keynote Presentation Podcast: [https://cumming.ucalgary.ca/pgme/node/526](https://cumming.ucalgary.ca/pgme/node/526)
- 2018 Simulation Symposium Website: [https://cumming.ucalgary.ca/pgme/workshopsevents](https://cumming.ucalgary.ca/pgme/workshopsevents)

Dr. Jenny Rudolph Keynote Presentation: *Learning for Performance: High Standards and High Regard*
Dr. Ghazwan Altabbaa and Greg Hallihan Workshop: Simulation Training Design for Peak Performance

Dr. Immanuel Barshi Keynote Presentation: The Multitasking Myth
Lunch Time:

Poster Presentations:
Sean Sweeney Keynote Presentation: *The Psychology of Peak Performance for Ultra-endurance Athletes*

**PA Sessions:**

PA update session dates for 2018-2019. PA Update sessions are held in G43A HMRB (PGME Large Conference Room) from 8:30am – 10:00am.

- November 14, 2018
- December 12, 2018
- January 9, 2019
- February 13, 2019
- March 13, 2019
- April 10, 2019
- May 8, 2019
- June 19, 2019 ** Time and location TBD
New Cancer Centre:

We are going to do a timelapse of the construction of the new Cancer Centre at Foothills campus. Watch this space for monthly progress pictures.

September 21:
ICRE 2018 in Halifax:

Just a friendly reminder to all of you who attended ICRE 2018 in Halifax - all ICRE travel expense claims should be forwarded to Jan Rose at jan.rose@ucalgary.ca for processing. The maximum allowable claim is $2000 which includes all prepaid expenses such as airfare, flight change fees and conference fees.

Please ensure the following are included with your claim:

- PGME Expense Description Form.
- PGME Expense Summary Form.
- Receipts (Accounts payable requires itemized receipts for all meals including any in room dining service charges).
- Flight receipt/itinerary.
- Conference registration confirmation.
- Boarding passes (Required unless at least one of the following is submitted with the flight itinerary/receipt: taxi receipt, hotel folio, meal receipt, confirmation of conference attendance).

PGME will have a copy of all ICRE agendas so it is not necessary to include a copy with your expense claim. All required forms and further details regarding expense submission for ICRE claims can be found on the PGME website at the link below.

http://cumming.ucalgary.ca/pgme/current-trainees/expense-reimbursement

Hope you enjoyed the conference!

Accreditation:

Mid-Cycle Internal Reviews
Erika Schulz will be holding a number of accreditation information sessions for our program administrators. The sessions are:

Monday, November 5, 2018
9:00 am to 10:00 am
PGME G43A

Wednesday, November 14, 2018
1:00 pm to 2:00 pm
ACH Conference Room 5, Fourth Floor
Friday, November 16, 2018
7:30 am to 8:30 am
PGME G43A

Wednesday, November 28, 2018
11:00 am to 12:00 pm
PGME G43A

To register, please send an email to pgme.accreditation@ucalgary.ca. (If you find you are available and hadn’t registered, please just drop in. We’ll get your name and program at the session.)

The Office of Resident Affairs and Physician Wellness:

The Office of Resident Affairs and Physician Wellness is now open. We have three amazing individuals working in the office. Dr. Jaelene Mannerfeldt, Director; Ms. Karin Klassen, Psychological Counsellor and Manjari (Manu) Shukla, Program Administrator.

Dr. Mannerfeldt is an Obstetrician & Gynecologist who has been actively involved in resident education for over 10 years. She most recently was the Program Director of the PGY-1 Resident Program at the Rockyview General Hospital. She is available to meet with residents and Program Directors to discuss issues that are impacting individuals and programs. In her role as Director, Dr. Mannerfeldt would like to help residents get the help they need in residency that will stay with them well into practice beyond residency.

Ms. Klassen has a Master’s degree in Mental Health Counselling and is at the dissertation stage of a PhD in Health Psychology (stress). She likes to work on practical, solution-focused therapies. Her goal in this program is to help residents manage crises, find peace in the everyday rush of residency and to help create longer term coping and resiliency skills. She is available two days a week and her schedule is varied.
Ms. Manjari “Manu” Shukla has joined the office with a long history of helping build other programs at the University of Calgary. She will be the first point of contact for residents who would like to book an appointment with either Dr. Mannerfeldt or Ms. Klassen. Her work hours are Monday, Tuesday and Wednesday from 8:00 am – 4:00 pm. An appointment can be booked by calling 403-210-6525 or by email at residentwellness@ucalgary.ca.

“The most basic and powerful way to connect is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.”

Rachel Naomi Remen, MD
Author, The Healer’s Art

The office is located next to the Libin Theatre, G259. We look forward to meeting with you and working with your residency programs.

Thank you for reading!

There will be no November issue of the PG Post.

Stay tuned for the December PG Post!