

# Newsletter



## August

### Important Deadlines

- **Block 1 ITERs:** Please email [pgmeassess@ucalgary.ca](mailto:pgmeassess@ucalgary.ca) Block 1 ITERs are two weeks overdue on Sept 11, 2023
- **Electives:** December 2023 Canadian Electives Deadline for upload to SharePoint Oct 1, 2023
- **May 2024 International Electives** Deadline for upload to SharePoint – Oct 1, 2023



#### CSM Office of Professionalism, Equity and Diversity

Interested in hearing about upcoming events and current resources related to equity, diversity, inclusion, and wellness?

Sign up for the OPED Newsletter: Email [OPED@ucalgary.ca](mailto:OPED@ucalgary.ca) to receive the newsletter or provide content.

OPED Website: [click here](#)

OPED Events: [click here](#)

# Newsletter



Applications

Grants

## Resident Research Travel Grant Application Deadline:

Just a reminder – the deadline for accepting Resident **RESEARCH** Travel Grant applications for conferences scheduled from **October 1st – December 31st, 2023** is **September 15th, 2023**. Completed applications should be submitted electronically to Jan Rose at [jan.rose@ucalgary.ca](mailto:jan.rose@ucalgary.ca).

**Please Note:** Once again, to address the concern that residents may not have received notification that their abstracts have been accepted for presentation, Travel Grant applications will be accepted without the confirmation. Final approval however will be contingent on confirmation that the abstract has been accepted for presentation. Applications with other missing components (Program Director or Research Supervisor signature, etc.) will also be accepted however all requirements must be met prior to approval. ***All applications must still be submitted by the deadline.***

Resident Research Grant Application:

<https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/resident-research-travel-grants>

Award winners:

<https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/grant-recipients>

## Resident Leadership Travel Grant Application Deadline:

Just a reminder – the deadline for accepting Resident **LEADERSHIP** Travel Grant applications for events scheduled from **October 1st – December 31st, 2023** is **September 15th, 2023**. Completed applications should be submitted electronically to Jan Rose at [jan.rose@ucalgary.ca](mailto:jan.rose@ucalgary.ca)

A limited amount of funding is available to facilitate and support resident leadership development opportunities. PGME recognizes that participation in conferences, seminars and meetings which encourage trainees to cultivate and demonstrate this aptitude is beneficial for achieving academic success and realizing career goals. Applications with missing components (Program Director, etc.) will be accepted however all requirements must be met prior to approval. ***All applications must still be submitted by the deadline.***

Resident Leadership Grant Application:

<https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/resident-leadership-travel-grants>

Award Winners:

<https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/grant-recipients>

PGME is pleased to offer a CBD-targeted  
Workshop:

# Feedback Conversations – The Essential Skill



Nurture Growth through Constructive Feedback

Our interactive workshop is designed to enable new trainees in CBD with the essential skills of giving and receiving feedback effectively.

At the heart of successful clinical teaching and learning in CBD lies an understanding of the crucial role that feedback plays. The workshop is crafted to emphasize workplace-based assessments and coaching, which are central to CBD

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## Workshop Objectives:

**Understanding Feedback:** Learn the core principles of feedback, its significance, and best practices for incorporating it into your clinical journey.

**Overcoming Barriers:** Identify common obstacles in giving and receiving feedback, and acquire strategies to address them confidently.

**Best Practice Framework:** Master a "Best Practice" Framework that will equip you to provide and receive feedback with finesse.

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## Who Should Attend:

This workshop is tailored for new CBD trainees seeking to develop their skills in offering and receiving feedback effectively. If residents have already launched in a CBD program, the PGME CBE team highly recommends their attendance to maximize the benefits of this learning opportunity.

Please email [pgmecbd@ucalgary.ca](mailto:pgmecbd@ucalgary.ca) to inquire about the available dates of these workshops and to register your residents.

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## PGME Workshops

All September workshops are full.  
Please watch for  
the Save the Date released on  
September 6 with the new 2024  
workshop dates.

[PGME Workshops and Events Link](#)  
[pgmeworkshops@ucalgary.ca](mailto:pgmeworkshops@ucalgary.ca)



## The Learning, Engagement, Action for Resident Needs (LEARN) Study:

We wish to explore the needs and perceptions of residency program directors, teaching faculty and residents regarding resident remediation and struggling learners. This is for quality assurance purposes and because there is a lack of research regarding policy development and residency remediation. We are recruiting for one-on-one interviews with key stakeholders including current resident trainees, program directors and teaching faculty.

This is a one-time interview conducted by phone that will take up to 60 minutes of your time. Your participation in this study is completely voluntary. As a token of appreciation for your time, you will receive a \$25.00 gift card. For more information, please contact the PGME Research Lead, Dr. Aliya Kassam at [kassama@ucalgary.ca](mailto:kassama@ucalgary.ca).

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21- 0287).

# Newsletter



## Learner Resources and Supports

### LASAC: Learner Academic Supports and Assessment Committee

LASAC meets monthly to review and provide suggestions on Remediation and Probation Plans. If you are developing a Remediation or Probation Plan, please be aware of the meeting dates. All plans are reviewed prior to implementation. Meeting dates are available here.

### Twitter Account – Conversations and Tips on Learning Resources – Follow!

Follow Dr. Aleks Mineyko on Twitter for conversations and tips on Learning Resources @aleksmineyko

*The PGME website includes information and resources for Program Directors and Faculty on residents in academic difficulty.*

*PGME | Faculty and Staff | Resources | Support Learners in Difficulty | Cumming School of Medicine | University of Calgary ([ucalgary.ca](http://ucalgary.ca))*

*Please remember to contribute by sending suggestions and resources to [pdassist@ucalgary.ca](mailto:pdassist@ucalgary.ca).*

# Newsletter



## **\*NEW\* INTERNATIONAL MEDICAL GRADUATE INITIATIVE**

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As a new initiative this year, we are offering additional supports to help interested International Medical Graduates transition into first year residency.

**WHO:** International Medical Graduates who started primary residency or subspecialty residency training in July 2023.

**WHAT:** We are offering 2 hours of individual CanMEDS Coaching per resident, focused on enhancing skills in the Communicator and Collaborator roles.

**WHEN:** Between now and the end of December 2023. Individualized coaching times will be established between the resident and coach.

**WHY:** Transition can be challenging and early supports are invaluable.

**HOW:** To take up this offer, residents need to contact Erin Weir at [erin.weir@ucalgary.ca](mailto:erin.weir@ucalgary.ca) or [pdassist@ucalgary.ca](mailto:pdassist@ucalgary.ca) and they will be connected with a dedicated coach.

### **OBJECTIVES:**

1. (Communicator) Deliver clear and concise verbal case presentations that include pertinent positives and negatives and include a management plan for all issues identified.
2. (Communicator) Communicate clear and accurate diagnoses and management plans to patients/families, avoiding medical jargon, answering questions, and ensuring the information is understood.
3. (Collaborator) Demonstrate effective communication and collaboration with colleagues, physicians, allied health professionals by being flexible and responsive to concerns, input, and ideas.



## Changing your Self-Criticism to Self -Compassion

October 18, 2023

Register for the Session

Time details: 7 - 8:30 p.m.

Location: Virtual

Cost details: Free- Sponsored by PFSP

After registering, you will receive a confirmation email containing information about joining the session.

Are you caught up in “try harder, do better” cycle? Do you feel you can’t keep up/not good enough/compare yourself to your colleagues and find yourself coming up short?

Do others needs routinely come before yours?

Do you stay up at night ruminating that you have missed something or made a mistake?

You’re not alone. Many physicians struggle with a harsh inner critic, perfectionism, and over-functioning. Cultivating self-compassion is a proven antidote to these strategies that are no longer helpful.

You may think self-compassion seems like it will foster laziness, self-indulgence, self-pity, and selfishness. It seems like being weak, too easy on yourself, letting yourself off the hook and not holding yourself accountable. However, research shows people with high levels of self-compassion have standards just as high as anyone else, the difference is that they have more of the positive states such as happiness, optimism and life satisfaction and they have improved connections and relationships. **They have increased motivation and emotional stability, and they can pick themselves up and try again.**

Learn and practice techniques to motivate yourself with encouragement rather than self-criticism.

[See full details for this session](#)



Ieleen Taylor, MD CCFP will lead this interactive experiential session.

### If you aren't sure this is for you:

- Take this test and see where you stand <https://self-compassion.org/self-compassion-test/>
- Watch [The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDxCentennialParkWomen](#)

*“No matter what gets done and how much is left undone. I am enough. It’s going to bed at night thinking. Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.”*

- Brene Brown

# fresh routes

Fresh Routes is a mobile grocery store that brings healthy and affordable food right to you.

Everyone is welcome!

## Health Sciences Centre

3330 Hospital Dr NW, Calgary

**Look for bus by North Parkade (Lot 6)**

Join us on Wednesdays

10:30 am – 12:00 pm

Choose your own fruits, vegetables, eggs and bread

Bring your own bags

Accepting cash, credit, debit, and Calgary Dollars.



@freshroutes



[www.freshroutes.ca](http://www.freshroutes.ca)

GOOD  FOOD  
STOPS FOR YOU

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## University of Calgary Events

Risk Management Requirements for UofC Events: Although registration for on or off campus events is **not required** at this time, all events that have related expenses that are paid for or reimbursed through the U of C's accounting structure must comply with the guidelines set by Risk Management. Please review the guidelines prior to holding your event. Note: Waivers are still required for high risk activities or events.

[Click here for more information](#)

## Requirements for International Travel

Risk Management Requirements for International Travel: Risk Management requirements exist for all international travel, please ensure that you review and meet the requirements / guidelines set by UofC Risk Management before embarking on international travel.

[Click here for more information](#)

