

Newsletter



Important Deadlines

- CBD Quarter 4 payment deadline is March 10th
- June 2023 Canadian Electives Deadline for upload to SharePoint – Apr 1, 2023
- November 2023 International Electives Deadline for upload to SharePoint – Apr 1, 2023
- Block 8 ITERs: Please email pgmeassess@ucalgary.ca Block 8 ITERs are two weeks overdue on March 27, 2023

February

PGME Workshops

2023 spring workshops – Visit website for full details and registration!

April 6 & 13, 2023 –Patient Safety and Quality Improvement Part I & II

April 27, 2023 –QuRE – Quality Referral Evolution

[PGME Workshops and Events Link](#)

Contact: pgmeworkshops@ucalgary.ca



Newsletter



Call for Nomination 2023 Dr. Marnie Hinton Resident Wellness Award

Dr. Marnie Hinton was a long-time Alberta physician, trained in Great Britain, who dedicated her life to physician health. She initially volunteered her time through the early days of the Alberta Physician Assistance Program, then became more formally involved as a triage physician with the Physician and Family Support Program of Alberta.

Dr. Hinton always made herself available for phone calls or direct support to physicians struggling with addiction. She frequently volunteered her time to take new members to 12 step recovery groups in the Greater Edmonton area or offer her wisdom regarding healthy sobriety.

Field of Study: Postgraduate Medicine

Value: \$500.00

Annual Awards: 2

Conditions: Awarded to a medical resident in satisfactory academic standing and has demonstrated significant contributions to the advancement of physician wellness.

Deadline for Nominations is March 15, 2023

For more information: [click here](#)



Newsletter



Announcement:
Our current counsellor, Michelle Keough will be starting a 12 month maternity leave at the end of March 2023. We are actively seeking to hire another counsellor.

The Office of Resident Affairs and Physician Wellness is pleased to announce the 7 scholarship recipients who will be attending the Mindful Practice in Medicine Core Workshop hosted at the Banff Centre for Arts and Creativity by the Cumming School of Medicine's Centre for Mindfulness in March 2023. Recipients were:

- Dr. David Dueckman – Family Medicine
- Dr. Dilawar Iqbal – Family Medicine
- Dr. Jack Kang – Family Medicine
- Dr. Justin Khunkhun – Psychiatry
- Dr. Lisa Murphy – Physical Medicine and Rehabilitation
- Dr. Umair Sajid – Adult Endocrinology and Metabolism
- Dr. Ruixiang Sun – Pediatric Neurology

The in-person Workshop comes direct from the University of Rochester where it was "developed by physicians to help medical practitioners and educators respond to the erosion of joy in their work, provides an experiential and interactive learning environment. [The] approach is evidence based – as it lessens the effects of burnout and improves well-being, engagement with work, and patient-centered compassionate care."

The Office of Resident Affairs and Physician Wellness would like to thank all those who submitted an application. Awardees were randomly selected.



Newsletter



Greetings! My name is Konstantinos (he/they), I am a registered psychologist by training, and I am excited to be joining the Office of Resident Affairs and Physician Wellness as their new counsellor. In terms of my background, I am an alumnus of the University of Calgary's counselling psychology program (MSc, 2014; PhD, 2021) and through my training and previous work experiences I have enjoyed supporting post-secondary students in a number of universities, as well as providing therapy to families with children and youth. Currently, in conjunction with supporting residents and fellows at the Cumming School of Medicine, I work with individuals and couples in private practice, specializing in sex and relationship therapy.

In my work as a psychologist I perceive wellness as a spectrum, and I believe that counselling can help people regardless of where they position themselves on that spectrum – whether you are experiencing significant emotional distress, or you are feeling great and just want to keep it that way. Counselling can be a way to learn how to cope with difficulties, completely overcome barriers, and live life in a way that aligns with your values and that feels authentic to you. My approach to working with people is one of openness, compassion, and curiosity, as I am looking at their well-being from a holistic perspective: how one feels, what kind of beliefs do they subscribe to, do they draw strength through spirituality, how do they influence/are they influenced by others, and what is their relationship with the broader contexts and institutions within which they live, work, and play (e.g., their home, work setting, culture at large).

I am interested in helping residents and fellows broaden their perspectives regarding where their concerns might stem from, and help them identify and/or develop strengths and resources that will enable them to grow both personally and professionally. If you decide to come and see me for counselling, I hope that you will experience me as collaborative, non-judgmental, and easygoing. My services are free and confidential, and I am looking forward to meeting many of you virtually or in person (currently, my availability is Tuesday to Thursday). Also, please do not hesitate to stop by the Office of Resident Affairs and Physician Wellness (HSC, room G259) to say hi and book your appointment in person, or e-mail us at residentwellness@ucalgary.ca

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 April 1st – June 30th, 2023 is **March 15th, 2023**. Completed applications should be submitted electronically to Jan Rose at 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 April 1st – June 30th, 2023 is **March 15th, 2023**. Completed applications should be submitted electronically to Jan Rose at 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>

Newsletter



Learner Resources and Supports



Clues that a resident may need learning supports:

Scholar

- Difficulty guiding own learning
- Difficulty translating evidence into practice
- Difficulty appraising the literature critically

Collaborator

- Absent or delayed communication (not responding to emails or pages)
- Colleagues avoid or bypass the resident

Health Advocate

- Advocates for self over patients or populations

Communicator

- Patients raise concerns or ask to not be seen by the resident
- Patients are repeatedly confused or don't understand the diagnosis or treatment plan

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](#))

Please remember to contribute by sending suggestions and resources to pdassist@ucalgary.ca.

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Physical Exam Preceptors Needed!

Residents are enthusiastically welcome to teach any of our UME courses – there are only four requirements:

1. Be a PGY2 or higher
2. Have a Resident as Teacher course or equivalent
3. Have permission/consent from the attending
4. A desire to share knowledge with medical students

If you have taken a Resident as Teacher course, we would love to add you to the invite list for upcoming courses. Just send an email to medskil2@ucalgary.ca to indicate your interest and let us know when you have taken the RATs course.

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 to receive the newsletter or provide content.

OPED Website: [click here](#)

OPED Events: [click here](#)

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.

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

Newsletter



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](#)

