FEBRUARY 2021

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Important Deadlines:

Electives:
- May 2021 Canadian Electives Deadline for upload to SharePoint – **March 1, 2021**
- June 2021 Canadian Electives Deadline for upload to SharePoint – **April 1, 2021**
- International Electives will not be accepted at this time

Block 8 ITERs:
- Please email pgmeassess@ucalgary.ca. Block 8 ITERs are two weeks overdue on **March 22, 2021**

Visit PGME Website: [https://cumming.ucalgary.ca/pgme](https://cumming.ucalgary.ca/pgme)

We have developed a page dedicated to the latest PGME and related Covid-19 updates: [https://cumming.ucalgary.ca/programs/pgme/covid19/resources/information](https://cumming.ucalgary.ca/programs/pgme/covid19/resources/information)

Please continue to check this page for the latest and developing information.

Subscribe to PGME on YouTube!

[https://www.youtube.com/channel/UCHdb0tipwHbrzwxB0VnHEQ](https://www.youtube.com/channel/UCHdb0tipwHbrzwxB0VnHEQ)
PGME Events:

Please visit our website for the most up to date workshops, seminars and events:

https://cumming.ucalgary.ca/pgme/events

PGME resident educational events and workshops are still being offered. Please continue to register for events you are interested in attending. Workshops are currently only being offered virtually. We will continue to provide updates on this status.

Cancer Centre Photos:

February 2021
Resident Alumni:

PGME residents have very recently been recognized as part of the alumni family by the University of Calgary, Cumming School of Medicine. CSM Alumni Engagement is working to complete all of our alumni data for future engagement initiatives. PGME has been able to provide them with resident data from 2008 until current. We are hoping that programs that have records prior to 2008 of their residents will be able to provide them so we can add those residents as alumni.

If you are able to send Kristen.story@ucalgary.ca the data that you do have (prior to 2008) for completed residents, it would be extremely helpful for this new initiative.

At minimum, this should include:

- name (first and last)
- UCID
- contact (email and/or address)
- program (year of completion where possible)
Preferably via excel, but any format will be welcome

It is acceptable if it is believed to be out of date information, the alumni engagement office works carefully to clean up the data for current accuracy as best as possible.

The information that is collected will be sent to alumni engagement and not retained on the PGME end for confidentiality purposes. They will only be contacted through alumni engagement, whom have all of the proper policies in place.

*Note that this does not include fellows at this time.*

If you were not a program or do not have data prior to 2008, please send an email to inform of this.

**Recognizing programs are very engaged with CaRMS and other pressing items, the deadline for this information is set for June 15, 2021.**

Please send this information and any questions or concerns to: Kristen.story@ucalgary.ca

Thank you in advance for your assistance with this.

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**UofC HR Resources – Addressing the Ongoing Challenges of Extended and Virtual Remote Work:**

The University of Calgary Human Resources has compiled some articles and tips and tricks to help navigate the winter months.

- **Is Remote Work Making you a Workaholic?** Learn why and how to make your always-on brain turn off.
- **Being Inclusive at a Distance**

Some lighter diversions:

- **5 great virtual activities to engage your remote workers and have some fun**

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**CMA Foundation Covid-19 Resident Support Grant:**

Do you have unanticipated expenses due to COVID-19?

The CMA Foundation COVID-19 Support for Medical Learners Bursary was created through a generous donation from the CMA Foundation with the intention of supporting residents in financial need who have been directly affected by the COVID-19 pandemic. The purpose of the Bursary is to support residents who demonstrate unanticipated financial need as a result of the COVID-19 pandemic.
The Bursary will be awarded to residents in any year of PGME, who demonstrate unanticipated financial need as a direct result of the pandemic and who meet the following criteria:

- The applicant must be a full-time Ministry funded resident in good standing at the University
- Demonstrate a financial need
- Demonstrate financial impact experienced by the applicant as a result of COVID-19
- Confirmation that the applicant has applied, where applicable, to government funding and/or for banking support

The Bursary is **not** designed to provide relief for the following **ineligible expenses**:

- Directly replacing lost income (learners requesting direct income loss support should apply for government assistance, as applicable)
- Missed loan payments, or payments in arrears
- Discretionary expenses
- Other non-essential personal expenses unrelated to COVID-19

Please note that the award will be paid by **reimbursement**. The applicant must have applicable receipts with proof of payment to be reimbursed.

For more information and the application please visit the [CMA Foundation COVID-19 Support Grant](https://example.com) webpage.

All applications can be submitted to jan.rose@ucalgary.ca.

### Resident Research and Resident Leadership Travel Grant Application Deadline:

A reminder that the deadline for accepting **Resident Research** and **Resident Leadership** Travel Grant applications for conferences scheduled from April 1st to June 30th, 2021 is **March 15th, 2021**. Completed applications should be submitted to Jan Rose electronically to jan.rose@ucalgary.ca.

In April 2020 PGME suspended the Travel Grant Programs due to the COVID-19 pandemic and the University of Calgary’s travel restrictions. In September 2020 the Resident Leadership Travel Grant Program and the Resident Research Travel Grant Program were reinstated.

At this time, PGME will now open up applications for the Travel Grant Program for online learning opportunities for the April to June 2021 period. Due to the travel restrictions that are still in place, this will be only for online and virtual learning. There will be no grants awarded for actual travel at this time. An example of expenses eligible for reimbursement would be the conference registration.
Please submit the application digitally at jan.rose@ucalgary.ca. As PGME is working remotely, please do not attempt to submit a paper copy to the office.

The application can be found here:

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

**Leadership:**

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.**

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**Vacation Time:**

“Relax. Unwind. Get into a flip flop state of mind.” - Anonymous

Where were you when the global pandemic was declared on March 11, 2020? I know I was hiking in the Simien Mountains and decided to come home immediately.

And since the pandemic started, have you taken any vacation?

According to the PARA Agreement residents are entitled to twenty (20) days of paid vacation time in each of their Appointment Years. These vacation days are in addition to the scheduled Winter break in Block 7 of 6 days and the 4 FLEX days residents get in the year as well.

The pandemic has made taking vacation more challenging and certainly less exciting. Taking ‘Staycations’ is not what many of us think about when we think of vacation. Residents may be delaying their use of vacations because they are hoping to be able to travel, so have been saving their vacation days.

The other challenge in scheduling vacation is ensuring that the rotations are not impacted in a negative way by the resident absence. What I mean by this is that if being away means that the resident has not spent enough time on the rotation to be assessed, then they may face an incomplete for the rotation. This is not helpful in their journey to complete their resident educational training.

Vacation is built into the PARA agreement because we all do better when we are rested and take time for our wellness. There are many reasons why we find ourselves not taking vacations however, the absence of places to go and relax is not a reason to keep working.
You can assist the residents in the wellness by encouraging their regular and scheduled breaks throughout their training year. In thinking about the residency year, I recommend that residents take a calendar and mark their blocks and what each block will be. Then every 3 months, ensure that they are scheduling in a vacation week. They may wish to use a FLEX day to enhance their time available. If they wish to take a longer break, you can often schedule the last week of one block and the first week of the next block so that the resident is not away from any specific block for more than one week. This method of planning will ensure that the resident is using their vacation time throughout the year.

Planning vacations allows for better scheduling and you are building resident wellness days into your residency program. Ask residents at their reviews about their vacations and their planned time away.

Although residents can be paid out for unused vacation, AHS and PGME discourages this. The PARA agreement is for the benefit of the resident and vacation is essential in the resident being able to work and learn effectively.

It is the end of February and residents should have used at least half of their allotted vacation time. If a resident has not used any vacation time, you need to speak with them and map out a schedule for them to use up their vacation before the end of the Appointment Year. For most residents, this is June 30.

If I had Ruby flip flops, I would be clicking my heels together and arriving on a beach somewhere. This year, I think I will find myself clicking my Ruby hiking boots and finding myself in the Rocky Mountains on the trail for my vacation.

As always, if you need to talk to us at the Office of Resident Affairs and Physician Wellness, we are available. You can contact us at 403-210-6525 or at residentwellness@ucalgary.ca.

Dr. Jaelene Mannerfeldt
Director, Office of Resident Affairs and Physician Wellness

Resident Affairs and Wellness FAQ:

Who can use the services of the Office of Resident Affairs and Physician Wellness?

Any current U of C Resident or Fellow can access services.

The Office can provide consultation and referrals to community resources for the spouses/common-law partners and family members of U of C Residents or Fellows.
What services are available at the Office?

The Office has two Master’s Level Counsellors who provide confidential counselling, from evidence-based modalities, for a variety of concerns and challenges that you may face within your residency or fellowship program.

The Director is able to provide support navigating specific challenges and processes within residency (e.g. remediation, academic difficulty, guidance), as well as information around PGME policies.

Are the appointments ever mandatory? Can my Program or PGME make me attend?

All appointments are completely voluntary. All support is based on your specific goals. The Program (including Program directors and administrators) and PGME as a whole, cannot make you attend; however, it may be recommended.

Are the services confidential? Do the Counsellors communicate with PGME or my Program?

The counsellors maintain strictest confidentiality within ethical and legal bounds. Information about you, the type of services you access, and the context of your counselling services cannot be released to anyone, including PGME staff and PGME program administrators/directors, without your explicit written permission.

In accordance with legal and ethical standards of psychological and social work practice in Alberta, and the College of Physicians and Surgeons, there are specific exceptions to confidentiality. While rare, those include:

- When your statements/behaviours suggest that you are imminently likely to harm yourself, someone else or pose a risk to public safety
- When your statements/behaviours suggest that a minor (17 years and younger) or dependent adult (18 and older, under legal guardianship) may be abused, neglected or otherwise in danger of being harmed by you or someone else
- Court orders
- When your statements/behaviors suggest that you may not be able to provide competent patient care due to significant mental health or addiction issues.
- Concerns about driving safety, then notice to your family physician is necessary
- The only information other Wellness team members (Director and Administrative Assistant) may have access to is your attendance, since appointments are made and managed by the Office of Resident Affairs and Physician Wellness.

How many sessions can I attend with a Counsellor? Are they free?

There are no set limits or cap to the sessions that you can attend with a Counsellor, while completing Residency/Fellowship. After residents and fellows complete their training, your counsellor will provide support to refer to other services and provide on-going support if needed to bridge to that support.

All sessions are completely free.
Do you need a referral to make an appointment? How can I make an appointment?

No referral is needed. You can make an appointment at any time by contacting the Office Administrative Assistant through email or telephone. You can also contact the Counsellors and Director directly through email or by phone.

What services are available to residents in rural training sites in Alberta?

The counseling staff and Director are more than happy to connect with residents in the rural training sites through phone and email.

The psychologists can provide confidential telepsychology counselling services at a mutually convenient time.

What days of the week and hours are the Psychological Counsellors available?

Counsellors are available Monday to Friday. With the understanding of the demanding schedules of residents and fellows, there is also some flexibility, with a focus on finding mutually convenient times.

How do I contact the Office of Resident Affairs & Wellness?

To speak with Roxanne Laktin, our Administrative Assistant:
Phone: 403.210.6525
Email: residentwellness@ucalgary.ca

To speak with our Director, Dr. Jaelene Mannerfeldt:
Phone: 403-210-9161
Email: jmmanner@ucalgary.ca

To speak with one of our Counsellors:
Michelle Keough, RSW
Email: mlmcgrat@ucalgary.ca

Nora MacQuarrie, R. Psych.
Email: nora.macquarrie1@ucalgary.ca

Thank you to all of our programs and trainees for your continued hard work and dedication during this stressful time.

Stay Safe and Healthy! Thank you for reading. Stay tuned for the March 2021 PG Post!