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Important Deadlines:

- Electives: February incoming and outgoing Canadian Electives have been cancelled
  - March incoming and outgoing Canadian Electives have been cancelled
  - International Electives will not be accepted at this time
- Block 7 ITERs: Please email pgmeassess@ucalgary.ca Block 7 ITERs are two weeks overdue on February 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/UCHdb0tipwHbrzwwxB0VnHEQ](https://www.youtube.com/channel/UCHdb0tipwHbrzwwxB0VnHEQ)
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:

January 2021
OHMES Symposium:

Register Now!

Registration Link: [https://www.eventbrite.ca/e/health-medical-education-scholarship-symposium-2021-tickets-136038283167](https://www.eventbrite.ca/e/health-medical-education-scholarship-symposium-2021-tickets-136038283167)

The event is open to anyone with an interest in health and medical education scholarship, from novices to experts. This is a free event, however we request that participants register as a member of OHMES.

[https://ohmes2021.eventbrite.ca](https://ohmes2021.eventbrite.ca)

[ohmes@ucalgary.ca](mailto:ohmes@ucalgary.ca)

cumming.ucalgary.ca/office/ohmes @UCalgaryOHMES
Congratulations Recipients of the 2021 CAME/ACÉM Certificate of Merit Award:

PGME would like to extend their congratulations to the following recipients of the 2021 Certificate of Merit Award:

- Dr. Melinda Davis
- Dr. Martina Kelly
- Dr. Aliya Kassam

To view award recipients visit: [https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-recipients](https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-recipients)

PGME is Requesting Nominations for the Seventh Annual PGME Awards for Excellence in Medical Education:

**Attention:** CSM PGME Program Directors, Clinical Faculty, Division and Department Heads, Residents, Fellows, and Program Administrators

These awards are a way to recognize and reward outstanding efforts in providing high-quality residency programming through the hard work, ongoing commitment, and demonstrated passion of PGME staff and faculty. Winners will receive an inscribed plaque.

There are **three awards issued** in each of the following program categories:

- Direct-entry 2-4 year Programs
- Direct-entry 5-6 year Programs
- Subspecialty Programs (additional 1-3 years)

1. **Outstanding Commitment to Residency Education Award (3 Awarded)**

<table>
<thead>
<tr>
<th>Purpose:</th>
<th>This award recognizes the outstanding contributions made by an individual to residency education through teaching, administration, program development and/or contributions to educational research that benefit residency education.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>Current Cumming School of Medicine PGME clinical teachers working with residents</td>
</tr>
<tr>
<td>Criteria:</td>
<td>The individual has demonstrated exemplary teaching of residents and has made significant contributions to any of the following: program development; program administration; innovative approaches to teaching and learning; research contributions to teaching and assessment or other aspects of residency education.</td>
</tr>
<tr>
<td>Who can nominate?</td>
<td>Any current CSM PGME faculty, staff, division and department head, resident, or fellow</td>
</tr>
</tbody>
</table>
2. Award for Resident Mentorship (3 Awarded)

<table>
<thead>
<tr>
<th>Purpose:</th>
<th>This award recognizes the outstanding contributions of a faculty member who serves as a mentor, role model, and/or advocate for residents.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>Current Cumming School of Medicine PGME clinical teachers working with residents</td>
</tr>
<tr>
<td>Criteria:</td>
<td>The individual has provided an established and ongoing mentoring relationship with a PGME Trainee</td>
</tr>
<tr>
<td>Who can nominate?:</td>
<td>Any current CSM PGME resident or fellow</td>
</tr>
</tbody>
</table>

3. Award for Service in Support of Residency Education

<table>
<thead>
<tr>
<th>Purpose:</th>
<th>This award recognizes the outstanding contributions made by an individual to residency education through ongoing administrative support and/or innovative approaches to program administration.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>Current CSM PGME program administrator with 3+ years of service</td>
</tr>
<tr>
<td>Criteria:</td>
<td>The individual serves as a role model for other PGME support staff, and provides excellent support for program directors through their commitment to residency training and approach to program administration.</td>
</tr>
<tr>
<td>Who can nominate?:</td>
<td>Any current CSM PGME program director, faculty, staff, resident, or fellow</td>
</tr>
</tbody>
</table>

**Note A**: A previous winner may be nominated for a PGME Award for Excellence in the same category only after a lapse of three (3) years.

**Note B**: A previous winner may be nominated for a PGME Award for Excellence in a different category at any time.

**To Nominate:**
1. Complete the Nomination Form
2. Write a one-page letter of approx. 500 words. Please include:
   - Date
   - Description of how the nominee meets the criteria for the specific award
   - Your current role
   - Signature (if a group submission, include all names, roles and signatures)
3. If a faculty award (Category 1, 2) submit a copy of the Nominee’s CV
Please email documents saved in a .pdf format to Nancy Dunlop ndunlop@ucalgary.ca

Nominations will be reviewed and ranked by the Awards Committee. Further information will be solicited as needed. Awards will be announced in March 2021. Recipients will be presented with a plaque at an awards ceremony in May.

For nomination form and further details - Click Here

Submission deadline: Nomination Letters may be submitted at any time during the current award period and must be received by February 12, 2021

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 webpage.

All applications can be submitted to jan.rose@ucalgary.
Dr. Shah Awards – Call for Applications:

Postgraduate Medical Education is pleased to announce that applications are being accepted for the 2021 Dr Chirag Shah International Resident Award.

The $2,000 award has been created by Dr Shah to assist international medical graduates who are adjusting to life in Canada and to inspire them to give back to their community and contribute to making Canada a better place.

Last year’s winner, Dr. Oluseyi Akinola (Family Medicine) was born in Western Nigeria and her work with women and children caught in a religious and political war and living in camps led her to establish an NGO “Building this Generation”. She used her award money to continue her work with the Internal Displaced Camps of northern Nigeria. Dr. Akinola also works to promote better mental health in Calgary, working with refugee children and victims of addiction.

The criteria to be eligible for the award are as follows:

1. Candidates must have successfully completed the Alberta International Medical Graduate (AIMG) assessment program.
2. Have completed both high school and medical school outside of Canada and/or United States.
3. Be currently enrolled in residency training.

Please note preference will be given to candidates with evidence of research publications in peer reviewed journals. A completed application includes a current copy of the applicant’s curriculum vitae and a one to two page letter describing:

- The applicant’s need for funding
- An outline of future goals and plans
- Research completed or in progress before or during residency
- Community involvement highlighting any work with underserved populations

The deadline for applications for the Dr Chirag Shah International Resident Award is February 12, 2021.

Applications must be submitted to Karen Fedato Kfedato@ucalgary.ca
**Office of Faculty Development and Performance – Workshops and Events:**

Please visit their events page to explore all of the workshops and events they have to offer. Many are open to all residents, staff and faculty.

**Link** - https://cumming.ucalgary.ca/office/ofdp/programs-and-workshops/calendar

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**Resident Affairs and Wellness Office – Bell Let’s Talk – Article:**

We at the Resident Affairs and Wellness Office wish you all a Happy New Year.

We invite you to reach out to the Office of Resident Affairs and Wellness office, to your peers, your program, and the PGME office to support you in managing the challenges and disruptions of our day-to-day lives, as we all continue to live and work in a challenging time due to the COVID-19 Pandemic.

Research demonstrates that during adverse events such as the current pandemic, most Resident physicians prefer to first receive support from peers and colleagues rather than mental health practitioners. Most notably, peer supporters often play a pivotal role in facilitating connections with mental health services if needed, and in de-stigmatizing such services. As health care workers continue to meet the unique and challenging healthcare demands of COVID-19 patient care, operational stress injuries, moral injury, depression, anxiety, and burnout continue to be risks.

In a recent survey of 41,000+ residents and fellows, medical students, nurses, physicians, advanced practice providers, pharmacists, and other allied healthcare employees from a wide variety of organizations measured the impact of the COVID-19 pandemic on medical staff using the Well-Being Index. Results indicate that overall, Residents are less impacted than other surveyed health care professionals by financial stress, workload increases, and work site changes. However, across disciplines, all healthcare providers were impacted by the pandemic, especially those who were directly involved in COVID-19 patient care. Those health care providers were more likely to meet the high level of distress thresholds than those who were not. These results point to the merits of cross-discipline health care peer supports of healthcare providers supporting each other, regardless of discipline. A ‘we are all in this together’ mentality is certainly warranted. A simple act of extending support and compassion to those healthcare providers you work can have great significance.

The New Year has historically been a time of year for fresh starts, but it is also when many of us will lean towards being harder on ourselves, such as putting in place resolutions that are difficult if not impossible to achieve or maintain. This difficulty is especially true this year. Instead, research supports the idea of being kind to oneself as the most direct route to making sustainable changes in one’s life. Such self-compassion can be hard to cultivate when working in disciplines where contradictory messaging has historically been a dominant narrative. However, self-compassion can buffer against mental health risks ushered in in the age of COVID-19, and more generally in medical training.

Interested in cultivating your own Self-Compassion? Take a research-validated Self-Compassion Test and try some of these evidence-informed proven exercises to increase your own Self-Compassion, and to insulate yourself from the stress of these challenging times.
A reminder: *Bell Let's Talk Day* is on January 28th. Join the conversation and help end the stigma of mental illness. From online screenings and talks to sharing messages of support online, check out all the ways you can get involved during this year's *Bell Let's Talk Day*. Find support and connect to your UCalgary community [here](#).

Office of Resident Affairs and Physician Wellness Team  
Director: Jaelene M. Mannerfeldt MD, MSc, FRCSC  
Assistant Clinical Professor, Obstetrics & Gynecology, University of Calgary Rockyview General Hospital  
Psychological Counsellor: Nora MacQuarrie, R. Psych.  
Psychological Counsellor: Michelle Keough, RSW.  
Administrative Assistant: Roxanne Laktin

Cumming School of Medicine, University of Calgary  
3330 Hospital Drive NW, Calgary, Alberta, T2N 4N1  
T: 403-210-6525 E: residentwellness@ucalgary.ca  
Administrative Office Hours: 8:30 - 4:30 - Monday - Friday  
Health Sciences Room G259  
E: residentwellness@ucalgary.ca

**Black History Month – February 1-28, 2021 – UCalgary Events:**

During the month of February, the Faculty of Arts will be celebrating Black History Month with a series of virtual events. These events will feature a variety of speakers and topics and we hope you will be able to join them for one or all.

**Events Link:** [https://arts.ucalgary.ca/about/about-faculty/equity-diversity-and-inclusion/black-history-month-2021](https://arts.ucalgary.ca/about/about-faculty/equity-diversity-and-inclusion/black-history-month-2021)

*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 February 2021 PG Post!*