

JULY 2021

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Important Deadlines:

- **Electives:** November 2021 Canadian Electives Deadline for upload to SharePoint – **September 1, 2021.**
 - International Electives will not be accepted at this time.
- **Block 13 ITERs:** Please email pgmeassess@ucalgary.ca Block 13 ITERs are two weeks overdue on **August 16, 2021.**

Visit PGME Website: <https://cumming.ucalgary.ca/pgme>

Subscribe to PGME on YouTube!

<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 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:

July 2021





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CSM Office of Professionalism, Equity and Diversity News:

The Office of Professionalism, Equity and Diversity (OPED) receives notifications of upcoming events and activities related to equity, diversity, inclusion and wellness from external and internal organizations.

Opportunities:

CSM Indigenous Health Education Pathways to Healing initiative: Guided by a desire to bring about change, the CSM Indigenous, Local and Global Health Office is introducing a [new funding competition](#). The competition is designed to increase capacity and support reconciliation and healing with Indigenous Peoples through a deeper understanding of how colonization and intergenerational traumas continue to impact health and healthcare. Further details related to funding, eligibility and submission timelines will be announced in the coming weeks.

Self-Learning: [The Unforgotten](#) is a film exploring the health and well-being of Inuit, Métis and First Nations peoples across five stages of life: birth, childhood, adolescence, adulthood and elderhood. The film uncovers instances of systemic racism, the impacts of colonialism and the ongoing trauma experienced by Indigenous peoples in the Canadian health care system. It was created to raise awareness, inspire compassion, incite reflection and spark conversations about how to make meaningful change happen in health care. Take 36 minutes to watch the film and use the accompanying toolkit to learn, lean into the discomfort, and reflect on the topics raised in the film.

CSM EDI Funding Competition: The Office of Health and Medical Education Scholarship, the Office of Indigenous, Local and Global Health and OPED have partnered to host a funding competition focused on health and medical education scholarship in the areas of equity, diversity, and inclusion. The competition will focus on research and innovation that advances our knowledge and understanding of EDI issues in health and/or medical education, and ultimately results in improved outcomes. Letter of Intent due Sept. 17. More details [here](#)

Call for Abstracts: The **2021 WISHES Symposium – Part 2** will be held on October 14, 2021. This symposium showcases wellness research and innovation in health and medical education in Calgary and beyond. Faculty, staff, and learners affiliated with a post-secondary institution are invited to submit abstracts based on learner and practitioner wellness in health or medical education research or innovation. More details and the abstract submission form [here](#)

Call for Presenters and Facilitators: The annual **Diversity & Inclusion Research Conference** (DIRC takes place November 17-19, 2021). The goal of this event is to foster increased collaboration between researchers and practitioners in diversity & inclusion (D&I) as well as to establish D&I research as a field of academic and applied study. Check out the information [here](#) to apply to be considered as a presenter or facilitator at the conference.

Call for Presentation Proposals: The **Community-Based Research Centre** welcomes submissions of presentation proposals for the virtual CBRC Summit 2021, the annual knowledge exchange and capacity building conference on gay, bi, trans and non-binary, Two-Spirit, and queer men's (GBT2Q) health. Submissions may include, but are not limited to, short oral presentations, panels, workshops, roundtable discussions or an alternate format. Deadline is Aug. 11, 2021. More details [here](#)

Online training:

Queen's University has developed several online training modules on **concepts of equity, diversity and inclusion in teaching and learning**, including 'Dismantling Anti-Black Racism: A Toolkit for Health Professionals', 'Power, Privilege and Bias', 'Conversations on Decolonization', and 'Universal Design for Learning'. Check out all the offerings [here](#)

Aug. 5, 1:00pm MT: The UCalgary community is invited to participate in a free online session on **The Dark Side of Science: Misconduct in Research**. Elisabeth Bik, PhD, an image forensics detective, will discuss her work investigating inappropriately duplicated images and other examples of research misconduct. In addition, she will show how to report scientific papers of concern, and how journals and institutions handle such allegations. Details and registration [here](#)

Aug. 12 & 13: UCalgary is co-hosting a national conference on **Connecting Research and Practice in Post-Secondary Mental Health**. Details of this 1½ day virtual event, featuring keynote speakers, panel discussions, education sessions, video talks and virtual poster sessions is available [here](#).

Recordings of recent webinars, podcasts and presentations:

Telling our Twisted Histories is a new CBC weekly podcast series that strives to reclaim Indigenous history by exploring words whose meanings have been twisted by centuries of colonization. The latest edition, "Indian Time", will decolonize the term and examine how Indigenous perceptions of time persist, even while 'running late'. Earlier episodes, "Discovery", "Reserve", "School" and "Family Names", are available on [CBC Listen](#).

Check out [The Skin We're In: Pulling back the curtain on racism in Canada](#), a 2017 CBC Docs POV, that follows journalist Desmond Cole as he researches his book. The documentary discusses anti-Black racism and shares stories, examples, and knowledge about Black identities and experiences.

In honour of National Indigenous Peoples' Day on June 21, the University of Calgary presented its 6th annual **Campfire Chat: Indigenous Stories and Symbols**. This virtual event included a panel of Indigenous leaders who shared Indigenous stories and symbols related to the ii' taa'poh'to'p buffalo robe and winter count. Watch the recording [here](#)



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The inaugural **Equity in Medicine conference** took place in mid-June, with a theme of "Overcoming Barriers in Medicine". You can now watch the presentations [here](#) – and go [here](#) for more information on the speakers and topics.

The University of Toronto recently presented Inter-hospital Grand Rounds on the topic of **Confronting the Roots of Anti-Black Racism in Society & Medicine**. The presenters discuss the intersections of race, crime, and criminal justice, with a particular focus on the area of policing, bioethics, and health disparities. Watch it [here](#)

On June 30, more than 500 radio stations in Canada participated in “**A Day to Listen**”, sharing stories from Indigenous leaders, residential school survivors, elders, musicians, and teachers and discussing steps needed for reconciliation. Listen on the Gord Downie & Chanie Wenjack Fund website [here](#) and check out further educational resources [here](#)

The Association of American Medical Colleges (AAMC) has two recordings of webinars, part of its **Intersectionality & Women of Color Initiative**: [Carving a Path to Leadership](#) and [Cultivating Well Workspaces for Women of Color](#).

The latest Dear MD to Be podcast edition is **True Representation** with Dr. Ryan Giroux, a Paediatrics resident at Toronto’s Sick Kids hospital, who discusses his journey to medicine after growing up in a rural town in Alberta, his reflections for Indigenous health learners and his thoughts about advocacy for Indigenous community members. Listen [here](#)

The **Race, Health & Happiness podcast** has two episodes featuring Dr. Marcia Anderson, a Winnipeg-based Indigenous physician who advocates for changes in Indigenous healthcare and medical education. Listen to her interviews on the topics of [Indigenous Health, impacts of colonization, and anti-Indigenous racism in health care](#) and [Radical Self Care](#).

Check out **Does the Myth of Meritocracy Define Your Professional Worth?**, an episode of the Voices In Medicine podcast. Dr. Imani McElroy and Dr. Nikhil Panda explore the myth that diversity waters down excellence and challenge the next generation of leaders to value inclusivity. Listen [here](#)

Resources:

COVID-19 has made HIV testing at a clinic less accessible, resulting in many people who have missed or delayed testing. Health Canada has approved a rapid, at-home, single-use test kit that detects HIV antibodies. To help draw attention to the option of HIV self-testing and to address the stigma that still surrounds this disease, the Community-Based Research Centre (CRBC) has published a [blog post](#) and created [two videos](#).

A new series of local and national infographic reports provides statistics on the access and uptake of sexual health and related services among GBT2Q in nine Canadian cities, including [Calgary](#). These **Advance Progress Cards** present a snapshot of key indicators related to HIV & STBBI combination prevention services (e.g. testing, PrEP, vaccines, mental health services, etc.) for community members, service providers and policy makers.

Race Forward, a US nonprofit organization, has produced an 8-part short video series that shows how systemic racism exists in a variety of forms: wealth gap, employment, incarceration, and infant mortality among others. Although based on US statistics, there are many parallels in Canada. Check out the series [here](#)

The **Racial Equity Tools** website has a variety of resources, from educational tip sheets to videos on a variety of topics related to racial equity. Check it out [here](#)

For more information about the OPED, visit: cumming.ucalgary.ca/office/professionalism-equity-diversity

Learner Resources and Supports:

Are you a Program Director worried about a resident in your program? Have you had colleagues approach you with concerns about a resident's performance? Has your resident received borderline scores or concerning comments on evaluations and you are unsure of what supports you can offer to help your resident succeed?

If any of these situations sound familiar to you, we can help! Contact Aleksandra Mineyko, Director of Learner Resources (amineyko@ucalgary.ca) and Nancy Dunlop, Education and Learning Resource Specialist (ndunlop@ucalgary.ca) or set up a meeting through Crystal Boiselle (crystal.boiselle@ucalgary.ca).

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

Follow Dr. Aleks Mineyko on Twitter for conversations and tips on Learning Resources [@aleksmineyko](#)



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Congratulations Dr. Steven Roy! Calgary ICU Doctor's Ventilator Design Wins International Award for New Medical Devices:



CALGARY -- A Calgary company founded by an ICU physician is being recognized with an international Red Dot Design Award for creating a medical device that allows a single ventilator to be safely used by up to four patients at once.

"It's really exciting to have our hard work recognized on an international stage particularly with such a

prestigious award," said Dr. Steven Roy, an intensive care physician and founder of Convergence Medical Sciences.

The Valence InVent Xtend connects to a ventilator and allows each patient to have different a pressure while still triggering alarms in the event of an emergency. "It has its limitations obviously, but its main advantage is that it can be used to rapidly increase the number of patients that can be ventilated. It doesn't require maintenance," he said.

Early on during the pandemic, Roy says stockpiles of ventilators in the United States couldn't be used because they hadn't been maintained in the months before. Ventilators can cost as much as \$70,000 and Roy's invention provides an affordable solution to expanding the number available, costing around \$50 per patient.

Initially, Roy thought the idea of splitting a ventilator was unsafe and dangerous. "But we were able to find a solution that provides a really high level of safety to the patients," he said. Roy used whatever free time he had during the pandemic to build a prototype in his garage and published a paper. He then collaborated with another intensive care physician and a University of Calgary engineer to create the device.

Roy patented the device and teamed up with Exergy Solutions, who brought the design to life, creating a functional 3D-printed model. "Having a 3D printer at your disposal just lets you really design out of the box," said Darsey Godwin, senior mechanical engineer at Exergy Solutions. Godwin says Roy came to the company with a working prototype. "That's the kind of thing we specialize in, bringing those ideas to life in terms of thinking about how 3D printers work and what their limits are and how to design to optimize the outcome," he said. Godwin said it's a huge honour to be recognized by the Red Dot Design Award.

The device is currently pending Health Canada licensing and approval. Roy says they are also in the process of looking into a lower cost production method. There have been multiple situations, not just the pandemic where Roy says there has been a need for a critical supply of ventilators, including the 2017 mass shooting at a country music festival in Las Vegas.

There are two main uses for this kind of technology. "The first is when a disaster or a pandemic hits and the system is not set up to expect it," said Roy. "This will allow you to rapidly expand the number of patients that can be supported while you mobilize the more traditional ventilators from other regions or move patients."

The device would also be useful in developing countries where hospitals likely aren't able to afford to store multiple high-end ventilators. "This kind of device would allow people in a developing country to be able to adapt quickly to such a crisis whether it be an earthquake or a pandemic," said Roy.

The Valence InVent Xtend device is now on display at the Red Dot Design Museum in Germany to celebrate the award for excellence in design.

It is also a finalist for the International Design Excellence Award, which will be announced in September.

Ina SidhuCTV News Calgary Video Journalist
@CTVInaSidhu Contact

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Resident Education Scholars Program – NEW Pilot Project:

We are excited to announce this new pilot project – Resident Education Scholar Programs - is a joint PGME/OHMES initiative to support resident research related to education.

Please visit the webpage for more detailed information:

<https://cumming.ucalgary.ca/office/ohmes/what-we-do/training/ohmes-ucalgary-training-opportunities/resident-education-scholars-program>



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Congratulations Recipients of Dr. Chirag Shah International Resident Award - 2021-2022:

Postgraduate Medical Education is pleased to announce the winners of the Dr. Chirag Shah International Resident award. The \$2,000 award was established in 2012 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.

Dr. Wardar Munawar – R1 Internal Medicine:



I grew up in a small village and I understand health care challenges faced by remote areas. My desire to help people with medicine became my dream when I volunteered during the devastating earthquake in Pakistan (2005), raised funds for medicines, food, and clothes for earthquake victims.

I was involved in various volunteer positions to support rural community services (2013 – 2018), during and before my medical education. I used to travel hundreds of kilometers in various communities, to volunteer in medical camps. I led a team of my colleagues and advocated for health promotion and disease prevention. We focused on educating people about vaccination, maternal & child health. Also, during an outbreak of gastroenteritis in one community (Northern Pakistan), I advocated for the need for clean drinking water. I consider it to be my moral obligation and a prime duty as a physician.

Since resettling Canada in 2018, I have focused on community involvement. I volunteered as a Patient Experience Friendly Visitor; spending time with socially isolated patients at Peter Lougheed Hospital (2019 – 2020). Since 2020, I am a member of University of Calgary IMRP Charity Committee and Resident Wellness Committee.

My lifetime career goal is to be instrumental in the field of medicine through research, dedication, and teaching. I have ensured the combination of academic excellence, research, leadership in student life, and contribution to community by volunteering as outlined in my attached Resume. Moreover, I have been demonstrating collegiality and compassion by performing extra duties in emergencies whenever needed by the program in this era of Covid-19 pandemic.

My aim is to improve health care standards for the present as well as the coming generations, such as to make advancements in the field of transplant, cancer prevention & management, and mental health. This is my ambition and to me, worth investing my life for!

Dr. Mitra Arjang – R2 Family Medicine:

I was born and raised in a middle-class family in Iran. Despite our humble means, my parents persevered to ensure they provided the best education they could afford. At an early age my parents learned the values of hard work, dedication to family and determination to achieve one's goals.

As a young boy of 8, my father had to step up for the family when he lost his father. He earned his own way through postgraduate education to become a teacher. I remember him reminding us when we were growing up that we should never take things for granted and that we must find ways to give back to the community.



I believe this deep sense of altruism was my main motivation to become a doctor and serve my country. But when I followed my husband to Canada, I struggled to reconcile staying in Canada to ensure a better and safer life for my children, which meant leaving my beloved homeland whom I vowed to serve. I felt that a piece of my heart was left behind, but it was a painful choice I had to make. I coped with the guilt and frustration by constantly monitoring the political and social situation back home.

In 2016, by partnering with 2 of my friends, we started a public channel in Telegram called "Koodak-OmidFarda" meaning "child, the hope for the future". One is a child psychiatrist, based in England and the other an Internist, practicing in Germany; they both share their knowledge and expertise in discussions about parenting and child mental health and wellness.

"Koodak-OmidFarda" also collaborates with a non-profit organization, named "Baran-e-Mehr" that is run by a group of our medical school classmates in Iran. Through this partnership we have built schools in remote villages, with a third one currently under construction.

Fellowship Corner:

You have recently received the PGME information sheet request. This is to ensure the PGME Fellowship office has updated information on fellowship contacts and structure, funding model and future trainee forecast. I appreciate that everyone is extremely busy and thank you for taking the time to complete the form at your earliest convenience.

The PGME Fellowship Committee is looking for one additional fellow representative. If you have a fellow who is interested, please contact me.

PGME Fellowship has received multiple inquires about new program director workshop and training. I want to clarify that the ICRE new PD workshop and upcoming PGME workshop and mentorship are intended for residency program directors. I will be planning a Q&A session for new (or current) fellowship program directors and program administrators in the fall. I will very much appreciate your input on topics to discuss.

Director of Fellowship Programs

Dr. Sophia Chou E: Sophia.chou@ucalgary.ca



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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 August 2021 PG Post!