June 2019

In this issue:

- Important Deadlines
- PGME Website
- Cancer Centre Photo
- Events
- CSCI Resident Research Award Winners
- Office of Resident Affairs and Physician Wellness
- 2019 PGME Appreciation Awards

Important deadlines:

- **Certificates**: August Resident Certificate Requests Deadline to jglow@ucalgary.ca - **July 15, 2019**.
  
  - September Resident Certificate Requests Deadline to jglow@ucalgary.ca – **August 15, 2019**.

- **Electives**: October 2019 Canadian and November 2019 International Electives Deadline for upload to SharePoint - **August 1, 2019**.
  
  - November 2019 Canadian and December 2019 International Electives Deadline for upload to SharePoint – **September 1, 2019**.

- **IMG Resident Evaluations**: January-June 2019 Deadline to jglow@ucalgary.ca – **July 22, 2019**.

Visit our webpage:

PGME is happy to announce the launch of our new website: [https://cumming.ucalgary.ca/pgme/](https://cumming.ucalgary.ca/pgme/).
Quick Tip: Where to find SharePoint - Faculty and Staff – PGME IT Systems

Webforms:
We have developed webforms on the new PGME website to accommodate different types of web requests (edits – this includes updating contact information, new content etc.). This will ensure we have all of the relevant information in order to avoid back and forth and complete the request in a timely fashion.

These are located under Contacts – Website Requests. There are 4 webforms:

- Add New Content Request
- Advertise Your Event
- Edits to Current Content
- Report a PGME Website Problem

LINK: https://cumming.ucalgary.ca/pgme/contacts/website-requests

There will be mandatory fields to complete before you submit the form, please ensure you are clear and concise in your request. You will be contacted by the website administrator once it is complete or if additional information is required.

At this time, Kristen Story is the website administrator and will complete these requests. Kraig Meville will look at requests in her absence and if they are urgent will complete the request.

Roles and Responsibilities

- **Kristen**: Administers the PGME website including the development of new materials and updating the website as necessary (this will include the new content, events, edits and website issues).
- **Kraig**: Backup administrator.
- **IT**: Website outages.

Please note: All requests submitted that are not related to these web forms will automatically be deleted with no PGME follow-up. Please refer to the PGME Contact page for other inquiries.

Thank you, PGME Web Team
Cancer Centre Photo:

June 22, 2019

PGME Events: [https://cumming.ucalgary.ca/pgme/events](https://cumming.ucalgary.ca/pgme/events)

2019:

- **Conflict Management** – August 15, 2019 – *Full*
- **Feedback Conversations: The Essential Skill (CDB)** – August 22, 2019 – *Space available*
- **Feedback Conversations: The Essential Skill (CDB)** – September 5, 2019 – *Space available*
2019 CSCI Residents Research Award Winners:

PGME is pleased to announce the winners of the 2019 CSCI Resident Research Award.

Thank you to all who submitted abstracts for consideration for this year's CSCI Award for Excellence in Resident Research. There were many excellent submissions.

The Canadian Society for Clinical Investigation (CSCI) and the Canadian Institutes of Health Research (CIHR) co-sponsor an Annual Resident Research Award Program. This prize is awarded annually for the best resident research project conducted during an RCPSC/CFPC residency training program at each Canadian Medical School.

Winner for the 2019 CSCI Award for Excellence in Resident Research:
Dr. Jaclyn Strauss, a PGY 4 Pediatric Gastroenterology Resident. The abstract is entitled: “Catheter Related Complications in Central Venous Catheters Locked with Taurolidine vs Ethanol in Pediatric Patients with Intestinal Failure”.

Authors: Dr. Jaclyn Strauss, Dr. Dana Boctor, Dr. Jason Silverman and Dr. Linda Casey (primary supervisor).

Second prize:
Dr. Michael (Min-Han) Yang, a Clinician Investigator Program and PGY 5 Neurosurgery Resident. The abstract is entitled: “Development and validation of a clinical prediction score for poor postoperative pain control following elective spine surgery: the Calgary Postoperative Pain after Spine Surgery (CAPPs) Score”.

Authors: Michael M.H. Yang MD M.Biotech, Jay Riva-Cambrin MD MSc, Jonathan Cunningham MSc, Nathalie Jetté MD MSc, Tolulope T. Sajobi PhD, Steven Casha MD PhD (principal investigator and supervisor).

Honourable Mention:
Dr. Rachel Lim, a PGY-5 an adult Respirology Resident. The abstract is entitled: “Oxygen in Patients with Fibrotic Interstitial Lung Disease: An International Delphi Survey”.

Authors: Dr. Rachel Lim, Christopher Humphreys, Julie Morisset, Anne Holland, and Kerri Johannson.
Congratulations to these resident researchers and sincere gratitude to the sponsors for encouraging and recognizing their efforts.

Thank you to the CSCI Committee for their time and efforts to select the winners from all of the excellent submissions.

Office of Resident Affairs and Physician Wellness:

New Beginnings

In medical education, July 1st is an important date filled with many stories. It marks the first day of residency for the majority of residency programs throughout Canada and the United States. Ask any doctor about July 1st of the year they completed their medical undergrad degree, and you will be told stories filled with anticipation and terror.

In the Office of Resident Affairs and Physician Wellness, we would like to mark July 1st as the day new residents remember their dreams coming true. For many of the residents, this marks the day they begin their life as “Doctors”. This represents the end of all their years of education, to starting their careers in their chosen residency. Yes, there are more years of training before they are able to practice as independent physicians, but this is an important step in the journey towards that goal.

For some, they will not recognize their name when called, “Dr. ----“. For others, they will feel a bit of the imposter syndrome, for they feel as if they do not know possibly enough to be given the responsibilities they will be assuming. There will be residents who will be suffering from a high degree of anxiety, which will be masked by talking obsessively or being very quiet, or a bravado that seems out of character for the start of residency. Whatever they are feeling, they are unlikely to share it with you, unless you ask.

In this week’s Canadian Medical Association Journal (CMAJ), an article titled, “Stress of first postgraduate year leaves mark at cellular level for medical trainees” talked about a recent published study showing that residents had shortened telomeres at the end of their first year of training. Although there were some reported challenges with the study, we do know that stress is damaging to our health. We do not work or think well when we are under stress. The natural instinct is to go into ‘flight or freeze’ when the stress increases. (CMAJ News, June 19, 2019).

How can we each help these residents in their career transition from medical student to doctor?

For starters, remember back to a beginning you had in medicine. It might have been as a first year resident or maybe it was as the new Program Coordinator. Then as you remember how you felt, imagine that the new residents with you are probably feeling the same feelings. Don’t let it go unsaid. Ask them “How are you feeling as you are starting your residency?”
Genuinely listen to their answers and validate that these are normal feelings. Be empathic as you listen and share with them some of the feelings you had when you started residency or a new job. Keep the conversation open and encourage them to talk about their feelings.

When you are finished engaging with the new resident, welcome them to Calgary and the University of Calgary residency program.

A recent British Medical Journal (BMJ) article, (BMJ 2019:365:12392), talks about recognizing the behavior of our colleagues and not ignoring this, but acknowledging it by asking how the other person is doing. Then offer a listening ear or offer suggestions of where they might go for assistance.

If you notice the resident is feeling particularly stressed or anxious, please give them the information for the Office of Resident Affairs and Physician Wellness. The residents are always welcome to come and discuss their concerns with us.

Contact Information:

- Psychologist, Nora MacQuarrie
- Director, Dr. Jaelene Mannerfeldt
- Office Administrator, Manu Shukla (contact to set up an appointment):
  - Office number: 403-210-6525
  - Email address: residentwellness@ucalgary.ca

“Let food be thy medicine and medicine be thy food.”

- Hippocrates

Both the mind and body require good nutrition to run efficiently. One of the most direct and powerful ways to impact the way you feel at any given moment is by changing what you put into your body. Given their demanding training schedules, residents can get very good at ignoring their own physical needs, including things as basic as hunger and thirst. Poor eating habits – munching on junk foods, skipping meals, wolfing them down – can make people both physically uncomfortable, and cognitively sluggish. This in turn can negatively impact your ability to pay attention, learn and consolidate new learning into long-term memory. Conversely, hydrating and eating mindfully can increase energy, stress-resilience, and mood.

A healthful, balanced diet is essential to a felling of well-being, as well as to good health. People who are stressed and time-pressured need to be especially watchful of their food choices and health habits, because they may lose their appetite, eat less, or make less healthy food choices. The Canada Food Guide recommends eating a variety of healthy foods each day including plenty of vegetables and fruits, protein foods, and whole grain foods. It recommends choosing protein foods that come from plants more often. It also recommends limiting highly processed foods.

Many of the following dietary choices have been shown to increase health and well-being:

- Choose a variety of fruits and vegetables
- Make water your drink of choice
- Swap red meat for fish and lean meats
Eating healthfully doesn’t have to be complicated. Many Residents will complete meal preps once a week on a day off, making meals for the week in advance. Others will make smoothies, use instant-pots, crockpots, or meal services to make eating healthy an achievable goal. Whatever you choose, make it a priority at the beginning of Residency. Once this becomes a habit, it will be easier to maintain through your training. Your body and brain will thank you!

Here is a quick and easy recipe for you to enjoy!

**NO-BAKE OATMEAL PROTEIN ENERGY BALLS**

Total Time: 10 minutes Yield: 20-24 balls (depends on size)

**INGREDIENTS**
- 1 1/2 cups rolled oats
- 1/2 cup vanilla whey protein powder (about 2 scoops) 1/2 tsp cinnamon
- 1 T chia seeds
- 1/2 cup smooth natural peanut butter (or any nut butter)* 3 T natural honey
- 1 tsp vanilla extract
- 1/3 cup raisins, chocolate chips, craisins or preferred add-in 2–4 T liquid (almond milk, milk, water etc...)

**INSTRUCTIONS**
- Add oats, protein powder, cinnamon and chia seeds to a large bowl. Add in peanut butter, honey and vanilla extract. Stir to combine.
- Add in raisins (or preferred add-in). Mixture should be slightly sticky but still crumbly. Slowly add in liquid 1 tablespoon at a time and using hands (get dirty!) combine until it comes together in a
sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won’t hold shape.

• Roll into balls using hands.
• Place in a container to set in the fridge for at least 30 minutes. Store in fridge until ready to eat.

NOTES

*Make sure it is drippy. If not you may need to add in extra liquid at the end.

2019 PGME Appreciation Awards:

PGME would like to congratulate the following winners:

Dr. Marc Francis - Outstanding Commitment to Residency Education Award
Dr. Katherine Kavanagh – Outstanding Commitment to Residency Education Award

Dr. Aleem Bharwani – Award for Resident Mentorship
Dr. Mary Brindle – Award for Resident Mentorship

*Please note that there will not be a PG Post issue in July or August.*

*Thank you for reading! Stay tuned for the September PG Post!*