

JUNE 2020

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Important Deadlines:

- **Electives:** September 2020 Canadian Electives Deadline for upload to SharePoint - **July 1, 2020.**
- **eFITERs for the Fall Subspecialty Exam:** Were distributed by RCPSC on June 20. Return completed eFITERs to jglow@ucalgary.ca – by **July 8, 2020.**
- **Block 12 ITERs:** Please email pgmeassess@ucalgary.ca Block 12 ITERs are two weeks overdue on **July 14, 2020.**

Visit Our Webpage: <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>

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

PGME Events:

PGME resident educational events and workshops are still being offered. Please continue to register for events you are interested in attending. In the case face-to-face is not an option, we will work to offer remotely where possible and will keep anyone registered up to date. We will continue to provide updates on this status.

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

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

Cancer Centre Photo:

June 2020:



2020 CSCI Resident Research Award Winners:

PGME is pleased to announce the winners of the 2020 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 2020 CSCI Award for Excellence in Resident Research:

Dr. Stefan Lang, a PGY 5 Neurosurgery Resident. **The abstract is entitled:** "Theta-burst stimulation for cognitive enhancement in Parkinson's disease with mild cognitive impairment: a randomized, double-blind, sham-controlled trial".

Authors: Stefan Lang MD^{1,2,4}, Liu Shi Gan PhD^{1,4}, Eun Jin Yoon PhD¹, Alexandru Hanganu MD, PhD^{1,2,5}, Mekale Kibreab BA¹, Jenelle Cheetham BSc¹, Tracy Hammer RN¹, Iris Kathol PhD¹, Justyna Sarna MD, PhD^{1,2}, Davide Martino MD, PhD^{1,2,4}, Oury Monchi PhD^{1,2,3,4}

Second prize:

Dr. Aravind Ganesh, a PGY 5 Neurology Resident. **The abstract is entitled:** "Five-year clinical and health economic outcomes in patients with late functional improvement post-stroke: A population-based cohort study".

Authors: Aravind Ganesh, Ramon Luengo-Fernandez, and Peter Rothwell (supervisor).

Honourable Mention:

Dr. Christina Thornton, a PGY 4 Respiriology Fellow. **The abstract is entitled:** "Anaphylaxis and Anaphylactoid Reactions Associated with the Insertion of Peripherally Inserted Central Catheters: A Multi-Year Comparative Retrospective Cohort Study".

Authors: Christina S. Thornton, Jody Dumanski, Cheryl-Anne Margherit, Sandra Vaz-Gonsalves, Sheryl McDiarmid, Michael D. Parkins (supervisor), John M. Conly (supervisor).

Congratulations to these resident researchers and sincere gratitude to the sponsors for encouraging and recognizing their efforts.

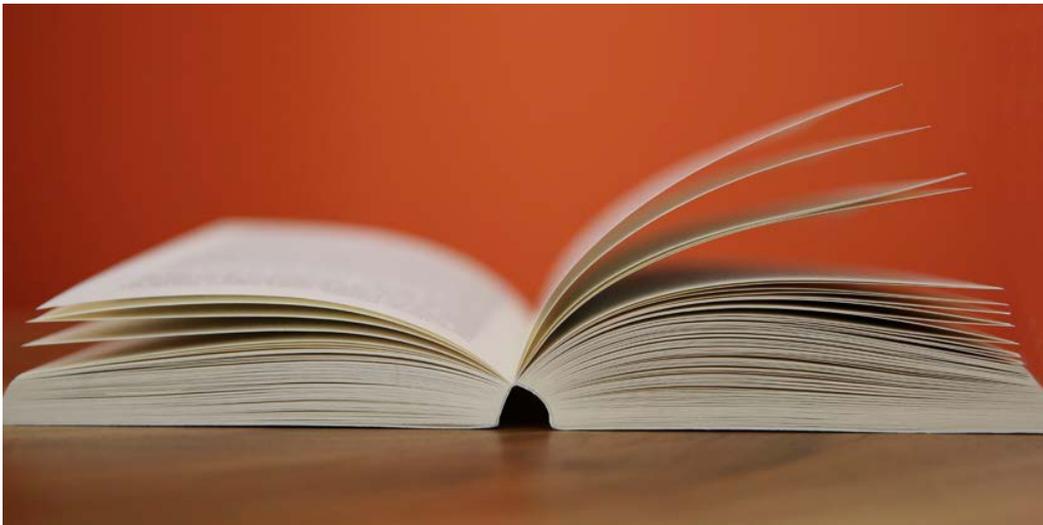
Thank you to the CSCI Committee for their time and efforts to select the winners from all of the excellent submissions.

Are you a junior resident physician?

We are conducting a study about Ethical Issues Perceived by Resident Physicians Related to the COVID-19 Pandemic.

Tell Us Your Story

We are looking for junior residents to participate in a 30-minute interview. You will receive a \$30 gift card for your participation. Participation in our study is **completely voluntary** and your **identity will remain anonymous.**



This study has been approved by the Conjoint Health Research Ethics Board (CHREB), University of Calgary (REB20-0540).

For more information, please contact the study coordinator: Aliya Kassam at kassama@ucalgary.ca

Recruiting current R1s and recruitment will close on July 5th

Ethics ID: REB20-0540 Study Title: A Narrative Inquiry of Real Time Ethical Issues Perceived by Resident Physicians Related to the COVID-19 Pandemic PI: Dr. Ian Mitchell Version 1.0, May 12, 2020

Resident Support Begins with You!

The COVID-19 Pandemic has created an environment which has been very stressful for everyone, and particularly for residents. The cancellation of examinations, electives and rotations has created the perfect storm for anxiety and depression. The mental health needs for residents has increased and Nora McQuarrie, Psychologist in the Office of Resident Affairs and Physician Wellness (Office), has continued to meet with residents and has shifted to virtual meetings. We have also been short one psychologist, so Nora has been working extremely hard during the last 3 months.



PGMEpost

Postgraduate Medical Education

In our office, Roxanne Laktin, Administrative Assistant, is working remotely and connecting residents with via email, telephone or ZOOM. She is monitoring the residentwellness@ucalgary.ca email and responding accordingly.

I am also working remotely, and in the hospital, which has given me the opportunity to connect with residents in the hospital environment as needed.

One of the challenges that the residents are facing is the feeling that they do not have support from their staff and programs to attend meetings with Nora or myself during the day. Although residents are told physician wellness is important, they do not feel supported in reaching out to the Office for help. There continues to be a fear of stigmatization in asking for help.

We are willing to meet the residents at times outside of daytime hours, such as late afternoon or evening, however, these appointment times are extremely limited. This means that residents, if they are going to seek help, need to be able to connect with us during the day. Residents should be able to take a couple of hours during the day to call or meet with us without being penalized or criticized.

I am asking each Program Director and Program Administrators to support the residents when they are requesting time to speak with the Psychologist or with anyone in our office. Normalizing the need to seek support and giving the residents the space and time to seek help during the day will enhance the resident's performance. Speaking with our colleagues and other staff in supporting the residents will begin to change the environment that we work in.

Next week we start a new academic year. The challenges will continue. Together, we are making a difference in creating a safe learning environment for residents. We are available to answer any of your questions and support your residency programs. If you have any questions, please send us an email. I am also available by phone at 403-860-0447.

Thank you for all that each of you do for the residents.

Jaelene Mannerfeldt MD, MSc, FRCSC
Director, Office of Resident Affairs & Physician Wellness

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 July 2020 PG Post!***