JUNE 2021

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Important Deadlines:

- **Electives**: October 2021 Canadian Electives Deadline for upload to SharePoint – **August 1, 2021**.  
  - International Electives will not be accepted at this time.
- **Block 12 ITERs**: Please email pgmeassess@ucalgary.ca. Block 12 ITERs are two weeks overdue on **July 12, 2021**.
- **Off-Service Resident Numbers**: Email jglow@ucalgary.ca your completed spreadsheet by **July 12, 2021**.

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

Subscribe to PGME on YouTube!

[https://www.youtube.com/channel/UCHdb0tipwHbrzwwx80VnHEQ](https://www.youtube.com/channel/UCHdb0tipwHbrzwwx80VnHEQ)
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:

June 2021
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.

June is National Indigenous History Month – The Assembly of First Nations has a series of 22 learning modules to enhance the understanding of important First Nations topics of students and teachers. To learn more about Inuit peoples and work being done to improve the health and wellbeing of Inuit, check out the Inuit Tapiriit Kanatami website.
June is also **Pride Month**. Pronoun pins and Pride badge reels, branded with the University of Calgary logo, are available for purchase at the Medical Bookstore at the Health Sciences Centre on the Foothills Campus. Pick up yours today!

LGBTQ2S+ communities face specific health challenges and barriers to accessing care. A number of organizations offer online training for healthcare providers to increase their clinical and cultural competency in caring for their LGBTQ2S+ patients: Community-based Research Centre: [Introduction to Affirming Spaces Training](https://communityresearch.org); Rainbow Health Ontario: [LGBT2SQ Foundations course](https://www.rainbowhealth.on.ca/); Stanford Centre CME: [Teaching LGBTQ+ Health](https://cme.stanford.edu); UBC: [Optimizing Care for Gay, Bisexual, and other Men who have Sex with Men](https://www.ubc.ca/).

**Alberta Anti-Racism Advisory Council**, a committee convened to provide advice to the government on how to implement and evaluate action items to combat racism, has recently released its [recommendations report](https://www.gov.ab.ca/docs/iraac-2022-recommendations-report.pdf).

**Opportunity: EDI Chair position for CSM UME Committee:**

Undergraduate Medical Education at UCalgary’s Cumming School of Medicine invites applications for position of EDI Chair, UME Committee. This position will be expected to review the current curriculum and examinations to identify EDI needs, lead change initiatives and to act as a faculty contact for faculty expressing interest in teaching EDI concepts. Applications close June 25. More information [here](#).

**Online webinars, courses and conferences:**

**June 21, 1:30 – 3:00pm MT:** In honour of National Indigenous Peoples Day, the University of Calgary presents the 6th annual **Campfire Chats: Indigenous Stories and Symbols**. Listen and learn from a panel of Indigenous leaders sharing Indigenous stories and symbols related to the *ii’ taa’poh’to’p* buffalo robe and winter count. [Details and registration here](#).

**June 22, 7:00 – 8:00pm MT:** The Libin Cardiovascular Institute presents **Men’s Mental Health: Interrupting our Busyness**, a webinar discussing how to improve men’s mental health. Dr. Bonnie Lashewicz will discuss men’s mental health in the context of and our societal preoccupation with busyness and Dr. Shaminder Singh will lead participants through breathing exercises (based upon yoga practices) to improve their wellbeing. Following the presentations, there will be a Q&A. [Details and registration here](#).

**June 23, 6:00pm MT:** Edmonton Culture is hosting a free webinar with Ibram X. Kendi on **How to be an Anti-Racist** and what it means to move toward individual and systemic changes. [Information and registration here](#).

**June 24, 6:00 – 7:30pm MT:** CSM’s Indigenous, Local and Global Health Office next offering of their **Equity Film Series** is the documentary, **Original Laughter**, a short film about Indigenous humour and comedy featuring Indigenous comedians from Alberta and across Canada. Following the screening, we will have a Q&A with discussions centred around the importance of laughter in overcoming trauma and building resiliency. [Details and registration here](#).

**July 7, 10:00 – 11:00am MT:** The National Chats for Change (US) presents **What? So What? Now What?** An online workshop that will discuss how to create conditions where every voice can be heard while
simultaneously shifting insights and shaping new directions. The session reviews a reflective model that helps groups evaluate a shared experience or a recent event so that they can identify ways to improve or act, and brainstorm ways to integrate the model into their medical school. Details and registration here.

**Resources:**

As we continue to grapple with the recent discovery of 215 undocumented graves of children at Kamloops Residential school, check out the National Centre for Truth and Reconciliation’s memorial register that lists the residential schools in each province and the names of the children who died at or went missing from that school. Listen to this moving statement from Murray Sinclair, chair of the Truth and Reconciliation Commission. To learn more about residential schools, read the education toolkit from the Assembly of First Nations and to understand the widespread prevalence of residential schools, check out this interactive map.

**Act2endracism**, a Canadian coalition seeking to counter anti-Asian racism, has posted a number of resources from the ACCT Foundation on its website in English and 6 other languages, including articles on taking to children about racism, understanding implicit bias and what to say when facing racism.

The BIPOC Women’s Health Network has published an article on Intersex Patients: What to Know and How to Help.

**Online training:**

Trans-Link Network provides free e-Learning curriculum on trans-affirming care for sexual assault survivors - it’s interactive, competency-based, & includes 9 short lessons. Details and registration here and check out the website for other resources.

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.

**Recordings of recent webinars, podcasts and presentations:**

CBC has launched a new podcast called Telling our Twisted Histories, a series that reclaims Indigenous history by exploring words whose meanings have been twisted by centuries of colonization. The latest edition, “School” is now available, and you can still listen to the first two episodes - "Discovery" and "Reserve" on CBC Listen. New episodes will be released weekly on Mondays until August 2, 2021.
**Act2endracism**, a Canadian coalition seeking to counter anti-Asian racism, hosted a panel discussion on why the “yellow peril” narrative still persists today and ways that our systems and structures uphold this form of racism. Watch it [here](#).

The Alberta Indigenous Mentorship in Health Innovation Network has a recording of a recent presentation on [TRC as Systems Change](#) by Dr. Rita Henderson.

**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](#).

For more information about the OPED, visit: [cumming.ucalgary.ca/office/professionalism-equity-diversity](#)

**Fellowship Corner:**

**Ombudsman:** Fellowship is an exciting time in one’s career where the focus is on honing specific skills. There can be times where challenges arise that require some outside help to resolve. We encourage programs to consider identifying an ombudsman for their program. This role is meant to provide a confidential resource that fellows may access to discuss personal, professional, or program-related concerns. As always, please contact the PGME Fellowship Director if any serious concerns arise during fellowship training.

**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).

PGME is pleased to announce the recipients of the 2021 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.

1st prize award recipient for the 2021 CSCI Award for Excellence in Resident Research:

Dr. Nicholas Sader, a PGY 4 Neurosurgery Resident
Abstract title: Can quantitative susceptibility mapping help diagnose and predict recovery of concussion in children?
Authors: Nicholas Sader MD, David Gobbi PhD, Brad Goodyear PhD, Richard Frayne PhD, Miriam Beauchamp PhD, William R Craig MD, Quynh Doan MD PhD, Roger Zemek MD, Jay-Riva-Cambrin MD MSc (supervisor), Keith Owen Yeates PhD (co-supervisor).

2nd prize award recipient:

Dr. Albert Isaacs, a PGY 5 Neurosurgery Resident
Abstract title: Reducing the risks of proximal and distal shunt failure in adult hydrocephalus A Shunt Outcomes Quality Improvement (ShOut-QI) Study at the University of Calgary
Authors: Albert Isaacs, MD PhD, Chad Ball MD FRCSC, Nicholas Sader, MD, Sandeep Muram, MD, David Ben-Israel, MD MSc, Geberth Urbaneja, MD, Jarred Dronyk, BA, Rich Holubkov, PhD, Mark Hamilton, MDCM FRCSC FACS (supervisor).

Honourable Mention:

Dr. Steven Roy, a PGY 5 Critical Care Medicine Fellow
Abstract title: Cerebral Glymphatics & Delirium Exploring a candidate pathophysiological basis for delirium
Authors: Giuseppe Barisano, Kirsten Fiest (supervisor), Philippe Couillard (supervisor), Karla Krewulak, and Rebecca Brundin-Mather.
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.

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**Invitation to Participate in Self-Disclosure in Medical Education Study – Resident Recruitment:**

We are inviting medical students and residents at the University of Calgary to take part in an anonymous survey entitled *Experiences of Self-Disclosure in Medical Education*.

If you are a resident (medical learner) who has disclosed or considered disclosing your experience of mental illness/addiction within your learning environment we are interested in learning more about your experiences. Please consider completing our survey and/or qualitative study.

Our study seeks to understand the experience of self-disclosure of mental illness. We are seeking to better understand what factors enable or constrain self-disclosure behaviour, what the perceived positive/negative consequences of self-disclosure are for medical learners, and how medical leaners perceive experiences of self-disclosure.

Gathering this information is important so that we can translate our findings into interventions that improve learner wellbeing, reduce burnout, and improve help-seeking amongst medical learners.

Participation in this study is voluntary. The survey will take about 20-30 minutes to complete. You will receive a $10 gift card for your time. Once you have submitted the survey, you will be asked to click to another survey where you can enter your contact information to receive the gift card and/or to participate in the qualitative study.

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB20-1149).

If you have any questions, please contact the study research coordinator, Benn Antepim (bantepim@ucalgary.ca).

**Click here to access the survey:** [https://survey.ucalgary.ca/jfe/form/SV_4Jv4buOUeiFJ4Hj](https://survey.ucalgary.ca/jfe/form/SV_4Jv4buOUeiFJ4Hj)

Thank you,

Dr. Aliya Kassam, PhD
Research Lead | Postgraduate Medical Education
Assistant Professor | Department of Community Health Sciences
Rural Resident Wellness Survey – Resident Recruitment:

The problem of poor well-being in residency is well-established. However, it is unclear as to how resident well-being manifests in rural settings. The lack of understanding of how rural residency programs facilitate wellness for their residents and how rural residents themselves achieve wellness can lead to difficulties in the development, implementation, and sustainability of initiatives. In this study, we hope to map the landscape of wellness for rural resident physicians.

We would like to request your participation in this study if you are a resident who is enrolled in a rural residency program, are currently engaged in a rural placement, or have completed a rural placement.

Participation in this study would involve completing a short 15-20-minute survey that will include a demographic questionnaire along with questions regarding your wellness practices and intentions to live in a rural setting.

Your participation is completely voluntary, and you may choose with withdraw at any time. If you decide to participate, please be assured that your data and information will be kept confidential.

This study has been reviewed by and received ethics approval from the University of Calgary Conjoint Health Research Ethics Board (REB20-0438).

Click here to access the survey: https://survey.ucalgary.ca/jfe/form/SV_6m2ogFvbTPPKBo2

Please contact Benn Antepim at bantepim@ucalgary.ca if you have any questions or concerns.

Thank you in advance for your assistance.

Dr. Aliya Kassam
Research Lead, Office of Post-graduate Education
Assistant Professor, Department of Community Health Sciences
2021 PGME Awards Recipient Announcement:

Each year Postgraduate Medical Education invites residents, faculty, and program staff to nominate individuals for one of several Awards of Excellence. The nominations are reviewed by a committee including PGME representatives, and previous faculty award recipients.

Dr. Lisa Welikovitch is pleased to announce the recipients of the **2021 PGME Awards for Excellence in Postgraduate Medical Education**

**Outstanding Commitment to Residency Education Award**

This award recognizes the outstanding contributions made by an individual to Residency Education through teaching, administration, program development and/or contributions to educational research which benefit residency education.

**Recipients:**

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<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
<th>Program</th>
</tr>
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<tbody>
<tr>
<td>Dr. Lindsay Jantzie</td>
<td>Family Medicine</td>
<td>2-4 Year Program</td>
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<tr>
<td>Dr. Catherine Patocka</td>
<td>Emergency Medicine</td>
<td>5-6 Year Program</td>
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<tr>
<td>Dr. Laurie Lemieux</td>
<td>Palliative Medicine</td>
<td>Subspecialty Program</td>
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**Award for Resident Mentorship**

This award recognizes the outstanding contributions of a faculty member who serves as mentor, role model, and/or advocates for residents.

**Recipients:**

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<th>Name</th>
<th>Specialty</th>
<th>Program</th>
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</thead>
<tbody>
<tr>
<td>No Nominations</td>
<td></td>
<td>2-4 Year Program</td>
</tr>
<tr>
<td>Dr. Grant Moffatt</td>
<td>General Surgery</td>
<td>5-6 Year Program</td>
</tr>
<tr>
<td>Dr. Nauzer Forbes</td>
<td>Advanced Endoscopy</td>
<td>Subspecialty Program</td>
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**Service in Support of Residency Education**

This award recognizes the outstanding contributions made by an individual to Residency Education through ongoing administrative support and/or innovative approaches to program administration.

**Recipients:**

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<th>Name</th>
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<tbody>
<tr>
<td>No nominations</td>
<td></td>
<td>2-4 Year Program</td>
</tr>
<tr>
<td>Patti Sullivan</td>
<td>Neurosurgery</td>
<td>5-6 Year Program</td>
</tr>
<tr>
<td>Renee Ryan</td>
<td>Infectious Diseases</td>
<td>Subspecialty Program</td>
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The Recipients will be acknowledged virtually by Dr. Welikovitch Friday Jul 18, 2021 9 – 9:30 am at the start of the PGME Committee meeting.

Congratulations to all the recipients!
New Twitter Account – Conversations and Tips on Learning Resources – Follow!

Follow Dr. Aleks Mineyko on Twitter for conversations and tips on Learning Resources @aleksmineyko

Feedback Conversations – The Essential Skill Workshop – Register Now!

PGME is pleased to announce that we will be holding 5 Feedback Conversations - The Essential Skill workshops in August and September of 2021. We have scheduled these workshops far in advance in order to provide your programs with enough time to free up space in your resident’s schedules so that they can attend.

As programs who have either previously launched in CBD or who are targeted to launch in July of 2021, you are aware of the vital role feedback plays in clinical teaching and learning and how central frequent workplace based assessments along with coaching are to competency based medical education (CBME). These interactive workshops will cover key elements of feedback, give guidance about making the most of coachable moments throughout the workday as well as provide residents with opportunities to practice giving and receiving feedback.

The objectives for this workshop are listed below:

1. Describe feedback including: Definitions, Why it Matters, Best Practices.
2. Identify barriers to offering and learning from Feedback, as well as strategies to address barriers.
3. Use a “Best Practice” Framework for offering and receiving feedback.

The workshops will be held via zoom. The available Workshop dates and times are:

- Tuesday, August 3rd, 2021 - 9:00 - 12:00pm
- Wednesday, August 11th, 2021 - 1:00 - 4:00pm
- Thursday, September 2nd, 2021 – 1:00 - 4:00pm

This workshop is essential for residents who have started a CBD program and as such the PGME CBD Team highly recommends that you make time for your residents to attend.

To register, please email pgmecbd@ucalgary.ca with the date that works for your program and the number of residents you foresee sending to this workshop. Thank you to those who have reached out and reserved spots already! We look forward to hearing back from you!

Cheers,
Emily Fortini & the PGME CBD Team
Dr. Marnie Hinton Award Recipients – Congratulations!

The Office of Resident Affairs and Physician Wellness with PGME selects two medical residents, every year, to receive the Dr. Marnie Hinton Award for Physician Wellness. The Award was established in honor of Dr. Marnie Hinton, an Alberta physician, who was a fierce advocate of physician wellness. The Award is sponsored by the Physician and Family Support Program (PFSP) with the Alberta Medical Association and the CPSA.

It is with pleasure that we announce the 2021 Dr. Marnie Hinton ward recipients:

Doctor Amita Mahajana

Dr. Mahajana was born and raised in Calgary and completed her Internal Medicine residency and Endocrinology fellowship in our beautiful city. Within Endocrinology, she is interested in Diabetes in Pregnancy and Reproductive Endocrinology. Amita plans to spend her extra time teaching the future doctors of our generation (and showing them just how cool Endo is!).

Outside of work exist the true loves of Dr. Mahajana's life—her son, Neal, and her husband, Rehan. The Mahajana family spend their weekends hiking, biking, running, and trying to prevent adventurous Neal from getting a head injury.

When asked about what Wellness means to Dr. Mahajana, she had this to say:

“To me, wellness is about creating an environment that is inclusive, compassionate, and about recognizing the hard work and individual struggle of each member of our community. It starts from the top and travels down. The single most important change in the culture of medicine has been the move towards ensuring representation at all levels. By engaging with all members of the community, we nurture an environment that promotes systemic wellness and acknowledges that responsibility does not lie solely with individuals. I recognize that there is still a lot of work to do in this area but am proud to join my colleagues in this initiative. In the words of my fearless leader, Dr. Doreen Rabi, “It’s not a you problem, it’s an us problem”.

"
Doctor Jovana Milkenovic

Dr. Jovana Milenkovic is originally from a small town in Serbia. At the age of six, Jovana moved to Toronto ON, where she completed her medical school training. Dr. Milenkovic now lives in Calgary, and she loves it! Dr. Milenkovic is currently in her fourth year of pediatric residency. Following completion, Jovana plans to start her hospital pediatrics fellowship at the University of Calgary.

When asked about what Wellness means to Dr. Milkenovic, she had this to say:

“Generalized overall wellness and especially Physician wellness is something I am extremely passionate about and hope to be able to continue to advocate for. As the saying goes “you can’t pour from an empty cup. Take care of yourself first.” As physicians, we are given the great gift of being able to help our patients through some of their worst and best days. However, this gift comes with responsibility and at times a lot of hardship. To provide great quality care and true empathy to our patients, a physician needs to have wellness in every aspect of their lives. In a world where the tasks each of us must complete continues to grow- it seems bad news is everywhere around us. It is more important than ever to participate in those activities that fill our cups and allow us to be the best version of ourselves with our patients, family, and friends.”

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 2021 PG Post!