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Important Deadlines:

- **Electives**: July 2020 Canadian and August 2020 International Electives Deadline for upload to SharePoint - **May 1, 2020**, PLEASE NOTE: Programs will be notified in April if these electives will not be taken.
- **Block 9 ITERs**: Please email pgmeassess@ucalgary.ca Block 9 ITERs are two weeks overdue on **April 21, 2020**.

Visit Our Webpage: [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.

PGME Events:

Many of the Educational events and workshops have been cancelled from now until the end of April. We will continue to provide updates on this status. 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.
Please visit our website for the most up to date workshops, seminars and events: https://cumming.ucalgary.ca/pgme/events

CBME Retreat Update:

In light of the rapidly evolving situation with COVID-19 (novel coronavirus) the PGME CBME team has decided to cancel our 2nd Annual CBME Retreat which was due to take place on June 1, 2020.

We are still here to support you with any questions or problems you are having with regards to your program's CBME implementation and can be reached via email at pgmecbd@ucalgary.ca.

Cancer Centre Photo:

March 21, 2020

Upcoming Meetings:

Please watch for email updates for potential cancellations or Zoom options.

Program Administrators Session:

Date: April 8, 2020
Time: 8:30 am – 10:00 am
Location: HMRB G43A
PGME Committee Meeting:

- **Date:** April 24, 2020
- **Time:** 9:00 am – 11:00 am
- **Location:** HMRB G43A

CSCI Awards:

The information for the 2020 CSCI Resident Research Awards is now available.

For more information, visit: [https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-information](https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-information)

The submission deadline to PGME is **Monday, May 18, 2020, 11:59 pm** - Late submissions will not be accepted.

Completed applications are to be submitted to: [Kristen.story@ucalgary.ca](mailto:Kristen.story@ucalgary.ca)

Departmental Fellowship in Neonatology:

**3 positions currently available**

The University of Calgary/Section of Neonatology in Calgary Alberta Canada is currently accepting applications for a two year Clinical fellowship in Neonatal Perinatal Medicine. The application deadline is 31st March 2020. This program is NOT accredited by the Royal College of Physicians and Surgeons of Canada. Candidates will receive a certificate of completion at the end of training. The goal of this clinical fellowship program is to provide trainees with a solid foundation in clinical neonatal medicine with a strong emphasis on evidence-based practice and teaching. This program attempts to provide trainees with exposure to wide range of neonatal cases. This fellowship is particularly designed for those individuals who are interested in pursuing a career in hospital pediatrics with a significant portion of their practice involving care of newborn infants. Candidates are provided with an opportunity to work within a large multidisciplinary team in a busy tertiary neonatal intensive care unit.

Neonatal care in Calgary is program is based in two level 3 NICUs, Foothills Medical Centre (FMC) and Alberta Children’s Hospital (ACH). FMC is the designated High Risk Perinatal Centre for the Southern Alberta (26,000 births/year). This 39-bed Level III NICU has capabilities for conventional, High Frequency Oscillation and jet ventilation, as well as head cooling, Nitric Oxide and functional echocardiography. ACH NICU has 14 beds and caters to out born infants in need of complex multi-disciplinary care and surgical/cardiac support. In addition, we have three level II NICUs located in Peter.
Laughed Centre, Rockyview Hospital and South Health Campus. There is a nationally recognized Perinatal Follow up Program, with a strong international research presence. We also have a busy transport service. Our program is staffed by over 28 full time Neonatologists with specialized interests in Education, Clinical Research, Basic Sciences Research and Perinatal Follow-up Program.

**Eligibility**
- You must be a Paediatrician
- Previous neonatal experience is desirable

**Upon Completion of Program**
- All trainees will receive a certificate of completion

**Contact:** Evelyn.Villar@albertahealthservices.ca

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**Teaching Excellence Program - CSM TEP:**

Calling all teaching faculty! The Office of Faculty Development has been hard at work drafting a schedule for the Cumming School of Medicine Teaching Excellence Program (CSMTEP), and we're looking for applicants for the September 2020 - April 2021 offering of the program.

CSMTEP is designed to help faculty solidify fundamental teaching skills, learn relevant educational theory, and explore more advanced topics related to special areas of interest in medical education. Applicants should be involved in teaching at the graduate, postgraduate, and/ or undergraduate level and ideally planning on pursuing medical education as a major component of their career.

CSMTEP will run every second Friday from September 2020 to April 2021.

Tentative dates are Sept 4, 18, Oct 2, 16, 30, Nov 13, 27, Dec 11, Jan 8, 22, Feb 5, 19, Mar 5, 19, Apr 9, 16

Topics covered will include (but are by no means limited to):
- Presentation Skills
- Feedback
- Learners in Difficulty
- Evaluation/Assessment
- Educational Theory
- Curriculum Design

Successful completion of the program requires:
- Minimum 80% attendance
- Completion of all assignments
- Completion of a teaching dossier
- Participation in "elective" workshops

To apply, please submit the following documents to ofd@ucalgary.ca by no later than April 17, 2020:
1) A Letter of Interest outlining your current career and future plans in medical education.
2) A Curriculum Vitae
3) If you are a resident/fellow, a letter of support from your program director must be included (PLEASE NOTE: first priority will be given to Cumming School of Medicine Faculty/Staff. If space permits, consideration will be given to residents & fellows).

Applications should be sent to ofd@ucalgary.ca and addressed to Dr. Amanda Roze des Ordons, Clinician Educator, and Dr. Sylvain Coderre, Director of Teacher Development with the subject line: CSMTEP Application of Interest. All applicants will be notified of their application status by mid-May.

Wellness Office - Living with COVID and working with the Residents:

We are living in a very different world then we had just 3 weeks ago. The COVID pandemic has arrived and is going to be our reality for the foreseeable future. There are so many questions which remain unanswered and the answers we do get are changing all the time.

From the Office of Resident Affairs and Physician Wellness we want you to know that this is very stressful. The uncertainty of our future creates a significant degree of anxiety and even a degree of grief for what has been lost in our lives. We are here to meet with residents, mostly by telephone, and to support them through this difficult time in their education.

We will be hosting a Virtual Support Group for Residents and Fellows on Tuesday evenings from 7 – 8 pm. The residents and fellows have each received the link and invitation for this support meeting. We will listen to their concerns and explore ways that we can support each of them.

There are many questions because of COVID. Some of those questions we can answer and some we cannot. The FAQ section on the PGME website is very good, so direct residents there and some of their questions maybe answered.

If any of you have questions about how to support residents, please do not hesitate to connect with our office. We will do what we can to support you and the residents in your program.

Earlier this week I participated in a Webinar being hosted by Dr. Mamta Gautam, a psychiatrist in Ottawa. She shared the 5 C’s for personal resilience when dealing with stressful situations that we can find ourselves in. When you are talking with residents, this maybe a useful tool to use to help them through this pandemic.
When facing a stressful situation, the 5 C’s of resilience are:

1. Control – Control what you can control. Accept that there is a lot that you cannot control.
2. Commitment – Acknowledge your commitment to medicine. What does this commitment look like for you? Think about the work you do.
3. Connections – Keep your connections with our families and colleagues. We are better together.
4. Calmness – This may be journaling, yoga, meditation, cognitive therapy as needed to help stay calm through this stressful experience.
5. Care – Self care is really important in times like this. Look after yourself. Some meditation sites are even giving free subscriptions to health care workers.

If you have any tips, suggestions, ideas or questions, please send them to us at: residentwellness@ucalgary.ca

Remember, we are all in this together. Be well. Stay healthy. Be kind to yourself and to each other.

Jaelene Mannerfeldt MD MSc FRCSC
Director, 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 April 2020 PG Post!