

### MARCH 2021

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#### Important Deadlines:

##### Electives:

- July 2021 Canadian Electives Deadline for upload to SharePoint – **May 1, 2021**
  - International Electives will not be accepted at this time

##### Block 9 ITERs:

- Please email [pgmeassess@ucalgary.ca](mailto:pgmeassess@ucalgary.ca) Block 9 ITERs are two weeks overdue on **April 19, 2021**

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Visit PGME Website: <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.

## Subscribe to PGME on YouTube!

<https://www.youtube.com/channel/UCHdb0tipwHbrzwwwxB0VnHEQ>

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### PGME Events:

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

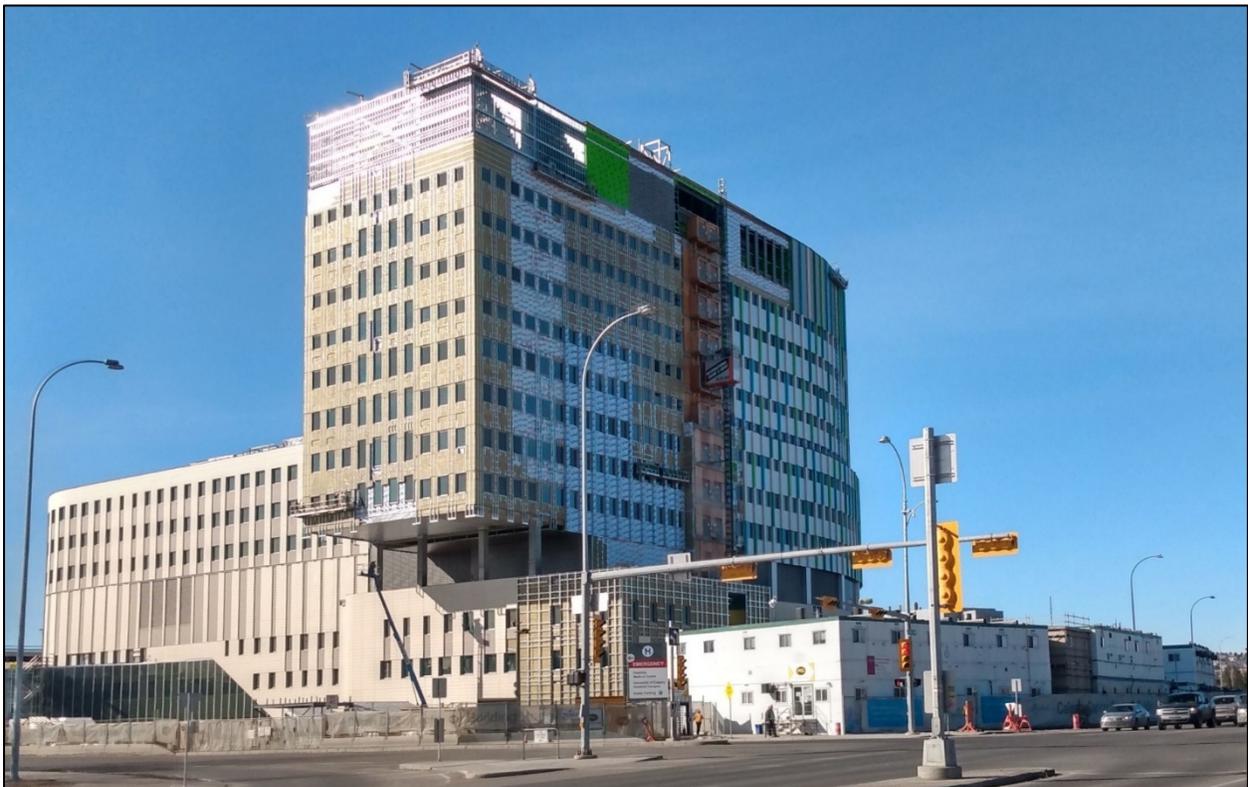
<https://cumming.ucalgary.ca/pgme/events>

PGME resident 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.

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### Cancer Centre Photos:

#### March 2021





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## Postgraduate Medical Education

### Announcement - Curriculum Leads - Black Equity in Healthcare and Indigenous Equity in Healthcare:

PGME's Anti-Racism and Anti-Discrimination Task Force is pleased to announce that there were three successful candidates for the position of Curriculum Lead - Black Equity in Healthcare:

Dr. Kannin Osei-Tutu is a family physician, and is the founder and inaugural president of the Black Physicians Association of Alberta.

Dr. Nicole Johnson is a pediatric rheumatologist, and is Chair of the Diversity and Inclusion Task Force for the Canadian Rheumatology Association.

Dr. Tito Daodu is a pediatric general surgeon, completing a Master of Public Health and has ongoing research activities focussing on justice in health care, both locally and globally.

They join Dr. Pamela Roach, PhD, Department of Family Medicine, in her role as Curriculum Lead - Indigenous Equity in Healthcare, with her extensive expertise in creating and delivering curriculum at the CSM around anti-Indigenous racism.

The Task Force also has representation from East- and South-Asian identifying members, and together we continue to work on developing and implementing anti-racism curriculum across PGME for residents, program directors, and administrators.

Cindé Ade-Hoser, MEd  
Co-Chair, PGME Anti-Racism Task Force  
Postgraduate Medical Education  
[Cinde.adegbesan2@ucalgary.ca](mailto:Cinde.adegbesan2@ucalgary.ca)

Stephen Mintsoulis, MSc, MD, FCFP  
Co-Chair, PGME Anti-Racism Task Force  
Director, Advocacy and Accountability  
Postgraduate Medical Education  
[smintsio@ucalgary.ca](mailto:smintsio@ucalgary.ca)

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### Resident Alumni:

PGME residents have very recently been recognized as part of the alumni family by the University of Calgary, Cumming School of Medicine. CSM Alumni Engagement is working to complete all of our alumni data for future engagement initiatives. PGME has been able to provide them with resident data from 2008 until current. We are hoping that programs that have records **prior to 2008** of their residents will be able to provide them so we can add those residents as alumni.

If you are able to send [Kristen.story@ucalgary.ca](mailto:Kristen.story@ucalgary.ca) the data that you do have (prior to 2008) for completed residents, it would be extremely helpful for this new initiative.

**At minimum, this should include:**

- name (first and last)
- UCID
- contact (email and/or address)
- program (year of completion where possible)
- Preferably via excel, but any format will be welcome

It is acceptable if it is believed to be out of date information, the alumni engagement office works carefully to clean up the data for current accuracy as best as possible.

The information that is collected will be sent to alumni engagement and not retained on the PGME end for confidentiality purposes. They will only be contacted through alumni engagement, whom have all of the proper policies in place.

*Note that this does not include fellows at this time.*

**If you were not a program or do not have data prior to 2008, please send an email to inform of this.**

**Recognizing programs are very engaged with CaRMS and other pressing items, the deadline for this information is set for June 15, 2021.**

Please send this information and any questions or concerns to: [Kristen.story@ucalgary.ca](mailto:Kristen.story@ucalgary.ca)

Thank you in advance for your assistance with this.

**Congratulations to the Recipients of the Emerging Leaders in Health Promotion - Grant Recipients for 2020/21:**

**University of Calgary, Resident Recipients:**

**1. Dr. Rebecca Hay (Pediatrics, Resident)**

**Minding the gap – youth mental health empowerment and education outreach initiative**

*(Mentor: Dr. Amonpreet Sandhu)*

This project is an education initiative to connect health care providers to the community with the goal to teach youth about the science and presentation of mental health. The specific gap this project aims to address is increasing awareness and enhancing education, decreasing stigma, and improving access to resources. This project will create and implement an interactive presentation on mental health that pediatric resident physicians will teach to youth and adolescents in schools. This presentation will be part of a broader curriculum change in the CBE addressing mental health and different coping strategies.

**2. Dr. Francesco Rizzuti (Public Health and Preventive Medicine, Resident) and Dr. Jamie Benham (Endocrinology and Metabolism, Resident)**

**Promoting safe COVID-19 Behaviours in the Community**

*(Mentor: Dr. Jia Hu)*

The purpose of this project is to promote and encourage the adoption of behaviours such as, physical



distancing, masking in public, staying home while ill, avoiding bars and other high-risk settings, using a contact tracing app, and vaccine uptake. This project proposes to: 1) engage underserved community groups around COVID-19 by gathering information about community-specific perceptions, attitudes and beliefs towards COVID-19; 2) develop knowledge translation materials to address community-specific needs; and 3) host in-person (or virtual) sessions to disseminate findings and promote public health measures to mitigate COVID-19 within the community.

For more award winner information, visit: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-recipients>

### Policies and Operating Standards Webpage Update:

The PGME Policies and Operating Standards webpage has a new layout. There are now three categories:

1. **Residents & Fellows** – Policies and Operating Standards relevant to *all trainees*
2. **Residents Only** - Policies and Operating Standards relevant to *Residents only*
3. **Fellows Only** - Policies and Operating Standards relevant to *Fellows only*

Visit: <https://cumming.ucalgary.ca/pgme/current-trainees/residents/starting-residency-training/policies-guidelines>

### CMA Foundation Covid-19 Resident Support Grant:

Do you have unanticipated expenses due to COVID-19?

The CMA Foundation COVID-19 Support for Medical Learners Bursary was created through a generous donation from the CMA Foundation with the intention of supporting residents in financial need who have been directly affected by the COVID-19 pandemic. The purpose of the Bursary is to support residents who demonstrate unanticipated financial need as a result of the COVID-19 pandemic.

The Bursary will be awarded to residents in any year of PGME, who demonstrate unanticipated financial need as a direct result of the pandemic and who meet the following criteria:

- The applicant must be a full-time Ministry funded resident in good standing at the University
- Demonstrate a financial need
- Demonstrate financial impact experienced by the applicant as a result of COVID-19
- Confirmation that the applicant has applied, where applicable, to government funding and/or for banking support

The Bursary is **not** designed to provide relief for the following **ineligible expenses**:

- Directly replacing lost income (learners requesting direct income loss support should apply for government assistance, as applicable)
- Missed loan payments, or payments in arrears
- Discretionary expenses
- Other non-essential personal expenses unrelated to COVID-19

Please note that the award will be paid by **reimbursement**. The applicant must have applicable receipts with proof of payment to be reimbursed.

For more information and the application please visit the [CMA Foundation COVID-19 Support Grant](#) webpage.

All applications can be submitted to [jan.rose@ucalgary](mailto:jan.rose@ucalgary).

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### **Office of Resident Affairs & Wellness – Burnout Article:**

As the anniversary of the pandemic has come and gone, we may be experiencing feelings of fatigue and perhaps even nearing burnout. Burnout is defined as a “syndrome consisting of emotional exhaustion, depersonalization, and a diminished sense of personal accomplishment, which is primarily driven by workplace stressors.” When we feel like we are not progressing in our accomplishments we can feel a sense of burnout. I like to think of stress as having a full plate and a lot to balance. Whereas, burnout tends to show up in the thought process like “I am not managing this plate good enough” or “I am not performing as well as I use to.”

It is important to look for any behavioural or emotional changes in yourself. Are you noticing yourself withdrawing from others? Are you become more irritable? Are you leaving your workday feeling emotionally and physically exhausted more than normal? Do you have a lower tolerance of stress or perhaps coping? If you notice any changes in your self reach out for help. Whether it is support from colleagues, family/ friends or a professional it is important to reach out.

Here are some brief tips on how to manage burnout:

1. Self care –Take time to ensure you are getting the proper sleep, nutrition and exercise.
2. Compartmentalization – Devise a good routine of making the transition from work to personal. If you find yourself ruminating about work write those thoughts down to be addressed the next day at work.
3. Focus on your accomplishments – At the end of your day ask yourself what are 3 things you accomplished today. This can range from something for your self or something related to work. For example, perhaps you found 5 minutes in your day to sit and be with yourself.
4. Gratitude – Devise a daily gratitude practice. In the morning you can write or day two to three things you are grateful for today.
5. Mindfulness Practice – Find a moment out of your day to be mindful. Observe the sights around you and notice the sensations in your body as you observe those sights.



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If you are struggling with feelings of burnout don't hesitate to reach out for help. The Office of Resident Affairs and Wellness has two psychological counsellors who are available to provide counselling services. If you would like to speak to a counsellor please email [residentwellness@ucalgary.ca](mailto:residentwellness@ucalgary.ca).

### References:

Maria Panagioti, PhD; et al (2017). "Controlled Interventions to Reduce Burnout in Physicians: A Systematic Review and Meta- Analysis." *JAMA Internal Medicine*. 177(2). 195-205.

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### Fellowship Corner:

July is approaching quickly and many Fellows will be arriving from abroad to start their fellowships. Below are some quick reference points. Please contact Liz Mauro ([emauro@ucalgary.ca](mailto:emauro@ucalgary.ca)) and Aleks Mineyko ([amineyko@ucalgary.ca](mailto:amineyko@ucalgary.ca)) with questions or clarifications.

#### IMG Fellow Travel Updates:

- All travelers will be screened as usual, and given a mandatory COVID test on arrival into Canada.
- All travelers must quarantine at one of the government-approved accommodations for the first 3 nights.
- All Fellows must be paid during their required self-isolation period of 14 days when they arrive in Canada.

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### CSCI Resident Research Award - CSCI/CIHR/PGME Resident Research Awards 2021:

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 each year for the best resident research project conducted during an RCPSC/CFPC residency training program at each Canadian medical school. Notification is sent out to all programs in the spring.

The CSCI prize consists of:

- \$1,000 per resident in each medical school;
- A complimentary CSCI membership for two years;
- A diploma signed by the CIHR and CSCI presidents.

PGME will match the prize with an additional \$1,000 and, if there are eligible submissions, will award a second prize of \$1,000.

For further information please see [CSCI Awards Announcement](#).

Visit: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/awards/award-information>

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## Survey - [Last chance to participate!] The health of resident physicians in Alberta - Gift card for residents!

Dear Resident,

I am part of a research team that is exploring the health of resident physicians in Alberta. While there are a number of studies that investigate the rate of burnout and depression amongst resident physicians in Canada, we aim to evaluate the current health behaviors of resident physicians in Alberta during their residency programs focusing on the five main areas of preventative health that are set out in the Alberta Chronic Disease Action Plan. These include nutrition, exercise, tobacco-use, alcohol-use, and chronic stress.

This is a provincial wide survey provided through REDCap at the University of Alberta and Qualtrics at the University of Calgary that will collect information regarding the demographics and health habits of resident physicians. This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB20-0410).

This is a one-time survey done online through a secure platform that will anonymize participant's responses. This survey should take approximately 10 minutes to complete. **There is an opportunity to enter a draw for five \$20 gift cards upon completion of the survey and the first 290 respondents will each receive a \$10 gift card.**



Implied Consent  
Form 3.0.pdf

Please see the attached consent form:

The consent form will also be available for your review online within the survey link:

[https://survey.ucalgary.ca/jfe/form/SV\\_6QFY6eitCxHM4IJ](https://survey.ucalgary.ca/jfe/form/SV_6QFY6eitCxHM4IJ)

Please let me know if you have any questions about this study or would like any further information.

Sincerely,

Aliya Kassam  
Research Lead, Office of Postgraduate Medical Education  
Cumming School of Medicine, University of Calgary  
[kassama@ucalgary.ca](mailto:kassama@ucalgary.ca)

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## Postgraduate Medical Education

### Invitation to Participate in Self-Disclosure in Medical Education Study:

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

**If you are a medical student or 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 learners 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, 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.

**Please note: at this time only medical students and residents from the University of Calgary and Western University can participate.**

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 principal investigator:

Dr. Aliya Kassam at Calgary ([kassama@ucalgary.ca](mailto:kassama@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  
Cumming School of Medicine | University of Calgary

## **Cumming School of Medicine Update – Forwarding Emails:**

Alberta Health Services (AHS) and Alberta Precision Laboratories (APL) staff with a ucalgary.ca e-mail address are able to set-up e-mail forwarding to their AHS/APL e-mail address by submitting a request to the UService IT Desk. Email [it@ucalgary.ca](mailto:it@ucalgary.ca) or phone (403) 210-9300 during business hours to submit a request. Please note that requests to forward to other e-mail domains are not allowed.

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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 April 2021 PG Post!***