MAY 2021

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Important Deadlines:

- **Electives**: September 2021 Canadian Electives Deadline for upload to SharePoint – **July 1, 2021**.
  - International Electives will not be accepted at this time.
- **Block 11 ITERs**: Please email pgmeassess@ucalgary.ca Block 11 ITERs are two weeks overdue on **June 14, 2021**.

Visit PGME Website: [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.

Subscribe to PGME on YouTube!

[https://www.youtube.com/channel/UCHdb0tipwHbrzwxB0VnHEQ](https://www.youtube.com/channel/UCHdb0tipwHbrzwxB0VnHEQ)
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:

May 2021
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 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It is acceptable if it is believed to be out of date information, the alumni engagement office works carefully to clean up the data for current accuracy as best as possible.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.

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

Thank you in advance for your assistance with this.

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**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 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, 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)

Click here to access the survey: 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

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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.*

**Online webinars, courses and conferences**

**June 2, 12:30 – 1:30pm MT:** Join the next EDI Lunch and Learn session, **EDI in Research – what you need to know**, presented by Dr. Sofia Ahmed, and learn why EDI is important to health, the impact EDI in the research team has on science, and show how we can incorporate EDI into research. Register [here](#) for this session hosted by OPED, the Office of Faculty Development and Performance and the Office of the Associate Dean Research. And register for a follow-up workshop on **How to Incorporate Equity, Diversity and Inclusion into your Research Grant Proposals** on June 14 from 10:00 – 11:00am [here](#).

**June 3, 7:00 – 8:00pm:** UCalgary and the Calgary Public Library are offering an online webinar on **The Latest Research on the Misrepresentation of Refugee Health**. Approximately 1% of the world’s human population has been forcibly displaced. Anti-refugee rhetoric, media coverage and policy have increased in many high-income countries like Canada. Refugees are characterized as healthcare “burdens”, or as “health risks”, but is this true? Research can inform these debates and correct false claims. Register [here](#).
June 7: UCalgary’s One Health Summer Institute includes a one day online workshop on Setting a Foundation for Community-Engaged Research with Indigenous peoples. Learn about the fundamentals for intercultural capacity, concepts of decolonization in a One Health research space, ethical considerations and how to support research with Indigenous peoples, and build reciprocal, trusting relationships. Information, fees and registration here.

June 12, 9:30am – 1:30pm MT: Registration for the inaugural conference of Equity in Medicine is now open – join the free virtual conference focusing on "Overcoming Barriers in Medicine". Keynote speakers include Imogen Coe, Jessica Nertomb, Nili Kaplan-Myrth and Amy Tan. Details and registration here.

June 15, 6:30- 8:30pm MT: The Calgary Public Library is offering a special screening of The Road, a short film that explores themes pertaining to Missing and Murdered Indigenous Women and Girls, and the legacy and inter-generational impact of colonialism in Canada. The screening will be followed by a panel discussion with the Indigenous girls of Stardale Women’s Group and the filmmakers. Register here.

June 15, 7:00pm MT: YEG Women in Health Networking is offering an online meeting on Equity & Diversity in Research and Research in Equity & Diversity, with Dr. Shannon Ruzycki. Registration here.

Resources:

25% of Canadian women experience Postpartum Depression and BIPOC women are at increased risk. Check out this article that highlights the disparities faced in seeking perinatal mental health supports and resources available.

The Canadian Centre for Diversity and Inclusion has developed a Racially Conscious Guide that discusses the difference between cultural appropriation vs. cultural appreciation and what you can do to experience other cultures without disrespecting them

For more information about the OPED, visit: cumming.ucalgary.ca/office/professionalism-equity-diversity

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.ca.

You only have until June 10th to submit your application as the grant term will be ending. PGME will not be able to accept any late applications.

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**Resident Research and Resident Leadership Travel Grant Application Deadline:**

Just a reminder that the deadline for accepting **Resident Research** and **Resident Leadership** Travel Grant applications for conferences scheduled from **July 1st to September 30th, 2021** is **June 15th, 2021**. Completed applications should be submitted to Jan Rose electronically to jan.rose@ucalgary.ca

In April 2020 PGME suspended the Travel Grant Programs due to the COVID-19 pandemic and the University of Calgary’s travel restrictions. In September 2020 the Resident Leadership Travel Grant Program and the Resident Research Travel Grant Program were reinstated.

At this time, PGME will now open up applications for the Travel Grant Program for online learning opportunities for the April to June 2021 period. Due to the travel restrictions that are still in place, this will be only for online and virtual learning. There will be no grants awarded for actual travel at this time. An example of expenses eligible for reimbursement would be the conference registration.

Please submit the application digitally at jan.rose@ucalgary.ca. As PGME is working remotely, please do not attempt to submit a paper copy to the office.
The application can be found here:

**Research:**
https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/resident-research-travel-grants

**Leadership:**

Once again, to address the concern that residents may not have received notification that their abstracts have been accepted for presentation, Travel Grant applications will be accepted without the confirmation. Final approval however will be contingent on confirmation that the abstract has been accepted for presentation. Applications with other missing components (Program Director or Research Supervisor signature, etc.) will also be accepted however all requirements must be met prior to approval.

*All applications must still be submitted by the deadline.*

Congratulations to all the winners of the PARA Clinical Teaching and Well-being Awards 2020-2021:

1. PARA Clinical Teaching Award Recipient - [Dr. Eric Singendonk](#)
2. PARA Clinical Teaching Award Recipient - [Dr. Vesta Michelle Warren](#)
3. PARA Clinical Teaching Award Honourable Mention - [Dr. Fariba Aghajafari](#)
4. PARA Clinical Teaching Award Honourable Mention - [Dr. Laurie Parsons](#)
5. PARA Clinical Teaching Award Honourable Mention - [Dr. Konstantin Koro](#)
6. PARA Clinical Teaching Award Honourable Mention - [Dr. Rupang Pandya](#)
7. PARA Resident Physician Well-being Award Honourable Mention - [Dr. Kathryn Fitch](#)
8. PARA Resident Physician Well-being Award Honourable Mention - [Dr. Mark Anselmo](#)

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

**Becoming Resilient Through the Face of Adversity:**

Burnout is a real phenomenon as we navigate the third wave of the COVID pandemic. Burnout occurs when there are feelings of lack of accomplishment, emotional exhaustion and de-personalization. Becoming resilient to stressors is one way to navigate burnout.

Let’s think of resiliency as a tank. What are the daily habitual behaviours that you encompass that allow you to fill your resiliency tank? By refueling your resiliency tank, you are helping yourself keep going despite the challenges facing your way.
Here are some ways to build your resiliency skills:

1. **Build a Social Support Network** – take time to building a strong support network around you to help you through the vulnerable parts of your life. Social support can vary from family, friends, work, or community resources. The more diverse you are with your support network the better able you are to overcome adversity.

2. **Daily Gratitude Practice** – implement a daily ritual of acknowledging 3 things you are grateful for. You can do this in the morning at the start of your day or in the evening at the end of your day. You can keep a gratitude journal or just take moment to say to yourself your 3 three. Take 30 seconds to a minute to savour the gratitude you are feeling in that moment.

3. **Learn from your Failures** – What does it truly mean to learn from your failures? One is you cannot get bog down in the shame feelings of the failure (“I am not good enough”). You have to have the ability to take a growth edge mindset (i.e. how can I learn from this experience?”).

4. **Positive Affirmations** – There is power in the face of adversity to say to yourself, “you got this!” “You are strong”, “You are brave” and “you will overcome this life event”. Positive affirmations can be helpful with countering any negative thoughts that can easily creep in in times of adversity.

5. **Acknowledge your success** – Take pride and celebrate the day to day success. Sometimes we give so much weight to the areas that need growth, we don’t take the time to acknowledge our success and saviour them. Building these into our tank can build up a reservoir for the times we are feeling run down, perhaps not making a difference, or not succeeding.

If you find yourself struggling with feelings of emotional exhaustion or burnout, please reach out for support. The Office of Resident Affairs and Physician Wellness is opened from Monday to Friday 830-430pm. Our office has a Director, Administrator and two psychological counsellors who are all available to help you with your wellness needs.

**Citations:**

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 June 2021 PG Post!