

MAY 2022

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Important Deadlines:

- **Electives:** September 2022 Canadian Electives Deadline for upload to SharePoint – **July 1, 2022**
 - February 2023 International Electives Deadline for upload to SharePoint – **July 1, 2022**
- **Block 11 ITERs:** Please email pgmeassess@ucalgary.ca Block 11 ITERs are two weeks overdue on **June 20, 2022**

Visit PGME Website: <https://cumming.ucalgary.ca/pgme>

Subscribe to PGME on YouTube!

<https://www.youtube.com/channel/UChdb0tipwHbrzwwxB0VnHEQ>

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.

Summer Workshops – Visit website for full details and registration!

- Your Essential Skills Toolkit: Communication, Conflict Management and Physician Wellness
- Critical Appraisal

Contact: pgmeworkshops@ucalgary.ca

Risk Management Requirements for UofC Events:

As Covid-19 related requirements change on a regular basis, please ensure that you review the guidelines set by UofC Risk Management for UofC Events:

<https://www.ucalgary.ca/risk/risk-management-insurance/events/covid-19-event-requirements>

Risk Management Requirements for International Travel:

Risk Management requirements exist for all international travel, please ensure that you review and meet the requirements / guidelines set by UofC Risk Management before embarking on international travel:

<https://www.ucalgary.ca/risk/risk-management-insurance/travel/required-authorizations-actions>

Learner Resources and Supports:

Myth Busters

Myth #2: There are supports through PGME available for residents but no supports for faculty who work with learners in difficulty.

Fact: We offer supports to faculty who work with residents in difficulty.

- The Director of Learner Resources, Aleksandra Mineyko is available to meet with Program Directors or Faculty who are working with residents in difficulty to answer questions and problem solve



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- The PGME Website section for Faculty with resources for working with residents in difficulty [PGME | Faculty and Staff | Resources | Support Learners in Difficulty | Cumming School of Medicine | University of Calgary \(ucalgary.ca\)](#)
- Workshops for faculty groups on feedback and designing remediation and learning support plans are available at request.

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 Boisselle (crystal.boisselle@ucalgary.ca).

The PGME website includes information and resources for Program Directors and Faculty on residents in academic difficulty.

[PGME | Faculty and Staff | Resources | Support Learners in Difficulty | Cumming School of Medicine | University of Calgary \(ucalgary.ca\)](#)

Please remember to contribute by sending suggestions and resources to pdassist@ucalgary.ca

LASAC: Learner Academic Supports and Assessment Committee

LASAC meets monthly to review and provide suggestions on Remediation and Probation Plans. If you are developing a Remediation or Probation Plan, please be aware of the meeting dates. All plans are reviewed prior to implementation. Meeting dates are available [here](#).

Twitter Account – Conversations and Tips on Learning Resources – Follow!

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

Transition to Practice Summer Series- CMA-Joule-2022:

Our Transition to Practice Summer Series is back with over 90% satisfaction rating and over 90% likely to recommend from residents last year.

Join our Canadian Medical Association-Joule summer sessions where panels of **practicing physicians** prepare residents and recent grads for the **non-clinical aspects** of the transition from residency to the realities of practice. Sessions cover a wide range of issues –from **taxes to contracts to time management**-- and provide extra time for discussions: a great way for physicians in all specialties to ask questions and prepare for practice.

All of our sessions are **physician-led** and **industry-free**. Last year, residents gave these sessions a **satisfaction** rate of **over 90%** and **over 90%** were **likely to recommend** to a peer. There is no charge. Dates and registration links below or register via [our webpage](#).

Summer West

July 26 – 6:00-8:30pm Pacific Time – Finances, Taxes, Incorporation, Investing – with Dr. Kevin Lee, Dr. Yan Yu, Dr. Norm Yee, and Dr. Katie Lin

<https://cma-ca.zoom.us/meeting/register/tZwvcu-sqDwrHdGzAf-7ifzmXxyifPeeWYQJ>

July 27 – 6:00-8:00pm Pacific Time – Starting in practice, contracts, overhead, billing principles, staffing: Ask us anything – with Dr. Scott Wilson, Dr. Anmol Lamba, and Dr. Marilyn Champagne

<https://cma-ca.zoom.us/meeting/register/tZltd-qsrzgvGNSvNKm7Snh8nyTjbj5Nz7Nn>

July 28 – 6:00-8:00pm Pacific Time – Leadership: Influencing Up with 5 new-in-practice physician speakers – with Dr. Katie Lin, Dr. Yan Yu, Dr. Monty Ghosh, Dr. Kimberly Williams, and Dr. Ali Damji

<https://cma-ca.zoom.us/meeting/register/tZcrdOGvrDirH9SXdv0xdu9e-e0PUGKBJjUi>

Resident Research Travel Grant Application Deadline:

Just a reminder – the deadline for accepting Resident **RESEARCH** Travel Grant applications for conferences scheduled from **July 1 – September 30th, 2022** is due **June 15th**. Completed applications should be submitted electronically to Jan Rose at jan.rose@ucalgary.ca. Late applications cannot be accepted.

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.*

The travel grant application and a list of successful Research Travel Grant recipients and their abstracts awarded for **2022-23** fiscal year has been posted on the PGME website at the link below:

Resident Research Grant Application: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/resident-research-travel-grants>

Award winners: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/grant-recipients>



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Resident Leadership Travel Grant Application Deadline:

Just a reminder – the deadline for accepting Resident **LEADERSHIP** Travel Grant applications for events scheduled from **July 1 – September 30th, 2022** is due **June 15th**. Completed applications should be submitted electronically to Jan Rose at jan.rose@ucalgary.ca. Late applications cannot be accepted.

A limited amount of funding is available to facilitate and support resident leadership development opportunities. PGME recognizes that participation in conferences, seminars and meetings which encourage trainees to cultivate and demonstrate this aptitude is beneficial for achieving academic success and realizing career goals. Applications with missing components (Program Director, etc.) will be accepted however all requirements must be met prior to approval. *All applications must still be submitted by the deadline.*

The travel grant application and a list of successful Leadership Travel Grant recipients awarded for the 2022-23 fiscal year has been posted on the PGME website at the link below:

Resident Leadership Grant Application: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/resident-leadership-travel-grants>

Award Winners: <https://cumming.ucalgary.ca/pgme/faculty-and-staff/awards-and-grants/grants/grant-recipients>

Call-out for the Resident Feedback Conversation Workshops:

PGME is pleased to announce that we will be holding 5 workshops on **Feedback Conversations - The Essential Skill** in September and October of 2022.

Programs that have launched CBD, or are targeted to launch in July of 2022, are aware of the vital role feedback plays in clinical teaching and learning.

Frequent workplace-based assessments along with coaching are central 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 offering and receiving feedback. The objectives for this workshop are listed below:

1. Describe feedback including Definitions, Why it Matters, and 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.

We have scheduled the following workshops well in advance to make it easier for your residents to attend.

Upon request, we may be able to offer a workshop on another day for your program.

The workshops are 2 hours via Zoom which allows the option of scheduling a second Zoom topic in an academic half-day. This is an interactive workshop, so participants are encouraged to leave their video cameras on to enhance opportunities for participation.

The workshops will be held via zoom on the following dates and times (maximum number of participants per workshop is 15):

Thursday, **September 15th, 2022**

- 1:00 – 3:00 PM

Wednesday, **September 21st, 2022**

- 1:00 – 3:00 PM

Thursday, **October 6th, 2022**

- 1:00 – 3:00 PM

Friday, **October 14th, 2022**

- 10:00 AM - 12:00 PM

Thursday, **October 20th, 2022**

- 1:00-3:00 PM

The target audience for this workshop is new trainees who are interested in developing their skills related to offering and receiving feedback.

The PGME CBE team recommends that residents who have started a CBD program attend.

Please email pgmecbd@ucalgary.ca to book a date that works for your program and let us know how many residents to expect.

We look forward to hearing back from you!



The Learning, Engagement, Action for Resident Needs (LEARN) Study:

We wish to explore the needs and perceptions of residency program directors, teaching faculty and residents regarding resident remediation and struggling learners. This is for quality assurance purposes and because there is a lack of research regarding policy development and residency remediation. We are recruiting for one-on-one interviews with key stakeholders including current resident trainees, program directors and teaching faculty.

This is a one-time interview conducted by phone that will take up to 60 minutes of your time. Your participation in this study is completely voluntary. As a token of appreciation for your time, you will receive a \$25.00 gift card. For more information, please contact the PGME Research Lead, Dr. Aliya Kassam at kassama@ucalgary.ca. This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21-0287).

Equity, Diversity and Inclusion Needs Assessment Survey:



We are undertaking a needs assessment of Equity, Diversity and Inclusion curriculum at CSM. Faculty involved in curriculum development or instruction in any of our academic programs (including faculty development) are invited to complete a survey to help us identify current initiatives at the program level, gaps in programming, and the barriers and facilitators to implementing EDI curriculum. Fill out the survey for your program or course [here](#).

Recipients of Dr. Chirag Shah International Resident Award:

2022-2023

Postgraduate Medical Education is pleased to announce the winners of the Dr. Chirag Shah International Resident award. The \$2,000 award was established in 2012 by Dr. Shah to assist international medical graduates who are adjusting to life in Canada and to inspire them to give back to their community and contribute to making Canada a better place.

Many of my earliest memories of medicine originate from growing up in rural Egypt. Witnessing few of my family members working as dedicated Family Physicians, to help people with various medical, social, and cultural backgrounds, ignited a spark in me to follow in their footsteps. The adaptability of Family Physicians to work with very limited resources and offer aid to each patient and their families made me appreciate that medical knowledge, although important, is not the only defining factor for these fulfilling interactions. It takes a compassionate heart, listening ear, and personal touch. These experiences were an integral factor in my drive to pursue Family Medicine in order to positively impact the physical and mental wellbeing of others and the community.



Dr. Caroleen Nasr
R1 Family Medicine

After finishing my post graduate training in Egypt, I moved to Canada with my family in order to pursue opportunities for medical research and education. Initially, it was very challenging not being able to continue my passion as a Family Physician. However, I was determined to find ways in which I could still contribute and support the wellbeing of others, especially the marginalized populations. I was fortunate to work at the Mustard Seed shelter where I was able to advocate for people struggling with homelessness and addiction. I also helped them find employment opportunities by organizing educational seminars, practicing motivational interviewing, and collaborating with external agencies. Through my work with this vulnerable population, I have learned the causes, prevention strategies, and proven solutions to mitigate homelessness, addiction and mental illness. I will continue to use these important skills and insights to further improve my clinical understanding of medicine so I may grow into the best physician I can be.

An opportunity that augmented my leadership skills was joining the Chinook Mall Medical Clinic as the Clinic manager. This experience allowed me to familiarize myself with the Canadian Medical System and learn about various clinical resources. It was surely a steep learning curve but my enthusiastic and inquisitive attitude allowed me to successfully instruct numerous employees, practicum students, and volunteers, while collaborating with other physicians and allied healthcare workers. I also developed and co-facilitated the Soul Program based on the four pillars of health: physical, psychological, social, and spiritual. Through the program's seminars, group therapies, and various counselling techniques, I gained a true appreciation of the holistic approach to patient care.

The Soul program currently has four family physicians as well as a social worker and a counsellor. I am planning to re-join them as a physician after I finish my residency training and expand our services through partnership with different non-profit organisations such as the Drop In Center, YWCA and The Mustard Seed where I used to work years ago. It is my vision and goal to accomplish this dream as I understand the complex needs of this population, including the need for guaranteed continuation of care. I am planning to continue working at this program and use the "whole-person approach"



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**Dr. Raquel de Sarai
Vera Rodriguez**
R1 Family Medicine

I was born in a small community in Mexico. From an early age I knew I was a people person. I like to interact with other members of my community, and since medical school I actively volunteered in helping those around me. We would drive to remote communities for cancer prevention campaigns and would help bring vaccines to children and seniors that otherwise would have had a hard time reaching a rural health clinic.

When I moved to Canada in 2019, I knew I wanted to continue to give back to those who need it the most. By December 2019 I was actively volunteering as a senior companion in the Covenant Health Youville Home in St. Albert. Providing companionship to long-term care residents can have such a positive impact in their lives, listening to their stories, helping them remember their family members by going through their family albums and sparking their minds with art therapy and music activities not only helped them but gave me strength and determination to see the challenges in life as a gift.

I was also invited to volunteer as a special needs assistant at the Home Care & Community Program by Alberta Health Services in Edmonton. I stayed connected with two clients in the community, I would come to visit them once a week and for one or two hours we would watch their favourite TV show or play scrabble. One of them, a lovely lady, tried to teach me how to crochet. I can sincerely say that my scarf was not very symmetrical but it was fun to try and I can still remember her laugh when I told I would still try wearing it in the winter.

When the COVID 19 pandemic hit, I helped with COVID screening at the main entrance of the Grey Nuns Community Hospital in Edmonton. I could not help treating patients directly, but I could at least help keeping our staff, patients and visitors safe.

My reason for apply to the award is the need for funding. Moving from Edmonton to Calgary has been a great adventure and finally my husband will be to relocate with me. This award would help us feel more stable after finalizing the move. I truly appreciate his effort of relocating to a different city so that I can fulfill my dream of becoming a licensed family physician in Alberta.

Canada is a wonderful nation and having the opportunity to live here and help serve those around us is truly a privilege.

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.

Upcoming EDI-related Conferences:

- **June 2, 9:30am – 1:15pm MT:** The second annual **Equity in Medicine Conference** is place in-person in Victoria, BC and virtually. This year's theme is Equity, Diversity and Inclusion: from Awareness to Action! More details on the program are available [here](#) and registration is [here](#).
- **June 2-4:** The **Canadian Women in Medicine (CWIM) Conference** takes place in-person in Victoria, BC and virtually. Conference details and registration [here](#).
- **June 3, 11:30am – 1:00pm MT:** UCalgary's Social Work Indigenous Circle & Lodge presents a free online webinar on **Indigenous Reconciliation: Challenges and Opportunities**, with Dr. Mike DeGagné, President & CEO of Indspire. The webinar will look at reconciliation history, the challenges of the TRC and opportunities for reconciliation as we move forward. Details and registration [here](#)
- **June 4, 12:00 – 6:00pm MT:** The official **book launch and art exhibit of Sacred Bundles Unborn** takes place at UCalgary's Taylor Institute Art Gallery and Foyer. The book and event bring to light coerced forced sterilization and invites attendees to come together, sharing in the spirit of justice, healing, and transformative reconcili-ACTION. Details and registration [here](#)
- **June 7, 6:00 – 7:30pm MT:** Physicians, residents, and medical students are invited to attend an online session hosted by the Physician and Family Support Program, **Hope and Healing after Trauma - Reflections for Physicians by General Roméo Dallaire**. Details and registration [here](#)
- **June 15, 12:00 – 1:00pm MT:** The **AHS Proud Together Workforce Resource Group** presents a webinar on the different identities within the LGBTQ2S+ community, the importance of representation, and how everyone can be an ally. To register for this Microsoft Teams meeting, go [here](#)
- **July 29-31:** The **National Black Canadians Summit** is being held in Halifax, NS. This conference is inspired by the International Decade for People of African Descent (2015-2024): Recognition, Justice and Development, as proclaimed by the United Nations. More details and registration [here](#)

Opportunities for Grants and Requests for Input

- The Community-Based Research Centre is conducting a **Canada-wide 2SLGBTQIA+ Community Study** to understand more about the current state of health among people in the 2SLGBTQIA+ community. Survey participants will be asked a series of questions about their mental and physical health, their sex lives and relationships, caregiving, community connection, discrimination and violence, substance use, economic impacts, housing, and how they have been coping under COVID-19. Go [here](#) for more information and to participate.
- CSM is undertaking a **needs assessment of Equity, Diversity, and Inclusion curriculum within CSM**. Faculty involved in curriculum development or instruction in an academic program (including faculty development) are invited to complete a survey to help identify current initiatives at the program level, gaps in programming, and the barriers and facilitators to implementing EDI curriculum. Fill out the survey for your program or course [here](#).



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- Physicians, medical educators and nurses are invited to participate in a study on **Exploring and Supporting Sensitive Conversations about Bias in Specialty Education**. Participation involves a semi-structured virtual interview. Details on the study [here](#) and participation application [here](#)

Awards:

The Western Trailblazer award is given to an individual who volunteers their time, influence, and courage to make opportunities more accessible to the LGBTQ2+ community. It is awarded annually at the Pride Day event at the Calgary Stampede (this year July 9, 2022). [Nominations](#) close June 17.

Resources:

- The Community-Based Research Centre offers a variety of **free online educational programs to advance 2SLGBTQIA+ health**, including Gender-Affirming Care (Surgical Readiness & Aftercare); STBBI Testing & Treatment for 2SLGBTQIA+ Patients; and Prescribing Gender-Affirming Hormones. There is also an Alberta-specific program, Introduction to Affirming Spaces, a series of three course modules for healthcare providers that offer insight into fostering affirming healthcare practices that better serve trans and gender-diverse patients. Details on these educational offerings [here](#)
- Check out the [Health Horizons Policy Brief Series](#) of the CSM O'Brien Institute for Public Health, addressing key issues in health and healthcare policy. Recent briefs include **Achieving Primary Health Care Equity with Indigenous People** and **Nothing for us without us - Towards disability-inclusive policy development in Alberta**.
- A recent article in the Journal of General Internal Medicine discusses [How to Reduce Stigma and Bias in Clinical Communication](#).
- Check out the [Health Horizons Policy Brief Series](#) of the CSM O'Brien Institute for Public Health, addressing key issues in health and healthcare policy. Recent briefs include **Achieving Primary Health Care Equity with Indigenous People** and **Nothing for us without us - Towards disability-inclusive policy development in Alberta**.
- A recent article in the Journal of General Internal Medicine discusses [How to Reduce Stigma and Bias in Clinical Communication](#).
- The Canadian Race Relations Foundation has developed a series of videos highlighting the personal stories of individuals who have dealt with racism and discrimination. The series is intended to inspire conversation and generate support for continued advocacy. Check out the **Racism: Problems and Solutions Documentaries** [here](#)

Recordings of recent webinars, podcasts and presentations:

- Listen to the Ted Talk, the [Problem with Race Based Medicine](#), by social justice advocate and law scholar, Dorothy Roberts.
- The recording of the Canadian Race Relations Foundation's panel discussion about the **intersections of the Sikh faith, anti oppression and anti-racism** along with a presentation about the BC Sikh Heritage Museum is available for [viewing](#).

- The latest edition of CBC's **White Coat Black Art** with Dr. Brian Goldman is an interview with Morningstar Mercredi, author of [Sacred Bundles Unborn](#), discussing the coerced or forced sterilization of Indigenous women, still occurring to this day. Listen [here](#)
- CBC has launched a new podcast, an 8-part series that tells the stories of four students, three who survived and one who didn't, who attended **Kuper Island**, one of Canada's most notorious residential schools – where unsolved deaths, abuse, and lies haunt the community and the survivors to this day. Check it out [here](#)

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

Thank you to all of our programs and trainees for your continued hard work and dedication during this stressful time.

Thank you for reading.

Stay tuned for the June 2022 PG Post!