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Important Deadlines:

- **Electives**: January 2021 Canadian Electives Deadline for upload to SharePoint - **November 1, 2020**.
  - International Electives will not be accepted at this time.
- **Block 2 ITERs**: Please email pgmeassess@ucalgary.ca. Block 2 ITERs are two weeks overdue on **October 5, 2020**.
- **Block 3 ITERs**: Please email pgmeassess@ucalgary.ca. Block 3 ITERs are two weeks overdue on **November 2, 2020**.
- **eCCTs for the Spring Specialty Exam**: Will be distributed by RCPSC in the middle of October. Return completed eCCTs to jglow@ucalgary.ca by **October 26, 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 2021 workshop dates are now open for registration!!

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.

Cancer Centre Photos:

September 2020
DLRI Best-Waugh Resident Award:

For more information, visit: https://cumming.ucalgary.ca/ruralmedicine/rural-recognition-awards/best-waugh-award
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](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 | Heritage Medical Research Building G02  
3330 Hospital Drive NW, Calgary, Alberta T2N 4N1  
Phone: 403.210.7526 | Fax: 403.270.0178 | email: [kassama@ucalgary.ca](mailto:kassama@ucalgary.ca)
Invitation for PAs and PDs to join the Anti-Racism and Anti-Discrimination Task Force:

The most recent Black Lives Matter protests, along with the ways the global pandemic has exposed the deep health inequities disproportionately affecting racialized communities, have led us at Postgraduate Medical Education to examine the ways in which racism is present within our institutions. We have set up an Anti-Racism and Anti-Discrimination Task Force to inform this process.

The Task Force will explore how racism and other forms of oppression are embedded within our policies, curriculum, institutional practices and culture, by engaging with our stakeholders. Their findings will form the basis of recommended plans of action and will inform future initiatives taken by PGME to create equity within our institutions.

The task force is looking for PAs and PDs with experience or an interest in social justice to join the team. While we are looking for diverse perspectives and all are welcome to apply, preference will be given to individuals that are racialized or are part of other marginalized communities. If you are interested, please send an email to pgmeantiracism@ucalgary.ca by October 16, 2020, briefly outlining why you would like to be part of this group.

Creating Equity in PGME:

On June 12, 2020 we at PGME sent an email addressing the racism, particularly anti-Black racism, that is present in our educational and health care institutions. We recognize that racism and other forms of oppression are embedded within our culture, practices, policies, and curriculum. We remain committed to addressing and removing systemic racism and discrimination from our organization.

We committed to begin this process by centering and listening to the voices of our Black, Indigenous and People of Colour (BIPOC) community. In so doing we acknowledge the burdens of acting as educators, the possibility of retraumatization, and for those who have come forward previously, a reluctance to do so again, having not seen appropriate action taken.

Through this process, we endeavour to learn more about how racism affects your journey through our educational and health care institutions. We will also examine how gaps in medical curriculum and policy lead to shortfalls in serving your needs, and the needs of our racialized patients and communities. Each of these will direct the next steps in addressing inequity.

We acknowledge that other forms of oppression (based on gender, religion, and others) are also embedded within our institutions and adversely affect many members of our PGME community. We think it is important to listen to you and invite you to come forward as well.
Additionally, if you are an ally to or work with any marginalized communities and would like to identify ways in which our educational and health care institutions must better prepare physicians to serve these communities we would also like to hear from you.

In this spirit, we invite you to come forward with your experiences, concerns, and suggestions in one or more of the following ways:

Provide narrative feedback using the anonymous online form. If you wish to be identified, an option exists to include your contact information so that we can follow up with you.

Request a virtual meeting with a member of the PGME Anti-Racism and Anti-Discrimination Task Force, using the same form.

If you wish to be involved in other ways, please also let us know using the same form.

The submission form will remain active for six (6) weeks and will close on Monday, November 16, 2020.

All meetings with the committee and feedback to the committee will remain confidential.

As part of this consultative process, we will be sharing what we have heard, along with how it has informed the concrete actions PGME plans to take to create equity within our organization.

We recognize that experiences of racism and oppression are traumatic. If you would like additional support, the following resources are available:

Your Program Ombuds
https://cumming.ucalgary.ca/pgme/contacts/residency-program-directory/residency-program-ombuds

Physician and Family Support Program
https://www.albertadoctors.org/services/pfsp

Resident Affairs and Physician Wellness Office
https://cumming.ucalgary.ca/pgme/wellness/residents

Office of Professionalism, Equity, and Diversity
https://cumming.ucalgary.ca/office/professionalism-equity-diversity

Kind Regards,
The Anti-Racism and Anti-Discrimination Task Force

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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 October 2020 PG Post!