

JANUARY 2022

In this issue:

- ❖ Important Deadlines
- ❖ PGME Website
- ❖ Events
- ❖ Risk Management Requirements for UofC Events
- ❖ Learner Resources and Supports
- ❖ Congratulations Award Recipients!
- ❖ Dr. Chirag Shah Award 2022
- ❖ Office of Health and Medical Education Scholarship (OHMES) 2022 Symposium
- ❖ Resident Affairs & Wellness Office
- ❖ Indigenous Health at PGME – Invitation/Request
- ❖ CSM Office of Professionalism, Equity and Diversity News

Important Deadlines:

- **Electives:** May 2022 Canadian Electives Deadline for upload to SharePoint – **March 1, 2022.**
 - International Electives will not be accepted at this time.
- **Block 7 ITERs:** Please email pgmeassess@ucalgary.ca Block 7 ITERs are two weeks overdue on **February 14, 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. Workshops are currently only being offered virtually. We will continue to provide updates on this status.

February Highlights (follow website above to register)

- Career Management for Residents: The Next Step in your Career – February 10
- Medical Legal – Risk Management for Physicians – February 24

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>

Learner Resources and Supports:

Are you a Program Director worried about a resident in your program? Have you had colleagues approach you with concerns about a resident's performance? Has your resident received borderline scores or concerning comments on evaluations and you are unsure of what supports you can offer to help your resident succeed?

If any of these situations sound familiar to you, we can help! 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



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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

Thank you to all those that participated in the retreat December 10, 2021!

| | |
|---|-----------------------------|
| FEEDBACK | |
| | |
| APPRECIATION A | Thank you |
| Observations "I saw..." Suggestions "Stop..." "Start..." "Keep doing..." | COACHING C |
| EVALUATION e | EPA ITER |
| DOCUMENTATION WrOASTER = Written, Objective, Actionable, Specific, Timely, Examples & Response D | |

Congratulations Award Recipients!

CAME is pleased to announce the recipients of a brand new CAME Rising Star – Certificate of Excellence Awards. This award is intended to recognize learners who have demonstrated a commitment and/or passion for medical education. This could be education research, curriculum or workshop development, leadership, advocacy, etc, that has had a positive impact for the health professions education community at their school or beyond.

These deserving colleagues will be recognized at the upcoming CAME Annual General Meeting which is held in conjunction with the Canadian Conference on Medical Education (CCME).

Please join us in congratulating these individuals for their commitment to medical education in Canada.

2022 awards for CAME that recognize learner talent in medical education, recipients:

- Medical student / Les étudiants en médecine : Mr. Logan Haynes
- Resident / résident : Dr Michael Mak
- Graduate Student / Les étudiants aux études supérieures : Ms. Laura Morrison

Certificate of Merit Recipients:

- Sarah Anderson (brilliant work in anatomy teaching)
- Gary Galante (outstanding work in CBME in Peds)
- Theresa Wu (dedicated and committed work in UME and PG related to pediatrics)

Dr. Chirag Shah Award 2022:

Postgraduate Medical Education is pleased to announce that applications are being accepted for the 2022 Dr. Chirag Shah International Resident Award. The \$2,000 award has been created 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.

Last year's winners are, Dr. Warda Munawar (Internal Medicine) and Dr. Mitra Arjang (Family Medicine).

Dr. Munawar grew up in a small village and understands health care challenges faced by remote areas. Her desire to help people with medicine came about when she volunteered after the devastating earthquake in 2005 in Pakistan. She has volunteered in medical camps and led a team that advocated health promotion and disease prevention. After moving to Canada, she has continued volunteering and hopes to improve health care standards for the present and future generations through advancements in the field of transplant, cancer prevention and management.

Dr. Arjang is from Iran and credits her parent's values of hard work, dedication and determination to achieve one's goals as her main motivation to become a doctor. When she moved to Canada, she struggled with leaving her homeland and had to cope with "the guilt the frustration by constantly monitoring the political and social situation back home". In 2016 she and two friends started a public



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channel “Koodak-Omid Farda” meaning “child, the hope for the future”. This channel is collaborating with a non-profit organization “Baran-e-Mehr”, run by medical school students in Iran, to build schools in remote villages.

You can learn about Dr. Munawar and Dr. Arjang by visiting

<https://cumming.ucalgary.ca/sites/default/files/teams/6/awards/Dr.%20Shah%20award%20winners%20announcement.pdf> .

The criteria to be eligible for the award are as follows:

1. Candidates must have successfully completed the Alberta International Medical Graduate (AIMG) assessment program.
2. Have completed both high school and medical school outside of Canada and/or United States.
3. Be currently enrolled in residency training.

A completed application includes a current copy of the applicant’s curriculum vitae and a one-to two-page letter describing:

- the applicant’s need for funding
- future goals and plans
- community involvement highlighting any work with underserved populations

Award recipients will be invited to a reception to celebrate their accomplishments and meet Dr. Shah. ***The deadline for applications for the Dr. Chirag Shah International Resident Award is February 5, 2022.*** Applications must be submitted to Karen Fedato Kfedato@ucalgary.ca

Office of Health and Medical Education Scholarship (OHMES) 2022 Symposium:

Register Now!

Registration Link: <https://www.eventbrite.ca/e/health-medical-education-scholarship-symposium-2022-tickets-240478847707>

For more details: <https://cumming.ucalgary.ca/office/ohmes>

Health & Medical Education Scholarship Symposium 2022



Dr. Lara Varpio
Uniformed Services University
of the Health Sciences

**Thursday
February 24
8:45am-4:15pm**



Dr. Mahan Kulasegaram
University of Toronto

Welcome to our 8th annual symposium! This virtual event will showcase work in health and medical education scholarship, and encourage future collaborations among researchers with common interests. We are excited to welcome **Dr. Mahan Kulasegaram** (University of Toronto) and **Dr. Lara Varpio** (Uniformed Services University of the Health Sciences) as the keynote speakers, as well as many local experts and up-and-coming medical education researchers as presenters. The schedule has been adapted to accommodate an on-line format, and will include workshops, oral and poster sessions.

The event is open to anyone with an interest in health and medical education scholarship, from novices to experts. This is a free event, however we request that participants register as a member of OHMES. If you are not a member, please visit our [website](#) for more information.

Register by 21 February 2022 at :
<https://bit.ly/32VU45F>



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Resident Affairs & Wellness Office:

We at the Resident Affairs and Wellness Office wish you all a Happy New Year.

We invite you to reach out to the [Office of Resident Affairs and Wellness office](#), to your peers, your program, and the PGME office to support you in managing the challenges and disruptions of our day-to-day lives, as we all continue to live and work in a challenging time due to the COVID-19 Pandemic.

Research demonstrates that during adverse events such as the current pandemic, most Resident physicians prefer to first receive support from peers and colleagues rather than mental health practitioners. Most notably, peer supporters often play a pivotal role in facilitating connections with mental health services if needed, and in de-stigmatizing such services. As health care workers continue to meet the unique and challenging healthcare demands of COVID-19 patient care, operational stress injuries, moral injury, depression, anxiety, and burnout continue to be risks.

In a recent [survey](#) of 41,000+ residents and fellows, medical students, nurses, physicians, advanced practice providers, pharmacists, and other allied healthcare employees from a wide variety of organizations measured the impact of the COVID-19 pandemic on medical staff using the [Well-Being Index](#). Results indicate that overall, Residents are less impacted than other surveyed health care professionals by financial stress, workload increases, and work site changes. However, it deserves mention that across disciplines, all healthcare providers were impacted by the pandemic, especially those who were directly involved in COVID-19 patient care. Those health care providers were more likely to meet the high level of distress thresholds than those who were not. These results point to the merits of cross-discipline health care peer supports- of healthcare providers supporting each other, regardless of discipline. A 'we are all in this together' mentality is certainly warranted. A simple act of extending support and compassion to those healthcare providers you work with can have great significance.

The New Year has historically been a time of year for fresh starts, but it is also when many of us will lean towards being harder on ourselves, such as putting in place resolutions that are difficult if not impossible to achieve or maintain. This difficulty is especially true this year. Instead, research supports the idea of being kind to oneself as the most direct route to making sustainable changes in one's life. Such self-compassion can be hard to cultivate when working in disciplines where contradictory messaging has historically been a dominant narrative. However, self-compassion can buffer against mental health risks ushered in in the age of COVID-19, and more generally in medical training.

If you are interested in learning more about how to establish healthy habits, [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#) by author James Clear provides a step-by-step evidence-based method for doing so.

Interested in cultivating your own Self-Compassion? Take a research-validated [Self-Compassion Test](#) and try some of these evidence-informed proven [exercises](#) to increase your own Self-Compassion, and to insulate yourself from the stress of these challenging times.

A reminder: *Bell Let's Talk Day* is on January 26th. Join the conversation and help end the stigma of mental illness. From online screenings and talks to sharing messages of support online, check out all the ways you can get involved during this year's [Bell Let's Talk Day](#). Find support and connect to your UCalgary community [here](#).

Happy New Year from the Office of Resident Affairs and Physician Wellness Team

Director: Jaelene M. Mannerfeldt MD, MSc, FRCSC

Assistant Clinical Professor, Obstetrics & Gynecology, University of Calgary Rockyview General Hospital

Psychological Counsellor: Nora MacQuarrie, Registered Psychologist, R. Psych.

Psychological Counsellor: Michelle Keough, Registered Social Worker, RSW.

Administrative Assistant: Roxanne Laktin

Cumming School of Medicine, University of Calgary

3330 Hospital Drive NW, Calgary, Alberta, T2N 4N1

T: 403-210-6525 E: residentwellness@ucalgary.ca

Administrative Office Hours: 8:30 - 4:30 - Monday - Friday

Health Sciences Room G259

E: residentwellness@ucalgary.ca

Indigenous Health at PGME – Invitation/Request – Email: ana.rame1@ucalgary.ca:

Anti-racism education for improving Indigenous health outcomes: simulation-based critical approaches for post-graduate medical education

You may be eligible for the study if you:

- ✓ Are a faculty member or preceptor at the CSM

What would I have to do?

- ✓ Attend to a one-one-one interview (60 min)
- ✓ Talk about your experiences as PGME student, share your opinion on curriculum, your experiences within your training, your perspective on health equity engagement, and discuss the impact of racism on health

Are there any benefits to participating?

- ✓ There may not be any direct benefits to you personally, but this will help us to construct a curriculum that promotes reconciliation

**For more information or to determine eligibility, please contact
ana.rame1@ucalgary.ca**



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 events, webinars, and conferences

- **Feb. 2, 12:00 – 1:30pm MT:** UCalgary's Office of Equity, Diversity and Inclusion presents **Black and Minority Ethnic experiences in higher education: social justice, inclusion and white privilege**. This lecture will examine how Black and minority ethnic staff and students remain marginalised in higher education, how processes of whiteness and white privilege work to perpetuate the white space of higher education and examine possible ways forward for higher education to engage with a socially just agenda for the inclusion of all groups. Details and registration link [here](#)
- **Feb. 3, 12:00pm MT:** The UCalgary community and the public is invited to join an online panel discussion and Q& A on **Allyship: The Key to Unlock EDI**, hosted by. Details on the speakers and registration [here](#)
- **Feb. 24, 8:45 – 4:15pm MT:** CSM's Office of Health and Medical Education Scholarship (OHMES) presents its eighth annual **OHMES Symposium**, showcasing advances in health and medical education research and innovation. Registration is now open for this free virtual event. Check out the keynotes, workshops and poster presentations, including several with an EDI focus, [here](#)
- **Mar. 24-26:** The **LGBTQ+ Health Care Conference**, offered by Indiana University, is a three-day virtual event designed for healthcare professionals, learners, researchers, patients, community organizations and interested community members who seek to understand the unique health considerations and barriers to health care in the LGBTQ+ population. Free registration for learners. Details [here](#)
- **Mar. 31-Apr. 1:** The UBC Centre for Health Services & Policy Research is hosting the 34th Annual **Health Policy Conference: Medicare at a Crossroads: Myths & Realities 50 Years In**, including a presentation by Dr. Pamela Roach of CSM. Details for this virtual and in-person event [here](#)
- **June 2-4:** The **Canadian Women in Medicine Conference** takes place in-person in Victoria, BC and virtually. Conference details and registration [here](#)

Queer Eye on Medicine Research Survey

- Participants who identify as part of the 2SLGBTQ+ community and who are practicing physicians, resident physicians or medical students in Canada are wanted for a qualitative research study that aims to understand their experiences within the healthcare environment in order to provide recommendations for change to health administrators and medical educators. Participation will involve a 60-90 minute semi-structured virtual interview. [Email](#) if interested.

Opportunities

- UCalgary CSM has a posting for a **Canada Research Chair (Tier I) in Anti-Racism and Health Equity**. The successful candidate will lead an anti-racism and health equity research program that will enable the CSM and health system partners to be a learning laboratory that generates and translates knowledge to impact policy and practice within health-related systems to redress institutional and structural racism and become more equitable. Applications open until March 18. Details [here](#)

Calls for Journal Submissions and Conference Proposals

- The open access journal, **Societies**, has a call for papers for a special issue exploring the many facets of ableism and ability-based disablism and enablism. The CFP accepts three types of submissions: empirical data, reviews and theoretical/conceptual papers. Deadline for submission is April 1, 2022. Details [here](#)

Recordings of recent webinars, podcasts and presentations

- In the wake of the \$40 billion promise from the federal government to compensate for and overhaul the Indigenous child welfare system, Cindy Blackstock talks about the 15 year fight to treat Indigenous children as equals on CBC's FrontBurner – listen [here](#)
- The UCalgary Courageous Conversations Speaker Series event in December was an informative webinar on **Ableism, Disability Justice and Accessible Futures in Post-Secondary Education**. The webinar is available for viewing [here](#) and the speakers provided their slides, resources including a document with Universally Designed teaching ideas, and access to the book Academic Ableism by Dr. Jay Dolmage. Check out the links [here](#)
- The latest episode of the **Antiracism in Medicine Podcast Series** focuses on Centering Asian Americans: Racism, Violence, and Health. Listen to it and previous episodes on topics such as addressing anti-Indigenous racism in medicine, antiracism in medical education and more [here](#)
- Warrior Life Podcast is a series hosted by Indigenous lawyer and activist, Pam Palmater. The most recent episode is a recording of a 2021 keynote for the Atlantic Indigenous Health Conference on **Confronting Systemic Racism in Healthcare by Empowering First Nations Governance**. Available [here](#)
- The Canadian Association of Emergency Physicians (CAEP) has recordings of two recent Grand Rounds, **Emergency Care of First Nations Members: Lessons from a 5-year mixed methods research partnership in Alberta** and **Towards Equity, Diversity and Inclusion: The start of a conversation**. Check out the recordings [here](#)
- A recent edition of The Conversation Weekly Podcast includes a segment with lawyer Anne Levesque about the long legal battle related to over the systematic underfunding of child welfare services for First Nations children and the recent announcement of funds to compensate those affected and to fund structural reform. Listen at 29m20s of the podcast [here](#)
- A recording of the most recent webinar in UCalgary's Courageous Conversations Speaker Series, **Decolonizing Disciplines and Structures of Inequality**, is now available. This event featured Dr. Gurminder K. Bhambra of the University of Sussex and Dr. Yolande Bouka of Queen's University. Watch it [here](#)



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Resources

- The Office of Faculty Development and Performance at the Cumming School of Medicine has a series of **online modules on Mentorship in Medicine**, developed by Dr. Davida Osei-Tutu. Check out them out [here](#)
- The **Canadian Cultural Mosaic Foundation** has developed a resource for inclusive language that provides alternatives to words and phrases that can be hurtful due to their historical or cultural context. Themes include ableism, ageism, heterosexism, racism, and sexism. Check it out [here](#). Another useful resource is [Indigenous Peoples: A Guide to Terminology](#) from Indigenous Corporate Training Inc.
- Harvard has many anti-racism resources available, for parents, leaders, allies and racialized individuals. Check out the resources [here](#)
- **Micropedia** is an encyclopedic website that features everyday microaggressions, sorted by race, gender, ability, religion, and more. The site provides examples of microaggressions, explains why each comment is harmful and provides links to articles and reporting describing the microaggression. 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 February 2022 PG Post!