

DECEMBER 2021

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Important Deadlines:

- **Electives:** April 2022 Canadian Electives Deadline for upload to SharePoint – **February 1, 2022**
 - International Electives will not be accepted at this time
- **Block 5 ITERs:** Please email pgmeassess@ucalgary.ca Block 5 ITERs are two weeks overdue on **January 3, 2022**
- **Block 6 ITERs:** Block 6 ITERs are two weeks overdue on **January 31, 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.

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>

Taj Jadavji's Humanism Award:

Resident/fellow award at the Pediatric Infectious Disease Conference at the Banff Springs Hotel in February 2022.

The Taj Jadavji Humanism Award is given in recognition of a medical resident, who in clinical service and in other aspects of life, embodies Dr. Taj Jadavji's qualities of leadership, civic involvement and compassion.

The conference content is aimed at primary care physicians (family med and pediatrics), but the award is available to any resident or fellow currently training in Canada.

- It includes a \$500 award, plus hotel accommodation and conference and banquet fees.
- Applicants can be nominated by another person, or they may apply themselves.
- The successful applicant is required to make a 10-15 minute presentation at the banquet of the conference (may not be a banquet this year but we would still make time for a presentation).

Further information is available at www.pediatricinfectiousdisease.ca

Application deadline is December 31, 2021.

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



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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

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](#).

Research – Learners Needs Assessment – Participate Now!

Help contribute to our understanding of knowledge, skills, and attitudes around learner supports and remediation by filling out this short survey for Program Directors. Thank you.

Teaching Faculty Link: https://survey.ucalgary.ca/jfe/form/SV_6LGUqb2FdN4UwD4

Program Director Link: https://survey.ucalgary.ca/jfe/form/SV_5cGEhnTh7H8i7lk

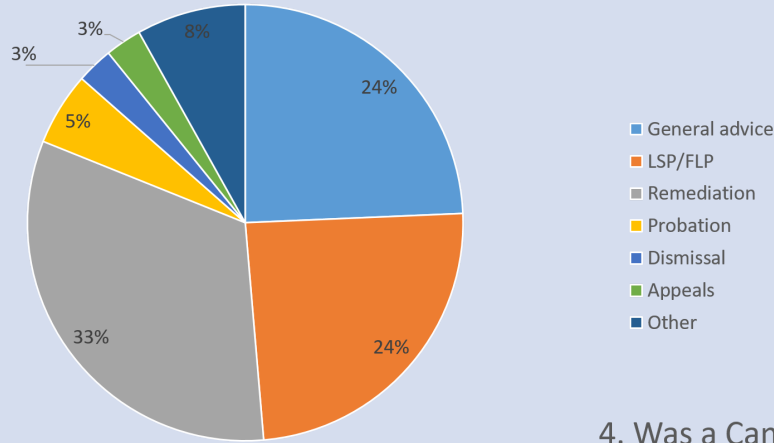
Twitter Account – Conversations and Tips on Learning Resources – Follow!

Follow Dr. Aleks Mineyko on Twitter for conversations and tips on Learning Resources [@aleksmineyko](https://twitter.com/aleksmineyko)

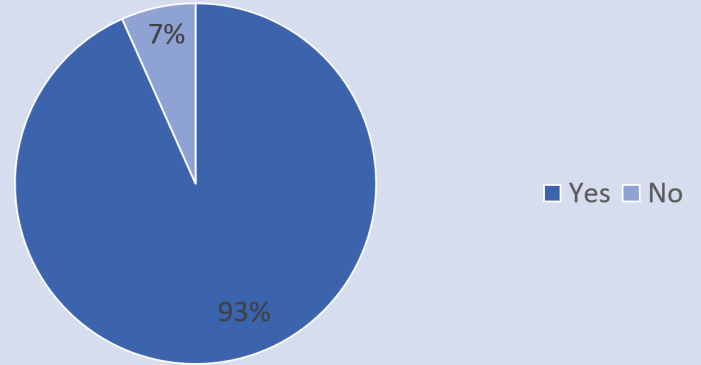
Feedback – Survey Results

Below are the results from the PD survey. Thank you to everyone that participated. The results show that PDs access PGME learner resources most commonly for general advice, learning support plans, and remediation (Fig 1). PDs make use of all the resources available (Fig 2) and can expect to meet with our team, Nancy Dunlop and Aleks Mineyko (Fig 3). Our results show a generally positive response from PDs and we will be using the suggestions provided in the surveys to better our resources.

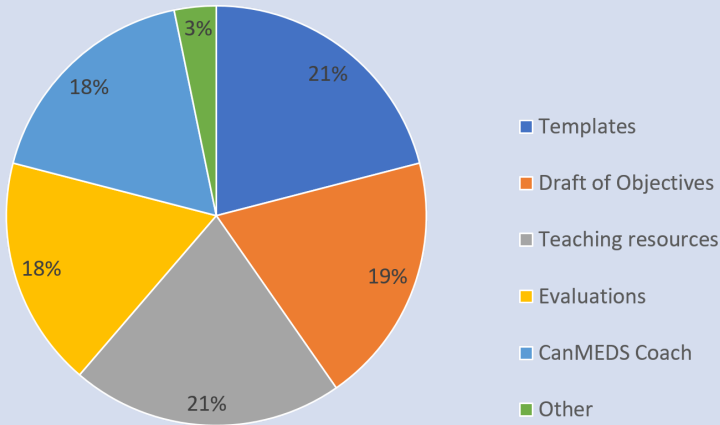
1. What supports were you looking for when you contacted Aleks/Nancy?



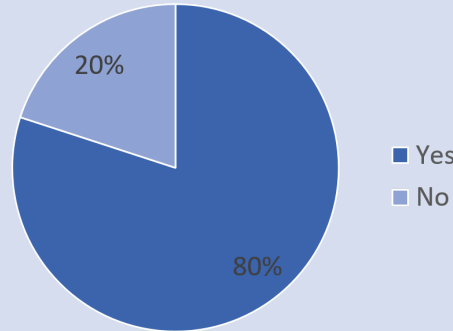
2. Did you meet with Aleks/Nancy?



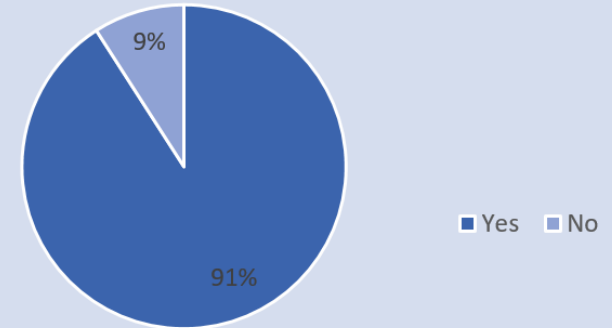
3. When developing a plan, what resources were provided?



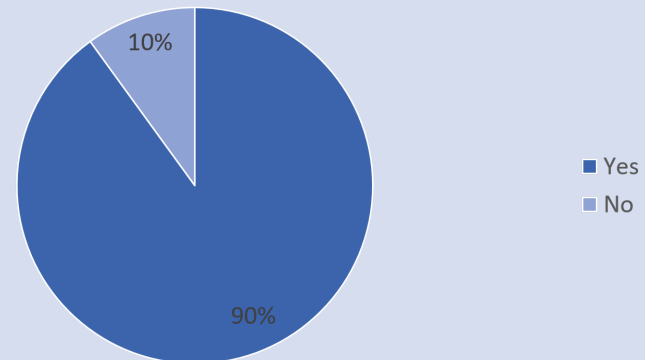
4. Was a CanMEDS Coach assigned?



5. Was the CanMEDS Coach helpful?



6. Was your plan reviewed by LASAC?



RESULTS!

Fellowship Corner:

CPSA has recently updated the English Language Proficiency Requirements and PGME has voted to accept CPSA requirements. Potential fellows can take one of the three tests including the IELTS Academic, the OET Medicine examination and the CELPIP General Examination. Now there are three available tests, PGME revised the IELTS requirements to scores of 7 in all 4 subsets in a SINGLE test.

Further information about CPSA English Language Proficiency requirement can be found here (hyperlink --- <https://cpsa.ca/physicians/registration/english-language-proficiency/>)

Inadequate program administrative support for both residency and clinical fellowship programs has been raised as a potential accreditation issue and PGME is working collaboratively with AHS and the University to address this issue. Effective January 1, 2022, PGME will start collecting information on fellowship administrative support and potential impact on residency program on the revised PGME framework.

Wellness – Coping with the Holiday Season

With the holiday season approaching it can be a season that brings joyous feelings for some and for others it can be a season that brings some unpleasant feelings. With the weight of the pandemic, the holidays may be adding additional stress for some of us. Perhaps even, we are going into the season with a little less in our cup than previous years. Some of us may be faced with another holiday season unable to see our love ones.

The holiday season can bring on some additional stress. Below are some helpful tips to deal with the added stress of the holiday season.

1. **Plan Ahead:** Take time to plan out your to do list and your time. By organizing your time, you are preparing yourself for the things within your control. Perhaps this holiday season you are left with a little more time on your hands. Take time to plan some activities that you may have been putting off or set aside some time for pleasurable activities.
2. **Expectations:** Set realistic expectations of yourself and your family when it comes to the holiday season. Ask yourself what is realistic of me of this holiday season and stay within those parameters. If your expectations are too high you can set yourself up for disappointment.
3. **Boundaries:** Figure out what you need from this holiday season. Identify the boundaries you need to put in place to protect your needs. Also, learn a way to communicate what you need to others. For example, this Christmas I am really needing some quiet time at home to recharge.
4. **Process your Emotions:** Whether it is excitement, sadness or loneliness that you may feel during the holiday season, take the time you need to feel into those emotions. Perhaps there is an

unmet need behind the emotions or there is meaning behind the feeling. Take the time you need to process that emotions and feel into it.

5. Mindfulness Practice: Taking a moment to savour the holiday season can help alleviate our stressors. For example, if you are out observing Christmas lights this season take a minutes to intentionally observe the different colors and notice the sensations in your body as you observe the lights.

Please note the Office of Resident Affairs and Physicians Wellness is closed over the holiday season from Dec 24th, 2021 until January 2nd, 2022. If you're in need of counselling services or in crisis throughout the time we are closed, please call the 24 hour free and confidential Physician and Family Support Program (PFSP) line at 1-877-SOS-4MDS (767-4637) or the distress centre's 24 crisis line at 403-266-4357. If you are in an immediate crisis please call 911 or go to your nearest emergency room.

On behalf of the wellness centre of the Office of Resident Affairs, we would like to wish everyone a Happy and safe holiday season.

Dr. Jaelene Mannerfeldt MD, MSc, FRCSC
Director

Nora MacQuarrie M.Ed, Rpsych
Psychological Counsellor

Roxanne Larkin
Office Administrator

Michelle Keough MSW, RSW
Psychological Counsellor

Julie Munch MScOT
Accommodations Therapist

Indigenous Health at PGME – Study Recruitment:

Looking for research participants interested in Indigenous health, Anti-racism and anti-oppression within medical education.

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

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board
(REB19-1739)

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:

- **Jan. 17, 9:00am – 12:00pm MT:** Members of the CSM community are invited to register for **From Bystander to Upstander: Intervention Training**. This three-hour virtual course will prepare learners, faculty, and staff to speak up and stand up when they witness discrimination and harassment. Register [here](#).
- **Jan. 20, 10:30 – 11:45am MT:** CMS educators are invited to join a free online workshop on **Understanding Microaggressions: Strategies for the Classroom**, presented by the Taylor Institute for Teaching & Learning, as part of its EDI Workshop Series. This interactive session will explore the complexity of microaggressions in the classroom through case studies and share practical strategies to mitigate these difficult situations to create a more inclusive teaching and learning environment. Details on the workshop series and registration [here](#).
- **Jan. 27, 12:00 – 1:30pm MT:** Join ii' taa'poh'to'p, UCalgary's Indigenous Strategy, at the next session of the **Elders Teaching Series with Dr. Betty Bastien**, to hear traditional knowledge, worldview, and language, and approaches to healing with respect to cultural wellbeing, intergenerational trauma, and Indigenous ways of knowing, doing, connecting, and being. Details and registration [here](#).

Opportunities:

- **Survey on CSM EDI initiatives:** CSM is undertaking a needs assessment of Equity, Diversity and Inclusion curriculum. Faculty involved in curriculum development or instruction in any academic programs 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. Details and survey [here](#).

- **Participate in a study of scholars in Canadian Faculties of Medicine:** Scholars are being recruited to participate in a study to identify and address intersecting barriers of gender, sex, and race to academic productivity during the COVID-19 pandemic. Details [here](#).

Calls for Journal Submissions and Conference Proposals:

- **CMAJ** will be devoting a special issue to the theme of Black health and anti-Black racism in health in Canada in the second quarter of 2022, with the intent is to centre the scholarship of Black authors, including Black learners. Submissions required by Dec. 31, 2021. Details [here](#).
- The 2022 University of Calgary Conference on Postsecondary Learning and Teaching (May 1-3, 2022) invites Elders, Knowledge Keepers, community members, faculty, instructors, administrators, librarians, staff, students and postdoctoral scholars to explore Indigenous Ways of Knowing in a good way as we continue our path to reconciliation. Deadline for proposals is Jan. 24, 2022. Details [here](#).
- **The Lancet** is dedicating a theme issue to advancing racial and ethnic equity in science, medicine, and health, to be published in late 2022 or early 2023. The call for submissions focuses on interventions to tackle racism and inequity in health. Deadline is Jan. 31, 2022. Details [here](#).
- 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](#).
- **Health Affairs** is planning a theme issue on disability and health, to be published in October 2022 and have a request for abstracts. Papers that represent cross-disciplinary efforts that bridge health and non-health sectors are encouraged. Deadline to submit abstracts is Dec. 20, 2021. Details [here](#).

Recordings of recent webinars, podcasts and presentations:

- UCalgary presents **Stepping Out of Reactivity**, an eight-part mindfulness series. The practice of mindfulness is a meditation practice that can reduce stress and anxiety and improve attention and creativity, supporting daily functioning. So far, 7 episodes have been released. Listen to them all [here](#).
- Presentations from the 2021 First Nations Health Managers Association conference, **Rise Against Racism**, are now available for viewing, including Dr. Alika Lafontaine's presentation on Harm in Healthcare. View all the presentations [here](#).
- UBC InterCultural Online Health Network and VCH Aboriginal Health hosted a recent webinar on **Intergenerational Trauma and the Impacts of Colonial History on the Health and Wellbeing of Indigenous People**. Check it out [here](#).
- The Association of American Medical Colleges (AAMC) has a number of webinars available to watch on **EDI topics** including Transforming Institutional Culture, Understanding

Intersectionality, Integrating Disability into Medical School Curriculum, and Leadership in DEI. Check these and other webinars out on the AAMC website [here](#).

Resources:

- A new handbook is now available to help Alberta providers of domestic and sexual violence interventions safely deliver trauma-focused services and supports virtually. The handbook covers every aspect of virtual service delivery, from planning for and assessing whether virtual interventions are appropriate for people and families experiencing violence, including survivors, to creating safe environments online for all clients, and highlighting a number of promising practices for virtual or remote-based delivery. Cultural safety and sample scripts are included. Download the **Virtual or Remote-based Delivery of Domestic Violence and Sexual Violence Interventions Handbook** [here](#).
- Dec. 3 was **International Day of Persons with Disabilities**. To learn more about ableism in society, check out these [resources](#), including alternatives to ableist language, websites, videos and books, and integrating universal design.
- The AAMC Center for Health Justice and the American Medical Association co-developed a comprehensive health equity communication guide to support physicians' conversations with patients, called [Guide on Language, Narrative, and Concepts](#) to help promote a deeper understanding of inclusive language and to advance health equity.
- **Genderful Research World** (GRW) is a new online platform made for supporting scientists in health who are looking for resources on how to integrate sex and gender into their own research. Check out the interactive map for exploring sex and gender resources [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.

Wishing you a happy and healthy holiday season!

Thank you for reading. Stay tuned for the January 2022 PG Post!