



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Pediatrics

DEPARTMENT OF PEDIATRICS

OCTOBER 23, 2025

WEEKLY BULLETIN

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Weekly Bulletin Archive

Check out the Department of Pediatrics past Weekly Bulletins on our website by pressing [here](#).

WELLNESS, CULTURE & COMMUNITY FEATURE



The Well Doc Initiative
Well Doc Alberta Well Doc Canada



Are you a Physician in the Department of Pediatrics?

We want to hear your voice!

Scan here to complete our third
Physician Wellness Survey (10-15 mins):



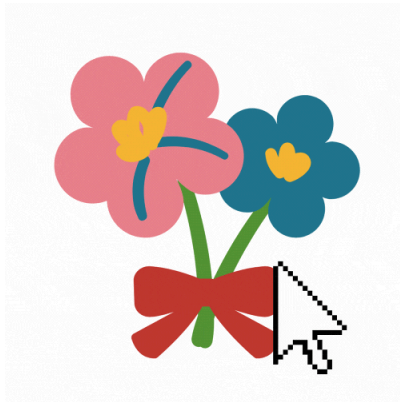
Post-measurement Retreat:
January 28th, 2026

Response Rate:
12% (Oct 9th)

Year 3 Physician Wellness Survey Now Open!

Physicians will have received a separate email from Well Doc Alberta with a link to the survey, which is administered through the secure platform Qualtrics. The survey will take only 10-15 minutes to complete, and we hope the process itself provides an opportunity for reflection.

The survey **will remain open until tomorrow**, and results will be shared at our Year 3 post-measurement retreat on January 28th, 2026.



Click for Kudos

We invite you to anonymously nominate a colleague to be featured in our Weekly Bulletin. Please nominate individuals who deserve recognition for specific actions you have observed or experienced, or for consistently demonstrating exemplary behaviour.

Remember, showing gratitude is not only beneficial for the recipient but also good for those who express it, especially for their brain health!

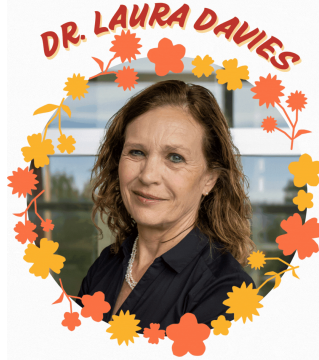
[Click to submit](#)

This month's kudos highlights / anonymous comments



Dr. Alexandra Carter

“Kudos to Dr. Alexandra Carter who identified an asymmetric light reflex on a newborn exam in a patient who ended up having bilateral congenital cataracts. Thanks to her exam the patient had surgery in a timely manner allowing the best opportunity for vision development.”



Dr. Laura Davies

“Dr Davies' door is always open when a colleague needs advice, keen to share her experience and try to understand how to help. It is really appreciated.”



Dr. Lindsay Long

“Dr. Lindsay Long has gone above and beyond to provide care to very medically complex children for many years, but the last few months have been exceptionally noteworthy. A great colleague and strong advocate for her patients.”

Days of Significance

The EDI Committee acknowledges the Days of Significance as outlined in the [PESJO Calendar](#) and the [Access, Community + Belonging's Days of Awareness Calendar](#). As part of our ongoing commitment to equity, diversity, and inclusion, we will feature articles in our monthly newsletters written by department members—some of whom are anonymous—who celebrate or recognize these meaningful days.

Given the number and variety of significant days throughout the year, we welcome and encourage contributions. If you are interested in writing about an upcoming day of significance, please feel free to reach out to us via email pediatrics.comms@ucalgary.ca.

This month's Day of Significance is the World Food Day. Thank you to Dr. Nicole Johnson for sharing what this means to you!



World Food Day | October 16, 2025

[World Food Day 2025](#) serves as an annual reminder that food insecurity and malnutrition remain pressing global challenges. According to the United Nations [Food and Agriculture Organization](#), one in twelve people worldwide still face hunger. [Statistics Canada's 2022 income data](#) reported that 18.4% of people across the ten provinces live in food-insecure households. Among

them, 1.4 million Canadians experience severe food insecurity.

This day holds personal meaning for me. Growing up, I participated in public nutrition awareness events alongside my father, an Agricultural Economist with the Food and Agriculture Organization. He worked tirelessly on initiatives promoting food sustainability and community economic independence, and he involved my siblings and me in his advocacy work from a young age.

How do Canadians and community members celebrate/commemorate this day?

- Support Local Initiatives: Engage with organizations like [Fresh Routes](#), which provides affordable grocery shopping and supports local markets and community food banks.
- Participate in Food Day Canada Events: Join [restaurants and chefs in Alberta that celebrate Food Day Canada](#), showcasing Canadian food and supporting local businesses.
- Educate: Organize educational sessions or events to educate the community about food security, malnutrition, and sustainable agriculture.
- Donate and Volunteer: Contribute to food banks, community pantries, and locally owned grocery stores to support those in need.
- Promote Awareness: Share stories and pictures on social media to spread awareness about the importance of food security and the efforts to combat hunger.

How can the Department of Pediatrics members support community members/you on this occasion?

- [Screen for Food Insecurity](#): Incorporate food insecurity screening into routine patient care to identify those at risk
- Educating Patients: Educate patients about the health risks associated with food insecurity and provide resources for healthier eating and income support.
- Connecting Patients: Help patients connect with nutrition assistance programs and other resources.
- Supporting Co-workers: Recognize that food insecurity may occur through many life circumstances in all socioeconomic classes, so demonstrate empathy and support for colleagues experiencing food insecurity
- Advocating for Policy Changes: Advocate for policy changes that improve food access and support those experiencing food insecurity.



Check out the first video in the Department of Pediatrics' new "Docs Who..." series!

This series encourages physicians to prioritize their mental and physical wellbeing by engaging in physical activities and hobbies outside of work. Through real stories from department members, we highlight the importance of balance, joy and self-care in medicine.



Coming soon the Physician Peer Support Program

The Physician Peer Support Program was developed by Well Doc Alberta and is planned to be released in early 2026!

For questions, please reach out to the Peer Support Team Physician Coordinator Dr. Estee Grant

Estee.Grant@ahs.ca

[Learn more here](#)



Flourishing in Medicine: From Surviving to Thriving

Dr. Todd Hill is a clinical psychologist, professor and Director of Behavioral Medicine in the Dept of Family Medicine at the University of Calgary's Cumming School of Medicine (CSM). He is also the Director of the CSM's Centre for Mindfulness (C4M).

In this podcast episode he shares formative experiences that led him to discover mindfulness as

a vital tool for fostering compassionate care and culture change within medical education.

[Listen here](#)



CMA's 2025 National Physician Health Survey Results

Preliminary data from the Canadian Medical Association's (CMA) 2025 National Physician Health Survey has recently been announced.

Highlights

- 46% Physicians who say their mental health is worse than it was before the pandemic, although that's down 14% from 2021
- 65% Physicians who have accessed at least one wellness support in the past five years, up 11% since 2021
- 60% Respondents who report being satisfied or very satisfied with work-life balance, a clear improvement from 2021 (49%), though still slightly below 2017 levels (62%)
- 21% Physicians who reported moderate to severe anxiety — a 4% decrease from 2021

[Learn more here](#)

DEPARTMENT HIGHLIGHTS



New Frontiers in Research Fund Exploration Grant Recipient

Department member Dr. Kara Murias recently received the [New Frontiers in Research Fund Exploration Grant](#)!

The New Frontiers in Research Fund invests in Canadian-led interdisciplinary research projects that address a major challenge with the potential to realize real and lasting change.

Congratulations Dr. Murias!



CBC The Current Interview: What does it mean to die well in Canada?

Department member Dr. Leonie Herx was recently interviewed on CBC The Current where she discussed palliative care in Canada and what it means to die well.

[Listen here](#)

A festive poster for the "Zoolights Holiday Event" at The Calgary Zoo. The background is dark blue with various holiday-themed icons: a string of colorful lights, a pair of red and green striped socks, a green holly leaf, a small green Christmas tree, and several glowing Christmas ornaments in pink, green, and yellow. The text "Department of Pediatrics" is in white, followed by "ZOOLIGHTS" in large, outlined, multi-colored letters, and "HOLIDAY EVENT" in large, outlined, multi-colored letters. Below this, a calendar icon indicates "DECEMBER 2, 2025 | 5:00 - 9:00 PM" and a location pin icon indicates "THE CALGARY ZOO". A yellow-bordered box contains the text: "This event is open and free to all Department members: physicians, non-clinical faculty, research and administrative staff, residents and fellows." A large yellow arrow points right towards a QR code in the bottom right corner. The right side of the poster shows a photograph of a tree wrapped in blue and white lights at night.

2025 Department of Pediatrics Zoolights Holiday Event

Date: Tuesday, December 2, 2025 | 5:00 - 9:00 PM

Location: The Calgary Zoo

This event is open and free to all Department of Pediatrics' members: physicians, non-clinical faculty, research and administrative staff, residents and fellows. Since this event is fully funded by the Department, please be mindful when registering and only register if you plan to attend.

The Department of Pediatrics invites you and your family to join us for an enchanting evening at the Calgary Zoo's Zoolights event! This magical holiday tradition promises a delightful experience filled with festive, family-friendly activities. We would be thrilled to see you and your loved ones at Zoolights, where you can immerse yourselves in the holiday spirit. Feel free to drop by anytime to partake in the fun and festivities.

Snacks and warm beverages will be available at the Safari Lodge, but please dress appropriately for the weather.

Please send an email to stacy.boehner@albertahealthservices.ca if you have any questions.

Register here

Please RSVP by November 12, 2025 11:59 PM MST in order to attend.

Do you have a project idea? 2025 Innovation Award

Apply to pitch a project idea for up to \$10,000. Easy webform submission and 5-10 minute presentation.

Project Themes

1. Wellness – promote department member wellness at work
2. Clinical improvements – propose a solution to existing issues in a clinical setting
3. Education – address emerging needs of the next generation of medical learners and faculty development
4. Research – early-stage innovative ideas to kick-start research projects/programs
5. Indigenous health advocacy – inspire us to think about how we work with Indigenous communities

Project submission deadline:

November 3, 2025

Presentations (in-person):

Dec. 3 and Dec. 10 2025

*A member from your team must be available to present on both days



Scan the QR code or click [HERE](#) to view application guidelines and apply.

Contact [Ashton Chugh](mailto:chugha@ucalgary.ca) chugha@ucalgary.ca if you have any questions.



Department of Pediatrics Innovation Award

The Department of Pediatrics is thrilled to announce the return of the Innovation Award! For 2025, individuals or teams will pitch project ideas in-person during Grand Rounds that can be completed for up to \$10,000.

The Innovation Award provides funds to support groups engaged in innovative projects related to the provision of clinical care, education or research within the Department of Pediatrics. Teams from all disciplines, focus areas and project types are encouraged to apply. The Innovation Awards are made possible through an endowed fund at the Alberta Children's Hospital Foundation.

Learn more here

#1 New York Times Bestseller
The Power of Knowing What You Don't Know



Physician Know Thy Shelf: A leadership book club

Monday, November 17, 2025 | 5:00 – 7:00 PM

ACH Physician's Lounge

For current and aspiring physician leaders in the Department of Pediatrics, please join us for our inaugural meeting of Physician Know Thy Shelf.

Our aim is the creation of an environment that fosters peer mentoring and sharing of leadership experiences anchored in a facilitated discussion about a high value book that highlights an important aspect of leadership skill development.

For each installment of Physician Know Thy Shelf, a new book will be selected from a curated list approximately 2 months before the meeting and advertised in the Weekly Bulletin. The first 10 registrants will receive a free hard copy of the book, so don't miss out!

So, without further ado, the first book is: Think Again: The Power of Knowing What You Don't Know, by Adam Grant.

Enjoy reading and see you on November 17th!

[Register here](#)

ANNOUNCEMENTS

Respiratory Therapy Week

This week (October 20-26), we are proud to celebrate Respiratory Therapy Week, a time to recognize the incredible work and dedication of our Respiratory Therapists!

From supporting our sickest patients in the NICU, PICU, and Emergency Department, to working with children and families on the wards and in our outpatient clinics, Respiratory Therapists play a vital role in helping kids breathe easier and recover stronger. They are there through some of the most challenging moments – providing expert care, supporting families through uncertainty, and bringing calm and confidence to the bedside.

Working with children takes a special kind of heart, and our RTs show that every day. They build trust, provide reassurance, and bring a sense of comfort during some of the most stressful moments families face. Please take a moment this week to thank an RT for the care and dedication they bring to our patients and our team. Their work truly makes a difference in every corner of the hospital.

Thank you to all our Respiratory Therapists – we're so grateful for your commitment, teamwork, and the heart you bring to this work each day!



One Child Every Child 2025 Clinical Transformative Excellence Awards

Applications are now open for the One Child Every Child 2025 Clinical Transformative Excellence Awards.

Three awards, valued at \$90,000 each year for three years, are available. The application deadline is Monday November 3, 2025.

[Learn more here](#)



RADIOTHON IS COMING!

February 4 – 6, 2026

Have a family in mind?

Contact Justine at the Alberta Children's Hospital Foundation at jclay@achf.com.



[More information to recommend a family](#)



Veterans Food Drive

Until November 10, you can drop off donations at the Department's main office for the [Canadian Veterans Services Society](#).

Items they are requesting:

- Non-perishable food items
- Canned goods
- Dry pasta & rice
- Peanut butter
- Instant meals & soups



ACH Immunization Clinic Schedule

Eligible **healthcare workers** can receive their COVID-19 vaccine free of charge through WHS clinics. When attending a WHS clinic, please wear a short-sleeved shirt and bring:

1. Employer-issued ID and,
2. Alberta Personal Health Number and
3. Proof of healthcare worker eligibility

Upcoming available dates

- October 28, 2025, 08:00 – 14:30 | 4th Floor Conference Room 4
- November 7, 2025, 08:00 – 14:30 | 4th Floor Conference Room 3

[View the poster here](#)



Seeking Examiners

The Pediatrics Postgraduate Program is seeking OSCE and STACER examiners for the following sessions:

OSCE:

- November 27, 2025 | 12:45pm – 4:30pm STACER at MedSkills (FMC-Health Sciences Centre)

STACER:

- November 6, 2025 | 12:45pm – 4:30pm STACER at MedSkills (FMC-Health Sciences Centre)

No preparation is required- just show up, follow the script, and enjoy an afternoon with learners and colleagues! OSCE/STACER Examiner Remuneration is available to non AMHSP staff at a rate of \$150/hour.

Please contact Pediatric.ResidencyProgram@ahs.ca if you are able to assist on any of the above dates, thank you!



Need a New Profile Photo?

If you're in need of an updated headshot or profile photo a member of our communications team can take a complimentary portrait photo for you on-site at ACH!

This is open to all Department of Pediatrics physicians, researchers and admins.

We will send you a separate confirmation email once you book your time.

[Book here](#)

Have news or content that you would like to be featured?

Please fill in the form [here](#) by Tuesday at 11:00 AM for it to be included in that week's issue or the appropriate week's feature.

EVENTS

For all events, please visit the Department of Pediatrics [calendar](#)
All events are in MST (Mountain Standard Time), unless otherwise stated

November 2025 PEPP Events

Physician Know Thy Shelf: A leadership book club

"Think Again: The Power of Knowing What You Don't Know"



 November 17
5:00 – 7:00 PM

 Physician's Lounge

Track It. Show It. Tell It: A Practical Work Shop on Documenting and Communicating Your Work

PEPP Core Curriculum Workshops



 November 18
2:30 – 5:00 PM

 Conference Room 3

Building a Mentoring Network for Early Career Faculty

PEPP Networking Event with Light Dinner provided



 November 25
5:00 – 8:00 PM

 Physician's Lounge

Please send an email to Stacy.Boehner@ahs.ca if you have any questions

[Book Club](#)

[PEPP Events](#)



**Acute Care
Alberta**

InfoBites: Predatory Publishing

Tuesday, October 28, 2025 | 12:00 PM

Virtual

Join the **Library Services team within Acute Care Alberta** for a practical, eye-opening session that helps you navigate the predatory publishing landscape, protect your work, and keep your focus on credible, high-quality evidence.

[Learn more and register here](#)



Owerko Family Distinguished Lecture 2025

Tuesday, November 4, 2025 | 2:00 PM

Location: Theatre 4, Health Sciences Centre, Foothills Campus, University of Calgary. Check in and reception will be in the Azrieli Atrium in the Health Research Innovation Centre (HRIC).

When you come to think about it, the study of child development is really the science of change. Building on this concept, Dr. Oberlander will discuss his research examining the impact of prenatal antidepressant exposure to illustrate child development as the developmental origins of the future.

[Learn more and register here](#)

NETWORK OF WOMEN IN MEDICINE



THE CUMMING SCHOOL OF MEDICINE (CSM) INVITES YOU TO THE SECOND EVENT OF THE NETWORK OF WOMEN IN MEDICINE (NOW). AN INCLUSIVE SPACE FOR CSM MD & PHD FACULTY TO NETWORK, FOSTER CONNECTION AND BUILD COMMUNITY.

Brunch with Dr. Verna Yiu

DR. YIU IS A PROFESSOR OF PEDIATRICS AND CURRENTLY THE PROVOST AND VICE PRESIDENT ACADEMIC OF THE UNIVERSITY OF ALBERTA. SHE HAS PREVIOUSLY SERVED AS PRESIDENT AND CHIEF EXECUTIVE OFFICER OF ALBERTA HEALTH SERVICES. SHE IS ONE OF CANADA'S MOST RESPECTED HEALTHCARE LEADERS, HAVING SPENT MORE THAN TWO DECADES HOLDING EXECUTIVE ROLES, WHERE SHE IS KNOWN FOR HER EXCEPTIONAL SERVANT LEADERSHIP PHILOSOPHY.

November 15, 2025

10AM WELCOME

10:30AM FORMAL PROGRAM + BRUNCH

@ THE INN ON OFFICER'S GARDEN

SEATING IS LIMITED. PLEASE RSVP VIA
QR CODE OR TO
IBRAHIM@UCALGARY.CA



UPCOMING ROUNDS

Grand Rounds Recordings

Check out the Grand Rounds page on our website for previous Grand Rounds presentations [here](#).

Neonatal Rounds

Tuesday, October 28, 2025 | 4:00 – 5:00 PM

Virtual (via Zoom)

Topic: Update on NEC in Preterm Infants

Presenter: Dr. Ravi Mangal Patel

[Register here](#)

Pediatric Grand Rounds

Wednesday, October 29, 2025 | 8:30 – 9:30 AM

Kinsmen Learning Centre Auditorium (4th Floor - ACH) or Virtual (via Zoom)

Topic: Civility Saves Lives

Presenter: Dr Joe Farmer

[Register here](#)

CURRENT OPPORTUNITIES

Click on the following positions for complete posting details

Pediatric Infectious Diseases Specialist, AMHSP

- FTE: 1.0
- Type: Full-time
- Location: Alberta Children's Hospital
- Application Deadline: October 31, 2025

Pediatric Cardiologist

- FTE: 1.0
- Type: Full-time
- Location: Alberta Children's Hospital
- Application Deadline: November 7, 2025

Pediatric Cardiology Clinical Associate

- FTE: 0.6
- Type: Part-time
- Location: Alberta Children's Hospital
- Application Deadline: November 7, 2025

Locum Clinical Geneticist

- FTE: 1.0
 - Type: Short-term Locum
 - Location: Alberta Children's Hospital
 - Application Deadline: November 7, 2025
-

Clinical Geneticist

- FTE: 1.0
 - Type: Full-time
 - Location: Alberta Children's Hospital
 - Application Deadline: December 1, 2025
-

Newborn Critical Care Clinical Associate

- FTE: 1.0
 - Type: Part-time
 - Location: Alberta Children's Hospital
 - Application Deadline: Open until a suitable candidate is found
-

Locum Pediatric Infectious Diseases Specialist, AMHSP

- FTE: 1.0
 - Type: Short-term Locum
 - Location: Alberta Children's Hospital
 - Application Deadline: Open until a suitable candidate is found
-

Community Pediatricians, Pediatric Subspecialists or Pediatric Psychiatrists

- FTE: 0.2-1.0 Mon-Fri, Flexible scheduling
 - Type: Locum, Term, Part-time to Full Time Consultant Based Practice
 - Location: Pinecone Pediatrics, 120-255 Nolanridge Crt NW T3R1W7
 - Application Open until space is filled
 - For more information contact Dr. Martin Gauthier at Martin@pineconepediatrics.ca
-

Community Pediatrician or Pediatric Subspecialist

- FTE 0.2-1.0 Mon-Fri
 - Type: Part-time to Full Time or Locum
 - Location: Kiwi Pediatrics, Close to Deerfoot in the SE
 - Application Open until space is filled
 - For more information contact Dr. Dan Ross or Dr. Amanda Evans at kiwipeds@gmail.com
-

Community Pediatrician or Pediatric Subspecialist

- FTE 0.2-1.0 Mon-Fri
 - Type: Part-time to Full Time or Locum
 - Location: MyKidz Pediatric Clinic - locations in the Northeast (NE) and Southeast (SE) quadrants of Calgary, Alberta.
 - Application Open until space is filled
 - For more information email info@mykidz.ca or contact Paul Galang at paul@sleepconsultants.ca
-

Community Pediatrician or Pediatric Subspecialist

- FTE 0.2-1.0 Mon-Fri, Flexible
 - Type: Part-time to Full Time Consultant Based Practice
 - Location: Sage Fox Medical Consultants L100 - 8555 Scurfield Drive NW
 - Application Open until space is filled
 - For more information see the [website](#) or contact Dr. Karin Winston at drwinston@sagefoxmedical.ca
-

Explore these other job boards for more current opportunities with our department, the Cumming School of Medicine at the University of Calgary and Alberta Health Services below.

[UCalgary Careers](#)

[Doctor Jobs Alberta](#)

Contact pediatrics.comms@ucalgary.ca with questions or if you have content to contribute.

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