R2 CALGARY & RURAL RESIDENTS: NEW USIT EXAM INFORMATION AND ACTION ITEMS

On Thursday October 24th, ALL residents will be sitting the American Board of Family Medicine In-Training Exam. This is a MANDATORY, computer-based, 240 question, multiple-choice, 4 hour exam.

WHY? - The exam gives you an opportunity to assess your progress and to identify any learning gaps. R2s who completed the exam as R1s can see if/where they improved. Your exam score is included in your assessment portfolio. While the exam is formative and there is no 'passing score', it is a good opportunity to discuss areas of weakness & learning needs with your Competency Coach or Site Director.

WHO? – The exam is MANDATORY for ALL residents. Only residents on pre-approved vacation or other leave on October 24 are exempt.

WHEN? - Thursday, October 24th - You should NOT be on call on Wednesday night. The exam is written online, and can be completed from home on laptops or iPads that meet the minimum requirements (please see the section Minimum Computer requirements).

Calgary Residents – Will write the exam during their regularly schedule academics
Rural Residents – Will be provided 4 hours of protected time to complete the exam
All Residents are required to attend any other program experiences scheduled that day

WHAT (DO I NEED TO PREPARE FOR EXAM)? You do not need to study in advance. Get a good night’s rest and be prepared to write a lengthy 4 hour exam. The purpose of the exam is to give Residents an opportunity to
assess their progress, and to identify potential learning gaps moving forward. The Program expects you to take the exam seriously, and attempt each question with effort (in other words, please don’t randomly select answers and race through the test).

HOW MUCH? - Free! The exam fee ($65 US per person) will be paid by the Residency Program. Because the exam is mandatory, if for some reason you do not complete the exam, and have already been pre-registered, the Program will CHARGE this $65 fee to you. You will also be “charged” a vacation day.

ACCOMMODATIONS - If you require additional time to complete the examination because of recognized accommodation needs, you are to please promptly contact Dr. Jantzie (jantzie@ucalgary.ca) to ensure timely coordination with the examination provider occurs, and your schedule is appropriately protected.

RESULTS - Scores are provided in February. You will receive detailed feedback, with a breakdown of scores, critiques for each question, and multiple references explaining the answers. The results report is very detailed and an excellent study resource for the CCFP exam. For Calgary Residents, your results will be shared with your Competency Coach and Division Director. For Rural Residents, your results will be shared with your Competency Coach and Site Director. Aggregate scores will be provided to the program ANONYMOUSLY (number-coded) for program curriculum review/development.

EXAM QUESTIONS - The exam is US-based (there is no Canadian alternative). A unit conversion chart will be provided to you (but is rarely needed). You can expect to discard 10-15 questions (of 240), as they pertain to the US healthcare system.

MINIMUM COMPUTER REQUIREMENTS:

Windows 7 or newer, MAC OSX 10.10 or newer
High speed Internet connection (not dial up)
Browser - Internet Explorer 9.0 or higher, Safari 8 or higher. Chrome & Firefox must be the most current version
Screen resolution – 1024 x 768
Color depth – 16-bit

WHAT DO YOU NEED TO DO NOW?

1. Add the exam date to your calendar - October 24th. Ensure you are not on call on Wednesday night before the exam. Set aside a 4-hour window on October 24th to write the exam.
2. Watch your email for login instructions and your login info/password - to be sent out as soon as we have it.
3. REMEMBER THAT YOU WILL BE CHARGED $65 + 1 VACATION DAY IF YOU WERE PRE-REGISTERED AND YOU DO NOT COMPLETE THE FULL EXAM. THIS EXAM IS A MANDATORY EVENT.
5. Ask questions if any of the above is unclear.
R2 CALGARY & RURAL RESIDENTS: **NEW** 2020-2021 ENHANCED SKILLS APPLICATION OPENS AUG 26TH

Application for Enhanced Skills Programs for the academic year 2020-2021 opens on August 26th!

To learn more about the application process, please read carefully the Application Process section of our website. You may click here to submit your application via Enhanced Skills Resident Search & Selection web-based tool. For any questions or concerns, please email fmr3@ucalgary.ca.

The deadline for the application is **December 5, 2019**.

We look forward to your application!

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R2 CALGARY RESIDENTS: **NEW** SEMINAR – THE RED FLAGS OF SUICIDE – WOULD YOU KNOW WHAT TO LOOK FOR?

As we are aware, medicine has the highest rate of suicide of any profession. While this is a difficult topic, we must have a safe forum to discuss suicide. Please consider attending.

**The Red Flags of Suicide – Would you know what to look for?**

**Tuesday, September 10, 2019**
8 a.m. to 10 a.m.
Libin Theatre, Health Sciences

**Presenter:** Shelly Qualtieri

Shelly is a Registered Social Worker with a Master’s degree in Investigations Management. With over 25 years of experience in the area of human services from Australia to Canada she has expertise in suicide prevention, awareness and intervention as well as other mental health issues.

Shelly is a consultant, trainer and content matter specialist with the Centre for Suicide Prevention in Calgary. Because of her diverse skills in counselling, coaching and mentoring she is able to discuss suicide prevention in the context of practical knowledge and application. More information can be found on her website: [http://www.shellyqualtieri.ca/](http://www.shellyqualtieri.ca/)

We encourage all members of the Cummings School of Medicine community to attend this presentation. Shelly is passionate about this work and those attending the event will experience her as an engaging presenter on a topic that is difficult to discuss.

Please register for this free session. Coffee and a light breakfast will be provided.

**Registration deadline Friday September 6, 2019**
Please email residentwellness@ucalgary.ca if you have any questions.

Dr. Lindsay Jantzie, MD, CCFP  
Interim Postraduate Director, Calgary Residency Program  
Department of Family Medicine  
University of Calgary  
jantzie@ucalgary.ca  
www.ucalgary.ca/familymedicine

**Attachment 1:** The red flags of suicide would you know what to look for?  
**Attachment 2:** G43A Map-UofC-HSC Ground Floor

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**CONFERENCES, COURSES, WORKSHOPS**

**R2 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY INSTRUCTION SESSION – AUG**

The Health Sciences Library will be offering the following free workshops:

- Tues. August 20, 9:30-10:30 am **Understanding Systematic Reviews in Human Health**
- Tues. August 20, 10:30-11:30 am **Searching Medline Systematically**
- Tues. August 20, 12:30-2 pm **EndNote Desktop**

All workshops are held in Room 1460A, Health Sciences Library. Please go to:  
http://workrooms.ucalgary.ca/calendar/lcr-workshops/ for further details and to register. The Health Sciences Library sessions are in light green.

For further information, please contact the Health Sciences Library service desk at: 403.220.6855 or hslibr@ucalgary.ca

**R2 CALGARY RESIDENTS: 2019 PGME WORKSHOPS – REGISTRATION OPEN**

Please find attached the most up to date 2019 resident workshop list. Please ensure you circulate the workshop list, SharePoint registration instructions and the Patient Safety and Quality Improvement poster.

We have very low registration numbers for the Patient Safety and Quality Improvement workshop, Critical Appraisal, Practice Management and QuRE. We need resident participation in order to ensure we can keep offering these workshops and they don’t get cancelled. Please encourage your residents to attend and give time where possible.

All events are listed on the website: https://cumming.ucalgary.ca/pgme/events

**Attachment 3:** 2019 PGME Workshops & SharePoint Registration Instructions
**R2 CALGARY RESIDENTS: 2019 FALL ACLS DATES – REGISTRATION NOW OPEN!**

**ACLS 1 Day Renewal Course – Saturdays**
- July 13th
- Sept 14th
- Sept 28th
- Oct 19th
- Nov 2nd
- Nov 23rd
- Nov 30th

**ACLS 2 Day Provider Course**
**Saturday & Sunday Provider Classes:**
- July 13th/14th
- Sept 14th/15th
- Sept 28th/29th
- Nov 2nd/3rd
- Nov 20th/21st
- Nov 30th / Dec 1st

***ACLS Experienced Provider Course*** - Sundays
(Geared towards advanced HCPs who have previously taken ACLS several times & are looking for a more challenging course with a focus on case based scenarios)
- Oct 20th
- Nov 24th

Foothills Medical Centre
Contact: Clare Puzey for registration details clarepuzey@gmail.com; or 587-223-2691

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**ALL CALGARY RESIDENTS: RDocs LEADERSHIP MODULE WORKSHOP – NOV 8**

The Postgraduate Medical Education Office and Resident Doctors of Canada (RDoCs), a not-for-profit organization of residents across Canada, are pleased to offer you a workshop on resident resiliency training.

Presented by resident doctors, this session is intended for anyone in the postgraduate medical education environment who wishes to champion resident resiliency and well-being (e.g. chief residents, program directors, program administrators, wellness office, staff, etc.).

To register, please email: kristen.story@ucalgary.ca

**Attachment 6:** Infosheet-Resiliency-Curriculum-Leadership Module Overview
**Attachment 7:** RDocs Leadership Module Flyer-Nov 8

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**ALL RESIDENTS: CONTINUING MEDICAL EDUCATION FOR RESIDENTS**

Considering summer and fall accredited learning? Checkout these flexible, price-friendly options for residents.

**Take Advantage of Resident Pricing** with the [Evening Course for Primary Care Series](#) September 18 to December 4, 2019
- Attend a webinar or in person 2 hour session for $10
- Attend all 10 sessions for $50
Register for Pearls for Family Practice (in person and webinar) October 7-10, 2019 – more resident pricing available!

Learn at your own pace with these free online modules:
- Alberta Opioid Dependency Virtual Training Course
- Dementia Behaviours and Appropriate Use of Anti-Psychotics
- Healthy Pregnancy Weight Gain
- Obesity Management
- PTSD and Post Disaster Population Impact

Free weekly Rural Video Conference Series -- available through Alberta Telehealth sites.

Click here to Subscribe to our monthly newsletter for news about upcoming courses.

ALL RESIDENTS: URGENT CARE UCC CONFERENCE, NOV 2

Conference: 13th Annual Urgent Care Conference – Best Practice and Excellence in Care
Location: Alberta Children’s Hospital, 2888 Shaganappi Trail NW, Calgary
When: 08:00 – 18:00, Saturday, November 2, 2019
Email: UrgentCareConference#gmail.com
Website: www.regonline.com/ucconference2019
More Info: See brochure attached for list of panel and workshop topics

JOB POSTINGS – PHYSICIAN OPPORTUNITIES

Current Physician Opportunities for DFM Residents are now posted on our DFM Website, please contact the individual provider for further details. Opportunities will remain posted for 3 months, please note the expiry date at the bottom of the post.

Website Link: http://www.calgaryfamilymedicine.ca/residency/index.php/opportunities
Resident Affairs and Physician’s Wellness & Community Engagement Local and Global Office

The red flags of suicide - would you know what to look for?

Tuesday, September 10, 2019
8:00am-10:00am
Location: Libin Theatre
Health Sciences Centre
University of Calgary

Speaker

Shelly is a Registered Social Worker and she holds a Master’s degree in Investigations Management. She has been an energetic practitioner and educator in the human services field for over 25 years. She has experience in the areas of: suicide intervention, prevention & awareness, domestic violence, youth justice, child welfare, mental health, and homelessness within Canada and Australia.

Shelly currently has her own private practice, is a consultant and trainer for the Centre for Suicide Prevention, and facilitates training for the Crisis Trauma Resource Institute and ACHIEVE Center for Leadership & Workplace Performance.

Shelly’s experience in counselling, coaching, mentoring and leadership has provided her with a unique and diverse skill set that combines academic understanding with practical knowledge. She is a seasoned and engaging presenter who is passionate about the people she works to support.

Myths and facts of suicide, information and some highlights and overview of the workshop

- Myths and facts of suicide
- A snapshot of suicide around the world, Canada, Alberta
- Suicide among different age groups
- Impacts on workplace - emotional and financial
- Overview of warning signs

We are delighted to have Shelly here on September 10. This event is open to UME, PGME, Community Engagement Local and Global office, Faculty Members, Program Administrator and Staff Members. Please register for this event by September 6, 2019. There will be no teleconference option available for this presentation.

This special Tuesday morning presentation is being sponsored by the Office of Resident Affairs and Physician Wellness & Community Engagement Office Local & Global. This will be a meeting you will want to put on your calendar.

This and other maps located on Instructional Resources website:
http://iresources.myweb.med.ucalgary.ca/
Instructions for Registering for PGME Workshops

In order to attend a PGME workshop, you must register. (There are no drop-in workshops.)

To login in to register for a workshop, please go to https://ecs.ucalgary.ca/faculty/medicine/pgmeevents

In order to log in you must use your U of C IT login.

You must register for these sessions under your University of Calgary name and Password (see below)

The registration form will ask you for the following:

Difficulty Signing In?
If you have a problem signing in, please contact IT at https://password.ucalgary.ca/

Successfully Signed In
Once you have successfully signed in, you will see a workshop calendar which lists the workshops being offered by PGME. If you do not see a specific workshop, please scroll to the next month to check for additional workshops. To register for a workshop, double please click on the workshop date to register.
Multiple Sessions
If your workshop consists of multiple sessions, you must register for each individual session. (For example, Biostatics consists of four sessions; therefore, you must register for each of the four individual sessions.)

Workshop Confirmation
After registering for a workshop, you will receive a confirmation email which is sent to your University of Calgary email account. It usually takes two to three days to receive your confirmation email.

Waitlisted
If the workshop has reached its room capacity, no new registrations are accepted. You are then added to a waitlist.

Cannot Attend?
If you cannot attend a workshop, please cancel your registration. You can cancel your registration by emailing pgmeworks@ucalgary.ca. If you do not cancel and do not attend, you prevent a resident from the waitlist from attending.

Additional Confirmation for Workshops
Once your registration has been approved, your registration status is updated on the HOME page of the workshops calendar. Please check “My Upcoming Registration(s)” to check for your recent registration. And to check the “Status” of your workshop. If your workshop is “pending,” it is waiting for approval.

If your workshop has been approved, then the status changes to approved.

Once you have attended the workshop, the workshop moves to “My Past Registration “status.
Notes

1. You must use your University of Calgary login to register.
2. You must use your University of Calgary account in order to receive registration confirmation.
3. If a workshop consists of multiple sessions, then you must register for each individual session.
4. If the workshop capacity has been reached, you are put on a waitlist, pending a cancellation from another resident. You will be notified if a place is available.
5. If you cannot attend a workshop, you need to cancel by sending an email to pgmeworkshops@ucalgary.ca.

26/02/2018/ks
Patient Safety and Quality Improvement Workshop Part I & II

Date: September 12 & 19, 2019  
Time: 1:00pm – 4:00pm  
Location: HMRB, G43A

Instructor: Dr. Aliya Kassam

Objectives:

1. Describe fundamentals of patient safety and quality improvement in health care.  
2. Apply strategies for measuring, developing and testing changes.  
3. Design a change or intervention for quality improvement.  
4. Identify, respond to, and report adverse events.

Please register via SharePoint - *Residents must register for and attend both sessions. LIMITED SPACE.

Why this workshop is important:

Falling Through the Cracks - Greg’s Story is a short film on Greg Price’s journey through the healthcare system. The film gives a glimpse of who Greg was and focuses on the events of his healthcare journey that ended in his unexpected and tragic death. In spite of the sadness of Greg’s story, the film is intended to inspire positive change and improvement in the healthcare system.

This session will include a screening of the film followed by a debrief discussion included a member of Greg’s family.
2019 PGME WORKSHOPS

Postgraduate Medical Education will be offering the following workshops in 2019:

_These workshops are open to all residents and fellows at all levels._

<table>
<thead>
<tr>
<th>Workshop Title</th>
<th>Date/Time/Location</th>
<th>Instructor</th>
<th>Objectives</th>
<th>Registration Status</th>
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</table>
| **Conflict management**         | August 15, 2019 1:00pm - 4:00pm HMRB, G43A | Dr. Alexandra Harrison | 1. Gain understanding about the causes of conflict.  
2. Gain insight about their approach to dealing with conflict.  
3. Be able to identify and use strategies for successful conflict management.  
4. Be able to plan and conduct a successful negotiation. | FULL AND CLOSED                   |
| **Feedback, The Essential Skill** | 1. August 22, 2019 1:00pm - 4:00pm HMRB, G43A  
2. September 5, 2019 1:00pm - 4:00pm HMRB, G43A | Dr. Alexandra Harrison | 1. Describe feedback including: Definitions, Why it Matters, Best Practices.  
2. Identify barriers to offering and learning from Feedback, as well as | Please email pgmecbd@ucalgary.ca to register for this workshop and include your name, program and PGY year or Stage |
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
<th>Facilitator</th>
<th>Description</th>
<th>Notes</th>
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<tr>
<td>Patient Safety and Quality Improvement Part I &amp; II – See Poster for more information</td>
<td>September 12 &amp; 19, 2019 1:00pm – 4:00pm HMRB, G43A</td>
<td>Dr. Aliya Kassam</td>
<td>1. Describe fundamentals of patient safety and quality improvement in health care. 2. Apply strategies for measuring, developing and testing changes. 3. Design a change or intervention for quality improvement. 4. Identify, respond to, and report adverse events.</td>
<td>- Registration closes on August 1.</td>
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**Practice Management Seminar — *LIMITED SPACE.***

* Offered by Joule, a Canadian Medical Association Company. Catered lunch provided.

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<th>Location</th>
<th>Speaker(s)</th>
<th>Description</th>
<th>Registration</th>
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</table>
| November 7, 2019 | Full Day Event  | HMRB, G43A     | TBC                             | 1. Define key challenges they will face in setting up their practice.  
2. Understand why practice management is important.  
3. Know where to look for information on Practice Management.  
4. Begin setting up a professional advisory team.  
5. Identify personal values and understand how to align them with career and professional decisions.  
6. Know what to do and what to look for now in order to prepare for the transition into practice. | Open in SharePoint. |

**QuRE — Quality Referral Evolution — *LIMITED SPACE.***

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<th>Location</th>
<th>Speaker(s)</th>
<th>Description</th>
<th>Registration</th>
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</table>
| November 21, 2019 | 1:00pm – 2:30 pm | HMRB, G43A     | Dr. David Topps  
Dr. Lynn Peterson | 1. Identify the inherent risks associated with inadequate communication.  
2. Critically appraise for the essential components of quality written communication in referral/consultation | Open in SharePoint. |
processes using a simple checklist.  
3. Compose a quality referral/consultation letter guided by the checklist.  
4. Identify additional resources available for creating quality referral/consultation communication.  

| CMPA Seminar | November 28, 2019 | - | - | FULL AND CLOSED |

**CanMEDS Roles**

All of the PGME workshops offered to residents and fellows are developed to help you meet the CanMEDS framework. CanMEDS overall goal is to improve patient care and each of our workshops will be a step in this direction. The CanMEDS Roles are:

- Medical Expert (the integrating role)
- Communicator
- Collaborator
- Leader
- Health Advocate
- Scholar
- Professional

Please follow the link for more information about the CanMEDS Framework: [http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e](http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e)
OVERVIEW

The Leadership Module is a supplementary component of RDoC’s Resiliency Curriculum.

Duration: This interactive, resident-led workshop is 1.5 hours long.

Audience: This session is intended for anyone in the postgraduate medical education environment who wishes to champion resident resiliency and well-being (e.g. chief residents, program directors, program administrators, wellness office staff, etc.).

LEARNING OBJECTIVES

1. Identify early signs of distress in residents;
2. Provide support with practical interventions to reduce stress, improve performance and thrive during residency training;
3. Acknowledge, explore and challenge the role of systemic barriers to seeking care in medicine.

WORKSHOP OUTLINE

Why resiliency training?

To start the workshop, RDoC’s peer trainers introduce the concepts of stress and burnout. This is followed by a discussion of the factors that make resident doctors especially prone to burnout, and the resulting consequences.

RDoC’s Resiliency Curriculum

Trainers explain the origins of RDoC’s Resiliency Curriculum, which was adapted based on materials from the Department of National Defense and the Mental Health Commission of Canada.

The Mental Health Continuum

The trainers present a brief overview of the Mental Health Continuum, a colour-coded tool for reflection and self-awareness of one’s own state of well-being. Early recognition and early intervention are key components of using the Mental Health Continuum.

Barriers to care

Participants discuss the barriers to seeking care that many physicians face, and the importance of talking openly about mental health in medicine. Participants are encouraged to consider and confront the systemic barriers to care that may exist within their own program.

Actions to take

Participants review a series of recommended actions to take at each stage of the Mental Health Continuum, from the perspective of a resident or faculty member.

The Big Four+

In this section, trainers briefly review four practical tools to reduce stress and improve performance. These tools, which are covered more in-depth in the Resident Module, are based on cognitive behavioural therapy, sports psychology, and mindfulness.

H.E.L.P.

This final tool is designed to help structure a conversation about wellness with a resident, peer or colleague who you suspect may be in distress.

FOR MORE INFORMATION

If you have any questions, or if you would like to host a Leadership Module workshop for your residency program, please contact resiliency@residentdoctors.ca.
POSTGRADUATE MEDICAL EDUCATION

SAVE THE DATE

The Postgraduate Medical Education Office and Resident Doctors of Canada (RDoCs), a not-for-profit organization of residents across Canada, are pleased to offer you a workshop on resident resiliency training.

Presented by resident doctors, this session is intended for anyone in the postgraduate medical education environment who wishes to champion resident resiliency and well-being (e.g. chief residents, program directors, program administrators, wellness office, staff, etc.).

RDoCs Leadership Module on Resident Resiliency Training
November 8, 2019
Foothills Campus, HSC Theatre 1
1:30 PM – 3:00 PM

To register, please email:
kristen.story@ucalgary.ca

Duration: 1.5 hours x 1 session
Learning Objectives
1. Identify early signs of distress in residents;
2. Provide support with practical interventions to reduce stress, improve performance and thrive during residency training;
3. Acknowledge, explore and challenge the role of systemic barriers to seeking care in medicine.