

FM Residency Newsletter – R2 Calgary, Rural & Enhanced Skills Residents – September 6, 2019

Resident Newsletter

In order to reduce the amount of emails that you receive during your Family Medicine Residency 2-year program & ES year, Program information, deadlines, and announcements are shared via the FM Residency Newsletter weekly on Friday afternoon. Please take a moment to read the Newsletter

IN TODAY'S NEWSLETTER

- R2 Calgary Residents: ***Reminder*** [Call for Stipend](#) Submissions Block 2 – **due Fri, Sept 6**
- R2 Calgary & Rural Residents: **New** [Enhanced Skills Program](#) Clarification
- R2 Calgary & Rural Residents: 2020-2021 Enhanced Skills Application is Now Open
- ALL Residents: **New** ASCHIH– [Aboriginal Street Survivor Event](#) – **Sept 10 & 11, 2019**
- ALL Residents: **New** Govt of Alberta Information for [Supervised Consumption](#) Services(SCS) Review
- ALL Residents: **New** [Fall Conference](#) – **Thurs, Nov 28**
- ALL Residents: **New** [Wellness Basics](#) 3.0 Resource Page uploaded on DFM Website
- ALL Residents: [ICRE 2019](#) – Enter the #WeAreResidencyEducation Video Contest
- ALL Residents: [Emerging Leaders](#) in Health Promotion Grant Program

CONFERENCES, COURSES, WORKSHOPS

- R2 Calgary Residents: **New** Health Sciences Library – Sept 2019 Workshops
- R2 Calgary Residents: **New** 2020 PGME Workshops – Registration is now Open!
- R2 Calgary Residents: 2019 Fall [ACLS Revised Dates](#)
- ALL Residents: **New** EVIDENCE at Your Fingertips – Online Education Series
- ALL Residents: **New** Practical Evidence for Informed Practice (PEIP) Conference – **Oct 25-26**
- ALL Residents: **New** Pediatric Infection Disease Conference – [Resident/Fellow Award](#); **Application Deadline is Dec 2019**
- ALL Residents: RDocs Leadership Module Workshop – **Nov 8**
- ALL Residents: Continuing Medical Education for Residents
- ALL Residents: Urgent Care UCC Conference, **Nov 2**

JOB POSTINGS – PHYSICIAN OPPORTUNITIES

- ALL Residents: Physician Opportunities

SOCIAL EVENT

- ALL Residents: **New** Calgary Stampeder Game – Sat, Sept 14th

R2 CALGARY RESIDENTS: *REMINDER* CALL FOR STIPEND SUBMISSIONS BLOCK 2 – DUE FRI, SEPT 6

PLEASE NOTE: It is important that your calls are submitted **ON TIME**. Late submissions create a lot of extra work for the administrative staff and AHS – Please make every effort to have your calls submitted **BEFORE** or **ON** the deadline. If you would like to be paid on time, please submit on time.

LATE CALLS WILL BE SUBMITTED EVERY 3 MONTHS

There has been a revision to the submission of Call Stipends, be sure to read the update and access the NEW Call Stipend Submission Form in the links below.

Call Stipends not submitted on the form will not be accepted and returned to the resident for re-submission.

Block 2 call stipends are due **Friday, September 6, 2019**. Please follow the instructions on this link <http://www.calgaryfamilymedicine.ca/residency/dox/container/4b22137e3b7d1ffd3956044857ee887b.pdf>

Call Stipend Form <http://www.calgaryfamilymedicine.ca/residency/index.php/current-residents/forms>

R2 CALGARY & RURAL RESIDENTS: **NEW ENHANCED SKILLS PROGRAMS**

Hello R2s,

Several residents have indicated their desire to apply for Enhanced Skills Programs. The deadlines for these applications vary depending on the Program. ES applications normally require a letter of reference from your Program Director and/or delegate. Your Division and Site Directors have been delegated by me to complete these letters of reference, as they know your attributes and progress in training the best.

Please be courteous of application deadlines and provide your Division/Site Directors with a minimum of 2 weeks' notice to complete the reference letters, before the respective deadlines.

Please follow up directly with your Division and Site Directors if you have questions.

Lindsay Jantzie

Dr. Lindsay Jantzie, MD, CCFP
Interim Postgraduate Director, Calgary Residency Program
Department of Family Medicine

R2 CALGARY & RURAL RESIDENTS: 2020-2021 ENHANCED SKILLS APPLICATION IS NOW OPEN

Application for Enhanced Skills Programs for the academic year 2020-2021 is now open!

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!

ALL RESIDENTS: **NEW ASCHIH– ABORIGINAL STREET SURVIVOR EVENTS - SEPT 10 & 11, 2019**

Gain understanding and compassion around the issue of Aboriginal Homelessness by participating in an *Experiential Day of Homelessness*. Learn about resources, develop and insight into the issue, and gain knowledge around the root causes.

When and Where?

Orientation Location, Date and Time: *Tuesday September 10, 2019 - 6-8pm at Knox United-506 4 Street SW*

Event Location, Date and Time: *Wednesday September 11, 2019 – 8-2:30/3 Feast, Debrief and Discussions to end 3-6:00 at Knox United*

How does one Participate?

Sign up in advance (maximum 20 – 25 participants) – no cost involved

Contact Information: Tim Patterson 403.831.8782 liaison@aschh.ca

ALL RESIDENTS: NEW GOVT OF ALBERTA: INFORMATION FOR SUPERVISED CONSUMPTION SERVICES – OPEN HOUSE

The Government of Alberta is undertaking a socio-economic assessment of supervised consumption services (SCS) in our province. An [eight-member committee has been appointed](#) to lead this review and engage with Albertans.

Public engagement sessions are being held in areas with currently operating or proposed SCS. Local area residents are encouraged to attend these sessions and share their thoughts with the Review Committee.

- Medicine Hat - **Tuesday, September 3, 5 to 9 pm** - Heritage Ballrooms A and B, HomeStay Inn and Suites, 954 7 Street SW
- Lethbridge - **Wednesday, September 4 and Thursday, September 5, 5 to 9 pm** - Grand Ballroom, Coast Lethbridge Hotel and Conference Centre, 526 Mayor Magrath Drive S
- Red Deer - **Tuesday, September 10, 5 to 9 pm** - Santano Room, Cambridge Red Deer Hotel and Conference Centre, 3310 50 Avenue
- Calgary - **Wednesday, September 11 and Thursday, September 12, 5 to 9 pm** - Boyce Theatre, BMO Centre, 1410 Olympic Way SE
- Grande Prairie - **Tuesday, September 17, 5 to 9 pm** - Grande Ballroom, Pomeroy Hotel and Conference Centre, 11633 100 Street
- Edmonton - **Wednesday, September 18 and Thursday, September 19, 5 to 9 pm** - Wildrose Ballrooms 2 and 3, Edmonton Inn and Conference Centre, 11830 Kingsway Avenue NW

Those interested in attending a public engagement session are encouraged to visit www.alberta.ca/scsreview to indicate their preferred date and time. This website will also house an online survey, which will be open to all Albertans.

A key objective of this review is to ensure the committee is hearing from as many Albertans as possible and capturing a broad cross-section of voices and perspectives. Your assistance in helping to disseminate information on this public engagement through your member networks and communication channels would be greatly appreciated.


Please let us know if you have any questions or would like additional information.

ALL RESIDENTS: NEW FALL CONFERENCE – THURS, NOV 28

Hi Residents!

Fall Conference will be held on **November 28, 2019** at the Calgary Best Western Plaza Hotel & Conference Centre. Stay tuned for updates on conference theme and agenda. If you have any questions please contact stefania.sleiman@ahs.ca.

ALL RESIDENTS: NEW WELLNESS BASICS 3.0 RESOURCE PAGE – UPLOADED ON DFM WEBSITE

The *Wellness Basics 3.0 Resource Page – Supports for Residents* has been uploaded to the DFM Webpage; the document is under Resident Wellness “” on the Home Page; or click on the link below:

<https://calgaryfamilymedicine.ca/residency/index.php/current-residents/support-wellbeing>

ALL RESIDENTS: ICRE 2019 – ENTER THE #WeAreResidencyEducation VIDEO CONTEST

To highlight this year’s ICRE theme, *Diversity in Residency Education: Training in a World of Differences*, ICRE launched a video contest to celebrate diversity in resident education.

We encourage you to submit a short 15 second or less video. Feel free to record the video with a colleague.

What to say in the video:

- State your name, your profession and the name of the country you are from
- End your video with the contest’s hashtag: “**#WeAreResidencyEducation**”

Submission:

To submit your video, include the contest’s hashtags:

#WeAreResidencyEducation and **#ICRE2019** in your post and share it on Twitter. If you don’t have a Twitter account, please upload your video through this link:

<https://ca.surveygizmo.com/s3/50047406/ICRE-Video-Upload>

ALL RESIDENTS: EMERGING LEADERS IN HEALTH PROMOTION GRANT PROGRAM

The Emerging Leaders in Health Promotion grant program is sponsored by the Alberta Medical Association, MD Financial Management, the Canadian Medical Association and its subsidiary, Joule.

The deadline for this year’s application is **Friday, November 1**, residents can obtain more information about the grant program [here](#).

[CONFERENCES, COURSES, WORKSHOPS](#)

R2 CALGARY RESIDENTS: **NEW** HEALTH SCIENCES LIBRARY – SEPT 2019 WORKSHOPS

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

Wed. September 11, 9:30-10:30 a.m. Understanding Systematic Reviews in Human Health

Wed. September 11, 10:30-11:30 a.m. Searching MEDLINE Systematically

Thurs. September 12, 2-3:30 p.m. EndNote Desktop

Tues. September 17, 12:30-2 p.m. EndNote Desktop

Wed. September 25, 1-3 p.m. Systematic Searching for Veterinary Reviews

Thurs. September 26, 10:30 a.m.-12 p.m. Introduction to Qualitative Data Analysis Using NVivo 12

Thurs. September 26, 1-2:30 p.m. Intermediate Qualitative Data Analysis with NVivo 12

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: **NEW** 2020 PGME WORKSHOPS – REGISTRATION IS NOW OPEN!

Registration is now open for many of the 2020 PGME workshops.

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

Attachment 1_PGME Workshops Registration & SharePoint Instructions

R2 CALGARY RESIDENTS: 2019 FALL ACLS **REVISED** DATES – REGISTRATION NOW OPEN!

ACLS 1 Day Renewal Courses

Sept 14 th	Nov 2 nd
Sept 28 th	Nov 23 rd
Oct 17 th (Thurs eve)	Nov 30 th
Oct 19 th	Dec 7 th

ACLS 2 Day Provider Course

Saturday & Sunday Provider Classes:

Sept 14 th /15 th	Nov 2 nd /3 rd
Sept 28 th /29 th	Nov 23 rd /24 th
	Dec 7 th /8 th

*****ACLS Experienced Provider Course** - Sundays**

Looking for a new way to recertify in ACLS? Practice your skills in a variety of scenarios beyond CARDIAC. ACLS EP counts as a renewal course

Sunday, Oct 20th or Saturday, Nov 24th

Foothills Medical Centre

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

ALL CALGARY RESIDENTS: NEW EVIDENCE AT YOUR FINGER TIPS – ONLINE EDUCATION SERIES

Knowledge Resource Service (KRS) offers education sessions on a variety of topics, including KRS orientation, literature searching, point of care and e-resources, and citation management tools.

Click on the following link for a list of the upcoming education events.

<https://krs.libcal.com/calendar/education/?cid=2541&t=d&d=0000-00-00&cal=2541>

If you need additional information please contact KRS via chat (krs.ahs.ca) or email (krs@ahs.ca).

ALL CALGARY RESIDENTS: NEW PRACTICAL EVIDENCE FOR INFORMED PRACTICE (PEIP) CONFERENCE – OCT 25-26

Led by the team that brings you Tools for Practice, the *Practical Evidence for Informed Practice (PEIP)* conference brings together clinical leaders to speak on the latest findings that can affect how you practice.

Register Today - <http://bit.ly/2019PEIP>; *deadline for registration is October 18, 2019*

October 25-26, 2019 | Double Tree by Hilton Hotel West Edmonton – 16615-109 Avenue, Edmonton, Canada | www.acfp.ca

ALL CALGARY RESIDENTS: NEW PEDIATRIC INFECTIOUS DISEASE CONFERENCE – RESIDENT/FELLOW AWARD – APPLICATION DEADLINE DEC 2019

Each year at the Pediatric Infectious Disease Conference at the Banff Springs Hotel (February, 2020), 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 Medicine 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 self-nominate. The successful applicant is required to make a 10-15 minute presentation at the banquet of the conference.

Further information is available at www.pediatricinfectiousdisease.ca **Application deadline is December 2019.**

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 2: Infosheet-Resiliency-Curriculum-Leadership Module Overview

Attachment 3: RDocs Leadership Module Flyer-Nov 8

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>

SOCIAL EVENT

ALL RESIDENTS: NEW CALGARY STAMPEDERS GAME – SAT, SEPT 14TH AT 2:00 PM

Facebook Post:

Stampeders Game on Saturday September 14th @ 2:00 PM. Tickets are \$15 each (regular price is \$43+). This event is open to all R1s, R2s and R3/enhanced skills as well as plus ones, significant others/friends+family etc. Please fill out the google doc below to sign up for tickets and include the names of those coming.

<https://docs.google.com/forms/d/e/1FAIpQLScWgcWlbnG0GkysvsoHqh-kXmXdEwLIgmRrP3MXI9Voopitug/viewform?fbclid=IwAR3wm1lwY9-dKmUOwJvkUD3D6Z9mq8yDXO5PIYtPTmGmgVik22FHexBQkw4>

Please e-transfer \$15/ticket to ericgulliver@hotmail.com. I will pick up everyone's tickets and have them ready for you on the day of the event. Looking forward to seeing lots of you come out and support our CFL team!

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:

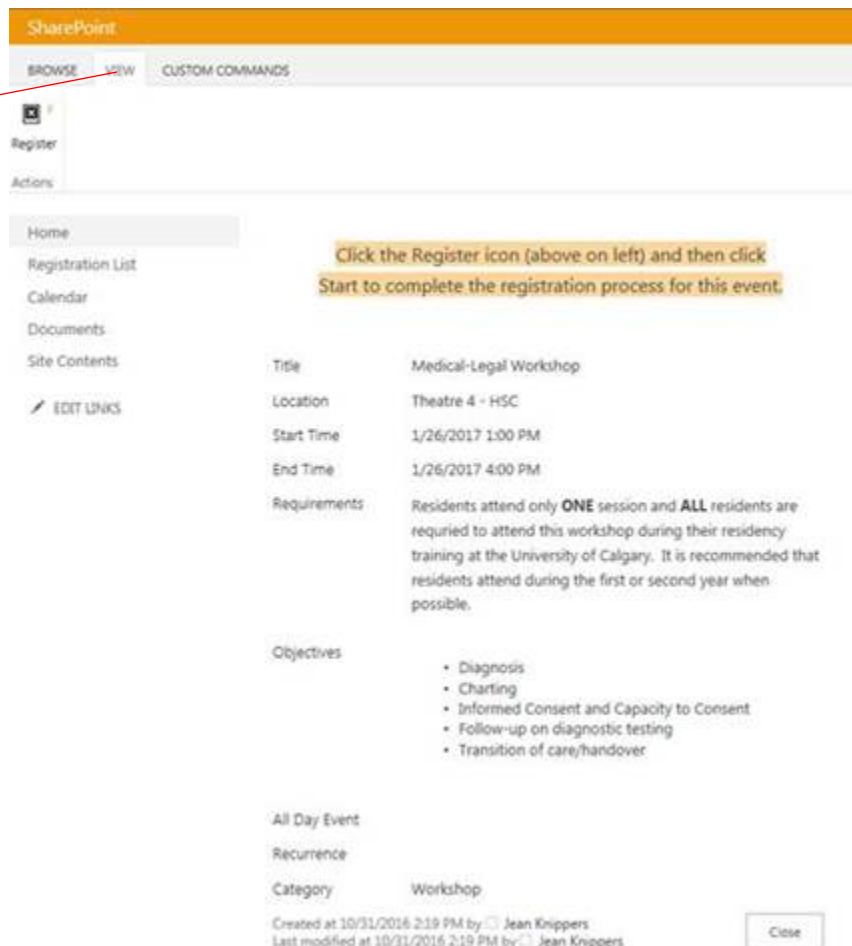
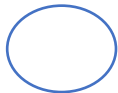


Difficulty Signing In?

If you are having 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 click on the workshop date to register.



SharePoint

BROWSE VIEW CUSTOM COMMANDS

Register

Actions

Home

Registration List

Calendar

Documents

Site Contents

EDIT LINKS

Click the Register icon (above on left) and then click Start to complete the registration process for this event.

Title	Medical-Legal Workshop
Location	Theatre 4 - HSC
Start Time	1/26/2017 1:00 PM
End Time	1/26/2017 4:00 PM
Requirements	Residents attend only ONE session and ALL residents are required to attend this workshop during their residency training at the University of Calgary. It is recommended that residents attend during the first or second year when possible.
Objectives	<ul style="list-style-type: none">• Diagnosis• Charting• Informed Consent and Capacity to Consent• Follow-up on diagnostic testing• Transition of care/handover
All Day Event	
Recurrence	
Category	Workshop

Created at 10/31/2016 2:19 PM by Jean Knippers
Last modified at 10/31/2016 2:19 PM by Jean Knippers

Close

Multiple Sessions

If your workshop consists of multiple sessions, you must register for each individual session. (For example, Biostatistics 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 pgmeworkshops@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.

This site is live. Your registrations will be recorded and replied to within five business days.

To register for a workshop or event, double click on the event in the calendar

Questions and/or concerns: pgmeworkshops@ucalgary.ca

Workshops and Events

February, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 1:00 pm - 4:00 Biostatistics	3	4
6	7	8	9	10	11
13	14	15	16 1:00 pm - 4:00 Biostatistics	17	18

My Upcoming Registration(s)

Workshop Name	Date	Status
Medical-Legal Workshop	2/16/2017 1:00 PM	Pending

To cancel your registration, please contact pgmeworkshops@ucalgary.ca.

My Past Registration(s)

Exception from HRESULT: 0x80131904

Correlation ID:5cb9d29d-7b5d-2013-b0e3-e8d770aeb56

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

Welcome to Postgraduate Medical Education (PGME) Workshops and Events

This site is live. Your registrations will be recorded and replied to within five business days.

To register for a workshop or event, double click on the event in the calendar

Questions and/or concerns: pgmeworkshops@ucalgary.ca

Workshops and Events

February, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 1:00 pm - 4:00 Biostatistics	3	4
5	6	7	8	9	10	11
12	13	14 + Add	15	16	17	18

My Upcoming Registration(s)

Workshop Name	Date	Status
Medical-Legal Workshop	2/16/2017 1:00 PM	Approved

To cancel your registration, please contact pgmeworkshops@ucalgary.ca.

My Past Registration(s)

Exception from HRESULT: 0x80131904

Correlation ID:03bed29d-fbaf-2013-b0e3-ee8d6729d318

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.



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.



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.