IN TODAY’S NEWSLETTER

• R1 Calgary Residents: *Reminder* Call for Stipend Submissions Block 2 – due Fri, Sept 6
• 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 Govt of Alberta Information for Supervised Consumption Services(SCS) Review
• 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 Govt of Alberta Information for Supervised Consumption Services(SCS) Review
• ALL Residents: Emerging Leaders in Health Promotion Grant Program

CONFERENCE, COURSES, WORKSHOPS

• R1 Calgary Residents: New Health Sciences Library – Sept 2019 Workshops
• R1 Calgary Residents: New 2020 PGME Workshops – Registration is now Open!
• R1 Calgary Residents: 2019 Fall ACLS Revised Dates
• ALL Residents: New EVIDENCE at Your Fingertips – Online Education Series
• 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
• ALL Residents: CMPA Good Practices Session: Disclosing Patient Safety Incidents – Nov 28

SOCIAL EVENT

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

R1 CALGARY RESIDENTS: 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

ALL RESIDENTS: NEW ASCHH– 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 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 contact 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](#).

---

**CONFERENCE, COURSES, WORKSHOPS**

**R1 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/](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](mailto:hslibr@ucalgary.ca)

---

**R1 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](https://cumming.ucalgary.ca/pgme/events)

**Attachment 1**_PGME Workshops Registration & SharePoint Instructions_.

---

**R1 CALGARY RESIDENTS: **2019 FALL ACLS **REVISED** DATES – REGISTRATION NOW OPEN!

**ACLS 1 Day Renewal Courses**

- Sept 14th  
- Sept 28th  
- Oct 17th (Thurs eve)  
- Oct 19th

- Nov 2nd  
- Nov 23rd  
- Nov 30th  
- Dec 7th

**ACLS 2 Day Provider Course**

**Saturday & Sunday Provider Classes:**

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

***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 sounds 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

ALL RESIDENTS: CMPA GOOD PRACTICES SESSION - DISCLOSING PATIENT SAFETY INCIDENTS – NOV 28TH

The CMPA is offering a course this Fall to residents which will focus on residents’ responsibility and skill in disclosing patient safety incidents. If you are interested in participating, please review with your Division Coordinator and apply through PGME.

Registration: Please email pgmeworkshops@ucalgary.ca with your first and last name, program and PGY level to register.

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/1FAIpQLScWgcWlbbmG0GkysvsoHgh-kXmXdEwLigmRrP3MXI9Voopitug/viewform?fbclid=IwAR3wm1lwY9-dKmUOwJvkUD3D6Z9mq8yDXO5PfTmGmgVik22FHexBQkw4

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 have having a problem singing 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
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.