

## FM Residency Newsletter – R1 Calgary & Rural Residents – September 13, 2019

### **Resident Newsletter**

In order to reduce the amount of emails that you receive during your Family Medicine Residency 2-year program, 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**

- R1 Calgary Residents: **New** Draft [Outlines and Objectives](#) Panelist questions for Man Running
- R1 Calgary Residents: **New** [Medical Education Elective](#) & Individual Teaching Session Opportunities!
- R1 Calgary & Rural Residents: **New** [CFPC Website Access](#)
- R1 Calgary & Rural Residents: **New** [FMF Registration](#)
- ALL Residents: **New** CFPC Section of Residents(SoR) [National Survey](#)
- ALL Residents: [Fall Conference](#) – **Thurs, Nov 28**
- ALL Residents: [ICRE 2019](#) – Enter the #WeAreResidencyEducation Video Contest
- ALL Residents: [Emerging Leaders](#) in Health Promotion Grant Program – **deadline Nov 1**

### **CONFERENCE, COURSES, WORKSHOPS**

- R1 Calgary Residents: **New** PGME [Practice Management Seminar](#) – **registration deadline Sept 13**
- R1 Calgary Residents: **New** 53<sup>rd</sup> Annual [Mackid](#) Symposium & Family Medicine Resource Fair – **Sept 26**
- R1 Calgary Residents: **New** SAVE the DATE – 14<sup>th</sup> Annual Day in [DERMATOLOGY](#) for Family Physicians
- R1 Calgary Residents: Health Sciences Library – Sept 2019 Workshops
- R1 Calgary Residents: 2020 PGME Workshops – Registration is now Open!
- R1 Calgary Residents: 2019 Fall [ACLS](#) [Revised Dates](#)
- ALL Residents: **New** [CASCH Conference](#)- 2019 Registration Now OPEN!
- ALL Residents: EVIDENCE at Your Fingertips – Online Education Series
- ALL Residents: Practical Evidence for Informed Practice (PEIP) Conference – **Oct 25-26**
- ALL Residents: 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: Calgary Stampeder Game – Sat, Sept 14<sup>th</sup>

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## **R1 CALGARY RESIDENTS: **NEW** DRAFT OUTLINES & OBJECTIVES PANELIST QUESTIONS FOR MAN RUNNING**

*Everyone's running!*

We invite medical students, residents and physicians to attend a film screening of Man Running. The story of a physician running an ultramarathon in Kananaskis country, with flashbacks to challenging clinical encounters with a terminally ill teenager, her parents, and his colleagues. There will be an opportunity to engage with panelists who will support reflection on the humanities, the joy of practice, and factors affecting physician mental health.

Popcorn will be served!

**Room:** Libin Theatre

**Time:** 6 - 9:30 pm, Thursday, September 19

A collaboration between:

Cumming School of Medicine, Health Humanities

University of Calgary, Cumming School of Medicine Senior Associate Dean, Education Office

Well Doc Alberta

**Register at:** [manrunningsept2019.eventbrite.ca](http://manrunningsept2019.eventbrite.ca)

**Attachment 1:** Poster Man Running\_Sept 19

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**R1 CALGARY RESIDENTS: NEW MEDICAL EDUCATION ELECTIVE & INDIVIDUAL TEACHING OPPORTUNITIES!**

The undergraduate medical school course 'Introduction to Clinical Practice' (ICP) has opportunities to teach individual sessions or complete a two week medical education elective. This course is highly rated by students and has very fun and innovative teaching sessions. It is one week in duration and occurs biannually in two parts. The upcoming course runs January 6-10, 2020. I would highly recommend pursuing these opportunities if you have an interest in teaching or medical education. Below are the links if you are interested. Please contact Paul Bryan at [pmbryan@ucalgary.ca](mailto:pmbryan@ucalgary.ca) if you have any questions.

Teaching Session Sing-up: <http://intro.ucalgaryblogs.ca/recruitment/>

Medical Education Elective Info: <http://intro.ucalgaryblogs.ca/meded-elective/>

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**R1 CALGARY & RURAL RESIDENTS: NEW CFPC WEBSITE ACCESS**

We have been informed that due to a new computer system being implemented by the College of Family Physicians (CFPC), R1 Residents have not been registered into their system.

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**R1 CALGARY & RURAL RESIDENTS: NEW FMF REGISTRATION**

CFPC has requested R1 residents complete the following to register for FMF:

- Register as non-member and add the days and events you would like to attend.
  - Proceed to check out, but do not pay.
  - Once you have done that, email Ms. Cara Ferreira at [fmfinfo@cfpc.ca](mailto:fmfinfo@cfpc.ca) and she can change the daily rate to Resident for you.
  - You will then receive a link to finalize your payment.
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**ALL RESIDENTS: NEW CFPC SECTION of RESIDENTS(SoR) NATIONAL SURVEY**

On behalf of the College of Family Physicians of Canada (CFPC) Section of Residents (SoR), residents are invited to participate in a national survey on opioid management training for chronic non-cancer/non-palliative care pain education in Family Medicine across Canada.

This survey has been put together by the CFPC Section of Residents (SoR) as part of the SoR Guide for Improvement of Family Medicine Training (GIFT) Project 2019. This survey addresses training in the management of patients treated with opioids for chronic non-cancer/non-palliative care pain and explores family medicine residents' levels of confidence in opioid management and the type of training being offered to them. Pending the results of the survey, our goal is to help shape and improve education within Family Medicine across Canada.

The survey should only take 5-10 minutes to complete and it will be **open from Thursday, August 29th, 2019 to Friday, September 30th, 2019.**

**SURVEY LINK:** <https://ca.surveygizmo.com/s3/50054245/GIFT-2019-Survey-Residents>

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#### **ALL RESIDENTS: 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](mailto:stefania.sleiman@ahs.ca).

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#### **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>

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#### **ALL RESIDENTS: EMERGING LEADERS IN HEALTH PROMOTION GRANT PROGRAM – DEADLINE NOV 1**

*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](#).

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### CONFERENCE, COURSES, WORKSHOPS

#### **R1 CALGARY RESIDENTS: **NEW** PGME PRACTICE MANAGEMENT SEMINAR – REGISTRATION DEADLINE SEPT 13**

**PGME** is holding a **Practice Management seminar on November 7, 2019**. This workshop will be a huge benefit to the exiting residents to help them transition to practice.

**The deadline to register is September 13; there are 10 open spots that need to fill in order to run this seminar.**

Attached is the draft agenda and poster, register on SharePoint or by email: [pgmeworkshops@ucalgary.ca](mailto:pgmeworkshops@ucalgary.ca).

#### **Attachment 2: PGME PMC Agenda 2019**

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#### **R1 CALGARY RESIDENTS: **NEW** 53<sup>rd</sup> ANNUAL MACKID SYMPOSIUM & FAMILY MEDICINE RESOURCE FAIR – SEPT 26**

The **53<sup>rd</sup> Annual Mackid Symposium & Family Medicine Resource Fair** will be held:

**Date:** Thursday, September 26, 2019

**Location:** Best Western Premier Calgary Plaza (1316 33 St NE)

**Time Revision:** 13:00 – 17:00

Registration is not required for FM residents as this is a **mandatory event, replacing regular Weekly Academics**. To view the program and get more information about the event please visit [www.calgaryfamilymedicine.ca/mackid2019](http://www.calgaryfamilymedicine.ca/mackid2019)

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#### **R1 CALGARY RESIDENTS: **NEW** SAVE the DATE: 14<sup>TH</sup> ANNUAL DAY IN DERMATOLOGY FOR FAMILY PHYSICIANS**

**DATE:** Saturday, November 30, 2019

**LOCATION:** Red & White Club

**TIME:** 7:30 am – 1:00 pm

**WEBSITE:** <https://www.departmentofmedicine.com/dermatology/>

Details regarding the brochure, registration information and credits coming soon. **This is not a mandatory event.**

**Contact:** Hanifa Remtulla; **Email:** [hanifa.remtulla@ahs.ca](mailto:hanifa.remtulla@ahs.ca)

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#### **R1 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY – SEPT 2019 WORKSHOPS**

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

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

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### **R1 CALGARY RESIDENTS: 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 3\_PGME Workshops Registration & SharePoint Instructions**

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

#### **ACLS 1 Day Renewal Courses**

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

#### **ACLS 2 Day Provider Course**

##### **Saturday & Sunday Provider Classes:**

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

#### **\*\*\*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 20<sup>th</sup> or Saturday, Nov 24<sup>th</sup>

#### **Foothills Medical Centre**

**Contact:** Clare Puzey for registration details [clarepuzey@gmail.com](mailto:clarepuzey@gmail.com); or 587-223-2691

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### **ALL CALGARY RESIDENTS: **NEW** CASCH CONFERENCE – REGISTRATION NOW OPEN!**

The Campus Alberta Student Conference on Health (CASCH) is a graduate student-run conference for students. The health conference focuses on a broad spectrum of knowledge and research activities and includes research presentations from students with varying experience and diverse academic backgrounds. The conference is

running from Oct 4-5, 2019 at the Lister Centre at the University of Alberta. Early-bird registration is currently open at: <https://www.universe.com/events/casch-2019-tickets-M89KWB>

For students traveling to Edmonton there are also discount room prices at the Varscona hotel. You can book your accommodation for CASCH by Sept 12: <https://cutt.ly/hwR6UNI>

We are also looking for volunteers interested in judging poster and oral presentations, moderating concurrent sessions, and generally helping out with conference-day activities. Check out the website or attachments for further details: <http://www.casch.ca/>

#### **Attachment 4: CASCH 2019 Abstract Book**

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#### **ALL CALGARY RESIDENTS: 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](https://krs.ahs.ca)) or email ([krs@ahs.ca](mailto:krs@ahs.ca)).

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#### **ALL CALGARY RESIDENTS: 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](http://www.acfp.ca)

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#### **ALL CALGARY RESIDENTS: 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](http://www.pediatricinfectiousdisease.ca) **Application deadline is December 2019.**

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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](mailto:kristen.story@ucalgary.ca)

**Attachment 5:** Infosheet-Resiliency-Curriculum-Leadership Module Overview

**Attachment 6\_** 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.

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### **ALL RESIDENTS: URGENT CARE UCC CONFERENCE, NOV 2**

**Conference:** 13<sup>th</sup> 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](http://www.regonline.com/ucconference2019)

**More Info:** See brochure attached for list of panel and workshop topics

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## **ALL RESIDENTS: CMPA GOOD PRACTICES SESSION - DISCLOSING PATIENT SAFETY INCIDENTS – NOV 28<sup>TH</sup>**

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](mailto:pgmeworkshops@ucalgary.ca) with your first and last name, program and PGY level to register.

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## **SOCIAL EVENT**

### **ALL RESIDENTS: CALGARY STAMPEDERS GAME – SAT, SEPT 14<sup>TH</sup> 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/1FAIpQLScWgcWlBmG0GkysvsoHqh-kXmXdEwLIgmRrP3MXI9Voopitug/viewform?fbclid=IwAR3wm1lwY9-dKmUOwJvkUD3D6Z9mq8yDXO5PIYtPTmGmgVik22FHexBQkw4>

Please e-transfer \$15/ticket to [ericgulliver@hotmail.com](mailto: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!



Cumming School of Medicine's Health Humanities and the Senior Associate Dean, Education in collaboration with Well Doc Alberta present:

# Man Running: A Film by Gary Burns



We invite medical students, residents and physicians to attend a film screening of Man Running. The story of a physician running an ultramarathon in Kananaskis country, with flashbacks to challenging clinical encounters with a terminally ill teenager, her parents, and his colleagues. There will be an opportunity to engage with panelists who will support reflection on the humanities, the joy of practice, and factors affecting physician mental health. Popcorn will be served!

## Learning Objectives

1. Discuss the value of reflection on fictional depictions of medical practice
2. Recognize mental illness and its potential consequences
3. Demonstrate how mental health impacts professionalism
4. Describe individual and system level strategies that can help maintain wellness

**Panelists include:** Janet de Groot MD, Tom Rosenal MD, Valerie Taylor MD, Jane Lemaire MD, and Terrie Brandon MD

**September 19, 2019 | 1800 – 2130**

Libin Lecture Theatre, 3330 Hospital Drive NW, Calgary, AB

This free event is open only to physicians, residents and medical students  
[manrunningsept2019.eventbrite.ca](http://manrunningsept2019.eventbrite.ca)



**UNIVERSITY OF CALGARY**  
CUMMING SCHOOL OF MEDICINE

**Well Doc Alberta**

Shaping the future of physician wellness, together



## Practice Management Curriculum Agenda

Specialty Residents, University of Calgary

XXX

November 7, 2019

Time	Topic	Presenter
8:15am – 8:30am	Continental Breakfast	
8:30am – 8:45am	Introduction to Practice Management	Dr. Scott Wilson
8:45 am – 9:05am	Setting Up Your Advisory Team	Dr. Scott Wilson
9:05am – 9:10am	Q & A / stretch break	
9:10am- 10:00am	Starting/Joining a Medical Practice	Dr. Scott Wilson
10:00am – 10:15am	Break	
10:15am – 11:05am	Avoiding Financial Pitfalls	Dr. Scott Wilson
11:05am – 11:10am	Q & A / stretch break	
11:10am – 11:30am	Insurance Planning	Mona Yam
11:30am – 11:50am	Practice Management Resources in AB	TBD
11:50 am- 12:20pm	Lunch	
12:20pm – 1:10pm	Evaluating Practice Opportunities	Dr. Scott Wilson
1:10pm – 1:15pm	Q & A / stretch break	All
1:15pm – 2:05pm	Negotiating Your Way to Success	Dr. Scott Wilson
2:05pm – 2:20pm	Break	
2:20pm- 3:10pm	What I Wish I'd Known: experience of a new physician	Dr. Yan Yu
3:10pm -3:20 pm	Open Q & A	All
3:20pm – 4:15pm	Accounting Issues & Taxation	TBD
4:15pm – 4:20pm	Residents' Choice Open Q & A	All
4:20pm – 4:30pm	Closing Remarks	Dr. Scott Wilson

**Practice Management Resources:** [bit.ly/2BYJYkH](https://bit.ly/2BYJYkH)

## Instructions for Registering for PGME Workshops

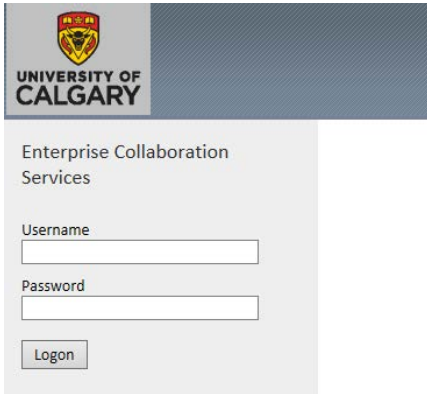
In order to attend a PGME workshop, you must register. (There are no drop-in workshops.)

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:

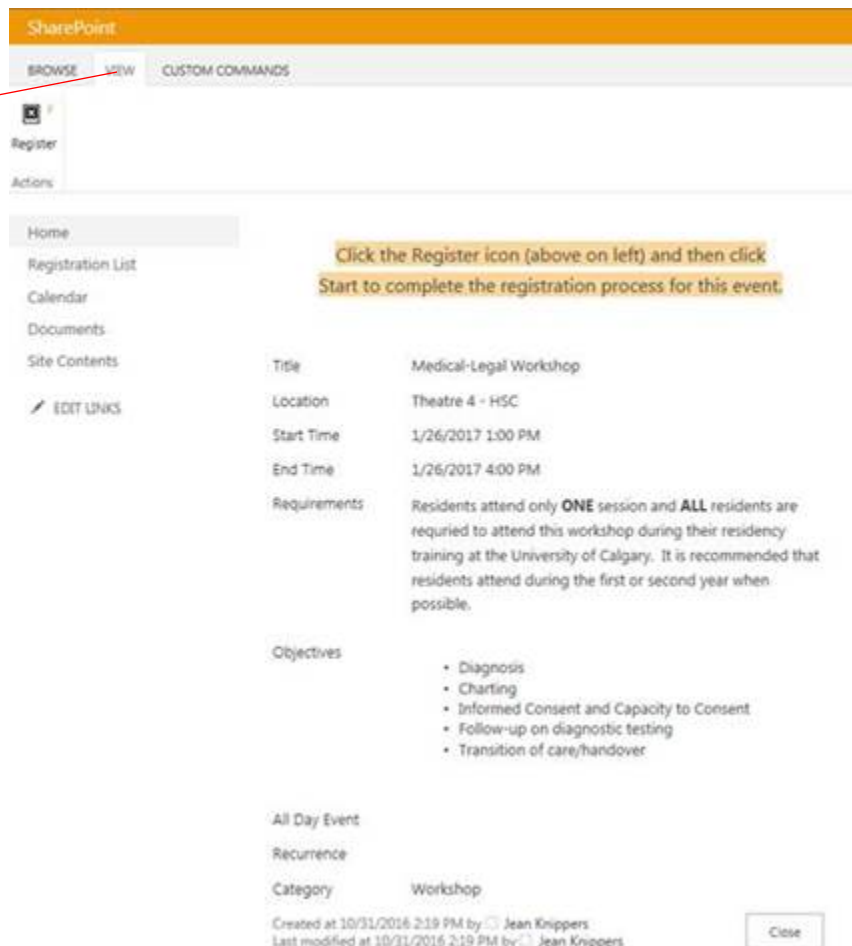
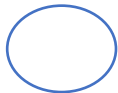


### Difficulty Signing In?

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 <b>ONE</b> session and <b>ALL</b> 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"><li>• Diagnosis</li><li>• Charting</li><li>• Informed Consent and Capacity to Consent</li><li>• Follow-up on diagnostic testing</li><li>• Transition of care/handover</li></ul>
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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:pgmeworkshops@ucalgary.ca).

# CASCH ITINERARY



FRIDAY, OCTOBER 4TH 2019

LISTER HALL

**Lister Hall**

**Maple Leaf Room 2-050**

<b>5:00pm - 5:30pm</b>	Registration/Poster Set-Up
<b>5:30pm-5:50pm</b>	Welcome Address Dr. Jill Konkin (Professor, Department of Family Medicine & Director, Division of Community Engagement, Faculty of Medicine and Dentistry University of Alberta)
<b>6:00pm - 6:30pm</b>	Dinner
<b>6:30pm-7:15pm</b>	Keynote Address Heart Disease is Everybody's Business: What We All Can Do By Dr. Alex Clark
<b>7:15pm- 8:15pm</b>	Professional Development Panel  Dr. Sanjay Beeson Assistant Scientific Director, Surgery Strategic Clinical Network - Alberta Health Services Ms. Bailey Sousa Director, Peter Lougheed Leadership College - University of Alberta Dr. Michael Paulden Assistant Professor, School of Public Health - University of Alberta) Dr. Cheryl Currie Associate Professor, Faculty of Health Sciences - University of Lethbridge Dr. Jill Konkin Professor, Department of Family Medicine & Director, Division of Community Engagement, Faculty of Medicine and Dentistry - University of Alberta
<b>8:15pm-9:00pm</b>	Networking Event

Pssst! Don't be afraid to step out of your comfort zone and introduce yourself to other conference guests! You may be surprised who you meet and the connections you make!

# CASCH ITINERARY



**SATURDAY, OCTOBER 5TH 2019**

**LISTER HALL**

**Lister Hall**

**Maple Leaf Room 2-050**

<b>7:45am-8:30am</b>	Opening Remarks & Breakfast Dr. Greta Cummings (Dean, Faculty of Nursing - University of Alberta)
<b>8:30am-9:00am</b>	Medical Officer of Health Address "Public Health is Everyone's Business" By Dr. Deena Hinshaw
<b>9:00am-10:15am</b>	Students posters presentations
<b>10:15am-10:30am</b>	Coffee Break & Transition
<b>10:30am-12:00pm</b>	Students Oral Presentations
<b>12:00pm-12:30pm</b>	Lunch
<b>12:30pm-1:15pm</b>	Keynote "Development of a Research Career Studying Host-Microbiome Interactions: Letting Your Gut Guide You" By Dr. Kathy McCoy
<b>1:15pm-1:30pm</b>	Coffee Break & Transition
<b>1:30pm-3:00pm</b>	Workshops "Citizen Climate Advocacy" By Dr. Joe Vipond, Co-Presented with Dr. Brad Sullivan "What You Need to Know to Learn, Love and Lead Quality Improvement in Healthcare" By Mr. Michael Suddes "An Introduction to Conducting Patient-Oriented Research" By Ms. Kimberly Manalili, Co-Presented with Ms. Sandra Zelinsky "Mastering Knowledge Translation: How to Effectively Develop and Share Your Research "So What" Factor" By Ms. Kelly Mrklas
<b>3:00pm-3:30pm</b>	Final Networking & Refreshments
<b>3:30pm-4:00pm</b>	Closing Address and Awards





## 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](mailto: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](mailto: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.