R2 Calgary Residents: Reminder – PARA Winter Break Request – due Sept 25

R2 Calgary Residents: Conference Support in R2 Year – Funding Amount & Reimbursement Instructions

R2 Calgary Residents: Medical Education Elective & Individual Teaching Session Opportunities!

R2 Calgary & Rural Residents: Enhanced Skills Program Clarification

R2 Calgary & Rural Residents: Revised 2020-2021 Enhanced Skills Application is Now Open

ALL Residents: Reminder Canadian & International Elective due date Oct 1

ALL Residents: CFPC Section of Residents(SoR) National Survey

AWARDS:
- 2019 College of Family Physicians Award Recipients

CONFERENCE, COURSES, WORKSHOPS
- R2 Calgary Residents: 53rd Annual Mackid Symposium & Family Medicine Resource Fair – Sept 26
- R2 Calgary Residents: NEW 8th Annual Pain Awareness Education Day – Nov 6
- R2 Calgary Residents: SAVE the DATE – 14th Annual Day in DERMATOLOGY for Family Physicians
- R2 Calgary Residents: Health Sciences Library – Sept 2019 Workshops
- R2 Calgary Residents: 2020 PGME Workshops – Registration is now Open!
- R2 Calgary Residents: 2019 Fall ACLS Revised Dates
- 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
- ALL Residents: CASCH Conference- 2019 Registration Now OPEN!
- ALL Residents: EVIDENCE at Your Fingertips – Online Education Series
- 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

JOB POSTINGS – PHYSICIAN OPPORTUNITIES
- ALL Residents: Physician Opportunities
PARA Winter Break requests are due Wednesday September 25. Please read the attached instructions ('Winter Break Request Process – Residents') carefully, if you have any questions please contact your Division Coordinator.

Attachment 1: Winter Break Request Process-Residents_2019

R2 CALGARY RESIDENTS – CONFERENCE SUPPORT IN R2 YEAR – FUNDING ANNOUNCEMENT & REIMBURSEMENT INSTRUCTIONS

For residents who applied for the R2 Conference Support Funding before deadline July 31 2019, you should have already received a confirmation email from Jemellee. Any application submitted after the deadline was not accepted.

If you want to attend a different conference than the one that you submitted, please make sure that the conference meets either of the below criteria in order to qualify for this funding:

- It must be accredited by CFPC or AAFP to grant CME credits (eg. MAINPRO) - OR
- It must have an obvious link to family medicine accreditation by other agencies. *You are highly recommended to confirm the eligibility with Jemellee before you go.

This year, we will be able to provide each applicant with a maximum of $500.00. Please be aware that the $500.00 is for each individual applicant, not for each conference. You will need to submit your claim to Jemellee Diego, Finance Analyst, Department of Family Medicine.

ATTENTION:
Please submit your claim within 30 days after you attend the conference. Late submissions WON’T be processed.

REIMBURSEMENT PROCEDURES:

Step 1:
Scanned copies of the following:
- Certificate of attendance
- Receipts, boarding pass and itinerary. Please note online bookings should be supported by proof of payment – bank/credit card statement showing it was taken in your account.
- PGME Expense Description form
- PGME Summary of reimbursement Form
- New vendor enrollment form plus copy of void cheque

*All forms can be found at: https://cumming.ucalgary.ca/pgme/current-trainees/expense-reimbursement

Step 2:
Please submit the form(s) as mentioned in Step 1 and Step 2 to Jemellee Diego. These can either be scanned/emailed to Jemellee.Diego@ahs.ca OR mail to:

Jemellee Diego
Department of Family Medicine
R2 CALGARY RESIDENTS: 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 if you have any questions.

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

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

R2 CALGARY & RURAL RESIDENTS: 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: REVISED 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 October 4, 2019.

We look forward to your application!

ALL RESIDENTS: REMINDER – CANADIAN & INTERNATIONAL ELECTIVES - DUE DATE: OCT 1
Hi Residents!

Please consider this a friendly reminder to upload all Local and Home Letters to SharePoint for December 2019 Canadian electives, and January 2020 International electives. **Please be sure all Home and Local Letters contain required information, as attached.**

**DUE DATE: October 1, 2019** Please Note: Late applications will be declined.

**IMPORTANT:** It is the responsibility of the PA to ensure all letters include the required information. Electives will not be approved if any information is missing from the Home and Local Letters.

Contact: Jennifer Glow; E: jglow@ucalgary.ca; W: http://cumming.ucalgary.ca/pgme/

**Attachment 2:** 2018 International Electives  
**Attachment 3:** 2018 Canadian Electives  
**Attachment 4:** UofC Elective Deadlines

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**ALL RESIDENTS: 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.


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**AWARDS**

The 2019 College of Family Physicians Award recipients will be recognized at the Family Medicine Forum in Vancouver this October. We extend our warm congratulations to:

**Dr. Jeff McCarthy - Leadership Award**  
This award recognizes the leadership abilities of outstanding senior Family Medicine Residents.

**Dr. Jaclyn Mann - Resident Research Award**
This award recognizes Family Medicine Residents for excellent research on “Palliative Care Physicians’ Attitudes Towards Medical Assistance in Dying Three Years Out”.

**Dr. Cynthia Landy - Canada Family Physician of the Year**
This award recognizes outstanding Family Physicians who provide exceptional care to patients and contribute to the health and well-being of their communities.

**Dr. Vivian Ewa - Award of Distinction in Health Care of the Elderly**
This award recognizes Family Physicians who had made substantial contributions to the high-quality, patient-centred care of Canadian seniors.

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**CONFERENCES, COURSES, WORKSHOPS**

**R2 CALGARY RESIDENTS: 53rd ANNUAL MACKID SYMPOSIUM & FAMILY MEDICINE RESOURCE FAIR – SEPT 26**

The 53rd 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**: 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).

**R2 CALGARY RESIDENTS: 8th ANNUAL PAIN AWARENESS EDUCATION DAY – NOV 6**

The 8th Annual Pain Awareness Education Day is half way sold out. Don’t miss your chance to attend this popular event! This year the key note Dr. Steven Kamper will speak about the Pain Revolution outreach project in rural Australia ([www.painrevolution.org](http://www.painrevolution.org)).

Additional topics include:
- Virtual Reality for Pain During Wound Care
- Safeworks and Safe Injections
- Managing Pain in the Indigenous Population
- Effects of Adverse Childhood Experiences
- Trauma/Grief/Suffering: Impact on Healthcare Providers

- **Date**: Wednesday, November 6, 2019 from 08:00 – 16:30
- **Location**: Red and White Club, Calgary
- **Cost**: $105 Parking fee included

**Registration for the event** via Eventbrite: [https://pained8.eventbrite.ca](https://pained8.eventbrite.ca)

Registration closes October 1st, 2019; no refunds after October 1st.
R2 CALGARY RESIDENTS: SAVE the DATE: 14TH 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

R2 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY – SEPT 2019 WORKSHOPS

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

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: 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 5_PGME Workshops Registration & SharePoint Instructions

R2 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
- Sept 14th/15th
- Sept 28th/29th
- Nov 2nd/3rd
- 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 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.

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](#).

ALL CALGARY RESIDENTS: 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](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](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/](http://www.casch.ca/)

**Attachment 6: 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&l=t&d=0000-00-00&cal=2541](https://krs.libcal.com/calendar/education/?cid=2541&l=t&d=0000-00-00&cal=2541)

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


**October 25-26, 2019 | Double Tree by Hilton Hotel West Edmonton – 16615-109 Avenue, Edmonton, Canada | 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.
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 5: Infosheet-Resiliency-Curriculum-Leadership Module Overview
Attachment 8_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
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
PARA Winter Break Request Process

The Winter Break clause in the PARA Collective Agreement (https://para-ab.ca/resident-phys-agreement/) entitles each resident to six (6) consecutive days off between December 20 and January 5.

The Residency Program Committee (RPC) agreed on the following principles as we work through these changes: Resident preference will be considered; Immersion rotations maintain autonomy in scheduling; Shift based rotations may have similar needs as Immersion Rotations; and in an effort to maximize the educational opportunities for Residents, Home Clinic and ACE-experience closures during this period will be considered.

Please note that requests must maintain all attendance requirements and are subject to Program approval.

General Instructions:

As Residents on Immersion Rotations will have their requests processed by the Immersion Rotation, they are not required to complete Step 1 below.

Step 1 – Competency Coach Communication (formerly Primary Preceptor)
Communicate with your Competency Coach (CC) regarding your proposed time away. This is an informal opportunity to seek alignment in time away, where appropriate. Please note you still need approval from the Program.

Step 2 - Submit Request
A 'Winter Break Request' form will be made available for self-send in your One45 eDossier on Wednesday, September 11, 2019. Complete and submit the form. The deadline to submit is Wednesday, September 25, 2019.

Step 3 - Notification
For FM based rotations, you will be notified of the result of your request within 2 weeks (or sooner) of your Program Coordinator receiving it.
While on an immersion rotation, approval of all time away (including Winter Break) is at the discretion of the immersion rotation. Outcome of requests will be provided as soon as the immersion rotation scheduler makes them available to the Program. If you receive approval directly from the immersion rotation scheduler, please notify your Division Coordinator as soon as possible.

Instructions for filling out the One45 form:

1. Complete the general information section of the form, by selecting your R Level, Home Clinic, Competency Coach, and Block 7 Rotation.
2. Complete either Section A or Section B by ranking your Winter Break options in order of preference (1 most preferred). Complete
   a. Section A if you are on one of the following rotations in Block 7:
      i. FM Based rotations
      ii. Obstetrics
      iii. Pediatrics
      iv. FM Adult EM
      v. Elderly
b. Section B if you are on a Hospitalist rotation in Block 7

c. Neither section if you are on one of the following rotations in Block 7:
   i. Palliative
   ii. Internal Medicine
   iii. FM Pediatric EM
   iv. CCU
   v. ICU

These rotations will contact you directly regarding your Winter Break options and scheduling; you do not need to complete this form. Please ensure that you notify your Division Coordinator via email of your confirmed Winter Break dates as soon as you receive approval from the rotation.

Please note that this will not be a first-come-first-serve process – approval will consider clinic scheduling and ACE availability as well as Resident preference.

Please be aware that the Program will work to schedule experiences on the days not included in your approved Winter Break request, so you must be available to work the remainder of the block – this may include statutory holidays. If scheduled on these days, no additional lieu days will be awarded; they are considered regular working days if not included in your approved Winter Break.
Postgraduate Medical Education

PROCEDURES FOR RESIDENCY ELECTIVES – INTERNATIONAL MEDICAL GRADUATES

Residents who are NOT enrolled in training programs accredited by the RCPSC or CFPC can apply for electives at the University of Calgary as follows:

- **Minimum 4-6 months** before the desired start date the resident sends the Program Director (in Calgary):
  1. A letter requesting the elective
  2. A complete CV
  3. Home Program Support Letter - a letter from the resident’s home Program Director confirming the following:
     - approval and dates of elective
     - resident date of birth, email and postgraduate year (PGY) level of resident (at the time of elective)
     - statement confirming the salary will remain with home university during elective

- **Minimum of at least 4 months** before the start date of the elective, the Residency Training Program (in Calgary) uploads the following documents to the PGME SharePoint site:
  1. Local Program Support Letter - a letter from the Program Director (in Calgary) outlining:
     - the length and kind of elective
     - the PGY level of the trainee (at the time of the elective)
     - supervisor of the trainee
     - site (location) of the elective
  2. Home Program Support Letter - a letter from the resident’s home program in support of the elective
  3. The PGME Registration form completed by the trainee -

**FAILURE TO SUBMIT DOCUMENTS BY DEADLINES WILL RESULT IN PGME DENYING YOUR APPLICATION**

- A work permit is not required for foreign health-care students provided the main purpose of the work is to acquire training and does not last longer than 4 months. All requirements of the Canadian regulatory board responsible for their occupation must be met. Foreign health-care students must undergo a Canadian immigration medical examination before coming to Canada.


- Any resident coming for an elective that has obtained their medical degree in a country that does not have English as a first and native language will be required to provide the CPSA with evidence of English Language Proficiency. Additional information on English Language Proficiency can be found at:


- Please be advised that effective July 1, 2013 all international medical graduates coming to Alberta to participate in postgraduate training electives, longer than 90 days, must submit their medical degree to the Physician’s Credentials Registry of Canada for source verification. Prior to registration with the College their PCRC file must indicate that the verification is in progress.
The PGME office will send to the trainee:

1. A cover letter outlining further instructions regarding:
   - Alberta Health Services – Medical Education Office (AHS-MEO) requirements to grant clinical access
   - College of Physicians and Surgeons of Alberta (CPSA) registration procedures

2. Instructions for Online Registration

3. A Letter of Engagement (LOE) that the trainee must sign and return to the PGME office

• A non-refundable administration fee of $150.00 in the form of credit card, must be submitted with your online registration for your University of Calgary elective.

• The PGME office will inform both AHS-MEO and the CPSA of the upcoming elective. Their respective registration processes may take up to two months to complete, so the trainee should not delay starting the application.

**TRAINEES ARE NOT ALLOWED TO HAVE ANY CONTACT WITH PATIENTS UNLESS THEY ARE LICENSED BY THE COLLEGE OF PHYSICIANS AND SURGEONS OF ALBERTA**

(www.cpsa.ab.ca)

**ALL TRAINEES MUST BE COVERED BY THE CANADIAN MEDICAL PROTECTIVE ASSOCIATION**

(www.cmpa-acpm.ca)
Resident who are enrolled in training programs accredited by the RCPSC or CFPC can apply for electives at the University of Calgary as follows:

- **Minimum 4-6 months** before the desired start date, the resident sends the Program Director (in Calgary):
  1. A letter requesting the elective
  2. A complete CV, if requested by the U of C Elective Program
  3. Home Program Support Letter – a letter from the resident’s home Program Director confirming the following:
     - approval and dates of elective
     - resident date of birth, email and postgraduate year (PGY) level (at the time of the elective)
     - statement confirming the salary will remain with home university during elective

- **Minimum 3 months** before the start of the elective, the Residency Training Program (in Calgary) uploads the following documents to the PGME SharePoint site:
  1. Local Program Support Letter – a letter from the U of C Program Director outlining:
     - The dates and kind of elective
     - The PGY level of the trainee, at the time of elective
     - Supervisor of the trainee
     - Site (location) of elective
  2. Home Program Support Letter – a letter from the resident’s home program in support of the elective, as outlined above

*FAILURE TO SUBMIT DOCUMENTS BY DEADLINES WILL RESULT IN PGME DENYING YOUR APPLICATION* **

3. Resident purchases a criminal record check. This may take several weeks to process and must be submitted to Alberta Health Services – Medical Education Office (AHS-MEO) before the start date of the elective. If currently residing in Canada, this must include a criminal record check and vulnerable sector search from the resident’s local police agency (applicants from Toronto will need to contact the AHS-MEO to obtain a waiver). For further clarification, please contact the AHS-MEO office: CAL.MedicalEducationOffice@albertahealthservices.ca

- The PGME office will send the trainee:
  1. A cover letter outlining further instructions regarding:
     - Alberta Health Services – Medical Education Office (AHS-MEO) requirements that grant clinical access
     - College of Physicians and Surgeons of Alberta (CPSA) registration procedures
  2. Instructions for online registration
  3. A Letter of Engagement (LOE) that the trainee must sign and return to the U of C Program Administrator
• A non-refundable administration fee of $75.00, in the form of credit card, must be submitted with your online registration for your University of Calgary elective.

• The PGME office will inform both AHS-MEO and the CPSA of the upcoming elective. Their respective registration processes may take up to two months to complete, so the trainee should not delay starting the application.

TRAINEE ARE NOT ALLOWED TO HAVE ANY CONTACT WITH PATIENTS UNLESS THEY ARE LICENSED BY THE COLLEGE OF PHYSICIANS AND SURGEONS OF ALBERTA  www.cpsa.ab.ca

ALL TRAINEES MUST BE COVERED BY THE CANADIAN MEDICAL PROTECTIVE ASSOCIATION  www.cmpa-acpm.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 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
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>5:00pm - 5:30pm</td>
<td>Registration/Poster Set-Up</td>
</tr>
<tr>
<td>5:30pm - 5:50pm</td>
<td>Welcome Address&lt;br&gt;Dr. Jill Konkin (Professor, Department of Family Medicine &amp; Director, Division of Community Engagement, Faculty of Medicine and Dentistry - University of Alberta)</td>
</tr>
<tr>
<td>6:00pm - 6:30pm</td>
<td>Dinner</td>
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<tr>
<td>6:30pm - 7:15pm</td>
<td>Keynote Address&lt;br&gt;Heart Disease is Everybody's Business: What We All Can Do&lt;br&gt;By Dr. Alex Clark</td>
</tr>
<tr>
<td>7:15pm - 8:15pm</td>
<td>Professional Development Panel&lt;br&gt;Dr. Sanjay Beeson&lt;br&gt;Assistant Scientific Director, Surgery Strategic Clinical Network - Alberta Health Services&lt;br&gt;Ms. Bailey Sousa&lt;br&gt;Director, Peter Lougheed Leadership College - University of Alberta&lt;br&gt;Dr. Michael Paulden&lt;br&gt;Assistant Professor, School of Public Health - University of Alberta&lt;br&gt;Dr. Cheryl Currie&lt;br&gt;Associate Professor, Faculty of Health Sciences - University of Lethbridge&lt;br&gt;Dr. Jill Konkin&lt;br&gt;Professor, Department of Family Medicine &amp; Director, Division of Community Engagement, Faculty of Medicine and Dentistry - University of Alberta</td>
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<tr>
<td>8:15pm - 9:00pm</td>
<td>Networking Event</td>
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</table>

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!
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45am-8:50am</td>
<td>Opening Remarks &amp; Breakfast</td>
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<tr>
<td></td>
<td>Dr. Greta Cummings (Dean, Faculty of Nursing - University of Alberta)</td>
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<tr>
<td>8:30am-9:00am</td>
<td>Medical Officer of Health Address</td>
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<tr>
<td></td>
<td>“Public Health is Everyone's Business”</td>
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<td></td>
<td>By Dr. Deena Hinshaw</td>
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<tr>
<td>9:00am-10:15am</td>
<td>Students posters presentations</td>
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<tr>
<td>10:15am-10:50am</td>
<td>Coffee Break &amp; Transition</td>
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<tr>
<td>10:50am-12:00pm</td>
<td>Students Oral Presentations</td>
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<tr>
<td>12:00pm-12:30pm</td>
<td>Lunch</td>
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<tr>
<td>12:30pm-1:15pm</td>
<td>Keynote</td>
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<td></td>
<td>By Dr. Kathy McCoy</td>
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<tr>
<td>1:15pm-1:30pm</td>
<td>Coffee Break &amp; Transition</td>
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<tr>
<td>1:30pm-3:00pm</td>
<td>Workshops</td>
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<tr>
<td></td>
<td>“Citizen Climate Advocacy”</td>
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<tr>
<td></td>
<td>By Dr. Joe Vipond, Co-Presented with Dr. Brad Sullivan</td>
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<tr>
<td></td>
<td>“What You Need to Know to Learn, Love and Lead Quality Improvement in Healthcare”</td>
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<td></td>
<td>By Mr. Michael Suddes</td>
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<tr>
<td></td>
<td>“An Introduction to Conducting Patient-Oriented Research”</td>
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<tr>
<td></td>
<td>By Ms. Kimberly Manalili, Co-Presented with Ms. Sandra Zelinsky</td>
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<td></td>
<td>“Mastering Knowledge Translation: How to Effectively Develop and Share Your Research &quot;So What” Factor”By Ms. Kelly Mrklas</td>
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<tr>
<td>3:00pm-3:50pm</td>
<td>Final Networking &amp; Refreshments</td>
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<tr>
<td>3:50pm-4:00pm</td>
<td>Closing Address and Awards</td>
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<tr>
<td>Elective Start Date Month</td>
<td>Home and Local Letter on SP (PA)</td>
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<tr>
<td>Jan Elective</td>
<td>1-Nov</td>
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<tr>
<td>Feb Elective</td>
<td>1-Dec</td>
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<td>March Elective</td>
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<td>April Elective</td>
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<td>May Elective</td>
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<td>Sept Elective</td>
<td>1-Jul</td>
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<td>Nov Elective</td>
<td>1-Sep</td>
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**NOTE: Late applications will be declined**

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<tr>
<th>Elective Start Date Month</th>
<th>Home and Local Letter on SP (PA)</th>
<th>Web App Invite Sent (PGME)</th>
<th>CPSA Profile Started (PGME)</th>
<th>Web App Registration Due (Resident)</th>
<th>LOE Sent (PGME)</th>
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<tbody>
<tr>
<td>Feb Elective</td>
<td>1-Nov</td>
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<td>Oct Elective</td>
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<td>Dec Elective</td>
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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.
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.