

## FM Residency Newsletter – R1 Calgary & Rural Residents – October 04, 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** [Call for Stipend](#) Submissions Block 3 – **due Fri, Oct 4**
- R1 Calgary Residents: **New** Resident [Volunteers](#) Needed
- R1 Calgary Residents: **New** [Direct Observation Survey](#) – **deadline Oct 11**
- R1 Calgary Residents: **New** [Opioid Training](#) Update
- ALL Residents: **New** 2020 [Sandra Banner](#) Student Award for Leadership – **Accepting Applications NOW!**

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

- R1 Calgary Residents: **NEW** Health Sciences Library [Workshops](#) for October 2019
- R1 Calgary Residents: SAVE the DATE: 14<sup>th</sup> Annual Day in [Dermatology](#) for FM Physicians
- R1 Calgary Residents: 2020 [PGME](#) Workshops & Events
- R1 Calgary Residents: 2019 Fall [ACLS Revised Dates](#)
- ALL Residents: **New** 44<sup>th</sup> Annual [Pearls](#) For Family Practice
- ALL Residents: **NEW** 10<sup>th</sup> Canadian [Paediatric Emergency Medicine](#) Review Course – **Jan 23-25, 2020**
- ALL Residents: [Fall Conference](#) – **Thurs, Nov 28**
- ALL Residents: [Emerging Leaders](#) in Health Promotion Grant Program – **deadline Nov 1**
- 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**

### **RESIDENT WELLNESS**

- ALL Residents: Wellness Whiteout Retreat 2020 – Banff, AB - **Feb 14-17, 2020**

### **SOCIAL**

- ALL Residents: **New** SAVE the DATE! 2019 Jingle & Mingle

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### **R1 CALGARY RESIDENTS: **NEW** CALL FOR STIPEND SUBMISSIONS BLOCK 3 – DUE FRI, OCT 4**

**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 3** call stipends are due **Friday, October 4, 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>

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**R1 CALGARY RESIDENTS: **NEW** RESIDENT VOLUNTEERS NEEDED**

The MD Admissions group is looking for resident volunteers to sit on Admissions File Review Sub Committee. If you are interested in volunteering please ask for approval from your Division Coordinator before reaching out to Shannon Cayer ([cayer@ucalgary.ca](mailto:cayer@ucalgary.ca)) for more information.

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**R1 CALGARY RESIDENTS: **NEW** DIRECT OBSERVATION SURVEY – DEADLINE OCT 11, 2019**

Hello fellow residents!

The Direct Observation Working Group needs your help with understanding what your thoughts are about the current way directs obs is going. As you know, many of our clinics have rooms equipped with cameras and microphones. Please consider taking a moment to fill out the survey below:

<https://forms.gle/NKp6PeBGaGYKth5m9>

Should you have any questions, please let us know! **This survey will close on October 11<sup>th</sup>** .

Thanks,  
Amanda, Jacqueline, and Sunny

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**R1 CALGARY RESIDENTS: **NEW** OPIOID TRAINING UPDATE**

Several residents have expressed appreciation for the opportunities the Program has provided to increase skills required for managing Opioids in future practice. R1s have participated in an Opioid Training Session in Foundations, and R2s have participated in online module training and teaching at the 2018 Fall Conference.

If you enjoyed these opportunities, we remind you of these excellent continuing medical education courses offered from the University of Calgary.

- [Alberta Opioid Dependency Treatment Virtual Training Course](#)
- [Wise Prescribing and Deprescribing](#)

Please note that the material will be familiar. Content was shared from these modules in order to teach you! However, some of us learn by repetition. If you are interested in completing further CME Opioid courses online and would like to utilize Conference Time for this activity, please speak with your Division Coordinators/Directors.

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**ALL RESIDENTS: **NEW** 2020 SANDRA BANNER STUDENT AWARD FOR LEADERSHIP – ACCEPTING APPLICATION**

The online application process for the 2020 Sandra Banner Student Award for Leadership (SBSAL) is now open.

Interested students and residents enrolled full-time in a Canadian medical education program and residing in Canada as Canadian citizens or landed immigrants are eligible to apply using the [online submission form](#) on the website.

**Applications will be accepted until Friday, December 13, 2019 at 17:00 ET**

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## CONFERENCE, COURSES, WORKSHOPS

### **R1 CALGARY RESIDENTS: **NEW** HEALTH SCIENCES LIBRARY WORKSHOPS FOR OCTOBER 2019**

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

**Tues. October 8, 9:30-10:30 a.m.** Understanding Systematic Reviews in Human Health

**Tues. October 8, 10:30-11:30 a.m.** Searching MEDLINE Systematically

**Tues. October 8, 12:30-2 p.m.** EndNote Desktop

**Wed. October 16, 10-11 a.m.** Basic Survey Building and Distributing Using Qualtrics

**Wed. October 16, 1-3 p.m.** Systematic Searching for Veterinary Reviews

**Tues. October 29, 10:30 a.m.-12 p.m.** Introduction to Qualitative Data Analysis Using NVivo 12

**Tues. October 29, 1-2:30 p.m.** Intermediate Qualitative Data Analysis with NVivo 12

**Thurs. October 31, 2-3:30 p.m.** EndNote Desktop

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

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

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### **R1 CALGARY RESIDENTS: 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: PGME WORKSHOPS and EVENTS**

All of the PGME workshops offered to residents and fellows are developed to help meet the CanMEDS framework. CanMEDS overall goal is to improve patient care and each of our workshops will be a step in this direction. Please follow the link to the events page for the most up to date list of resident events and workshops. All of these are free to attend.

**Workshops and Events link:** <https://cumming.ucalgary.ca/pgme/events>

**SharePoint Registration link:** <https://ecs.ucalgary.ca/faculty/medicine/pgmeevents>

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

### ACLS 1 Day Renewal Courses

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

### ACLS 2 Day Provider Course

#### Saturday & Sunday Provider Classes:

Nov 2 <sup>nd</sup> /3 <sup>rd</sup>	Dec 7 <sup>th</sup> /8 <sup>th</sup>
Nov 23 <sup>rd</sup> /24 <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 sounds 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

### ALL RESIDENTS: **NEW** 44<sup>th</sup> ANNUAL PEARLS FOR FAMILY PRACTICE

This program provides an update and review focused on pragmatic, evidence-informed pearls pertinent for practice in primary care. Topics covered include a wide variety of the diagnoses typically seen in both urban and rural settings.

Link: [https://cumming.ucalgary.ca/cme/courses/topics#!view/event/event\\_id/2322](https://cumming.ucalgary.ca/cme/courses/topics#!view/event/event_id/2322)

### ALL RESIDENTS: **NEW** 10<sup>th</sup> CANADIAN PAEDIATRIC EMERGENCY MEDICINE REVIEW COURSE – JAN 23-25, 2020

This is a two and a half day comprehensive course covering the major core topics in Paediatric Emergency Medicine.

Each core topic will be *Case based with exam style questions* to facilitate learning the practice variations and current medical literature around the standards of care in Paediatric emergency medicine.

Guest Speakers are clinicians who are Paediatric Emergency Medicine trained, from across Canada

For Online Registration details, please visit <https://emo.simplesignup.ca/en/4644/index.php?m=eventSummary>

Location: Quartier Tremblant, Camp de Base, Mont-Tremblant, Quebec

Regular Deadline: Wednesday, January 15, 2020

### 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).

**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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**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) 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.

**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)

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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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## RESIDENT WELLNESS

### ALL RESIDENTS: **NEW** WELLNESS WHITEOUT RETREAT – BANFF AB – FEB 14-17, 2020

The Family Medicine resident wellness initiatives at the University of Calgary and the University of Alberta are excited to bring the first annual **Wellness Whiteout Retreat!** Family medicine residents from across the province will be brought together in the beautiful city of Banff for a retreat focused on wellness promotion, career development, and having some fun! There will be some structured activities including small group bonding activities, an evening social event, and a brief wellness conference but most of the days/nights will be for free for you to enhance your wellness as you see fit. This may

include your choice of skiing, snowboarding, yoga/meditation, socializing or simply chilling by the hot tub. Accommodations would include 3 nights in 8 person cabins at the Hidden Ridge Resort Inn and discounted lift tickets/rentals will be available for purchase (Both ridiculously cheap!).

Currently we have several organizations interested in sponsoring this to subsidize costs but nothing is official yet. Once again, the dates are **February 14<sup>th</sup>-17<sup>th</sup>** long weekend as the Monday is a PARA guaranteed STAT holiday. Those wishing to attend most likely will simply need to request a no call weekend.

**Note:** There will not be coverage but please reach out to me for those who are interested in bringing a Plus 1 as we can still accommodate at our group rates.

**Please let us know your intention by October 25<sup>th</sup> 2019 to ensure smooth booking. Any late requests will not be guaranteed.**

**Contact Information:**

U of C Wellness Rep – Daniel Farhadi [daniel.farhadi@ucalgary.ca](mailto:daniel.farhadi@ucalgary.ca)

U of A Wellness Rep – Kenton Nicholson [kentonnicholson@gmail.com](mailto:kentonnicholson@gmail.com)

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**SOCIAL**

**ALL RESIDENTS: NEW SAVE the DATE! 2019 JINGLE & MINGLE**

Mark your calendars for this year's Holiday Jingle & Mingle.

**Date & Time:** Friday, December 20<sup>th</sup>, 7pm

**Location:** The Garage Sports Bar, Eau Claire

More details and invitation to follow