

## FM Residency Newsletter – R2 Calgary, Rural & Enhanced Skills Residents – October 18, 2019

### **Resident Newsletter**

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

### **IN TODAY'S NEWSLETTER**

- R2 Calgary Residents: **New** [Research Projects](#)
- R2 Calgary Residents: **New** [Flexi-ACEs](#) Update
- R2 Calgary & Rural Residents: **New** [CCFP Examination](#) – Oct 19 & 20
- R2 Calgary & Rural Residents: **New** Changes to [Spring 2020 CCFP Exam](#) – Dates & Locations
- R2 Calgary & Rural Residents: Enhanced Skills: [Care of the Elderly](#) – Memorial University – **Accepting Applications**
- ALL Residents: May 2020 [MCCQE Part II](#) Pre-application – Now Open!
- ALL Residents: [Libin](#) International Trainee Symposium – Invitation to Trainees to Apply
- ALL Residents: [PBSG](#) Family Medicine Residents Scholarship Award – **Application Opens Apr 1, 2020**
- ALL Residents: 2020 [Sandra Banner](#) Student Award for Leadership – **Accepting Applications NOW!**

### **CONFERENCES, COURSES, WORKSHOPS**

- R2 Calgary Residents: [Civility Webinar](#) and Mindful Practice Workshop – **Nov 14**
- R2 Calgary Residents: Health Sciences Library [Workshops](#) for October 2019
- R2 Calgary Residents: SAVE the DATE: 14<sup>th</sup> Annual Day in [Dermatology](#) for FM Physicians
- R2 Calgary Residents: 2020 [PGME](#) Resident Workshops & Events
- R2 Calgary Residents: 2019 Fall [ACLS Revised Dates](#)
- ALL Residents: **New** 2020 [Peace Summit](#) – **Feb 5-7, 2020**
- ALL Residents: [Grey Cup Football](#) CME Conference – **Sat, Nov 23, 2019**
- ALL Residents: 44<sup>th</sup> Annual [Pearls](#) For Family Practice
- ALL Residents: 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
- 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

### **RESIDENT WELLNESS**

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

### **SOCIAL**

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

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**R2 CALGARY RESIDENTS: **NEW** RESEARCH PROJECTS**

**Research Projects** - please send all research project proposals, as well as completed projects, to your Division Coordinators. They are tasked with tracking the Research projects completion for the residents and they will also forward the proposals and the completed projects to the appropriate person in the Research Department for review, feedback and marking.

Please **do not use** the [rrtc@ucalgary.ca](mailto:rrtc@ucalgary.ca) email until further notice. This email is not monitored at this time.

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## **R2 CALGARY RESIDENTS: **NEW** FLEXI-ACEs UPDATE**

Residents can arrange their own Flexi-ACEs. Using the “rules” from the FM Residency website the residents could secure a suitable ACE and work with the learner scheduler to tailor their Care of the Adult, Care of the Child and Behavioral Medicine/Mental Health ACE block. The Flexi ACE form will be updated and ready to access effective Oct 21<sup>st</sup>, 2019.

Please use the following link: <http://calgaryfamilymedicine.ca/residency/index.php/current-residents/forms>  
Together with the form, approval must be obtained from the preceptor and submitted to the Learner Scheduler a minimum of 8-10 weeks prior to the start of the block.

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## **R2 CALGARY & RURAL RESIDENTS: **NEW** CCFP EXAMINATION – OCT 19 & 20**

*For those R2 residents writing the CCFP examination this weekend, we wish you the best of luck! We will be thinking of you and know that you are well prepared!*

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## **R2 CALGARY & RURAL RESIDENTS: **NEW** CHANGES TO SPRING 2020 CCFP EXAM – DATES & LOCATIONS**

In the spring 2020 examination session, SAMPs will be delivered over a newly expanded three-day window from Wednesday April 15 through to Friday April 17, 2020. This expanded examination window will involve more new locations all across Canada with multiple daily sittings. The SOOs will be delivered nationally at 17 sites on Saturday April 18 and Sunday April 19, 2020. The intent of this change is to allow candidates to have the option to write the SAMP component in their home (or as close to their home as possible), and increase the overall seat capacity nationally. The change will hopefully decrease travel time and costs for many candidates, as most will be able to write their SAMP component in or close to their home community. Please stay tuned to the CFPC website for more information as we get closer to the test date.

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

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## **R2 CALGARY & RURAL RESIDENTS: ENHANCED SKILLS: CARE OF THE ELDERLY – MEMORIAL UNIVERSITY – ACCEPTING APPLICATIONS**

The Enhanced Skills (ES) training program in **Care of the Elderly** (COE) at Memorial University is accepting applications for the 2020/2021 academic year. This 6 or 12 month program provides family medicine residents or practicing family physicians with comprehensive clinical assessment and management skills related to caring for medically complex and frail older adults. For further information about the program please contact Program Coordinator Ms. Lisa Grant ([Lisa.Grant@med.mun.ca](mailto:Lisa.Grant@med.mun.ca)) or Program Director Dr. Susan Mercer ([Susan.Mercer@mun.ca](mailto:Susan.Mercer@mun.ca)). For practicing family physicians

who are considering the program, Dr. Amy Pieroway is currently completing the program after 6 years in family practice and will be happy to discuss her experience ([amypieroway@munmed.ca](mailto:amypieroway@munmed.ca)).

Website: <https://www.med.mun.ca/Family-Medicine/Postgraduate/Enhanced-Skills/-Care-of-the-Elderly.aspx>

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## **ALL RESIDENTS: MAY 2020 MCCQE PART II PRE-APPLICATION – NOW OPEN**

The pre-application period for the May 2020 Medical Council of Canada Qualifying Examination (MCCQE) Part II is now open. If you are interested in taking the May 2020 MCCQE Part II, the following STEPS are required:

**STEP 1: You must add your name to the pre-application list. The pre-application period will remain open until 11:59 p.m., Eastern Time (ET) on November 11, 2019.**

If you meet the exam's [eligibility requirements](#), you must add your name to the pre-application list through your [physiciansapply.ca](http://physiciansapply.ca) account at any time during the pre-application period.

- o Click on “Examination” on the left panel
- o Click on “Apply for an examination” on the centre panel
- o Click on “MCCQEII May 2020”. You will need to answer a few questions. Once completed, you will see a confirmation screen that you have been added to the pre-application list.
- o You will also receive a confirmation message once completed. To view this message, click on “Messages” on the left panel.

The pre-application deadline is **November 11, 2019 at 11:59 p.m. Eastern Time**. You will not be able to add your name to the pre-application list after this deadline.

**Exception to the above pre-application period:** If you took the Aug./Sept. 2019 MCCQE Part I or if you will take the Oct./Nov. 2019 MCCQE Part I or the Oct. 2019 MCCQE Part II, your pre-application period for the May 2020 MCCQE Part II will differ from the above. In this case, please see “How do I take the MCCQE Part II?” on the [MCCQE Part II web page](#) for more information.

**Step 2: Wait to receive an invitation to apply; invitations will be sent starting November 14, 2019.**

Starting on November 14, we will proceed with a random selection of candidates in their second year of residency and above (PGY-2+) from the pre-application list. Selected candidates will receive an invitation to apply to the exam.

Additional invitations to apply will be sent in December and January based on remaining available spaces, including to candidates in their first year of residency (PGY-1). Please monitor your [physiciansapply.ca](http://physiciansapply.ca) account on a regular basis for further updates. If you do not receive an invitation to apply for the May 2020 session by the end of January 2020, you will need to wait to pre-apply to a future session.

While capacity for each session is limited, if a candidate is required to take the exam no later than a given session for licensure purposes or other reason related to progressing through their career, we will ensure that they are provided a spot in the exam no later than that session, provided that they add their name to the pre-application list during the designated pre-application period.

**Step 3: Complete and pay for your application to the exam if you receive an invitation to apply.**

If you are selected to apply, you will receive a message through your [physiciansapply.ca](http://physiciansapply.ca) account inviting you to apply before a specified deadline. After receiving this message, please complete and pay for your exam application through your account. Your application is only complete once you have paid the exam fees and received a transaction confirmation message. If you do not apply by the deadline specified in the message, your space will be offered to another candidate.

**Test accommodations:** If you are selected to apply and require test accommodations due to an existing special need, disability or functional limitation, you must identify this during the online application process. You must then submit the [required supporting documentation](#) to [candidateaffairs@mcc.ca](mailto:candidateaffairs@mcc.ca) as soon as possible. Requests identified after the time of application are challenging to coordinate and cannot be guaranteed. (Note: The MCC reserves the right to assign candidates to a centre where test accommodations can be offered, which may require travel and related expenses.)

For further details about the May 2020 MCCQE Part II, please visit our [website](#). For an overview of the pre-application process, please see the [infographic](#).

At all stages of the pre-application and application process, please monitor your physiciansapply.ca account regularly for messages and updates.

#### Questions?

Website: [mcc.ca](http://mcc.ca) | Email: [service@mcc.ca](mailto:service@mcc.ca) | Telephone: (613) 520-2240

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#### ALL RESIDENTS: LIBIN INTERNATIONAL TRAINEE SYMPOSIUM – INVITATION TO TRAINEES TO APPLY

The Libin Cardiovascular Institute of Alberta is hosting an International Trainee Symposium about integrating sex and gender considerations into research. Any and all trainees who are doing work related to the cardiovascular system are invited to submit an application. The **applications are due by Friday, November 1<sup>st</sup>**. For more information, please visit the application website: <https://libin.ucalgary.ca/traineesymposium>

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#### ALL RESIDENTS: PBSG FAMILY MEDICINE RESIDENT SCHOLARSHIP AWARD – APPLICATIONS ON APR 1, 2020

The Foundation for Medical Practice Education is offering an annual award to Family Medicine Residents called the **PBSG Family Medicine Residents Scholarship Award**. The award is to recognize a Residency project in the area of small group learning. Our areas of interest for resident projects include the use of social media in small group learning, alternative delivery methods for PBSG, or any project that aligns with the goal of promoting small group learning and evidence-based principles. Feel free to discuss and encourage your Residents to consider an education scholarship project in this area.

For more information about the award click here: <https://fmpe.org/en/programs/residency-practice-based-small-group-learning-program>

#### For more information, contact:

Dr. Risa Bordman, Residency Director, at [risa.bordman@utoronto.ca](mailto:risa.bordman@utoronto.ca)

Linda Mayhew, Education Co-ordinator, at [mayhewl@mcmaster.ca](mailto:mayhewl@mcmaster.ca) or 905-525-9140 x22252

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#### ALL RESIDENTS: 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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[CONFERENCES, COURSES, WORKSHOPS](#)

## R2 CALGARY RESIDENTS: CIVILITY WEBINAR AND MINDFUL PRACTICE WORKSHOP – NOV 14

Well Doc Alberta and the Alberta Medical Association's Physician and Family Support Program Presents:

**Topic:** Patients First, But What Next? Inciting Useful Dialogue Around Civility

**When:** November 14 @ 2:00 – 3:30 pm

**Where:** TRW Building, 3280 Hospital Dive NW, Calgary

**Register:** [https://civility\\_nov2019.eventbrite.ca](https://civility_nov2019.eventbrite.ca)

This talk is available province-wide via webinar and in person at the University of Calgary. It is open to medical students, residents, and practicing physicians.

The event is free for all registrants.

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## R2 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY WORKSHOPS FOR OCTOBER 2019

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

**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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## R2 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:** 07:45 am – 13:00 pm

**WEBSITE:** <https://conted.ucalgary.ca/portal/events/reg/participantTypeSelection.do?method=load&entityId=52002756>

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

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## R2 CALGARY RESIDENTS: 2020 PGME RESIDENT 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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**R2 CALGARY RESIDENTS: 2019 FALL ACLS REVISED DATES – REGISTRATION NOW OPEN!**

**ACLS 1 Day Renewal Courses**

Nov 2<sup>nd</sup>                      Nov 30<sup>th</sup>  
Nov 23<sup>rd</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

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**ALL RESIDENTS: NEW 2020 PEACE SUMMIT – FEB 5-7, 2020**

Humanitarian Affairs Asia is hosting the 2<sup>nd</sup> Peace Summit of Emerging Leaders at the United Nations Conference Centre Bangkok, Thailand from February 5 to 7, 2020. The conference will gather 500 young leaders from different parts of the world and give them an understanding and broader perspective on this vitally important subject. Are you ready to be part of this Global Peace Movement?

**Attachments:**

Peace Summit 2020 Brochure  
Peace Summit 2020 Program  
Peace Summit Delegate Application Form 2020

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**ALL RESIDENTS: GREY CUP FOOTBALL CME CONFERENCE – SAT, NOV 23**

Every year, the Canadian Academy of Sport and Exercise Medicine (CASEM) hosts a 1-day Football Conference during the Grey Cup Weekend at the host city and this year it is happening on **Nov 23 2019 in Calgary**. Dr. Trinh is the Co-chair organizer of this CME event with guest speakers composed of the Calgary Stampeders Sports Medicine Physicians, Orthopedic Surgeons, Psychiatrists and Physiotherapists who will be presenting talks regarding musculoskeletal medicine particularly as it relates to football injuries.

**Register:** <https://casem-acmse.org/product/casem-football-sport-medicine-course/>

**Website:** <https://casem-acmse.org/events/22621/>

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**ALL RESIDENTS: 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)

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**ALL RESIDENTS: 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

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**ALL RESIDENTS: FALL CONFERENCE – THURS, NOV 28**

You are invited to attend The Department of Family Medicine Fall Conference 2019!

**Calgary Residents:**

A reminder that the Resident DFM Fall Conference is occurring on November 28 at the Best Western Calgary Hotel & Conference Centre located at 1316 33 street NE, Calgary Alberta. This year's conference theme is Urgent Care. Please note, *Residents are expected to attend* unless on a rural rotation or out of town elective, or on approved leave. If you have any questions please contact your Division Coordinator.

\*Residents are not required to RSVP for this event.

**Rural Residents:**

A reminder that the Resident DFM Fall Conference is occurring on November 28 at the Best Western Calgary Hotel & Conference Centre located at 1316 33 street NE, Calgary Alberta This year's conference theme is Urgent Care. Please note, *Residents are expected to attend* unless on a rural rotation or out of town elective, or on approved leave. If you have any questions please contact your Division Coordinator

\*Residents are not required to RSVP for this event.

**Enhanced Skills Residents and Staff:**

You are invited to attend DFM Fall Conference occurring on November 28<sup>th</sup> at the Best Western Calgary Hotel & Conference Centre located at 1316 33 street NE, Calgary Alberta. This year's conference theme is Urgent Care.

If you are interested in attending, please RSVP by clicking the link below:

<https://forms.gle/mmZuxooXDZ55k2Ba7>



Please RSVP by clicking the link: <https://forms.gle/mmZuxooXDZ55k2Ba7>

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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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#### 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: 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

**What:** : An invaluable one-day experience to learn about urgent care topics and to network at the largest urgent care meeting in Canada.

**When:** 08:00 – 18:00, Saturday, November 2, 2019

**Registration:** [www.regonline.com/ucconference2019](http://www.regonline.com/ucconference2019)

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### **JOB POSTINGS – PHYSICIAN OPPORTUNITIES**

Current Physician Opportunities for DFM Residents are now posted on our DFM Website, please contact the individual provider for further details. Opportunities will remain posted for 3 months, please note the expiry date at the bottom of the post.

Website Link: <http://www.calgaryfamilymedicine.ca/residency/index.php/opportunities>

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### **RESIDENT WELLNESS**

#### **ALL RESIDENTS: 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.

**Signup link:**

[https://docs.google.com/spreadsheets/d/1HrRT\\_XfO5KAtphVBylpS-VyA9FILO-mw9HSXdejT0k/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1HrRT_XfO5KAtphVBylpS-VyA9FILO-mw9HSXdejT0k/edit?usp=sharing)

**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: 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