

## FM Residency Newsletter – R1 Calgary & Rural – December 20, 2019

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- ALL Residents: UBC [Tropical](#) & Geographic Medicine Intensive Short Course 2020 – **May 4-8, 2020**

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### **HOLIDAY "WELL WISHES"**

*As of tomorrow, the days will begin to lengthen, and the nights shorten. Many cultures have viewed this time of year as holding great importance. You've all worked very hard to get to this point in the year. Now it is time to rest when you can, reflect, enjoy special time with the ones you love, tell stories, and celebrate traditions.*

*Whatever this time of year means to you, we hope you take the time to contemplate all the great things you have accomplished this past year. And, as the days lengthen and lighten, we hope you look forward to all the great things that you are closer to achieving, as the outstanding family physicians of tomorrow.*

*All the best for the coming year,*

**Dr. Lindsay Jantzie, MD, CCFP**

Postgraduate Director, Calgary Residency Program  
Department of Family Medicine  
University of Calgary

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### **R1 CALGARY RESIDENTS: **NEW** CALL FOR STIPEND SUBMISSIONS BLOCK 6 – DUE FRI, DEC 27**

**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 6** call stipends are due **Friday, December 27, 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** MENTAL HEALTH LAB (FM-MHL) – NO LABS DEC 26 AND JAN 2**

There will be no Mental Health Labs for R1s on December 26, 2019 and January 2, 2020.

Happy Holidays

Kristy Reimner  
*Interim* Behavioural Medicine Coordinator

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**R1 CALGARY RESIDENTS: **NEW** PATIENT CENTERED CARE LAB (PCCL) – NO LAB DEC 27**

There will be no Patient Centered Care Lab on December 27, 2019 for R1s in the Behavioural Medicine/Mental Health Lab rotation in Block 7.

Happy Holidays

Kristy Reimner  
*Interim* Behavioural Medicine Coordinator

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**R1 CALGARY RESIDENTS: UPCOMING EVENTS FOR THOSE INTERESTED IN ADDICTION/VUPS MEDICINE**

See below some upcoming events that may be of interest:

1. **Summer Institute on Refugee Health and Narrative Exposure Therapy (NET)** in Ottawa May 30<sup>th</sup> – Jun 3<sup>rd</sup>, 2020: a one-week leadership program is designed for medical students and international medical graduates seeking valuable experience in cross cultural communication skills, PTSD and medical expertise, and leading community service learning programs. See link to last year's programming [http://ccirhken.ca/ccirh\\_main/sample-page/page4-2/summer-institute/](http://ccirhken.ca/ccirh_main/sample-page/page4-2/summer-institute/)

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**R1 CALGARY & RURAL RESIDENTS: **NEWEST** EDITION OF FAMILY MEDICINE NOTES – NOW AVAILABLE**

We are excited to announce that the **newest edition of Family Medicine Notes** is now available at our website <https://familymedicinotes.com/>.

Family Medicine Notes started in 2012 and was initially developed to aid in studying for the CCFP exam. Since then, over 14,000 copies have sold in over 15 countries. Today, FMN has grown into a one stop, comprehensive family medicine resource that residents can rely on for the 99 priority topics. In the past few years, it has also become a notable resource for day to day family medicine for recent graduates or primary care physicians wanting to stay up to date with the most recent guidelines and approaches. It condenses entire guidelines into 1-2 pages for quick and easy reference to aid clinicians in differentials, investigations and recommended, evidence based management options. The book is updated annually to include the most recent literature and research. *This years edition has important updates to the guidelines for colorectal cancer, hypothyroidism, Crohn's, Irritable bowel syndrome, Pneumonia, Urinary tract infections, Multiple*

Sclerosis, Trial of Labour after C-section, Obesity in Pregnancy, Travel medicine, Opioid use disorder, Chronic obstructive pulmonary disease, systemic lupus erythematosus, erectile dysfunction, nephrolithiasis, symptom management in palliative care and many more!

We are also excited to announce an addition to our Family Medicine Notes collection. FMN: Inbox Management is an evidence and guideline based pocket book that focuses on conditions and findings that are encountered during inbox management. It is meant to provide guidance and a starting point when tackling incidentalomas, abnormal findings and routine investigations and monitoring. Inbox management is a great resource for physicians in residency, staff new to practice or those that are interested in keeping up with the most recent updates and evidence.

As always we offer group discounts on all our hard copy books for bulk orders (10% off for orders of 10 or more and 20% off for orders of 20 or more).

Check out the sample pages of the new edition at [https://familymedicine.com/Sample-Pages-2019\\_ep\\_44.html](https://familymedicine.com/Sample-Pages-2019_ep_44.html). This edition is available in both hard copy and eBook.

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## **ALL RESIDENTS: PBSG FAMILY MEDICINE RESIDENT SCHOLARSHIP AWARD – APPLICATIONS OPEN 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>

**Application window opens: April 1, 2020**

**Application Form:** Link will be available between **April 1 and June 30, 2020**

**For more information, contact:**

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

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

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## CONFERENCE, COURSES, WORKSHOPS

### **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: **NEW** HSL INSTRUCTION SESSIONS – JAN 2020**

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

**Wednesday, January 8, 9-9:30 a.m.** What's in a Name? Systematic and Other Reviews **NEW**

**Wednesday, January 8, 9:30-10:25 a.m.** Understanding Systematic Reviews in Human Health  
**Wednesday, January 8, 10:35-11:30 a.m.** Searching MEDLINE Systematically  
**Thursday, January 16 1-2:30 p.m.** EndNote Desktop  
**Monday, January 27 1-2:30 p.m.** EndNote Desktop  
**Thursday, January 30, 10:30 a.m. - 12 p.m.** Introduction to Qualitative Data Analysis Using NVivo 12  
**Thursday, January 30, 12 – 1-2:30 p.m.** Intermediate Qualitative Data Analysis With NVivo

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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**ALL RESIDENTS: 2020 PEACE SUMMIT – FEB 5-7, 2020; REGISTRATION DEADLINE – DEC 20, 2019**

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?

**Final Application Deadline: December 20, 2019**

**Attachments:**

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

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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

**Registration Deadline: Wednesday, January 15, 2020**

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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: OHMES HEALTH & MEDICAL EDUCATION SCHOLARSHIP SYMPOSIUM – MARCH 5, 2020

The sixth annual OHMES Health & Medical Education Scholarship Symposium will be held at the Health Sciences Centre at the University of Calgary, showcasing work in health and medical education research and innovation. We have revamped the format this year, condensing activities into one full day, featuring local research and innovation, and introducing a “fringe” session during which participants present unexpected and unforgettable artsy content related to health/medical education scholarship. More details, including the announcement of the keynote speaker, will be available soon.

**Registration will open in late January, and a confirmed event schedule will be available at that time. The Call for Abstracts for orals, posters, workshops and the “fringe” is open until 6 January 2020, with details at <https://cumming.ucalgary.ca/office/ohmes>.**

This free event is open to anyone with an interest in health or medical education scholarship. For further information, please contact [ohmes@ucalgary.ca](mailto:ohmes@ucalgary.ca) or 403-220-4342.

**Attachment:** OHMES Health&Med Edu Symposium Abstract Form2020

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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

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.

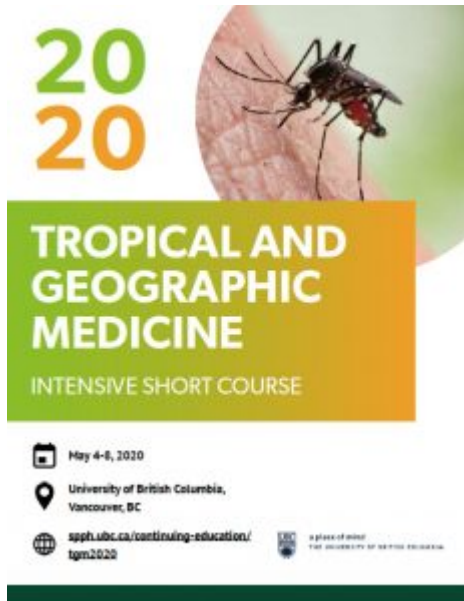
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## ALL RESIDENTS: UBC TROPICAL & GEOGRAPHIC MEDICINE INTENSIVE SHORT COURSE – MAY 4-8, 2020

Tropical and Geographic Medicine Intensive Short Course 2020

**Date:** May 4-8, 2020

**Time:** 8:00 am – 5:00 pm (7:45 am start on May 4 Monday.  
Course adjourns at 5:00 pm on May 8 Friday.



**Location:**

**University of British Columbia**

Vancouver campus – classroom TBA

Laboratory: Life Sciences Centre, Multipurpose Lab,

2350 Health Sciences Mall, Vancouver BC

**REGISTER HERE**

Click [here](#) to view course brochure

The annual Tropical and Geographic Medicine course aims to provide health practitioners an important update and overview of key tropical diseases with a focus on providing care in resource-limited settings as well as in Canada. This course is the first of its kind in western Canada. Over 300 physicians, nurses, pharmacists and other health professionals have successfully completed this course.

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