

FM Residency Newsletter – R1 Calgary & Rural Residents – April 09, 2020

As the COVID-19 pandemic continues to develop, please pay attention to your emails, as Dr. Jantzie will continue to provide updates as they arise. Stay safe.

IN TODAY'S NEWSLETTER

- Calgary R1 Residents: **New** [Vacation](#) Requests
- Calgary R1 Residents: **New** Call for [Stipend](#) Submissions Block 10 – due Fri, Apr 17
- Calgary/Rural R1 Residents: **New** Selection Fairness - [Survey](#)
- ALL Residents: COVID-19 [Coping Tips](#), Strategies & Resources
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AWARD ANNOUNCEMENT

- **ALL Residents:** **New** 2020 Dr. [Bryan Ward](#) Award Winner

CONFERENCE, COURSES, WORKSHOPS

- R1 Calgary Residents: 2020 [PGME](#) Resident Workshops & Events - **CANCELLED**
- R1 Calgary Residents: [Health Sciences](#) Library **Online** Workshops – April 2020
- ALL Residents: [EBMLive](#) 2020 – Toronto – July 6-8, 2020
- ALL Residents: [EVIDENCE](#) at Your Fingertips – Online Education Series

CALGARY R1 RESIDENTS: **NEW** VACATION REQUESTS

Vacation requests for blocks 1 to 3 only will be processed at this time. Kindly hold off on any vacation requests beyond this until July 1, 2020. Due to the current situation with COVID -19 there may be a delay in processing some requests your patience is appreciated. It should also be noted that any request processed at this time will be based on your current projected schedule should this change every attempt will be made to honor approved vacation. If you have any questions please contact your Program Coordinator.

CALGARY R1 RESIDENTS: **NEW** CALL FOR STIPEND SUBMISSIONS BLOCK 10 – DUE FRI, APR 17

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 10 call stipends are due **Friday, April 17, 2020**. 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>

CALGARY/RURAL R1 RESIDENTS: NEW SELECTION PROCESS - SURVEY

Dear Residents;

On behalf of the College of Family Physicians of Canada, Residents are invited to complete the "Selection Fairness" survey. Please follow the link below

<https://ca.surveygizmo.com/s3/50070193/Canadian-Medical-Graduate-Survey-2019>

Respectfully,
Lindsay

Dr. Lindsay Jantzie, MD, CCFP
Postgraduate Director, Calgary Residency Program
Department of Family Medicine
University of Calgary
jantzie@ucalgary.ca
www.ucalgary.ca/familymedicine

ALL RESIDENTS: COVID-19 COPING TIPS, STRATEGIES & RESOURCES

Coping Tips – tailored for UofC FM Residents – see attached

Attachment 1: COVID-19 Coping Tips, Strategies & Resources

ALL RESIDENTS: COPYRIGHT COMPLIANCE PROCESS AND PROCEDURES

A reminder that for any resident completing a formal presentation to ensure you have University copyright compliance. Please refer to the **attached** document for more information or the [copyright website](#). The process to get compliance is easy- send your presentation to copyright@ucalgary.ca, and it takes them one-two days to respond.

Attachment 2: Copyright Compliance

AWARD ANNOUNCEMENT

ALL RESIDENTS: NEW 2020 DR. BRYAN WARD AWARD WINNER

I would like to announce that Dr. Scott MacLeod (PGY-3 in Family Medicine Enhanced Skills, Family Practice-Anesthesia) is the 2020 recipient of the Dr. Bryan Ward Award for Enhanced Skills in Rural Practice. This award is

co-presented by the friends & family of Dr. Bryan Ward, the College of Physicians and Surgeons of Alberta, the Family Medicine Enhanced Skills Residency Program and the University of Calgary, Cumming School of Medicine. More information on Dr. Bryan Ward can be found at: <http://www.cpsa.ca/about/dr-bryan-ward/>. Dr. MacLeod's demonstrated commitment to rural practice and the provision of family medicine and anesthesia care services in rural communities make him an outstanding recipient.

Dr. Brendan Miles
Program Director, Enhanced Skills (PGY-3) Residency Program

CONFERENCE, COURSES, WORKSHOPS

R1 CALGARY RESIDENTS: PGME WORKSHOPS and EVENTS - *CANCELLED*

Please note that all of the PGME resident workshops for March and April have been cancelled. All registrants have been contacted and registration has been closed and these workshops are no longer listed.

Thank you for your patience and understanding. Any questions contact Kristen Story (Kristen.story@ucalgary.ca)

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

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

R1 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY *ONLINE* WORKSHOPS – APRIL 2020

These free workshop will be held online. A link to the webinar will be provided prior to the session.

Tuesday, April 7 10:30 a.m.-12 p.m. ***ONLINE*** Introduction to Qualitative Data Analysis Using NVivo 12

Tuesday, April 7 1-2:30 p.m. ***ONLINE*** Intermediate Qualitative Data Analysis With NVivo 12

Thursday, April 9 2-3:30 p.m. ***ONLINE*** EndNote Desktop

New **Remote Support for Endnote Users:** Connect with one of the Endnote

Instructors<<mailto:lyturzae@ucalgary.ca?subject=Need%20Endnote%20Help%3F&body=Please%20provide%20a%20preferred%20date%20and%20time%20between%208%3A00am%20to%206%3A00pm%2C%20Mon-Fri%20so%20we%20can%20connect%20by%20Zoom.%20Thank%20you.%0A%0ALourdes%20Yturzaeta%20%0AInformation%20Specialist%20%2F%20Health%20Sciences%20Library>>

<<mailto:lyturzae@ucalgary.ca?subject=Need%20Endnote%20Help%3F&body=Please%20provide%20a%20preferred%20date%20and%20time%20between%208%3A00am%20to%206%3A00pm%2C%20Mon-Fri%20so%20we%20can%20connect%20by%20Zoom.%20Thank%20you.%0A%0ALourdes%20Yturzaeta%20>> at the Health Sciences Library for online help

Please go to: <http://workrooms.ucalgary.ca/calendar/lcr-workshops/> for further details and to register.

For further information, please contact us at: hslibr@ucalgary.ca<<mailto:hslibr@ucalgary.ca>>

ALL RESIDENTS: EBMLive – TORONTO – JULY 6-8, 2020

[EBMLive](#) 2020 is a three-day conference focused on three core themes outlined in the [EBM Manifesto](#). It is an open invitation to contribute to and join a movement towards better evidence by providing a roadmap for how to achieve the listed priorities and to share the lessons from achievements already made.

- Patient Involvement and Collaboration
- Real-World Data to Improve Practice
- Communication of Evidence

[Register here](#)

ALL 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).

U of C DFM Residency

COVID-19 Coping Tips, Strategies & Resources

Put Structure Into Your Day



It can be stressful to lose the basic schedule of our day, it is a good idea to try to adhere to the same work-week structure while you are at home.

For example, if you:

- get up at 7AM during the work week
- exercise in the morning and your gym, pool, community centre or yoga studio is now closed
- have regular break times

Then:

- get up at 7AM
- get up at the same time and go for a walk or a bike ride
- take regular breaks at your break times

Also try:

- having a dedicated space to do your work, if you are working from home
- dressing for work
- going for a walk around the block before starting your workday
- walking around the block again at the end-of-day to arrive back at your home

* Recipes:

<https://www.nytimes.com/article/easy-recipes-coronavirus.html>

Minimize Damage

Consider what you can do to guard against things that may cause more harm than good.

Take care not to practice unhealthy coping strategies like:

- ✗ over-using alcohol
- ✗ other substances
- ✗ social withdrawal
- ✗ staying engaged in an activity without any rest
- ✗ over-consuming daily news is another way for some of us.

Don't Shut Yourself Away

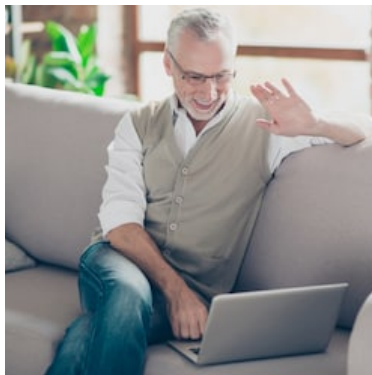
- As long as you are following the public health guidelines regarding social and physical distancing (currently 2 meters or 6 feet), it is still acceptable to be in the company of a couple of people (e.g., going for a walk or a run with a friend, sitting outside enjoying the beginnings of spring while having a cup of coffee with a neighbor etc.).
- Of course, be aware that this current recommendation may change if the number of cases increases and a shelter-in-place order comes from provincial or municipal governments.

Stay or Get Active



- **Physical activity.** Put your adrenaline to good use. Even a little is better than none, and something nearly every day is better than occasional.
- **As long as you are not required to self-isolate, consider exercising outside, if you are able. (e.g. go for a run, a bike ride, a hike or a walk.)** If you have a yard or garden, spring is a time when it can use some attention.
- * At Home Workouts:
<https://www.cnet.com/how-to/gym-closed-here-are-some-of-the-best-home-workout-options/>
- * https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ

Find Healthy Ways To Communicate



Most human beings need to spend time in the company of other people. Staying connected and interacting with others is therefore an important way to maintain good mental health. Fortunately, there are lots of ways to meet that don't involve face-to-face interaction.

If you have the technology on your phone (e.g., FaceTime if you have an iPhone, Skype):

- set a time with a friend for a coffee date
- Arrange a happy hour with friends with each person providing their own food and drink
- have a 'virtual' dinner with friends or family
- watch a movie at the same time
- play games with friends
- visit social media channels that focus on creating a positive community
- ✗ step away and focus less on aspects of social media that propagate fear, questionable information or pessimism

Be Compassionate With Yourself & Others



- ✓ Normalize feeling fear of the uncertainty regarding what lies ahead, the stress that you are feeling, and even a bit of irritability
- ✓ Remember that we're all in the same big lifeboat
- ✓ While you are showing yourself compassion for doing what you can do to cope with a difficult situation, remember that the person two meters away from you is in the same situation
- ✓ Patience and compassion for yourself and for others will be helpful all-round

* <https://www.welldocalberta.org/covid-19-updates>

Discover Opportunity

- Highly disruptive times can sometimes have unexpected positive outcomes. Amidst stress, pain, fatigue and loss, our shared purpose in facing adversity gives rise to wonderful collaboration and innovation.
- You may develop levels of maturity and wisdom you never expected.
- You may experience – whether within yourself or others – grace, citizen leadership, new reserves of strength, and quiet acts of unsung heroism.
- This is may be a moment in time to seek and seize such opportunities, and to appreciate and acknowledge them in others.

Now may also be a good time to do things that you have not been able to prioritize:

- ✓ Pick up an instrument (Youtube is full of free lessons)
- ✓ Start learning a new language (apps like DuoLingo can help)
- ✓ Pick up a new hobby (knitting, woodworking, indoor gardening, painting, writing, photography, etc)
- ✓ Allow yourself to binge watch something you've been delaying

If the thought of engaging in one of these projects is overwhelming, break it into small chunks. Setting goals that are defined by time ✓ and not task focused ✗ can also be helpful.

* Entertainment Options:

<https://www.nytimes.com/article/coronavirus-quarantine-what-to-watch.html>

* https://www.washingtonpost.com/entertainment/books/readers-stuck-at-home-need-books--and-community-heres-how-to-access-them/2020/03/20/4fe14f70-6adb-11ea-b313-df458622c2cc_story.html

* Visit museums online

https://www.buzzfeed.com/andyneuenschwander/13-museums-you-can-visit-online-during-your-quarant?utm_source=Sailthru&utm_medium=email&utm_campaign=BF%20News%20Mar%2018&utm_term=News%20confirmed%20list

Name it and Tame it

- Because anxiety “shouts”, it makes it hard to notice other emotions.
- Recognizing the softer ones helps balance the noise.
- Try finding descriptive words (use this [list of feelings](#) if you need help) to identify what you feel at any moment.
- Remember, sadness is ok when you allow yourself to feel it, and then move through it.

* The value of accepting anxiety: <https://www.psychologytoday.com/us/blog/going-out-not-knowing/202003/feeling-anxious-course?eml>

* <https://www.psychologytoday.com/us/blog/anxiety-zen/202003/19-ways-support-your-mental-health-during-covid-19>

Let Values Guide You

- What would you do if distress wasn't taking up your energy and time?
- Whether it's home relationships, community, exercise, religion/spirituality, study, arts

✓ whatever values you hold high, don't give anxiety the power to take you from them

Stress management tools/apps made free for you

HEADSPACE – Free Meditation App for Healthcare Professionals

<https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals>

TEN PERCENT HAPPIER – Follow these instructions (webpage is here too)

<https://www.tenpercent.com/coronavirussanityguide?rq=free%20healthcare>

STEPS TO REDEEM YOUR COMPLIMENTARY SUBSCRIPTION CODE

(It is very important that you do things in this order to avoid any issues.)

1. Start by tapping or clicking <https://redeem.tenpercent.com/> to get to the redemption page on our website.
2. Create an account on that website (or, if you already have an account, sign into your Ten Percent Happier account where it says "Already have an account? Sign In.").
 - Make a note of the way you registered your account — using email/password OR Sign up with Apple OR Sign up with Facebook — you'll need it when you sign into the Ten Percent Happier app on your mobile device.
3. Enter your Gift Code: HEALTHCARE (capital letters count).
4. Tap or click Redeem. → Congrats! 🎉 You have applied this coupon code to your account
5. Download the [iPhone App](#) or [Android App](#) on your mobile device (if you haven't already).
6. IMPORTANT: please log into the app using the same method you used to claim your code on the website.
 - Please do not create a new account on the app that is different from the account that you just created on the website.

BALANCE – you email and ask for access access@balanceapp.com

It will reply with this:

Thank you for contacting us. Please follow these instructions to unlock your free one-year subscription:

If you already have a Balance account:

1. Reply to this email and include your Balance email login.
2. To find your Balance email login check the settings page in the app.

If you don't have a Balance account:

1. Install Balance from the Apple Store, and create an account.
2. Reply to this email with your Balance email login.

Someone on our team will then upgrade your Balance account and reply to you personally when we're done. Due to overwhelming demand, it may take up to 72 hours to grant your free one-year subscription. You're welcome to use the free content in Balance in the meantime.

Subject: [Academic-staff-I] Reminder – Critical Importance of Copyright Compliance Process and Procedures

The University of Calgary works to raise awareness of the Copyright Act and its regulations, fulfill our legal obligations set out in the Act and protect the intellectual property that we both use and create on campus. As an institution that manages its own copyright compliance and does not operate under a collective copyright licensing agreement, it is imperative that our community is compliant in all areas of copyright.

The Copyright Committee is awaiting the decision of the Access Copyright v York University lawsuit appeal and is reviewing recent decisions by the Copyright Board. As the Canadian copyright landscape continues to evolve, the importance of sound copyright policies and procedures within our campus community are further emphasized and required.

We remain committed to maintaining a balance between creator and user rights, and the application of fair dealing in the materials used in our teaching and research. Students, faculty and staff must adhere to the University of Calgary's policy on [Acceptable Use of Material Protected by Copyright](#) and are encouraged to submit their materials for review.

What does this mean for you?

All third party materials, with the exception of purchased texts, must be reviewed by the Copyright Office staff before they can be used in teaching. This includes materials sourced from the Library, Internet or elsewhere that you intend to post to D2L or distribute to your students. The Copyright Office can help you ensure that the educational exceptions in the Copyright Act are appropriately applied and will arrange for copyright permissions, as needed. Copyright automatically applies to all original works, regardless of whether they are electronic, sourced from the Internet or in print format.

The [Learning Materials memorandum](#) from the Vice-Provost (Libraries and Cultural Resources) and Vice-Provost (Teaching and Learning) is an important resource for instructors seeking to source cost effective learning materials, including open educational resources.

What do you need to do?

Send your course materials to copyright@ucalgary.ca or contact the Copyright Office for assistance if the materials have already been posted to D2L. The Copyright Office will review and provide copyright clearance for your materials – a process that is usually completed within a few days. Visit the [copyright website](#) for more general copyright information

Materials must be reviewed each semester they are used, as permissions need to be renewed, and licensing agreements and links may have changed. **Do not assume that previously used materials are still cleared for use.** However, if the materials have been submitted previously to the Copyright Office, you need only inform them that there are no changes to your course materials. The Copyright Office will review their records, renew permissions as needed and confirm that your materials are copyright compliant for the upcoming term.

If you have a Teaching Assistant aiding with your selection and/or development of course materials, please share this information with them. It is important that they are aware of these obligations and the Copyright Office services.

Why do you need to do this?

It is important that we are compliant in all areas of copyright, in accordance with the Copyright Act and related decisions of the Supreme Court of Canada. The Copyright Office aims to mitigate risk to the university and our campus community by continuing to provide timely, copyright-compliant, access to required material. We need all members of the University of Calgary to work collectively towards this goal to meet our obligations in the use of third party materials.

On behalf of the Copyright Committee and the University of Calgary, thank you for your continued support in our efforts to ensure best practices in copyright compliance and your timely attention to this request.

Dru Marshall
Provost and Vice-President (Academic)