

FM Residency Newsletter – R1 Calgary & Rural Residents – April 24, 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.

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CALGARY/RURAL R1 RESIDENTS: **NEW** VACATION PAYOUT AND CARRY-OVER

Hi All,

We have been receiving questions regarding vacation payout and carry-over in light of cancelled vacations due to rescheduling around COVID-19.

Please see the information provided to us by Dr. Jantzie. If you have any questions please contact your Division Coordinator.

*The guidelines for vacation payout were confirmed by PGME on April 17th. Payout will **ONLY** occur if:*

- 1) Vacation was denied due to clinical service and could not be taken later in the year (same as before)*
- 2) Vacation was modified/cancelled due to reassignment/redeployment (aka clinical service)*

*Per Robert Bunn from AHS that carryover is **not** possible. We are still awaiting confirmation about MOTP residents on this.*

If you have vacations on ICU or on reassigned rotations (CCH, Peds-CTU, Contact Tracing, MTU) that get cancelled on short notice please let your Division Coordinator know.

CALGARY/RURAL R1 RESIDENTS: SPRING CONFERENCE 2020 – MAY 21, 2020

Spring Conference 2020 will still be happening on May 21st, 2020. Your fellow residents have been working hard lining up speakers for the conference. It will be presented via a virtual platform and more information will be made available in the coming weeks.

CALGARY/RURAL R1 RESIDENTS: INTERESTED IN ENHANCED SKILLS? RSVP FOR THE ENHANCED SKILLS INFORMATION EVENING (ZOOM MEETING) – MAY 21ST 2020

The Enhanced Skills Program is hosting an Information Evening after the Spring Conference on **Thursday, May 21st from 4:30-6:00pm** for applicants interested in the 2021-2022 academic year. Enhanced Skills Program Directors, the Chief Resident, and current R3s will be present to answer your questions.

The event will commence with welcome and introductions in a plenary session, and immediately after respective program briefings + Q&A will occur in separate zoom rooms. You will have a chance to attend more than one program briefing + Q& A. Please RSVP via google form: <https://forms.gle/gALvLA2AFsixfbWq6>

The event will be held via Zoom: <https://ucalgary.zoom.us/j/91577894518>

You may email fmr3@ucalgary.ca if you have any questions. For more information about the Enhanced Skills Programs, please visit our website at <http://calgaryfamilymedicine.ca/residency/index.php/about-enhanced-skills/overview>.

CALGARY/RURAL R1 RESIDENTS: 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>

Lindsay

Dr. Lindsay Jantzie, MD, CCFP
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www.ucalgary.ca/familymedicine

ALL RESIDENTS: NEW RESIDENT TOWN HALL (APRIL 17th) – RECORDING LINK

Recording of the Resident Town Hall, held on April 17th, can be accessed using the link below:
https://ucalgary.zoom.us/rec/share/-eZKCY2hy2ZJHbfU42zEZqd_M6-5X6a80HRL_qAOmk1EiSx8NaQB5U-P35mJOHyS
(Access Password: h8\$4%i73)

ALL RESIDENTS: **NEW CSM LEARNER WELLNESS NEEDS ASSESSMENT-THE IMPACT OF COVID-19 SURVEY**

Dear Learner,

As a learner at the Cumming School of Medicine, University of Calgary, you are invited to take part in our research study which involves an **anonymous and voluntary** survey (15 minutes) and/or semi-structured interview (~1 hour) regarding your wellness during the coronavirus (COVID-19) pandemic.

The current COVID-19 pandemic has impacted learners at the Cumming School of Medicine. Learners are being impacted by the pandemic with regard to their personal well-being. We wish to explore this impact using a multi-faceted approach to wellness in learners, recognizing: 1) wellness can be impacted in different domains specifically mental health, physical health, social health, occupational health and intellectual health and 2) wellness initiatives can occur at the individual (learner), program (BHSc, BCR, GSE, UME and PGME) and system (higher education system and health care system) levels.

Specifically, we aim to investigate the following two objectives:

1. To determine the extent and nature of learner wellness initiatives to facilitate wellness in domains of mental health, physical health, occupational health, social health and intellectual health at individual, program and system levels during the COVID-19 pandemic.
2. To explore how learners, describe their own wellness with respect to five domains of wellness at the individual, program and system levels during the COVID-19 pandemic.

Your participation in this research study is completely **voluntary**. You can refuse to participate or withdraw at any time up to the point that you submit the survey without penalty. You may also choose not to participate in the interview.

If you would like to participate in the survey you may access it here:

https://survey.ucalgary.ca/jfe/form/SV_424yyzWjW7HMLy5

If you have further questions concerning matters related to this research, please contact:

Dr. Aliya Kassam (kassama@ucalgary.ca); (403) 210-7526

The University of Calgary Conjoint Health Research Ethics Board has approved this research study and will have access to the records. If you have any questions concerning your rights as a possible participant in this research, please contact the Chair, Conjoint Health Research Ethics Board, University of Calgary at 403-220-7990.

ALL RESIDENTS: **NEW REFERRALS FOR COVID-19 COPING WITH ANXIETY FOR CHILDREN**

Hi All,

I hope this message finds you all well, and managing the stress of COVID and the associated changes, losses and discoveries. For those of you who have children, you know first-hand how the stress and uncertainty can affect them. As an FYI, the university has a Psychology Clinic (<https://psyc.ucalgary.ca/clinic>) that is offering some free services to children of frontline COVID-19 workers.

The sessions are centred on “coping with anxiety”.

Space is limited - Contact: PsyClinic@ucalgary.ca

Stay well,

Todd Hill, PhD, R. Psych
Senior Instructor & Director of Behavioural Medicine
Department of Family Medicine

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

CONFERENCE, COURSES, WORKSHOPS

ALL RESIDENTS: PGME WORKSHOPS and EVENTS

PGME is still working to offer residents as many workshops as possible as originally planned. Approximately a month prior to the scheduled date, it will be assessed if the workshop requires to be offered online and if this is possible. Any registered participants will be communicated its delivery method or if it has to be cancelled.

Please find attached the most up to date 2020 workshop list. Please circulate it, along with the SharePoint registration instructions to your residents (both attached). Also attached is the Humanism workshop invitation to be circulated.

May 7 & 14 Patient Safety and Quality Improvement will be offered online – we still have spots – registration will close April 23.

All events are listed on the website: <https://cumming.ucalgary.ca/pgme/events>

If there are any questions in regards to workshops and registration, please do not hesitate to contact me.

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

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

ALL RESIDENTS: NEW HEALTH SCIENCES LIBRARY ONLINE WORKSHOPS – MAY 2020

These Health Sciences Library workshops will be offered via Zoom this Spring/Summer. Registration and details are at <https://workrooms.ucalgary.ca/calendar/lcr-workshops>

Wednesday May 6:

1-2 pm Understanding Systematic Reviews

2-3 pm Searching MEDLINE Systematically

Thursday May 7

1-2:30 pm Intermediate Qualitative Data Analysis with NVivo 12

Wednesday May 13

1-2 pm Covidence for Systematic Reviews

Wednesday May 20

10-10:30 am What's in a Name? Systematic and Other Reviews

1:30-3 pm Introduction to Qualitative Data Analysis Using NVivo 12

Thursday May 21

1-2:30 pm EndNote Desktop

Wednesday June 17

10:30 am -12 pm Introduction to Qualitative Data Analysis Using NVivo 12

Thursday June 18

10 - 11:30 am Intermediate Qualitative Data Analysis with NVivo 12

Tuesday July 14

9-10 am Understanding Systematic Reviews

10-11 am Searching MEDLINE Systematically

Wednesday July 15

10-11 am Covidence for Systematic Reviews

Thursday July 23

1-1:30 pm What's in a Name? Systematic and Other Reviews

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