



1. **PARA** - Know Your Contract: Sick and Special Leave
2. Information on Tissue Donation – See attached
3. Upcoming Events – Board Meeting/AGM and PARA Socials
  - Monday January 26<sup>th</sup> - PARA Board Meeting and AGM
  - Thursday January 29<sup>th</sup> - PARA Movie Night \
  - Date TBC – PARA Tax and Financial Seminars
4. News from CAIR – 2008 September-December Update
5. RCPSC Canadian Research Awards - Show me the Money!
6. **PARA's** Spot the Stethoscope – **Win NHL Tickets!!!**
7. **PARA's** newest service – Accommodating Electives in Alberta
8. **PARA** Resident of the Month
9. ACLS Recertification

### 1. **PARA** – Know Your Contract:

PARA residents are granted sick leave under Article 11: Sick and Special Leave; Sick and Special Leave allows residents to be on leave for up to three months in all reasonable circumstances where leave is required for compassionate purpose. After three months coverage for leave transfers to the PARA administered Long Term Disability Plan, conditions apply. For more information contact your local Post Graduate Medical Education office.

### 2. Information on Tissue Donation – [See attached](#)

Organ and Tissue Donation- Did your patient sign their donor card?

Your kindness in discussing end of life care options such as organ and tissue donation ensures that any patient wishes regarding donation are not forgotten. It also makes transplants possible and may help a patient in need. As part of end of life care, ensure these wishes are not missed. When appropriate, ask your patient family if their loved one had signed their donor card (back of Alberta Health Card), if they had ever discussed donation, or if the family would like information about organ and tissue donation.

Please see the attached poster on organ and tissue donation, and brochure for your review. You can also call the AHS HOPE/CTC Program at 1-866-407-1970 to learn more, or for assistance with donor referrals.

### 3. Upcoming Events – Social and **PARA** Board Meeting

- Monday January 26<sup>th</sup> - **PARA** Board Meeting and AGM

<b>Date:</b>	Monday, January 26, 2009
<b>Time Board Meeting:</b>	12 Noon to 4:00 PM
<b>Time AGM:</b>	4:15 PM to 5:15 PM

**Location:** Varscona Hotel – 8208 106<sup>th</sup> Street, Edmonton

Parking available – pick up voucher at Hotel front desk before parking. Lunch will be provided.

**Bus Schedule from Calgary: If there are any problems with the bus in the morning: Call Dispatch (403) 240-1992**

- **Foothills pick up:** outside the Tom Baker/Special Services building.
  - Report time: 0800 hrs.
  - Departure time: 0815 hrs. Muffins and juice will be available on the bus
  - Arrival time: 1130 hrs
  - Edmonton Departure: 1730 hrs
  
- **Thursday January 29<sup>th</sup> - PARA Movie Night**
  - Edmonton @ Empire City Centre 9 Cinemas, 10200 – 102 Avenue; meet the PARA Rep in front of the Elephant & Castle pub between 6:15 pm and 6:45 pm.
  - Calgary @ Empire Scotiabank Theatre Chinook (formerly Paramount Chinook) 6455 MacLeod Trail S.W.; meet the PARA Rep inside the mall in front of the theatre entrance between 6:15 pm and 6:45 pm.
  
- **Date TBC – PARA Tax and Financial Seminars**

#### 4. News from CAIR – [See Attached](#)

#### 5. RCPSC Canadian Research Awards - Show me the Money

The Canadian Research Awards for Specialty Residents: two awards are given each year and the recipients are presented with a certificate and a cheque for \$2,000. The guidelines and the application form for the above-mentioned awards are on our web site at: **Please note that the deadline for receipt of applications is January 30, 2009.**

[http://rcpsc.medical.org/awards/residents\\_e.php](http://rcpsc.medical.org/awards/residents_e.php)

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#### 6. PARA's Spot the Stethoscope – December's winners

**December First Prize** - two tickets to an up coming NHL game

In Edmonton: Drs. Talib Rajwani and Peter Dziegieleski.

In Calgary: Dr. Laura Stinton.

**Second Prize Winners:** two tickets to the movies

Dr. Yang Li – Edmonton

Dr. Kerri Pandachuck-Chung - Edmonton

Dr. James Yeung – Edmonton

Dr. Chieh Jack Chiu – Edmonton

Dr. Simon Ko – Edmonton

#### 7. PARA's newest service

PARA is offering a new service for Residents going on an elective.

- **Are you a PARA Resident who is willing to share your space with another resident** while they are on elective in your city? Let PARA know.
- **Are you a Resident looking for accommodation while on elective?**

Check out PARA's newest service at <http://www.para-ab.ca/external/looking-for-a-place-to-live>

## 8. **PARA Resident of the Month**

2008 December Dr. Magdalena Sarna  
Internal Medicine, PGY2, University of Calgary

"Dr. Sarna is an exemplary resident who demonstrates a strong work ethic, provides outstanding care to her patients and works extremely well with other members of the medical team. In addition to her dedication to excellent patient care, Dr. Sarna recently submitted a first-author manuscript for publication and she has been the recipient of a 2008 Resident Research Award from the University of Calgary. Dr. Sarna's work has also been presented at the 2008 Canadian Society of Nephrology meeting and the Mazankowski Alberta Heart Institute Inaugural Congress. Given the heavy clinical workload of residency, Dr. Sarna's research achievements are truly remarkable."

## 9. **ACLS Recertification**

Has it been more than 2 years since you updated your ACLS and now you require it for residency, extender shifts or upon applying for a staff position? An ACLS Provider Course will be held at the University of Alberta on March 21 and 22, 2009 - a limited number of spots are available for \$275 for both the 2 day course and new guidelines manual (reimbursable under the PARA contract, to be confirmed with your program). Registrants must have an updated BLS certificate, within the last year, and need to register by February 16, 2009 to allow time for mailing of manuals. For more information or to register for course, please contact Dr. K. Andrusky at [kandrusky@hotmail.com](mailto:kandrusky@hotmail.com)

Regards from,  
Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta