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1. **PARA - Know Your Contract: Post-Call Days & CMPA**

PARA encourages all resident physicians to take a post-call day. Articles 14.04 (e) and 14.05 (f) of your Collective Agreement ensure that resident physicians who work over night are able to relieve themselves of duties the next day:

In the interest of safe patient care and respect for the personal safety, wellbeing, and the educational requirements of the Resident, sign-over of patient care responsibilities and pertinent patient information shall begin no later than the 24th consecutive hour on duty. Apart from handover of patient care responsibilities, no Resident shall be required to assume new responsibilities following the 24th hour of duty. Such handover shall not exceed 2 hours. [14.04 (e)]

In the interest of safe patient care and respect for the personal safety, wellbeing, and educational requirements for the Resident, any Resident on home call who stays in or returns to the hospital to attend to a patient between the hours of 12:00 a.m. and 6:00 a.m. is entitled to relieve themselves of all responsibilities immediately after handover of patient care responsibilities. Handover shall commence no later than the 24th hour of duty and shall not exceed 2 hours. [14.05 (f)]

These articles were intended to recognize work hours research that indicates that there is a significantly greater risk of medical errors after extended shifts¹ and that cognitive psychomotor performance after 24 hours of wakefulness is similar to a blood alcohol concentration of 0.1%².

¹ Lockley SW *et al.* Effect of Reducing Intern's Weekly Work Hours on Sleep and Attentional Failures. *N EngJ Med* 2004;351: 1829-37.

Eastridge BJ *et al.* Effect of sleep deprivation on the performance of simulated laparoscopic surgical skill. *Am J Surg* 2003; 186:169-174.

Resident duty hours: Enhancing Sleep, Supervision and Safety. Institute of Medicine of the National Academies. The National Academies Press. Washington, D.C. 2008; 19-34.

The assistance the Canadian Medical Protective Association (CMPA) provides to its members is discretionary and the determination of eligibility for assistance will depend on the facts and circumstances of any given case. In general, however, members are eligible for the CMPA's assistance in the event of medico-legal difficulties arising out of their clinical practice of medicine; if CMPA member resident physicians commit a negligent act while acting in their clinical capacity as resident physicians, they can anticipate that they would be eligible for CMPA assistance.

While resident physicians may be covered by CMPA, they would experience limited success if they are involved in litigation related to medical events that occur on a post-call day. Research, including, but not limited to those studies herein referenced, as well as resident physician work hour contract expectations established across Canada would make it difficult for a resident physician to prove that he or she had met the standard of care expected in the event of a medical error post call.

For more contract tips, visit the PARA website at <http://www.para-ab.ca/agreement/know-your-contract>.

2. Update Your Contact Information

If you would prefer to receive your PARA eblasts and updates at another email address or you have moved recently, you can update your contact information on the PARA website. To do so, visit <http://www.para-ab.ca/myPARA.aspx>.

PARA members will need to login to the website to access this page. To login, you require a password. If you do not already have a password, you must register on the site.

Registration is fairly straightforward:

1. On the home page, on the top right of the page under the black menu bar, is a "Login Now" link. Select it.
2. Click on the "click here to register" link at the bottom of the grey box on the right side of the log-in screen.
3. Fill in the form and submit.

The office will confirm your registration within one business day and you will be able to log on to the secured sections of the site.

If you have forgotten your password, or attempt to login with an incorrect password, you will be directed to a "Forgot Password?" form. You can request a password reminder by entering your username and clicking on the "Request Reminder Email" button.

If you have forgotten your username or no longer use the same email address, contact the PARA office at para-ab@shawbiz.ca.

3. PARA Negotiation Update: Dr. Rhett Taylor, PARA President

PARA Negotiation is easily the topic I am most often stopped in the halls and asked about. Resident Physicians want to know about the ongoing contract negotiations with representatives from Alberta Health and Wellness, Alberta Health Services, and both Postgraduate Medical Education Offices. As a member of the **PARA** Negotiations Team, I have participated in multiple meetings with these stakeholders during the last month. Positive strides continue to be made with each meeting – I am confident this trend will continue. **PARA**'s previous contract left us in the very enviable position of having what was the best contract in the country at the time. When a successful settlement is reached in the following months, I am hopeful that **PARA** will have been successful in continuing to improve the working environment of resident physicians in Alberta.

Sincerely,
Rhett Taylor, **PARA** President

² Dawson, D and Reid, K. Fatigue, Alcohol and Performance Impairment. *Nature* 1997; 388: 235.

For past negotiation updates, visit the PARA website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>.

4. **PARA 2009/2010 Clinical Teaching and Resident Well-being Award Winners**

PARA Clinical Teaching Award

Since 1988, **PARA** has presented an award to physician preceptors who have shown excellence in resident physician education. The Clinical Teaching Award of Excellence is given to a physician at the University of Alberta, University of Calgary, and a rural site. It was decided that this year, the Calgary award will be shared by two recipients since both were felt to be very strong candidates for different reasons. Dr. Archer is a longstanding resident teacher who has a significant and lengthy history of providing quality medical education and mentorship. Dr. Hutchinson is a newer physician to medical education and provides an outstanding example how to lead by example though creating and developing a positive-learning culture.

The University of Calgary:

- Dr. David Archer, Anesthesiology, University of Calgary



- Dr. Stuart James Hutchison, Cardiology, University of Calgary



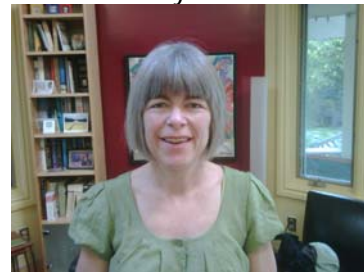
The University of Alberta:

- Dr. Andrew Lin, Dermatology, University of Alberta



The Rural Site:

- Dr. Brenda Millar, Family Medicine, University of Alberta



Honorable Mention:

- Dr. Dominic Allain, Pediatrics, University of Alberta
- Dr. Sarah McPherson, Emergency Medicine, University of Calgary
- Dr. Theresa Trotter, Radiation Oncology, University of Calgary
- Dr. Christopher White, Neurology, University of Calgary

PARA Well-being Award

As resident well-being is an important issue and one of **PARA**'s primary focuses, the association recognizes outstanding contributions made in this area by a staff physician at the University of Alberta, University of Calgary, and a rural center.

The University of Calgary:

- Dr. Keith Wycliffe-Jones, Family Medicine, University of Calgary



Award presented by Dr. Jackie Kerr

The University of Edmonton:

- Dr. Kinga Kowalewska-Grochowska, Medical Microbiology, University of Alberta



Honorable Mention:

- Dr. Lara Cooke, Neurology, University of Calgary
- Dr. Kathryn Dong, Emergency Medicine - Honourable Mention

5. Infrastructure Issues

PARA is committed to making certain that you have access to on-call rooms when you need them, both now and into the future. If you know of a shortage or pending shortage of on-call rooms, we want to hear about it. Please visit the following link – this link will also be available on the PARA website on a go-forward basis.

http://www.surveymonkey.com/s/on-call_resources_suggestion_box

- **Did you know that in the past 10 years there has been a near doubling of resident physicians undergoing continued training in Alberta?**
- **Did you know that in order to be accredited, medical schools must provide appropriate infrastructure resources including on-call facilities?**

The Royal College of Physicians and Surgeons of Canada details the following:

There must be sufficient resources including teaching faculty, the number and variety of patients, physical and technical resources, as well as the supporting facilities and services necessary to provide the opportunity for all residents in the program to achieve the educational objectives and receive full training as defined by the Royal College or CFPC specialty training requirements.

The College of Family Physicians of Canada details the following:

The department of family medicine must have sufficient financial resources, administrative structure, and accountability to ensure that its educational program is effectively administered throughout all the training sites affiliated with that department.

6. CAIR Update



The Canadian Association of Internes and Residents (CAIR) is a vibrant national organization uniting, promoting and serving 7,500 Resident Physicians in Canada. As outlined in Section 5 of CAIR's By-laws

(<http://www.cair.ca/en/elibrary/documents.php?s=25>), 11

CAIR Board positions are directly elected by CAIR members from its established regions. The resident physicians of Alberta will be electing two CAIR Board members. Elections will be run by the Professional Association of Resident Physicians of Alberta and will be open from Monday, August 30th to Tuesday, September 7th, 2010.

Nominations require a CV, letter of intent (no more than 350 words) and e-photo. Nominations with required documents must be received by the PARA office by no later than Thursday, August 26th, 2010.

Candidates for the CAIR Board must be a CAIR member in good standing. Resident physicians who meet the following criteria (established by CAIR) are particularly encouraged to run as these traits will supplement the skills, knowledge, and experience of the existing CAIR Board members serving their second term:

- a. Family Medicine as a specialty
- b. International Medical Graduate
- c. Governance skills (previously served with CAIR or other organizations as a Board member, Executive Member, e.g. Secretary, Vice President, Finance, etc.)
- d. Management skills (previous experience in policy, advocacy, medical education, professionalism, communications, wellbeing)

The CAIR Board of Directors will meet face to face on the following dates:

- Annual General Meeting/CAIR Board Meeting – September 25-26, 2010 (Ottawa)
- CAIR Strategic Planning Meeting – October 30 or November 6, 2010 (location to be determined)
- CAIR Board Meeting - February 12-13, 2010 (Ottawa)
- CAIR Board Meeting - June 11-12, 2010 (location to be determined)

Board teleconferences will be held between face-to-face meetings in order to address key issues in a timely fashion. Board members are expected to attend all in-person and telecommunications-based Board meetings. Board members are also expected to serve upon one or more CAIR Committees. Election to the CAIR Board is contingent upon signing the CAIR Board Code of Conduct agreement. Elected CAIR Board members serve for a one-year term, with an option to serve for an additional year at the Board member's discretion provided the Board member remains a resident physician, is a CAIR member in good standing, and meets the performance/job description expectations for serving as a CAIR Board member.

Please visit the PARA website at <http://www.para-ab.ca/external/cair> for the following two documents that will provide more information on CAIR:

- [CAIR 2010/2011 Information Package](#)
- [CAIR Update – July 2010](#)

If you have any questions please contact PARA at para-ab@shawbiz.ca or CAIR at cair@cair.ca.

7. Conference Opportunities

- International Conference on Physician Health, October 3-5, 2010, Chicago.
 - i. Visit www.ama-assn.org/go/physicianhealth for more information.
 - ii. Application deadline: Tuesday, August 31st 2010
- Canadian Conference on Medical Education, May 7-11, 2011, Toronto.
 - i. Visit www.mededconference.ca/home.php for more information.
 - ii. Application deadline: Thursday, March 31st 2011

PARA will sponsor two interested PARA members, one from U of C and one from U of A, to attend each of these conferences. Interested applicants must submit a one-page summary to PARA indicating who they are, their leadership experience, and why they wish to attend.

Successful applicants would be responsible for their own registration and travel arrangements. PARA will reimburse them for their expenses.

8. Upcoming Events – PARA Board Meeting and Social

PARA Board Meeting: new board for selection – Monday, August 16, 2010

PARA is looking for resident physicians interested in joining the 2010-2011 PARA Board of Directors. Board members will be expected to serve on a selection of committees – for a list of committee opportunities, please see <http://www.para-ab.ca/board/roles-and-expectations> on the PARA website. Members of the PARA Board will be chosen at the first board meeting of the term,

Monday, August 16, 2010. Contact the PARA office no later than Monday, August 9th if you are interested in getting involved at para-ab@shawbiz.ca.

- Date: Monday, August 16th
- Time: 12:00 Noon to 5:00 PM
- Location: Four Points By Sheraton Hotel & Suites Calgary West
8220 Bowridge Crescent NW (Panorama Room)
- Lunch will be made available at 11:30 AM

Accreditation Workshop

The Royal College Office of Education is sponsoring a Workshop for New Surveyors this fall.

- Date: Wednesday & Thursday, September 22 – 23, 2010
- Location: Chateau Laurier Hotel, Ottawa, Ontario

If you are a resident physician and interested in attending, please contact the CAIR Office by end of day Friday, August 6, 2010.



(613) 234-6448
cair@cair.ca

PARAtreat – Thursday, August 19

- Time: 7:00 – 9:00 PM
- Location: Vicious Circle (1011 – 1 Street SW)
- HOSPITAL ID REQUIRED
- **RSVP** to para-ab@shawbiz.ca by Thursday, August 19th Noon to add your name (and those of you guests without hospital ID) to the guest list.

PARA Labour Day Classics – Alberta Football

WIN 1 pair of Tickets!

First 30 residents in Calgary and Edmonton to email para-ab@shawbiz.ca with their complete mailing address will be going to the game.

Stampeders vs. Eskimos

Monday, September 6th, 2010

4:00 PM @ Mahon Stadium

For more information on upcoming events, visit PARA's events calendar online at <http://www.para-ab.ca/calendar.aspx>.

PARA is also trialing a new facebook page to allow residents to RSVP for PARA events. You can find our page at <http://www.facebook.com/group.php?gid=185755111347>
Feedback on the new site is welcome.

9. PARA's 2010 July Resident of the Month

Dr. Kenman Gan, Ophthalmology PGY 5, University of Alberta

A fellow resident physician had this to say about Dr. Kenman Gan:

Kenman is a vivacious character. He really knows how to make his co-residents feel appreciated and brings balance to the program. Our program is a very busy service, but working with him makes the days light and fun. He is always ready with the occasional prank, and brings a light heartedness to any situation. However, do not for a moment think that he is not a serious and dedicated physician. His care for his patients sets a high bar for the other residents and he is always willing to help out any one of his colleagues with switching call, or moving schedules around so that residents can have a balanced work-life status. The times he does teach is always done in a way that breaks down the material so that learners of any level can all take away great learning points, but he does it in a way that is fun and intuitive. Most importantly, he has been such a great supporter of all his resident colleagues in their personal and professional lives that he is a key reason that our program has become such a tight knit bunch.

Dr. Gan is also a director on Edmonton's Heritage Days Board. Congratulations on another successful event!



For this and previous months' Resident of the Month announcements, visit PARA online at <http://www.para-ab.ca/news/news-and-events/awards>

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