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1. **PARA - Know Your Contract: Block 7 Holiday/ Scheduling Expectations**

The holidays are quickly approaching and there are a few things resident physicians should keep in mind when considering their Block 7 (Holiday Season) call schedules:

- Each resident physician is entitled to five consecutive days off. Consecutive days encompass either December 23rd - 27th or December 29th - January 2nd. All resident physicians are required to be available for service on December 28th **if their programs require it**. Check with your program or rotation to see if you are required to be on service on December 28th. Programs are encouraged to avoid scheduling resident physicians for on-call service the day before their holiday starts.
- Resident physicians are entitled to receive a day in lieu if they are scheduled to work Christmas Day, Boxing Day, or New Year's Day. This year, all three Block 7 Statutory Holidays will fall on a Saturday or Sunday. At any other time of the year, when a Named Holiday falls upon a Saturday or Sunday, the stat day would be considered to lie on either the preceding Friday or following Monday in accordance with standard practice within the Member Facility. This practice is **NOT** the case for Christmas Day, Boxing Day, and New Year's Day (Article 13.01 [c]). Resident physicians only receive a day in lieu if they begin their call shift on these weekend days.
- Be advised that call requirements during Block 7 are not recalculated based on the 5 days off service. Resident physicians can still be required to service maximum call expectations. This expectation exists in order to ensure that all resident physicians are able to have at least five consecutive days off within this one rotation (7 in-house or 9 home call).

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

2. PARA Negotiation Update

Yesterday, you should have received an update on **PARA**'s negotiation efforts. In that notice, **PARA** indicated that, as of today (Friday, October 1, 2010), **PARA** will be filing for binding arbitration. The negotiation process has been successful in achieving consensus between **PARA** and the Educating and Employing Entities with respect to the majority of non-monetary articles. Unfortunately, the two parties were not able to achieve consensus on the monetary issues. The outcome of an arbitrated settlement is compulsory for both parties. Once the arbitration is settled, **PARA** members will have the opportunity to ratify the negotiated non-monetary components of the collective agreement. Until that time, as per Article 2, the 2007 – 2010 Collective Agreement remains in effect.

If you did not receive an email yesterday on **PARA**'s decision to file for arbitration, contact the **PARA** office. For past negotiation updates, visit the **PARA** website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>.

3. University of Alberta Accreditation

- Accreditation 101:



PURPOSE OF ACCREDITATION: UNIVERSITY OF ALBERTA, FEBRUARY 13TH – 18TH, 2011

Generically, **accreditation** is a quality assurance process in which the services and operations of an institution are examined by a third-party agency to ensure that applicable standards are being met. In Canada, the process of ensuring postgraduate medical education (PGME) program quality is accomplished through accreditation of each of the University's residency programs by either the College of Family Physicians of Canada (CFPC) or the Royal College of Physicians & Surgeons of Canada (RCPSC). Accreditation is one of the most important processes that resident physicians can be involved in. The accreditation process is your chance to have a direct impact on the quality of your program, and it is an invaluable opportunity to help improve resident physician education.

This process requires your input in two ways:

1. **Input into the pre-accreditation survey** – The on-line survey will be emailed to resident physicians on **Tuesday, October 12th, 2010** and will close at midnight on Tuesday, October 26th, 2010.*
2. **Input into the actual on-site sessions** – Each resident physician will have an opportunity to meet with the survey team in person during the course of the on-site survey between February 13th – 18th, 2011.

University of Alberta resident physicians will receive further information on the Pre-Accreditation Survey on Monday, October 4, 2010.

* Resident physicians who complete the pre-accreditation survey will be entered into a draw for prizes.

- **Accreditation Workshop – experience a mock accreditation presented by the RCPSC and CAIR**

The goal of this workshop is to understand accreditation, the process, the standards, and the resident physician's role on the survey team. The workshop involves an interactive mock accreditation review conducted by the survey team. The mock survey team will meet with the Program Director, the Resident Physician Group, and the Faculty and Resident Training Committee. This mock-up also includes a report-back session to determine the category of accreditation.

Date: Monday, November 22
Location: Varscona Hotel on Whyte (8208 – 106 Street)
Thomas Bennett Room
Time: 7:30 a.m. – 8:00 a.m. Continental Breakfast
8:00 a.m. – 12:00 p.m. Workshop

To Register: Email your name, program, and postgraduate year to cair@cair.ca by **noon, Monday, November 7, 2010**. Please note: Some preparation is required – documents will be emailed to you by Friday, November 12, 2010.

Late registrants, staff, and Program Directors are welcome to observe. For more information, visit the **PARA** website at <http://www.para-ab.ca/news/events/para-workshops-and-seminars> or contact the **PARA** office.

4. **Second Annual PARAdime – Give Your Backpack Back Event**

Last year, **PARA** held our First Annual PARAdime - Give Your Backpack Back charity event to provide another avenue in which our members can give back to their communities. Well, **PARA** is determined to do it again, and we are looking for your help. **Last year, with the help of our members, PARA donated close to thirty fully stuffed backpacks.** The U of A's resident physicians collected slightly more bags than the U of C's last time. Can they do it again? The challenge is on!

Please consider stuffing a bag or backpack, old or new, with items for the needy this winter -- remember your old AMA backpack from medical school days? –that bag you received at your last conference? We will take them!

Collection begins October 15, 2010 and will run until December 31, 2010. **PARA** will be donating the collected bags to those in need as part of Resident Physician Awareness Day, Tuesday February 22, 2011.

Stay tuned for drop off locations and updates on which city is in the lead for donations made!

5. **Fifth Annual PARA Leadership Conference**

PARA is excited to announce our Fifth Annual Leadership Conference, hosted by the Schumacher Research and Leadership Group. There will be **four spots open to PARA members from the University of Calgary** and **four spots open to PARA members from the University of Alberta**; interested candidates are to contact the **PARA** office **no later than Monday, October 18**. To qualify for one of the spots, please send a one-page submission detailing both your past leadership experience and your interest in the opportunity to para-ab@shawbiz.ca.

Tentative Leadership Itinerary:

Date: Saturday, November 20 & Sunday, November 21, 2010 (8:00 a.m. – 4:00 p.m. both days), with a Cocktail Reception held on the Saturday evening.

Venue: Bennett Jones LLP
32 Telus House South Tower
10020 – 100 Street
Edmonton, AB

Details: Shared accommodation will be arranged and accommodation and travel expenses will be reimbursed. Let us know about any special dietary needs you may have (eg. Celiac, vegetarian, etc.).

Tentative Topics:

- Mentorship - why it is important in leadership
- Leadership styles – Understanding you and those you work with

- Social media - Influences and risks

6. 2011 CCME:

- **Call for Proposal for Education Activities**

This year's theme is "*Scholarship in Medical Education*" and includes three sub-themes:

- Valuing Scholarship
- Research in Medical Education
- Scholarship of Social Accountability

PLEASE NOTE: Submissions need not be related to the conference themes; related and unrelated proposals will be considered equally.

All submissions must be made on-line. The deadline for submissions is **October 18th, 2010**.

For full details, go to <http://www.mededconference.ca/education-program.php>

- **Call for Submissions for White Coat Warm Art**

Back by popular demand, please join CCME for the second **White Coat Warm Art** Exhibit in Toronto during the CCME meeting (May 8th - 11th, 2011). Once again we will be showcasing the fabulous visual art talent of health science students, resident physicians, and faculty across Canada. This display will be a **juried exhibition** and entries will be accepted in a variety of categories. **The entry deadline is MONDAY, NOVEMBER 29th, 2010 and entries must be submitted by email to whitecoatwarmart@gmail.com**. For further information, please contact Dr. Carol-Ann Courneya (UBC, Faculty of Medicine) cacourneya@gmail.com or Dr. Pam Brett-MacLean (U of A, Faculty of Medicine) pbrett-maclean@med.ualberta.ca.

Put your heart into it!!!

7. Spot the Stethoscope is Back!!!

Check out the **PARA** website at <http://www.para-ab.ca> and win. Each month until March 2011, a stethoscope will be hidden somewhere on **PARA**'s website. The first 14 resident physicians who correctly reply by email detailing where on the **PARA** website the stethoscope is hidden will win!!!*

The Spot the Stethoscope Contest was established to encourage **PARA**'s resident physician members to get familiar with the **PARA** website and the resources available there. Since its overhaul last year, www.para-ab.ca has had more than 25,000 visitors!



First Prize – The first two resident physicians from both the University of Alberta and the University of Calgary to email **PARA** with the URL of the stethoscope will win a pair of tickets to a December NHL game.

Second Prize Winners: The next five resident physicians from each university to email **PARA** with the URL of the stethoscope will win a pair of tickets to the movies.

* **Resident physicians are eligible to win hockey tickets only once per academic year; runners-up prizes will not be awarded to any resident physician two months in a row.**

8. Upcoming Events

- **PARAlyzer**

Date: Saturday, October 30th at 8:30 PM

Location: Opus on 8th (628 – 8 Avenue SW)

HOSPITAL ID REQUIRED.

No cover charge before 10:00 PM.

RSVP to para-ab@shawbiz.ca by noon on Thursday, October 28th to add your name (and those of your guests without hospital ID) to the guest list.

▪ **PARA Board Meeting and Annual General Meeting**

Date: Monday, November 22, 2010
Location: Varscona Hotel on Whyte (8208 – 106 Street, Edmonton, AB)
Rutherford Room (Main Floor)
Time: Board Meeting: 12:00 – 4:30 PM
Annual General Meeting: 4:30 – 5:00 PM

- Lunch will be provided at 11:30 AM
- **RSVP** to para-ab@shawbiz.ca by **Thursday, November 4th**.
- Resident physicians will be responsible for their own transportation, but **PARA** will reimburse travel expenses.

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

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

9. PARA's September 2010 Resident Physician of the Month

Dr. Roby Ryan, Neurosurgery, PGY6, University of Alberta

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

Roby is chief of neurosurgery. Despite a super busy service with really sick patients, he takes the time to teach juniors from every program, trying to make sure that they gain experience in areas relevant to their service if they are from another program. No matter what time of day it is, he is willing to be called to help out, regardless of if he is on call or not. His sense of humour helps rounds go by easily and quickly. The sense of dedication he exhibits towards his patients makes him an outstanding role model for what a caring and compassionate physician should be. He is always there to help, and is a great member of the team. As well, he makes great peanut butter cookies that he generously shares with everyone.

For this and past months' Resident Physician 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