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1. **PARA - Know Your Contract: Pregnancy and Call**

Pregnant resident physicians are not required to perform call duties, or any shifts past midnight once they reach their 32 week of gestation as per Article 9.03 (d) of the Resident Physician Collective Agreement:

A Resident will not be required to perform on call duties or scheduled shifts in Emergency Medicine beyond 2400 hours once she has completed 31 weeks of gestation, or earlier if a valid medical reason is provided.

Moreover, should pregnant residents have a health-related reason for being absent from work during their pregnancy, they may be eligible for Sick and Special Leave as per Article 9.03 (c).

When you are planning for your maternity leave, keep in mind the research and recommendations around pregnancy. The Alberta Perinatal Health Program's consensus is that heavy lifting and prolonged standing are associated with "increased risk of preterm labour, preterm birth, low birth weight, or a small for gestational (SGA) infant." Heavy lifting is defined as repetitive lifting or carrying or lifting greater than 23 kg and excessive standing or walking is defined as standing for greater than three to four hours a day. Furthermore, the Program insists that "eliminating heavy lifting by the 20th week of pregnancy, and eliminating excessive standing by the 24th week of pregnancy restores the risk of adverse perinatal outcomes to those of unexposed women"¹. Based on these factors, pregnant resident physicians should consider meeting with their programs as soon as possible to discuss how these risks can be mitigated and what their leave requirements may be.

For more information, visit the Alberta Perinatal Health Program's website and find their Guide and Resource for Prenatal Care Providers.

<http://www.aphp.ca/pdf/APRGuide%20and%20ResourceWeb%20PDF.pdf>

PARA recommends that the best way to manage call expectations during a pregnancy is through early discussion and planning with your program. Contact the PARA office if you wish to discuss this issue further.

¹ Health-Related Maternity Leave Working Group. (2008) Health-related Maternity Leave in the Uncomplicated Pregnancy and Birth. Alberta Perinatal Health Program.

REMINDER: The deadline for submitting taxi reimbursement claims for this quarter is March 31. **PARA** members can claim for rides taken after in-house call shifts (resident physicians must be able to present an on-call schedule confirming their on-call shift upon request) if they are too tired to drive.

The Taxi Reimbursement Program exists to ensure resident physicians make it home safely when



too tired to drive. The **PARA** Taxi Reimbursement Program was negotiated by your residents' association to contribute to resident physician and community safety and as an opportunity for **PARA** to exemplify resident well-being as one of our valued priorities. We are all responsible for making sure that, when we need it, the benefit is available

for those of us who are at the greatest risk from a fatigue related motor vehicle collision.

The sustainability of Taxi Reimbursement Program is dependant upon the collective prudence (good sense) of its users. **PARA** encourages all of its members to reflect on the spirit in which this benefit was created, **which was to guard the safety of our membership and our community**. Resident physicians who access this benefit should self-assess for fatigue prior to accessing the benefit.

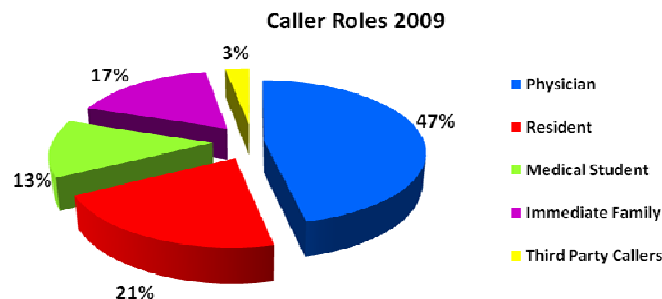
Reimbursement payments for this quarter will be mailed April 15. Submissions that are received after the cut-off date (March 31) will be processed for the following quarter. Quarterly reimbursements do not exceed \$200/ Quarter/ Resident. In the event that the quarterly budget is exceeded, payments will be pro-rated.

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

2. PARA Call to ACTION – PFSP and Compassionate Fund at Risk

Over the past week you would have received correspondence detailing the current status of the AMA's negotiation. Dr. P.J. White, AMA president, has confirmed that the government of Alberta has expressed the possible removal of continuance (precedent of rolling previous settlements forward after contract expiration) on a number of AMA benefits and programs, as of April first. A number of these programs at risk have direct implications on resident physicians and PARA.

Physician and Family Support Program (PFSP) - provides a wide range of counseling and referral services as well as physician health promotion and education. Over 1,100 physicians and their families seek assistance for their health-related issues, including addictions and mental health, through the PFSP each year. Assisting these individuals directly impacts physicians' ability to provide safe, quality care to their patients. Resident physicians make good use of the PFSP services.



In 2009, 21% of the calls received by the PFSP were from resident physicians.

Compassionate Expense Program – provides treatment to physicians who have been referred by either the College of Physicians and Surgeons of Alberta or the PFSP. Treatment has been provided to dozens of physicians in the most extreme of circumstances, most of whom have been able to return to practice and provide much needed care to Albertans.

Resident physicians use and greatly benefit from access to these two benefits. PARA is very concerned by the potential discontinuation of these benefits as they provide a very necessary resource for physicians and resident physicians alike.

PARA will be writing a letter to the Minister of Alberta Health and Wellness and we strongly encourage you to join us in advocating for the continuation of these two important benefits. Your support can be shown through one of the following actions:

- * Phone/email your MLA
- * Email/write Mr. Zwozdesky, Minister of Health & cc Dr. White
- * Encourage other colleagues to do the same

For more information please contact the AMA or visit the AMA website /www.albertadoctors.org

3. **PARA Conference Sponsorship Opportunity**

The **PARA** Conference Sponsorship Program was established to help embody the value **PARA** places on resident physician education and resident physician wellness. As part of this program, **PARA** sponsors a resident from the University of Alberta and the University of Calgary to attend two specifically chosen conferences on either physician health or medical education. The two conferences selected this year are the International Conference on Physician Health last fall and the upcoming Canadian Conference on Medical Education (CCME) from May 7-11, 2011, in Toronto.

This year's CCME is focused on scholarship in medical education. For more information on the conference, visit www.mededconference.ca/home.php.

Interested applicants must submit a one-page summary to **PARA** indicating who they are, their leadership experience, and why they wish to attend. The application deadline for all submissions is **Thursday, March 31**.

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

4. **CAIR Update – Document Attached**

The February 2011 edition of CAIR update is now available – attached here or for download at <http://www.cair.ca/en/news/update/index.php>

In this issue:

1. Resident Awareness Month
2. CAIR's Statement on Global Health Electives
3. Information about Royal College and CFPC certification exam registration
3. much more!

5. **Upcoming Events - Edmonton**

- **Tax & Financial Planning Seminars**

Dates: March 9 or 10, 2011 (same seminar on both evenings)

Time: 6:30 p.m. – 8:30 p.m.

Location: Classroom D (2F1.04) Walter McKenzie Centre

- Light refreshments will be provided for those resident physicians who RSVP to para-ab@shawbiz.ca by March 8th.

▪ **Movie Night**

Date: Thursday, March 24, 2011

Location: Empire City Centre 9 Cinemas (10200 – 102 Avenue)

Meet your PARA Rep outside Elephant & Castle pub to pick up your free **reserved** tickets to your movie of choice between 6:30 p.m. – 7:00 p.m.

RSVP to para-ab@shawbiz.ca by March 23rd to reserve your ticket.

▪ **PARA Board of Directors Meeting**

Date: Monday, April 18, 2011

Location: Varscona Hotel on Whyte (8208 – 106 Street, Edmonton, AB)
Rutherford Room (Main Floor)

Time: Board Meeting: 12:00 – 4:30 p.m.

- Lunch will be provided at 11:30 a.m.
- **RSVP** to para-ab@shawbiz.ca by **Thursday, March 24th**.

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

PARA has a 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.

6. **PARA's Spot the Stethoscope Contest**

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 the **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 the summer before last, www.para-ab.ca has had more than 33,900 visitors!



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

February 2011 First Prize Winners

Drs. Kenman Gan and Kerri Chung, University of Alberta

Drs. Kerri Johannson and Kathryn Brown, University of Calgary

Second Prize Winners

University of Alberta

Matt Lauzon

Michael Chu

Pierre-Marc Villeneuve

Ratna Samanta

University of Calgary

Kevin Yee

Lancia Guo

Maghan Elliott

Margot Wilderdijk

Maryam Nasr-Esfahani

Meredith Borman

Tiffany Wong Mak
Vishal Sharma

For more information on **PARA** Contests, see <http://www.para-ab.ca/news/contests>.

7. PARA's February 2011 Resident Physician of the Month

Dr. Stephen Vaughan, Infectious Diseases PGY 4, University of Calgary

A fellow resident physician had this to say about Dr. Stephen Vaughan.

“Steve [is] a fantastic resident to work with! He is obviously very passionate about his chosen specialty. He [takes] every opportunity to teach... he teach [es] around cases and around our questions, and he also schedule[s] dedicated teaching sessions on a daily basis to ensure that important material [is] covered. On many occasions, he prepared excellent power point presentations on topics that the team was interested in. [His] interest and excitement for infectious diseases [is] contagious!

Excellent patient care [is] also a priority for this resident. Steve routinely arrive[s] early and stay[s] late, in order to ensure that no detail [is] missed. He [is] constantly searching through the primary literature to ensure that patients receive the most up-to-date care possible.

Overall, Steve [is] an extremely knowledgeable and enthusiastic resident who care[s] very much about teaching and providing excellent care for his patients.

For this and previous 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 Physicians of **A**lberta