



E-blast Contents

1. Remember to vote!
 - **PARA** Executive Elections
 - CMA President-elect Election
2. **PARA** - Know Your Contract: Weekend Rounds
3. Wellness Tip: Understanding Anxiety
4. Work Hours Update
5. **PARA**dime Update
6. Resident Physician Awareness Day - February 21
7. **PARA** Conference Sponsorship Program: CCME
8. Library Survey
9. Recognition of Service: Thank You to Dr. Dianne Maier
10. Upcoming Events:
 - **PARA**lyzer
 - Family Planning during Residency Presentations
 - ICChange Spring Gala
11. **PARA**'s Spot the Stethoscope Contest
12. **PARA**'s January 2012 Resident Physician of the Month

1. Remember to Vote!

- **PARA** 2012/2013 Executive Elections



2012/2013 Executive will open later today and will be open until 11:59pm

There are four **PARA** executive positions requiring election. Ballots for president, vice president of operations and finance, and vice president of external affairs will go to all **PARA** members; ballots for the Calgary & Southern Alberta Rep will be sent to University of Calgary members only. The letter of intent for each of the candidates

can be found on the **PARA** website at <http://www.para-ab.ca/board/para-executive/executive-nominations>. These letters will also be included in the online election ballot.

PARA Executive Candidates

PARA President – for election

- Dr. Gillian Shiao, PGY – 2, Diagnostic Radiology, University of Calgary
- Dr. Maryana Duchcherer, PGY – 2, Psychiatry, University of Alberta

PARA Vice President Operations & Finance – for election

- Dr. Elliott Bogusz, PGY – 1, Neurology, University of Alberta
- Dr. Hisham Assem, PGY – 1, Diagnostic Imaging, University of Calgary

PARA Vice President External Affairs – for election

- Dr. Clement Ho, PGY-3, Radiation Oncology, University of Calgary
- Dr. Chris Fung, PGY-2, Nuclear Medicine, University of Alberta

PARA Vice President Internal Affairs – awarded by acclamation

- Dr. Mark Ballard, PGY – 2, Internal Medicine, University of Calgary

PARA Calgary & Southern Alberta Rep – for election

- Dr. Joanna Lazier, PGY – 2, Medical Genetics, University of Calgary
- Dr. David Weatherby PGY-2, Orthopedic Surgery, University of Calgary

PARA Edmonton & Northern Alberta Rep - awarded by acclamation

- Dr. Julie Kromm, PGY – 2, Adult Neurology, University of Alberta

Following the close of the election, the ballots will be tabulated by survey software. The candidate with the most votes for each position will be the "Director Elect" for that position. The names of the Directors Elect will be posted on the **PARA** website once the results are in and included in the March E-blast. The new executive will take office July 1.

▪ **CMA President Elect Election**

Six physicians are in the running as members of the Alberta Medical Association (AMA) prepare to choose the next nominee for president-elect of the CMA. The CMA presidency rotates among the 12 provincial and territorial medical associations according to membership strength. The AMA last selected the presidential nominee in 2004. AMA members have until February 27, 2012, at 4:30 pm to vote electronically by logging into their AMA account at <http://www.albertadoctors.org/> or by mail.

2. **PARA - Know Your Contract: Weekend Rounds**

Weekend rounds, as defined by the PARA Agreement, are performed by senior and chief resident physicians who round on weekends with the goal of enhancing continuity of care where other opportunities to enhance continuity are limited. The weekend rounding stipend is only available for this well-defined service where it is required outside of regular duty hours and on-call requirements; this stipend is not intended to be applied to other service provisions.

Article 14.02(d)iii:

Where a Resident Physician is not scheduled as on-call on a weekend day, a stipend of \$100 shall be paid to a Resident Physician required to perform patient rounds on an assigned hospital service during a weekend day. Any individual Resident Physician shall collect no more than one (1) stipend amount per day, and the stipend amount shall be paid no more than once per day for any individual service at a hospital site.

Contact the PARA office if you require clarification on whether a weekend rounding stipend applies in a specific circumstance.

*Please note that resident physicians funded through the Department of National Defence or through a foreign entity are not eligible for weekend rounding stipends.

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

3. **Wellness Tip: Understanding Anxiety**



Anxiety is a universal human experience that can leave you feeling burned out, fearful, overwhelmed, drained, cynical, and dreading tomorrow; moreover, it can manifest in real physical symptoms like headaches and muscle tension. You are more likely to procrastinate when you're anxious. Anxiety is extremely common in medical training where expectations on performance are very high; these expectations can encourage a tendency toward feeling guilty, responsible, doubting oneself, and working excessively.

For information on options for dealing with stress, including some easy mindfulness and muscle relation exercises, visit

<http://ephysicianhealth.com/?4&p=3>.

4. Work Hours Update

PARA's approach to resident physician duty hours includes championing optimal medical education and physician wellness, along with fostering the sharing of different perspectives. **PARA** is addressing these priorities through a number of different strategies; one of these strategies includes fostering the sharing of different perspectives at the **PARA** board.

Our most recent board meeting showcased Dr. Joseph Dahine, President, Association of Residents of McGill, McGill University, Fédération des médecins résidents du Québec to share his perspective on recent changes to resident physician duty hours in Quebec. The legislative ruling on resident physician duty hours in Quebec is now paralleled with the negotiated improvements to resident physician duty hours under their agreement. Resident physicians negotiated for change to their agreement with the following goals as guideposts:

- Maximum 16-hour call duty in an establishment.
- No reduction in exposure for resident physicians.
- Coverage of call duty effectively without increasing service interruptions.
- Reduction of the impact of the increased number of handoffs.
- Increase in the number of possible call duty models.

During the presentation, Dr. Dahine also reviewed evidence supporting an inverse correlation between improved fatigue management and reduced medical errors. Further, Dr. Dahine offered reflections from surveyed staff physicians two years post-implementation of the new on-call models in the early-adopter programs. These reflections indicated that the majority of staff physicians felt that resident physicians showed improved morale, seeming less over worked, and further, patient care had improved.

Contact your aggregate representative for more information on this presentation.

5. PARAdime Update

PARAdime collection closed as of January 29. We are please to announce that, with your help, we have collected 139 bags – more than doubling the 59 bags collected last year.

PARAdime Bags Collected	Edmonton Hospitals	Calgary Hospitals	PARA Staff	Alberta Total
November Total	12	24	4	40
December Total	21	69	4	94
FINAL TOTAL	35	100	4	139

Kudos to Dr. Matt Frey, **PARA**'s VP of Internal Affairs, whose letter to the editor, published in *Calgary Herald* on January 18, prompted a member of the public to bring a bag into the Alberta Children's Hospital. To read Dr. Frey's letters, visit the **PARA** website at <http://www.para-ab.ca/news/news-and-events/para-in-the-news>.

PARA would like to thank all of you who donated items to the **PARAdime**. Please extend our sincere thanks to the program directors and administrators, staff, and medical students who also made donations.



6. Resident Physician Awareness Day, 2012

Each year, **PARA** resident physicians run the annual **PARAdime** campaign in conjunction with Resident Physician Awareness Day. **PARA** resident physicians will be donating all the **PARAdime** bags you have helped us to collect to the Calgary Drop-in & Rehabilitation Centre and the Edmonton Youth Emergency Shelter as part of Resident Physician Awareness Day on **Tuesday, February 21, 2012** as a means of both giving back to our communities and raising public awareness of resident physicians in Alberta.

The March E-blast will provide an update on how the drop-off in both cities goes!

7. **PARA** Conference Sponsorship Program: CCME

The **PARA** Conference Sponsorship Program was established to help embody the value that **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 next conference is the Canadian Conference on Medical Education (CCME).

- Canadian Conference on Medical Education, April 14-18, 2012, Banff, Alberta.
 - Visit <http://www.mededconference.ca/about-ccme.php> for more information.
 - Application deadline: **Wednesday, February 29, 2012**

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 will be responsible for their own registration and travel arrangements. **PARA** will reimburse these resident physicians for their expenses, to a maximum value, according to the **PARA** Expense Reimbursement Policy.

Conferences were selected based on how they met both **PARA**'s mission statement and its goals. Part of **PARA**'s mission includes "advocat[ing for] excellence in education and patient care while striving to achieve optimal working conditions and personal well-being for all its members."

PARA's goals also include:

- **Well-being** - **PARA** will work to improve the wellness of its members
- **Education** - **PARA** will be an advocate for quality education and develop and support educational opportunities for its members.

For a closer look at **PARA**'s Mission, Vision, Values, and Long-term Goals go to the **PARA** website <http://www.para-ab.ca/upload/files/docs/PARA%20Mission%20Vision%20Values%20Long-term%20Goals2010.2011v2.pdf>

8. Recognition of Service: Thank You to Dr. Dianne Maier



As of last month, Dr. Dianne Maier is stepping down as the Clinical Director of the Physician and Family Support Program (PSFP). Dr. Maier's has dedicated 11 years of service to the physicians of Alberta through the PSFP beginning as an assessment physician in 2000. During her time with the program, she has been a tireless advocate on behalf physicians and, more specifically, physicians in training. Resident physicians are in a unique and vulnerable point during their career – deep-rooted in their journey to full licensure. Her approach to helping resident physicians has always reflected her awareness of the uniqueness of their position. Further, from a more general perspective, Dr. Maier has provided a model for physician leadership to all resident physicians. Dr. Maier's leadership and commitment to physician health and well-being will be sorely missed and we wish her the best of luck in her new endeavours.

9. Medical Sciences Library Survey

The Health Sciences Libraries at the University of Alberta and the University of Calgary are conducting a research study about how individuals use their mobile devices, such as iPhones, iPads, Androids, or other internet-enabled phone or tablet computers, for research. The libraries are looking for resident physicians to fill out a brief 10-minute survey to help them serve you better. The survey closes at the end of February.

Questionnaire link: <https://surveys.mcgill.ca/limesurvey/index.php?sid=98379&lang=en>

Questions can be directed to

- The University of Alberta, Chair of the Research Ethics Board at (780) 492-0459 or email reoffice@ualberta.ca.

10. Upcoming Events

▪ **PARA**lyzer

PARAlyzer events are **PARA**'s signature social hosted by a member of the **PARA** Well-being and Social Committee providing our members with an opportunity to meet and get to know fellow colleagues. Resident physicians are invited to RSVP to the **PARA** office for themselves and one guest.

Date: Friday, February 24

Time: 8:00 pm to Midnight

Location: **The Treasury**, 10004 Jasper Avenue

Hospital ID required.

RSVP to para-ab@shawbiz.ca by **Wednesday, February 22**.



▪ Family Planning in Residency Presentations

Hosted by the U of A Resident Well-being Committee

Date 1: Monday, February 27	Date 2: Wednesday, February 29
Location: Royal Alexandra Hospital, Room ATC 1102-2	Location: University of Alberta Hospital, Room 2J2.14 (Dean's Conference Room)
Time: 12 – 1 pm	Time: 12 – 1 pm

Lunch will be provided at both sessions. Sarah Thomas, executive director of **PARA**, will be on hand to speak about the parental leave provisions in your contract and there will be a panel discussion with resident physicians who are currently balancing families and residency.

Contact Dr. Erika Dance at erdance@ualberta.net for more information.

▪ ICChange Gala

Innovative Canadians for Change (ICChange) is an organization founded by University of Alberta resident physicians and medical students. ICChange fosters an approach to Global development projects that targets vulnerable populations. The 4th Annual Spring Gala is a key event for the organization.

Date: Friday, March 9th

Location: Sutton Place Hotel

Time: 5:30 p.m. cocktail and networking session with fellow community members and industry leaders, followed at 7:00 p.m. by a night of diverse entertainment, delicious food, and an engaging priceless live auction.

Cost: \$100 or \$50 with a student ID

E-mail events@icchange.ca to register or visit the ICChange website (www.icchange.ca) for more information.



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 view information about upcoming **PARA** events. You can find our page at

<http://www.facebook.com/group.php?gid=185755111347>. Feedback on the site is welcome.

11. PARA's Spot the Stethoscope Contest

Check out the **PARA** website at <http://www.para-ab.ca> and win. Each month until March 2012, a stethoscope will be hidden somewhere on **PARA**'s website. The first 12 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 over the summer of 2009, www.para-ab.ca has had more than 70,500 visitors!

First Prize – The first resident physician 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 March NHL game.

Last Month's First Prize Winners

University of Alberta	University of Calgary
Chieh Jack Chiu	Kirandeep Saini

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.

Last Month's Second Prize Winners

University of Alberta	University of Calgary
Evan Walters	Rahin Kachra
John Walker	Alison Walzak
Neelam Sandhu	Vishal Sharma
Khalida Nasim	Rattanjeet Vig
Karen Tang	Lancia Guo

* 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.



12. PARA's January 2012 Resident Physician of the Month

Dr. Scott Maclean, PGY2, University of Alberta



about Dr. Maclean:

Dr. Scott Maclean exemplifies resident attributes we all strive for! Originally from the East coast and having studied biomedical engineering, he is currently a PGY-2 in Urban Family Medicine (military program) and co-chief of the program. He shows leadership, advocacy and team-work skills at the resident and Faculty level, which increased even more as co-chief this year. He also demonstrates strong research skills, with a presentation at the Annual Research Day in June 2011 and ongoing research. He shows a keen interest in teaching, an example which includes participation at the

Family Medicine Forum in Montreal in November 2011– “A Resident’s Toolbox: Practical tools to nail an advocacy project, smooth over a family meeting, and shape the minds of medical students” – oriented for family medicine teachers. He was also an active participant from Day One of residency in the Westview Learning Sessions, making presentations to residents and staff that are CME-approved. Of course, being such a well-rounded guy, he also participates in multiple hockey teams and sports. He also ensures that social activities are arranged and attended so that fellow residents get to know each other even better.

He has shown not only me, but our entire program how enthusiastic and amazing he is at leadership, advocacy, team-work, research, teaching, sports and getting us together for social activities – who wouldn’t want to nominate him for this award!!! Did I mention he’s a newly-wed as well?

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

Nominate a colleague for **Resident Physician of the Month** today! Nomination forms can be found at <http://www.para-ab.ca/news/news-and-events/awards>.

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

#340, 11044 - 82 Avenue, Edmonton, AB T6G 0T2

Edmonton: (780) 432-1749

Fax: (780) 432-1778

Calgary: (403) 236-4841

para-ab@shawbiz.ca

Toll-free: 1 (877) 375-PARA (7272)

www.para-ab.ca