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1. Message from your **PARA** Executive

Seasons Greetings and best of wishes to you and your family during the holidays! May this season and your new year be filled with health, peace, and joy.



2010-2011 PARA Executive Members
(L to R) Drs. David Ward, Florence Obianyor, Nina Hardeastle, Sharry Kahlon, Rhett Taylor, Brock Debenham, and Michelle Carle-Ryan.

We, as part of the Coalition for Cellphone-free Driving, encourage everyone to be mindful of safety this party season; drive sober and smart and help make it a happy new year for all.

See you in January!

Cheers,
Your **PARA** Exec Committee

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

a. Call Schedules

The Resident Physician Collective Agreement requires that both **PARA** and resident physicians on a service receive a call schedule one week in advance of each block as per Article 14.06:

All duty schedules shall be provided to **PARA** and the affected Residents on a monthly basis and available at least one (1) week prior to its effective date. Nothing in this sub clause precludes changes to the posted schedule due to unforeseen circumstances, and these changes shall be communicated to **PARA** by the end of that scheduling period.

PARA collects these schedules for our records, as they are helpful in sorting out resident physician call stipend and call-scheduling concerns as they arise.

The timely receipt of call schedules by resident physicians is particularly important for rotating resident physicians. Although some programs chose to arrange their call schedules on the first day of the block, this arrangement does not appropriately recognize and manage the challenges of off-service rotating resident physicians nor comply with contractually established expectations.

b. Holiday Time off

Programs are required to give resident physicians five days off as per Article 13.03 (a):

Residents shall receive five (5) consecutive days off duty for Christmas or New Year's Break. The five (5) consecutive days off shall take place either December 23 to December 27, or December 29 to January 2, at the discretion of the Program Director. All Residents shall be available for service on December 28. Where possible, a Resident shall not be scheduled for on-call services the day preceding his or her five (5) consecutive days off. Time in excess of five (5) consecutive days may be granted at the discretion of the Program Director.

Some programs will provide more than five days off if their service requirements allow; however, this additional time off is above and beyond the entitlements specified in the Collective Agreement.

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

3. Call for PARA Executive Nominations

PARA will be accepting nominations for the 2011/2012 Executive from now until January 15, 2011. Members of the 2011/2012 **PARA** Executive will have the opportunity to attend the executive retreat in Canmore or Banff on the weekend of June 4th - 6th. Executive members are responsible for implementing direction set by the Board of Directors; through this role, resident physicians can access opportunities to fulfil a number of CanMEDs roles: develop their leadership skills, liaise with health and medical education stakeholders, and represent Alberta's resident physicians at the regional, provincial, and national levels.

Elections for positions on the Executive Committee shall be held as follows:

- Nominations for Executive positions shall be solicited from the Board and from the entire membership; only general members are eligible for nomination. The nomination deadline is January 15th.
- If there is more than one nominee for a position, an on-line ballot will be mailed to each member of **PARA**. These ballots shall have the names of all nominees listed with a brief biography and platform description from each of the nominees. Elections will close on February 15th.
- 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 shall then be posted in the next communiqué to the membership. The new executive will take office July 1st.
- In cases of electoral dispute, a ruling shall be made by the Past President who shall act as the Chief Returning Officer, unless he/she is running for another executive position, in which case, the President shall take on this role.

A copy of the **PARA** Executive Nomination Form is attached. Additional information about elections and position descriptions can be found on the **PARA** website at <http://www.para-ab.ca/board/para-executive/executive-nominations>.

4. PARAdime Update

University of Alberta
8 bags

University of Calgary
16 bags

PARA Staff
6 bags

Please consider stuffing a bag or backpack, old or new, with items for the disadvantaged this winter. If you don't have a bag, but you do have bag stuffings like toiletries, clothes, non-perishables, stationary, toys, etc., we will take them!

Again, the collection sites in Calgary are

- Foothills – Resident Physicians' Lounge, Room C218
- PLC – Resident Physicians' Lounge, Room 0741
- RGH – Resident Physicians' Lounge, Room 4582

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



Back row (LtoR) Drs. Shaun Loewen, Adam Muzychuk, Matt Frey, Julie Kromm, Khalil Jivraj, Brendan Miles, Thirza Carpenter, Mark Ballard, Patricia Ting, and Michelle Carle-Ryan.
Mid row (LtoR) Drs. Michelle Chow, Justin Hsu, Roger Hsu, Mayank Singal, Florence Obianyor, Maryana Duchcherer, Katherine Leung, Amy Fang, and Nina Hardcastle.
Front Center: Dr. Joanna Lazier

For more information on the **PARAdime**, contact Dr. Florence Obianyor at fnobiany@ucalgary.ca in Calgary or the **PARA** office at para-ab@shawbiz.ca in Edmonton.

5. Coalition for Cellphone-free Driving Update

For the last two years, **PARA** has been involved with the Coalition for Cellphone-free Driving first as a partner and, then, as a member with our own cellphone-free driving policy for **PARA** staff and members on **PARA** business. Last year, the **PARA** Board chose to sponsor medical students from the Coalition to present to high school students in rural communities on the risks associated with distracted driving. This initiative was particularly attractive because it exposes rural students to the idea of medicine as a career, provides medical students with leadership opportunities that will benefit them as future resident physicians, and focuses on a form of preventive medicine that can help keep Albertans out of our emergency rooms.

This summer, Coalition medical students presented in eight rural communities to 86 high school classes, and over 3000 Albertans. Of those surveyed after the presentations, 83 percent indicated they would not use their cellphones while driving in the future and 91% would warn a driver using a cellphone while driving of the risks associated with that behaviour.



For more information on the Students for Cellphone-free Driving, please visit <http://www.para-ab.ca/about/media/coalition-for-cellphone-free-driving> and see the Coalition's attached newsletter.

6. AHS Update

AHS Community Peace Offices are empowered by the Government of Alberta to enforce Provincial Statutes related to AHS sites. Starting at the end of November, they will be enforcing the Tobacco Reduction Act to minimize the effects of second-hand smoke at AHS sites. The Tobacco Reduction Act prohibits smoking within five metres of a doorway, open window, or air intake in a public place or workplace. Until the end of the year, violators will be asked to comply with the five metre requirement; however, starting January 1, 2011, anyone failing to comply with the legislation is subject to a fine of \$287.

Additional information on this action can be found in the AHS attachment. If you have any further questions, please contact Eric Lavoy at (780) 342-5116.

7. Remembering Movember: Where Have All the Stashes Gone? A Chance to Raise Additional Funds

In addition to **PARA**'s support for the Run For the Cure during October and the Mother's Day Walk and Run in May, **PARA** is also committed to supporting the Movember experience. Send us your before and after Stash Photo's and the **PARA** Exec will award their favourite with Dr. Stash of the Year; **PARA** will donate an additional \$100 on behalf of the Dr. Stash winner. In addition, Dr. Stash will receive a pair of movie tickets and recognition in the **PARA**doc, **PARA**'s semi-annual publication. Photo submissions will be added to the **PARA** facebook page. Good luck to all the Dr. Stash candidates!

8. PARA Taxi Reimbursement Program

Reminder: The deadline for submitting taxi reimbursement claims for this quarter is December 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 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 January 15. Submissions that are received after the cut-off date (December 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.

9. Upcoming Events

- **PARA Seasonal Social: Jubilations Dinner Theatre**

Night at the Museum of Rock & Roll

http://www.jubilations.ca/jubilations/cal_now_playing.html

Date: Thursday, January 20, 2011

Location: Westbrook Mall 1002 – 37 Street SW

Doors: 6:15 – 6:30 PM



Since the Holiday Season is a busy time, PARA is hosting our holiday event in the New Year. The first 24 resident physicians who reply with their complete mailing address and pager number to para-ab@shawbiz.ca shall receive two adult dinner tickets. The **date of these tickets is not interchangeable**. Deadline to reply is **Monday, December 13**.

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.

10. 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 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 31,000 visitors!



November 2010 First Prize Winners

Drs. Adam Muzychuk and Vishal Sharma, University of Calgary
Drs. Karen Seland and Neelam Sandhu, University of Alberta

November 2010 Second Prize Winners

University of Calgary

Dr. Kerri Johannson
Dr. Kevin Yee
Dr. Claire Hinnell
Dr. Meira Louis
Dr. Rachel Talavlikar
Dr. Kathryn Scobie
Dr. Ravinder Pandher
Dr. Colleen Curtis

University of Alberta

Dr. Justin Hsu
Dr. Praby Singh
Dr. Mei Loke
Dr. Jack Chiu
Dr. Alena Tse-Chang
Dr. Albert Kers
Dr. Matt Lauzon
Dr. Erin Toor
Dr. Cameron Elliott
Dr. Jonathan Chia
Dr. Yang Li

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

11. PARA's November 2010 Resident Physician of the Month

Dr. Kimberly Mulchey, Pulmonary PGY4, University of Alberta

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

Dr. Mulchey is PGY-4 in Pulmonary, and I have had the opportunity to work with her on a few different rotations. She is a well-rounded, caring and exemplary physician. Dr. Mulchey connects with patients and takes time to alleviate their concerns. She is a role model for a number a residents as she is dedicated to teaching and providing excellent clinical care, all while having a young toddler to raise as well! Her enthusiasm for medicine is infectious and her positive attitude helps make those long nights of busy call a great learning experience. She is always willing to lend a helping hand to the junior staff and provide support not only with academic knowledge but with her personal experiences as well. I am truly happy to nominate her for the resident of the month award.

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>.



Happy Holidays,
Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta