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### 1. **PARA Know Your Contract: Lounges**

Article 18.01 states that "[t]he Authority shall provide on-call and lounge facilities for Residents, and the Authority and PARA endeavor/agree to work towards achieving and maintaining ideal on-call/lounge facilities through regular consultation and discussion between the parties." In the last few years, PARA had donated computers to both Calgary and Edmonton area lounges. At the Foothills Hospital in Calgary, the resident-physician lounge is located in room C218. At the University of Alberta Hospital, the resident physician lounge is the Dvorkin Lounge, which is located at the top of the escalators just off the hospital's main entrance on 112<sup>th</sup> Street. If you have suggestions on how the resident-physician lounges can be improved, please contact the PARA office [para-ab@shawbiz.ca](mailto:para-ab@shawbiz.ca).

### 2. **PARA Negotiation Update**

Your PARA 2010 Negotiation Committee had its third in-person, planning meeting on Sunday, January 24, 2010. The Negotiation Committee is committed to integrative negotiation; a 'win-win' bargaining style that is based on mutual gain and value creation. PARA will be sending a Notice of Intent to Bargain in March, 2010. The Negotiation Committee continues to welcome your input through our Contract Suggestion E-Box <http://www.para-ab.ca/agreement/contract-suggestion-box>.

### 3. **National Resident Awareness Day – Tuesday, February 9, 2010.**

February 9, 2010 is Resident Physician Awareness Day. The intention of this year's Resident Awareness Day is to enhance the public's awareness of resident physicians. You noted PARA's focus on a public awareness campaign as important in the 2009 PARA Communications and Strategic Planning Survey. In

response to your feedback, PARA is focusing Resident Awareness Day as a public awareness campaign. Previous years had Resident Awareness Day structured as an appreciation event. This year, resident physician appreciation will coincide with Resident Wellness Day, an annual event recognizing resident physician wellness through education and health and wellness events. Resident Physician Wellbeing Day will be held on May 27, 2010.

#### 4. PARA's Partnership with the Coalition for Cellphone-Free Driving



PARA is proud to announce that it is now a partner in the Coalition for Cellphone-Free Driving. The Coalition is a group of companies and organizations, including the University of Alberta and Alberta Health Services that are committed to reducing cellphone use while driving. PARA will play a part in the coalition's media campaign to spread the message that cellphone use while driving can be deadly. To target our specific demographic, PARA has established a "Pull Over to Page" Campaign. Look for our "Pull Over to Page" buttons and posters in resident lounges near you. To obtain buttons or copies of the poster, contact the PARA office or your aggregate representative.



For more information on the Coalition for Cellphone-Free Driving, visit <http://www.cellphonefreedriving.ca/default.aspx>

#### 5. PARA Supports Resident Physicians to Attend the Canadian Conference on Medical Education

Interested in attending the **Canadian Conference on Medical Education (CCME)**? The CCME is the premier medical education conference in Canada. It hosts the largest annual gathering of medical educators in the country. The purpose of the CCME is to highlight, and allow participants to benefit from, developments in medical education and to promote academic medicine by establishing an annual forum for medical educators and their many partners to meet and exchange ideas. 2010's CCME will take place on May 1<sup>st</sup> – 5<sup>th</sup> in St. John's, Newfoundland at the Delta Hotel and Conference Centre. It will include a highly selective program of workshops, posters, oral presentations, and plenary sessions with its theme being *White Coat, Warm Heart: Integrating Science and Humanism*.

PARA will sponsor two interested PARA members to attend this conference. 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.**

**Summary Deadline:** Monday, March 29, 2010

**Announcement of Successful Applicants:** Thursday, April 1, 2010

#### 6. Thank you from CPSA

Standards of Practice – Thank you for commenting.

In the fall of 2008, you were one of hundreds of people who participated in a consultation process for the College of Physicians & Surgeons of Alberta's draft Standards of Practice.

**Standards of Practice** are required under the *Health Professions Act* (HPA), an omnibus legislation that creates uniform processes for how health professionals, including the medical profession, are regulated. The HPA was officially proclaimed for medicine in December 2009. On January 1, 2010, the College began implementing changes required under the new legislation.

**Standards of Practice** outline what the College expects of Alberta physicians regarding professional behavior and good medical practice. The Standards are now in force and Alberta physicians are expected to be compliant.

Thank you again for taking the time to share your comments during the consultation process. To see the final version, please go to [www.cpsa.ab.ca/Resources/StandardsofPractice.aspx](http://www.cpsa.ab.ca/Resources/StandardsofPractice.aspx).

Sincerely,  
Trevor Theman, MD, FRCSC  
Registrar

## 7. Upcoming Events – Social and otherwise

- **PARA 2010/2011 Executive On-line Election**
  - PARA On-line Elections will run from Monday, February 1, 2010 until Friday, February 12, 2010. If you did not receive a link to the on-line election ballot, please contact the PARA office at [para-ab@shawbiz.ca](mailto:para-ab@shawbiz.ca). Thank you in advance for casting your ballot!
  
- **University of Alberta Faculty of Rehabilitation Medicine presents: Bone & Joint Health: Challenges of Knowledge Translation from Bench to Bedside**
  - Presenter: Dr. Cy Frank, Executive Director, Alberta Bone & Joint Health Institute
  - Date: Tuesday, February 2<sup>nd</sup>
  - Location: 2-41 Corbett Hall (8204 – 144 Street) University of Alberta
  
- **University of Alberta Resident Physician Wellbeing Committee presents: Stress Management Seminar (Edmonton only)**
  - Date: Thursday, February 11<sup>th</sup>
  - Location: Alexandra Hospital - 1st floor Community Services Centre, Body Worx Gym
  - Time: 5:30 PM
  
- **PARAlyzer**
  - Date: Saturday, February 27<sup>th</sup>, 2010
  - Time: 8:00 PM – 1:00 AM
  - Venue: Calgary – Mercury Lounge (1530 – 5 Street SW)  
Edmonton – The Pint Public House (10125 – 109 Street [half block north Fluid])

Hospital ID required  
No Line – No Cover (before 10:00 PM) – Complimentary Beverage  
**RSVP** to [para-ab@shawbiz.ca](mailto:para-ab@shawbiz.ca) by Thursday February 25<sup>th</sup> to add your name and those of your guests (without hospital ID) to the guest list.

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.

## 8. News from JSW Library

Brought to you by the [University of Alberta Libraries](#)

Looking for an alternative to Up-to-Date?

Looking for a point-of-care source that is updated daily?

Looking for a point-of-care source that you can download to your PDA or smartphone?

Looking for a point-of-care source that is free with your CCID and Password?



<http://www.library.ualberta.ca/databases/databaseinfo/index.cfm?ID=4166>

You can also find Dynamed by going to the Library's home page <https://www.library.ualberta.ca>, clicking on the "Databases" tab at the top of the page, and typing "Dynamed".

Questions? Contact your medical librarians:

Sandy Campbell [sandy.campbell@ualberta.ca](mailto:sandy.campbell@ualberta.ca) 780-492-7915

Dale Storie [dale.storie@ualberta.ca](mailto:dale.storie@ualberta.ca) 780-492-7952

## 9. PARA's Spot the Stethoscope – January's winners

Check out the PARA website at <http://www.para-ab.ca> and win. Each month until March 31<sup>st</sup>, 2010, a stethoscope will be hidden somewhere on PARA's new website. The first 14 residents who correctly reply by email detailing where on the PARA website the stethoscope is hidden will win!!! Residents cannot win two months in a row.

**January First Prize** - two tickets to a March NHL game

Calgary: Drs. Laura Stinton and Hussein Unwala

Edmonton: Drs. Talib Rajwani and Momoe Hyakutake

**Second Prize Winners:** two tickets to the movies

Dr. Alex Wong

Dr. Chieh Jack Chiu

Dr. James Yeung

Dr. Jordan Raugust

Dr. Lawrence Lou

Dr. Michael Chu

Dr. Pierre-Marc Villeneuve

Dr. Ranjit Gill

Dr. Ratna Samanta

Dr. Stephanie Mullin

Dr. Tarun Sehgal



## 10. PARA's 2010 January Resident of the Month

Dr. Juliette Sacks

Obstetrics & Gynecology PGY 3

University of Alberta

A fellow resident had this to say:

*Juliette was one of the residents during our PGY1 rotation on OBS/GYN. Despite the long hours and weekend overnight call, she was always a cheerful breath of fresh air regardless of how overworked she was. She is great to be work with, providing teaching to students and underling residents without being condescending. She's great with her patients and thorough with her plans. If I had a womb, I'd let her deliver my babies in a second.*

*Oddly, she actually has worked as Staff in Emergency, but re-entered [residency] for a love of Obs/Gyn. You'd think being thrown into the mix again would cause cold and bitterness, and you'd be wrong. She still keeps kicking ass and taking names, and for that she deserves to be ROM.*

To view previous Resident of the Month announcements or to find the nomination form to nominate a resident physician you know, 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