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1. Call for **PARA** Executive Nominations

PARA will be accepting nominations for the 2010/2011 Executive from now until January 15, 2010. Members of the 2010/2011 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 from the Board of Directors; through these executive roles, residents can access opportunities to develop their leadership skills, liaise with health and medical education stakeholders, and represent Alberta's resident physicians on a regional, provincial, and national level.

- For position descriptions and a copy of the PARA Executive Nomination Form, please see the PARA website at <http://www.para-ab.ca/board/para-executive/executive-nominations>

2. **PARA** - Know Your Contract: Call stipends while on out-of-region electives

Residents on an out-of-region elective may claim on-call stipends if the following conditions are met:

- I. The site that the resident is visiting is affiliated with the College of Physicians and Surgeons of Canada and their home university.
- II. The site must be in Canada.

Exceptions will be considered on a case-by-case basis if the required educational component is not offered at a site with affiliations. Paperwork required will be at the discretion of the resident physician's home program.

For an acceptable elective, resident physicians need to bring their elective call schedule to their home program, preferably with the signature of a supervisor to verify that the schedule is accurate. The program administrator or individual normally responsible for submitting the timesheet for the home program would then submit a new timesheet labeled with the location of the elective ("Yellowknife Rotation" for instance).

3. **PARA Survey – Report and Recommendations**

633 resident physicians or 50% of PARA's membership responded to the PARA Negotiation Survey and offered direction for the organization's upcoming negotiation. This figure is up from 497 resident physicians or 45% of the membership in the 2007 Negotiation Survey.

A majority of respondents identified monetary remuneration as a priority for the upcoming negotiation. There was variation in the type of remuneration that resident physicians thought most appropriate; some residents felt that call stipends should be increased over and above salary to recognize significant call commitments, while a majority still preferred a direct increase in salary.

Other residents, some citing the current economic environment, were interested in benefit improvements. The concepts of an RRSP matching program as well as a flexible spending account in the place of a health spending account were well received by the PARA membership.

The survey also offered resident physicians the opportunity to express their concerns about health-care cutbacks and the possibility of allowing excess call during crisis situations (like pandemics). The majority of residents reported either having already experienced a reduction in educational opportunities or foreseeing such a reduction in the near future. In general, residents were cautiously supportive of being allowed to do excess call to support residents who required sick time, but were concerned about the potential for this allowance to be abused.

To view previous negotiations updates, please visit our website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>

4. **A Message from the Calgary Zone Re: Electronic Health Records**

Because the health records of large groups of people can be retrieved in Electronic Health Records (EHRs), they pose a special challenge to privacy. Health-care systems require that users of EHRs take responsibility for maintaining patient confidentiality. Computer audit trails track access to electronic charts and all individuals accessing medical records may be identified by the Privacy Office.

The Chief Medical Officer of the Calgary Zone – Alberta Health Region through the Post-Graduate Medical Education Committee has asked PARA to remind all residents to take great care when using EHRs.

Do not access the records of any person for whom you are not caring. Be sure to log-off when your session is finished. Printed information must be disposed of appropriately. Seemingly innocent actions such as locating a hospitalized friend/ relative or looking at your own health information are strictly prohibited.

5. Upcoming Events

- **University of Alberta Resident Physician Wellbeing Committee presents: Stress Management Seminar (Edmonton only)**

Date: Thursday, January 21th

Location: University of Alberta Hospital – 4th floor (follow signs for the Labyrinth)

Time: 5:30 p.m.

Note: The same seminar will be held on Thursday, February 11th at the Royal Alexandra Hospital -- 1st floor Community Services Centre at the Body Worx Gym at 5:30 PM

- **Education Session : Resident Physician Remediation: Opportunities and Risks – Co-sponsored by PARA and the University of Alberta PGME (Edmonton Only*)**

Date: Monday, January 25th, 9:30 a.m. – 11:30 a.m.

Location: Varscona Hotel - 8208 - 106th Street, Edmonton, Alberta

Presenter: Derek Puddester, MD MEd FRCPC

Take Away: At the end of this 2-hour workshop, Resident Physicians will be able to:

- Discuss factors involved in identifying the need for remediation
- Summarize at least three factors that add cultural and learning complexity to the development of a remediation plan
- Describe the critical elements of a remediation plan and how to ensure its effective implementation

RSVP to para-ab@shawbiz.ca by Thursday, January 14th.

* PARA will be hosting a similar seminar in Calgary during the 2010 – 2011 term. Please contact the PARA office if you are a Calgary PARA member interested in attending this seminar on January 21st. Opportunity to attend will be provided on a case-by-case basis.

- **PARA Board Meeting**

Date: Monday, January 25th

Location: Edmonton: Varscona Hotel on Whyte (8208 – 106 Street)

Meeting: 1200 Noon – 1630 Hrs (Lunch will be provided at 1130 Hrs)

- **RSVP** to para-ab@shawbiz.ca by Thursday, January 14th.
- Residents will be responsible for their own transportation, but PARA will cover travel expenses.

- **PARA Movie Night**

Date: Thursday, January 28th

Location: Calgary: Cineplex @ Eau Claire Market (200 Barclay Parade SW)

Edmonton: Cineplex @ West Edmonton Mall (8882 – 170 Street)

- **RSVP** by January 27th to **reserve** your ticket at para-ab@shawbiz.ca
- Between 6:30-7:00 PM, meet the PARA Rep inside the mall in front of the theatre entrance to pick up your free **reserved** ticket to your movie of choice

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.

6. **PARAdime – Resident Physicians give their backpacks back**

In advance of this year's National Resident Physician Awareness Day (February 9, 2010), **PARA** is sponsoring its first annual charity drive, the **PARAdime: Give Your Backpack Back** Event. From December 15, 2009 to January 31, 2010, **PARA** is looking to collect new and used backpacks (remember the AMA backpack you received your first year of medical school?) filled with small and utilitarian necessities. **PARA** has donated one backpack full of goodies in each city and we will be collecting additional bags and donating them to the Edmonton and Calgary Drop-in Centers as a means both of giving back to our communities and raising public awareness of resident physicians in Alberta. Help us give back and give your backpacks back!

- Potential Backpack Stuffers: energy bars, microwave food, toothpaste, toothbrushes, soap, socks, underwear, razors, clothes, toques, tampons, etc.
- Collection Points:
 - Calgary: Foothills – Resident Lounge – Room C218 FHH
 - Edmonton: UAH - Dvorkin Lounge

For further information, please contact the **PARA** office at para-ab@shawbiz.ca.

7. **PARA's Spot the Stethoscope – December's winners**

Check out the **PARA** website at <http://www.para-ab.ca> and win. Each month until March 31st, 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.



December:

First Prize - two tickets to a December NHL game:

Drs. Luba Kazatchenko and Angel Chu – University of Calgary

Drs. Karen Tang and Rahim Samji – University of Alberta

Second Prize Winners: two tickets to the movies:

Dr. Kathryn Brown

Dr. Arden Lee

Dr. Christopher Gee

Dr. John Walker

Dr. Talal Ali

For more information on the Spot the Stethoscope Contest, visit PARA online at <http://www.para-ab.ca/news/contests>.

8. **PARA's 2009 December Resident of the Month**

Dr. Marisa Dharmawardene

Palliative Medicine PGY 3

University of Calgary

This is what a fellow resident had to say about Dr. Dharmawardene:

“Marisa’s an exemplary individual. Her dedication to medicine and patient care is extraordinary. She never hesitates to spend extra time with patients and

many palliative care patients and their families have often commented on her kind and caring manner. She is a delight to work with as a colleague, and if needed, she volunteers to cover on-call shifts for other residents and fellows. Despite the demands of a busy fellowship program, she remains an avid reader, world traveler, and still finds time for friends and family.”

For previous months’ Resident of the Month announcements and the nomination form, 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