



1. **PARA** - Know Your Contract: Practice Stipend
2. A Positive Approach to Doctors-in-Training – N.Y. Times article
3. Upcoming Events – Christmas Caroling Social, **PARA** Board Meeting and **PARA** AGM
4. Edmonton Halloween **PARA**lyzer - DJ contact info
5. Looking for a New Years Party – Why not support Doctors without Borders?
6. **PARA**'s Spot the Stethoscope – November's winners
7. News from CAIR
8. **PARA** Resident of the Month – November's winner
9. **PARA** Resident of the Month – Nominations Required

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

Did you know PARA has negotiated a practice stipend on your behalf -- \$1,740, to be paid out in September of each year? The Practice Stipend is in recognition of tuition and CMPA payments. Residents are paid through a stipend to avoid tax implications associated with direct reimbursement.

2. **A Positive Approach to Doctors-in-Training – N.Y. Times article**

Two interesting articles were published in the New York Times in November – see the links below to check them out (you will need to cut and paste into your web browser).

HEALTH | November 7, 2008

Doctor and Patient: A Positive Approach to Doctors-in-Training By PAULINE W. CHEN, M.D. Can positive reinforcement help young doctors be more competent, caring and conscientious?

<http://www.nytimes.com/2008/11/07/health/chen11-06.html?ei=5070&emc=eta1>

<http://well.blogs.nytimes.com/2008/11/06/no-praise-for-doctors-in-training/>

3. **Upcoming Events – Christmas Caroling Social, PARA Board Meeting and PARA AGM**

- **Christmas Caroling Social** - Friday December 12th
Caroling at the Hospital and Seasonal **PARA**treat – Residents to meet with **PARA** Representative at the below locations, songbooks will be provided. You

bring the Merry **PARA** Cheer! Caroling will last an hour and be followed by seasonal bebies and treats at the groups' location of choice.

- **In Calgary:** 5:30 PM – Meet at the Good Earth Café in the FMC
- **In Edmonton:** 5:30 PM - Meet at the information booth in the atrium of the UAH

▪ **PARA Board Meeting and AGM – Monday January 26th**

Date: Monday, January 26, 2009
Time Board Meeting: 12 Noon to 4:00 PM
Time AGM: 4:15 PM to 5:15 PM
Location: Varscona Hotel – 8208 106th Street, Edmonton

Parking available – pick up voucher at Hotel front desk before parking. Lunch will be provided.

Bus Schedule from Calgary: If there are any problems with the bus in the morning: Call Dispatch (403) 240-1992

- **Foothills pick up:** outside the Tom Baker/Special Services building.
 - Report time: 0800 hrs.
 - Departure time: 0815 hrs.
- Muffins and juice will be available on the bus**
- **Edmonton Drop off**
 - Arrival time: 1130 hrs.
- **Edmonton Departure: 1730 hrs**

4. **Looking for a New Years Party – Why not support Doctors without Borders?**



See www.para-ab.ca News and Events\PARA Event News for details.

5. **Edmonton Halloween PARALyzer - DJ contact info:**

A few of the residents who attended the Halloween PARALyzer requested the D.J.'s contact info – Contact the PARA office if you are interested in having Alex Faid D.J. a private party.

6. **News from CAIR – Happy Docs Study**

Good News! The Happy Docs manuscript has been published in the BioMed Central. What is the Happy Docs Study? The Happy Docs Well Being survey was conducted in 2004 by the Canadian Association of Internes and Residents to examine Canadian

resident physician health and satisfaction within their program as well as their lives outside of residency training.

The study was spearheaded by Dr. Jordan Cohen, CAIR executive member and chair of the CAIR Well Being Committee, committee members, and support from the CAIR resident membership. The Happy Doc results have reached out nationally and were presented at the Royal College of Physicians and Surgeons of Canada 2004 Annual Conference and in several forums since its release. Residents' passion, care and concern over raising awareness of resident well being issues has, and continues to have an impact at all levels of government, among CAIR's stakeholders, as well as at international levels. Congratulations on a job well done!

The abstract is available at
<http://www.biomedcentral.com/1756-0500/1/105>.

The complete article is available as a
[<http://www.biomedcentral.com/content/pdf/1756-0500-1-105.pdf>]

The fully formatted PDF and HTML versions are currently in production and should be available shortly.

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

November First Prize - two tickets to a December

NHL game

In Edmonton: Drs. Kerri Pandachuck-Chung and Praby Singh.

In Calgary: Drs. Diana Hong and Luba Kazatchenko.

Second Prize Winners: two tickets to the movies

Dr. Talib Rajwani - Edmonton

Dr. Yang Li – Edmonton

Dr. James Yeung – Edmonton

Dr. Chieh Jack Chiu – Edmonton

Dr. Barbara Zhao – Edmonton

Dr. Simon Ko – Edmonton

And that's all that tried.

8. **PARA Resident of the Month – November's winner**

Dr. Erika Persson, University of Alberta, Pediatrics PGY4

A fellow resident had this to say about Dr. Persson:

“Erika is committed to resident well-being, and is a very vocal advocate for resident education and well-being within the pediatrics program. As an example, this fall she has organized monthly "pediatrics in review" journal clubs for the pediatrics residents which has been very much appreciated by the other residents. She mentors junior residents well, and is very approachable for advice.”

9. **PARA Resident of the Month – Nominations Required**

Objective: To improve resident well being by recognizing and rewarding outstanding residents who make exceptional contributions in their academic field and to recognize their tireless service to the health care community.

Eligibility: Any resident is eligible to be nominated. Nominations can be submitted by fellow residents, work colleagues, and any one finding the recipient worthy of recognition. Nominations can be made by email (Max. 200 words) to rom@shawbiz.ca and should include an explanation of why the resident merits recognition. (PARA Executive and Board members are not eligible for this award.)

Nominees: The PARA Resident of the Month should be someone who exemplifies a balanced lifestyle and well being. She/he should be note worthy in one or many of the following areas: academic accomplishments, research activities, social events, family life, athletic pursuits, and or community involvement and humanitarian service. Feel free to include any particular event or patient/co-worker encounter that made this person stand out as exemplary. A brief biography would also be helpful (place of birth, academic/personal history etc).

NOMINATE someone you know for the RESIDENT OF THE MONTH award...

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