

PARAdoc

Volume 26



President's Message Dr. Brock Debenham

It's been a busy first half of the year for PARA. Your executive and Board of Directors have been working very hard, and I want to thank each of them for their involvement and participation in solving and addressing the many big issues that presented themselves this year.

As many of you probably know, the University of Calgary is undergoing a full accreditation survey for all of its programs in February. As part of the accreditation process, PARA has conducted a pre-accreditation survey in order to solicit the opinions of residents about their programs and to identify any major problems that the surveyors need to address during their visit. For the reports from this survey to be accepted by the surveyors, we required a response rate of 50% for RCPSC programs and 60% for CCFP programs. After a lot of hard work and many email reminders, I'm happy to let you know that the majority of programs achieved the required response rate and that resident voices will be heard by the survey teams. I'd personally like to thank Jazmin Marlinga, a family medicine resident in Calgary, for taking the time to get so many family medicine residents to fill out the survey.

Dr. Olga Tourin, our Calgary and Southern Alberta representative on the Executive, has recently developed a presentation that will be given to all programs by their Board of Directors aggregate representative on what PARA does for you and the services that we offer. We expect to offer this presentation to all programs by the end of the year.

The PARA AGM will be held in late January this year, instead of when it has normally been held in April. I would encourage all residents to attend this meeting in order to keep informed on what is going on in your organization and to have a say in its direction.

Our annual Residents-in-the-Legislature lobby event will be held in the spring. Our VP External, Dr. Adil Ladak, will be organizing this year's event. If you are interested in participating this year, please contact Dr. Ladak. Many politicians are not aware of what residents do and what our role is in the health-care system. Participating in this event is a good way to learn about lobbying and an excellent way to educate MLAs in Alberta about who we are and what we stand for.

We will be moving into the last year of our contract in 2009/2010. We have seen many of our health professional colleagues, including LPN's and physicians, negotiate very attractive contracts for themselves. If you are at all interested in participating in the next round of negotiations, I would encourage you to become involved with PARA next year. This involvement could be as a member on the Board of Directors, or as an Executive member; put your name forward and get involved. There is nothing more rewarding than being able to enact change that will benefit your colleagues. Watch for the call for nominations in your monthly e-blasts, and please contact me if you have any questions about running for an executive position. §

Winter 2008-2009

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Informed
Empowered
Involved



Cross Country Check up:

PARA Compassionate Benefit: a unique resident benefit!

The Compassionate Expense Program is a collaborative initiative between the Professional Association of Residents of Alberta (PARA), the Alberta Medical Association (AMA), and the Council of Academic Health Centers of Alberta. The benefit was negotiated to ensure support to Resident Physicians who are in need of assessment and/or treatment and requiring assistance on compassionate grounds. PARA is happy to report this program is the only resident benefit of its kind in the country!

Alberta's Resident physician in need of temporary assistance on compassionate grounds who are also members of PARA and are licensed in the educational or general register to practice in the Province of Alberta are eligible for subsidy under this program.

Eligible expenses include direct personal costs of the individual attending: a) a residential treatment program; b) a recommended individual assessment program, including travel costs and other legitimate associated costs, supported by receipts; the cost of spousal attendance will be considered on a case by case basis; or c) other expenses as recommended by the Program/Clinical Director of the Physician and Family Support Program, and the Registrar of the College of Physicians and Surgeons of Alberta.

PARA is proud to be a partnered advocate for Resident Wellness and Resident Health! If you are in need of assistance or would like more information please contact either the PARA office (1.403.236.4841 - Calgary, or /1.780.432.1749 - Edmonton) or the Physician and Family Support Program (1.877.262.7377). §

Switched Call

Switched call is designated as returned-onsite (RO) on Edmonton call timesheets and switched call (S) on Calgary call timesheets, but the designations are often misleading because where the resident begins the shift and whether or how often the resident travels between home and hospital is irrelevant. Switched call arises from Article 14.08 (c) in the CAHCA/PARA Contract:

A Resident who is scheduled on Home call but who is required to work more than four hours in hospital during the call period, of which more than one full hour is past 12:00 a.m. and before 6:00 a.m., shall be remunerated at the rate for In-house call. The rate of compensation will account for pay differentials for weekends and Named Holidays (Article 14.08 (a) ii and 14.08 (b) ii). The Authority shall have the right to implement reasonable rules to verify that Residents are entitled to be paid the In-House call rate for that call period.

In other words, for determining switched call/returned onsite, it is not relevant where the resident started or how often they traveled between home and the hospital; what does matter is that all of the following criteria are met:

- the resident was scheduled as or expected to perform Home call
- the resident spent four or more hours of that home call in hospital
- one of those hours was between midnight and 6:00 a.m.

Unless all of these qualifications are met, the call shift is not a switched shift and should not be designated as "RO" or "S" on the timesheet. Switched call will be paid at the weekday or weekend in-house rate depending. §

Did you know?

PARA dues are tax deductible, have not risen in over 20 years, and are amongst the lowest in the country.

Translational Medicine – A Proactive Role in Medical Advancement

as submitted to the Alberta Medical Association, December 2008 Doctors Digest

Adil Ladak MD
Vice President



Research has long been recognized as an essential component to the practice and advancement of medicine. Traditionally, medical research has been segregated into two types of application: clinical and academic, with much of the academic ‘bench-top science’ being pursued by non-clinical scientists. While the pursuit of non-clinical medicine still produces high quality research, a gap has emerged in which relevant research fails to translate into clinical application. Work focused on bridging this gap has been coined translational medicine.

Translational medicine is described by those in the field as the “enterprise of harnessing knowledge from basic science to produce new drugs, devices and treatment options for patients” (Woolf, 2008). Translational research is like a two-way street for medical science – one direction has basic scientists studying disease processes at the cellular and molecular level and providing clinical tools for diagnosis and treatment; the other direction has clinical researchers observing the nature and progression of disease in order to stimulate basic science investigation. The practice of translational medicine has been supported through encouraging clinicians to expand their research practices to include epidemiological and basic science domains; increasingly, physicians are assuming leading roles in medical research.

To facilitate the flow of knowledge from traditional academics to clinical application, clinical positions have been and are being created that require formal research training, usually in the form of an MSc or a PhD, and clinicians are being encouraged to seek and accept these medical-research roles. In recognition of this trend, the Royal College of Physicians and Surgeons introduced the Clinical Investigator Program (CIP) in 1995. The impetus for the CIP program was the pressing need for medical clinicians to accept leading roles in medical research. With this in mind, the CIP program is aimed towards engaging and encouraging clinical investigators at the beginning of their career - during residency. The program enables medical and surgical residents to pursue a two year MSc or three year PhD program. The scope of research is broad and ranges from basic science to clinical epidemiology to business administration. Successful completion of the CIP program results in the conferred degree and a Royal-College-recognized CIP designation at the end of residency training. Currently, the CIP program is offered at ten Canadian Universities including the University of Alberta. The University of Calgary is in the process of applying for the program.

The CIP program provides physicians with the research knowledge and tools necessary to investigate practical solutions relevant to clinical challenges. Continued support for this program and other forms of clinically based research will not only nurture resident-physician interest in science, but will also ensure medical professionals engage in effective and efficient research. In the present research community, an inexperienced physician’s ability to access funding from national granting organizations is increasingly difficult. Without formal training and experience, there is little hope for physicians to enter the system, let alone to discover success.

Overall, the CIP program is a progressive and proactive step towards ensuring the continued role of physicians in medical research and advancement. Through facilitating the transfer of knowledge from the bench-top to the clinic, physicians are presented with a unique and exciting opportunity take a leading role in medical advancements and to improve the future practice of medicine. §

State of the Market

PARA Reserve Fund



From January 1st, 2008 to the end of the November 2008, PARA's Reserve Fund is down 6.35%. The asset allocation (the portfolio mix between cash, bonds and stocks) now sits at 12% cash, 67% fixed-income, and 20% equities. In the face of year-to-date declines in the Toronto Stock Exchange of 31%, and declines in the global markets from 22 to 42% in Canadian-dollar terms, the Reserve Funds' asset allocation, has done well to protect us from the market turmoil to date.

What happened?

History will eventually iron out all the details, but what was initially a problem isolated to the global banking sector, quickly spilled out into the greater economy after the collapse of US investment banking firm Lehman Bros in September 2008. In the face of a global banking sector already reeling from overly-aggressive lending policies and exposure to poor credit issues backed by assets that were losing value (eg. US home mortgages), the collapse of one of the world's dominant investment houses caused access to credit to all but dry up.

With consumers and businesses unable to borrow (or borrow at reasonable interest rates), stock markets declined significantly from the end of September to the end of November, reflecting what appeared to be a "freezing" of global economic activity. As the economic tone dampened substantially, both businesses and consumers alike retrenched and cutback on their spending.

Outlook

In a world dependant on credit and leverage, governments and central banks have been very quick to take swift and aggressive action to address this economic crunch. With drastic interest rate cuts and significant backing/reassurances to the global banking system, everything is being done to restore the normal flow and access to credit. These actions, combined with the massive amounts of spending pledged by governments around the world are all steps necessary to rebuild consumer and business confidence. The road ahead may be bumpy, but we are beginning to see some light at end of this long and dark tunnel.

If you are interested in additional detail on our outlook and other economic / capital market perspectives and wish to be included on our client research distribution list, please email me at Faheem.allidina@nbpcd.com.

Best of wishes for 2009!!!

Warmest Regards,

Faheem Allidina
BMO Nesbitt Burns



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Alberta Medical Students'

Hold Political Action Day at the Legislature

The First Annual Alberta Medical Student Political Action Day was a stunning success. On Monday October 27, 2008, 41 medical students from the Universities of Calgary and Alberta traveled to the Alberta Legislature and met with over 40 MLAs from all political parties, including the Minister of Health and Wellness Ron Liepert and Deputy Premier Ron Stevens.

The MLAs and students held small group meetings throughout the day where they discussed the issue of student loans. Many MLAs supported the students' proposal of increasing the student loan maximum for medical students, thus increasing accessibility of medical school to students of all socioeconomic backgrounds. Perhaps more importantly, the MLAs and ministers were also keen on cultivating a lasting relationship with Alberta medical students.

Our Political Action Day also included a noon-hour address by Dr. Raj Sherman, an ER physician elected to the Alberta Legislature in 2008, and the opportunity to witness a lively and interesting Question Period in the Legislature.

The goal of our Political Action Day was to inspire medical students to become actively engaged in the political process during their training and throughout their medical careers. Students learned advocacy skills and put them into practice in their meetings with MLAs. It is anticipated that these skills will also enhance their comprehension of how politics will affect their ability to practice medicine and deliver optimal care to future patients.

Political Action Day was preceded by a day of training on Sunday October 26, 2008. The training day featured several high profile speakers, including Dr. Tom Huang (AMA Government Affairs), Laurie Blakeman (MLA, Edmonton Centre), Shannon Rupnarain (AMA Government Relations), Sarah Thomas (PARA Executive Director), and Dr. Darryl LaBuick (AMA past-President 2007-2008). The students received practical advice on advocacy and media relations, as well as specific tips and strategies for meeting with MLAs.

The organizers of this event hope that it will become an annual collaborative project between the Political Advocacy Committees of the Universities of Calgary and Alberta medical schools. This year's event was generously supported by the AMA, CFMS, PARA, and the Faculties of Medicine at the Universities of Alberta and Calgary. Shannon Rupnarain and Sarah Thomas from the AMA and PARA respectively were instrumental in planning the event and training the students. We wish to thank everyone, including the medical students themselves, for supporting this endeavour. §



From left to right:
 Peter Gill (UofA Medical Student),
 Harbir Gill (UofA Medical Student),
 Sarah Thomas (PARA Executive Director),
 William Eardley (UofC Medical Student),
 and Adam Muzychuk (UofC Medical Student).

A glance back with PARA

Resident feedback

July 4th PARalyzer

The Edmonton PARalyzer was very well attended at 100+ residents and friends having a great time. Many residents asked to pass on their thanks. The event was a huge success in Calgary having upwards of 150 people in attendance. Everyone enjoyed it during Stampede because everyone wants to go out, and this is a nice way for all the residents to socialize at the same place. Also- overwhelmingly, people loved the change in venue to OPUS. We heard from almost every single person that they never used to come because of the previous location but given that they would be at OPUS on a Friday night anyways, it was great! The staff at OPUS was great to deal with- they had a printed version of the guest list and they were very approachable. Altogether, they were fantastic!

August 21st PARatreat

Given the poor weather, the event was great and everyone had a fun time!

September Labour Day Classic

Had a great time. Keep them coming. Sorry no photos. Thank you very much for the tickets...much appreciated. It was especially nice to not have to buy tickets this year. Thanks again for the gift.

October 5 CIBC Run for the Cure

Calgary – 7 sponsored

Edmonton – 10 sponsored

October 16 Movie Night

Calgary - 17 passes given out

Edmonton – 20 passes given out



November 1 Halloween PARalyzer

Event went great. Lots of food and drinks. Have some pictures. Everyone had more than their fair share of fun. DJ was great.

November 21 Yoga Night

Just wanted to say kudos on the Yoga idea - we think it was fabulous. Hoping for more sessions like this and that nothing will get in the way. Again, thanks for these diversions.

November 23 PARA Grey Cup

Had a great crowd. Have photos to send in to PARA. Thanks for the great time.



Remember:

This organization depends on volunteer residents for success.
If you don't do it, who will?

PARA Events

Mark your calendars, 2009 is going to be busy, big time!

February 4 or 5:		Tax/Financial Planning Seminars in Calgary
February 24:	<i>Resident Awareness Day</i>	
February 24	in Edmonton:	Drawing for Prizes
February 25		Practice Management Seminar
February 26		PARA Hockey Night in Edmonton
February 27		PARA Yoga Night
February 28		PARAllyzer
March 1		PARA Movie Matinee
March 3	in Calgary:	PARA Hockey Night in Calgary
March 4		Practice Management Seminar
March 5		PARA Yoga Night
March 7		PARAllyzer
March 8		PARA Movie Matinee
March 19		PARA Movie Night in both cities
March		PARA Residents in the Legislature
March		PARA Ski Weekend
April 22		Administrative Professional Day
April 24		PARA Yoga Night
April 27		PARA Board of Directors Meeting in Calgary
May 10		PARA Mother's Day Run/Walk
May 12		Nurses' Day
May		PARAllyzer
June 3-7		PARA Executive Retreat
June 11		PARAtreat



U of Calgary News

Dr. Olga Tourin
Calgary and Southern Alberta Representative

It has been another busy and productive year at the University of Calgary! Around the city, PARA has been involved in number of activities from education to improving resident safety and workplace conditions.

The University of Calgary is a great place to train, and PARA is looking forward to an increase in the number of residents who will be able to access quality medical education through the University of Calgary in the coming years. Medical schools are able to provide quality medical education through the continued course of accreditation, a process that occurs every six years. The University of Calgary will be undergoing accreditation in February of this year. Over the past three months, PARA has helped to administer the pre-accreditation survey, which has been successfully completed by the majority of Calgary residents with an overall response rate of 60%. The results of the survey will provide important input for the accreditation of the University of Calgary Residency Programs. *(continued on page 11).*

Resident Awareness Week
Edmonton: February 24th - March 1st
Calgary: March 3rd - 8th

A whole week of activity events, educational speakers, paging for prizes, a PARAllyzer, and more!

Resident Well-being

What do Residents and Program Directors Want and Need?

By: Kathryn Dong, Co-chair Resident Wellbeing Committee; Kathryn Koliaska, Resident, Community Medicine; Erica Dance, Co-chair Resident Wellbeing Committee; Michael Demas, Co-chair Resident Wellbeing Committee
From the Faculty of Medicine and Dentistry, University of Alberta

This year, two new co-chairs were added to the Resident Wellbeing Committee at the University of Alberta. Drs. Erica Dance and Kathryn Dong, both from the Department of Emergency Medicine, joined Dr. Michael Demas (Department of Psychiatry) in taking the lead on resident wellbeing issues. The committee recently completed a needs assessment survey of residents and program directors. The results of this survey will help to prioritize the future directions of the committee and ensure that the committee is meeting the needs of the resident community.

The survey identified that the top priorities for residents and program directors were:

- maintaining a list of physicians willing to see residents and their families
- creating a website with wellbeing resources and links
- funding individual residency programs for wellbeing events
- maintaining a resource list of services available
- providing personal and confidential assistance to individual residents
- providing links to career counseling and mentoring.

Common themes for possible faculty-wide seminars included:

- communication issues
- time management skills
- leading a balanced life
- pregnancy and family issues during residency.

The committee currently maintains a list of resources available to residents and provides personal and confidential assistance to individual residents. Both of these services are available by contacting any of the co-chairs. The committee is looking forward to moving ahead on a number of issues identified by the needs assessment survey, so stay tuned!

For further information, or to become involved please contact any of the co-chairs: Dr. Kathryn Dong (kathryni@ualberta.ca), Dr. Erica Dance (erdance@ualberta.net) or Dr. Michael Demas (mdpc1@shaw.ca). §



Dr. Kathryn Dong



SPOT THE STETHOSCOPE Contest

Each month until March 31, 2009 a stethoscope will be hidden somewhere on the PARA website.

1st Prize - First 4 Residents in Edmonton and Calgary win tickets to a regular season NHL hockey game.

2nd Prize Winners: two tickets to the movies

Residents of the Month



2008 July - Dr. Rahim Samji
Diagnostics, PGY 3, University of Alberta

"Although Obs/Gyne was not [Dr. Rahim Samji's] field of specialty, he knew so much about the field and was quite confident in sharing his knowledge with the students. He is a true student advocate and always encouraged us to make the most of our experience. He made every single call shift an enjoyable, productive experience. Truly an awesome role model!"



2008 August - Dr. Kris Lundie
Orthopedic Surgery, PGY 5, University of Calgary

"Kris is doing well as surgery resident. He is always available and keen to teach medical students and junior residents. He has focused plans for the future (academic surgery in Victoria, BC). He also plays in a band (Prairie Heat) and spends time on weekends going from one concert to the other in Southern Alberta."



2008 September - Dr. Gregory Lutzak
Internal Medicine - Gastroenterology, PGY4, University of Alberta

"Greg exemplifies the qualities that each of us strives for as a physician. He is intelligent, personable and dependable. He leads an active life outside of medicine with his interests. He is loyal to his family and an excellent role model for his sister. One experience sums up Greg as colleague: when another colleague fell ill and was not able to fulfill their duties, Greg selflessly volunteered his time to cover for that person without reservation. He truly is a well balanced individual deserving of recognition."



2008 October - Dr. Andrew Pearce
Radiology Oncology, PGY5, University of Calgary

"Andrew's constant words of wisdom to the junior residents in our program include advice on research, clinical duties, and career opportunities. He has been a valuable resource especially to me, and I find myself continuously going to him first when I have a question."



2008 November - Dr. Erika Persson
Pediatrics, PGY4, University of Alberta

"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."



2008 December - Dr. Magdalena Sarna
Internal Medicine, PGY2, University of Calgary

"Dr. Sarna is an exemplary resident who demonstrates a strong work ethic, provides outstanding care to her patients and works extremely well with other members of the medical team. In addition to her dedication to excellent patient care, Dr. Sarna recently submitted a first-author manuscript for publication and she has been the recipient of a 2008 Resident Research Award from the University of Calgary. Dr. Sarna's work has also been presented at the 2008 Canadian Society of Nephrology meeting and the Mazankowski Alberta Heart Institute Inaugural Congress. Given the heavy clinical workload of residency, Dr. Sarna's research achievements are truly remarkable."

2007/2008 Annual Awards for Excellence

2007/2008 Award for Excellence in Clinical Teaching: Calgary
Dr. Hanna Bassyouni

“Dr. Bassyouni constantly goes well above and beyond the call of duty – she strives to engage her students, residents, and fellows in a meaningful way every day.”



Dr. Hanna Bassyouni

2007/2008 Award for Excellence in Clinical Teaching: Edmonton
Dr. Darren Nichols

“Dr. Nichols is a model physician, he shows excellence in teaching and his enthusiasm for learning is felt by all residents in both the FRCP and CCFP-EM. He is an asset to the residents’ clinical education and well-being.”



Drs Yang Li, Darren Nichols, Ni Lam

2007/2008 Award for Excellence in Clinical Teaching: Rural
Dr. Richard Martin

“Dr. Martin is really excellent; he is professional friendly and kind. The best of all my preceptors in the 1st year.”



Dr. Richard Martin

2007/2008 PARA Well-being Award: Calgary
Dr. William Fletcher

“The respect and autonomy Dr. Fletcher shows each and every member of our team has percolated through the whole department making for a fantastic learning and working environment.”

2007/2008 PARA Well-being Award: Edmonton
Dr. Sue Chandra

“Dr. Chandra is an excellent advocate for resident well-being; when a resident encounters issues in their personal life, Dr. Chandra goes above and beyond to ensure that their well-being takes priority.”

PARA’s newest service - Check it out

PARA is offering a new service for Residents going on an elective. Are you a PARA Resident who is willing to share your space with another resident while they are on elective in your city? Let PARA know. Are you a Resident looking for accommodation while on elective?

Check out PARA’s newest service at <http://www.para-ab.ca/external/looking-for-a-place-to-live>

U of Alberta News

Melanie Colpitts
Edmonton and Northern Alberta Representative



Welcome to a new year in Edmonton and Northern Alberta. This fall the University of Alberta programs underwent an internal review. These results are expected to be made available in February. We all hope that this process will facilitate ongoing improvements in resident education. Other issues in resident education that have arisen this fall have included the remuneration process for residents as teachers. Residents have been invited to participate in teaching undergraduate medical students.

Instead of direct remuneration for some of these roles, PGME felt that a more equitable distribution would be to allocate funds, for resident education, to departments whose residents participate in such teaching activities. Clinical preceptors will also receive recognition with increased funding. Dr Elleker has assured us that while negotiation for future visa trainee learners is ongoing; our school will continue prioritizing the training of Canadians where capacity is limited.

As the medical school expands to an eventual target of 190 students per year, generalist residency programs are expected to expand the most. The plan is to have family medicine increase from 40 to 45% of residency positions. This year, ten new CARMS positions have been proposed: five Family Medicine, two Internal Medicine, one General Surgery, and one Obstetrics and Gynecology. In 2009, the University of Alberta also hopes to introduce a Masters of Health Sciences Education program.

In terms of this season's resource development, the PGME Resident Well-Being committee has invested in new literary materials for residents, available in the JWScott library. The committee has also ensured the availability of career counseling, and a revised physician list is expected soon. Please do not hesitate to contact the PARA office if you have any questions about available resources. Best wishes for the New Year! §

U of Calgary News *(continued from page 7)*

This year, PARA has been working closely with the Postgraduate Medical Education office as well as regional authorities to provide residents with safe and improved work conditions. An audit of the call rooms at the Rockyview Hospital was done and a number of concerns were presented to site and district managers. Although some of the issues require time to be resolved, improvements are underway. In addition to improving call rooms, PARA supported the Resident Safety Policy, which was recently developed by Postgraduate Medical Education (PGME). The policy acknowledges the importance of a safe environment during residency training, outlines important conditions necessary to reach this goal, and proposes ways to deal with issues should they arise. The University of Calgary Resident Safety Policy can be found on the PARA website or by contacting PGME.



Traditionally, residents have worked exceptionally long hours--often greater than 24 hours. In an effort to improve post-call safety PARA negotiated the taxi reimbursement benefit for return transportation post in-house call. This program allows residents to avoid driving home when they are tired post call and is gaining popularity. For more information on PARA's taxi reimbursement initiative please see the PARA website <http://www.para-ab.ca/>

This year Calgary was host to the Third Annual Resident Leadership Conference, a two-day event where residents learned about advocacy, communication, and other leadership skills. Along with Residents in Legislature Day, this event helps residents to become leaders in the health care system and better advocates for their patients.

Overall, PARA has seen a steady increase in the participation of residents. Resident involvement creates a solid foundation for our association's continued success in delivering better PARA services and benefits to residents in Alberta. I wish all residents a safe and happy upcoming New Year! §



**Resident Awareness Week (RAW)
February 24 - March 1, 2009
Resident Awareness Day (RAD) February 24
All Events Require RSVP to para-ab@shawbiz.ca**

February RAW Themes: Relaxation Fitness Entertainment Career Practice Management Residents who attend RAW events will be eligible for draw prizes valued at \$100.00!				The Physician and Family Support Program offers wellness assistance 24 hours a day, 7 days a week, 365 days a year. Phone 1-877-767-4637  physician and family support program	
24 Tues Resident Awareness Day <i>Drawing for prizes</i>	25 Wed PRACTICE MANAGEMENT SEMINAR Edmonton @ 6:00PM Classroom A Walter Mackenzie Centre <i>Win!!! Dinner for two</i> 	26 Thurs Hockey Night Beer n' Nachos Edmonton @ 7:00 PM Hudson's Downtown <i>Win!!!</i>	27 FRI Yoga Night Edmonton @ 7:30 PM Yoga Loft <i>Win!!! Gift certificate for lululemon</i>	28 SAT PARAlyzer Edmonton Venue TBA <i>Win!!! Dinner for two</i>	1 March SUN Movie Matinee Edmonton @ Ecity Centre Theatres Rep will have passes to give away between 1200-1230 Noon

We are doctors, trainees, and teachers, committed to the care of our patients.

24 hours a day, 7 days a week.

Celebrate Resident Awareness Day!

Nous sommes des médecins, des stagiaires et des enseignants, dévoués aux soins de nos patients.

24 heures par jour, 7 jours par semaine.

Célébrez la Journée de sensibilisation aux résidents!



www.cair.ca



**Resident Awareness Week (RAW)
March 3-8, 2009
Resident Awareness Day (RAD) February 24
All Events Require RSVP to para-ab@shawbiz.ca**

March 2009 RAW Themes: Relaxation Fitness Entertainment Career Practice Management Residents who attend RAW events will be eligible for draw prizes valued at \$100.00!				The Physician and Family Support Program offers well-ness assistance 24 hours a day, 7 days a week, 365 days a year. Phone 1-877-767-4637  physician and family support program	
3 Tues <i>Drawing for prizes</i> Calgary Hockey Night Beer 'n Nachos @ Melrose Cafe & Bar <i>Win!!!</i>	4 Wed PRACTICE MANAGEMENT SEMINAR Calgary @ 6:00 PM in room 132 Science Theatre <i>Win!!! Dinner for two</i> 	5 Thurs Yoga Night Calgary 7:30 PM Yoga Shala <i>Win!!! Gift certificate for lululemon</i>	6 FRI	7 SAT PARAlyzer Calgary @ Opus on 8th <i>Win!!! Dinner for two</i>	8 SUN Movie Matinee Rep will have passes to give away between 1200-1230 Noon Calgary @ Empire Scotiabank Theatre Chinook

We are doctors, trainees, and teachers, committed to the care of our patients.

24 hours a day, 7 days a week.

Celebrate Resident Awareness Day!

Nous sommes des médecins, des stagiaires et des enseignants, dévoués aux soins de nos patients.

24 heures par jour, 7 jours par semaine.

Célébrez la Journée de sensibilisation aux résidents!



www.cair.ca