

January 2020

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Important Deadlines:

- **Electives:** May 2020 Canadian and June 2020 International Electives Deadline for upload to SharePoint - **March 1, 2020.**
- **Certificates:** March Resident Certificate Requests Deadline to jglow@ucalgary.ca – **February 15, 2020.**
- **Block 7 ITERs:** Please email pgmeassess@ucalgary.ca Block 7 ITERs are two weeks overdue on **February 24, 2020.**
- **FITERs** will be distributed in late January, for residents who write the Spring Specialty Exam. Deadline to jglow@ucalgary.ca – **February 18, 2020.**
- **eCCT's** will be distributed on February 15, for residents who write the Fall Subspecialty Exam. Deadline to jglow@ucalgary.ca – **February 25, 2020.**

Visit Our Webpage:

Website: <https://cumming.ucalgary.ca/pgme/>.

PGME Events:

Please visit our website for the most up to date workshops, seminars and events:
<https://cumming.ucalgary.ca/pgme/events>

Cancer Centre Photo:

December 2019:



January 2020:



Upcoming Meetings:

Program Administrators Session:

Date: Wednesday February 12, 2020

Time: 8:30 am – 10:00 am

Location: HMRB G43A

PGME Committee Meeting:

Date: February 14, 2020

Time: 9:00 am – 11:00 am

Location: HMRB G43A

Welcome New Faculty and Staff:



Aleks Mineyko started as the Director, Learner Resources and Fellowship Programs in January 2020.

Working closely with Nancy Dunlop, Education and Learning Resources Specialist, Aleks provides support and resources to Program Directors, Programs, and Teaching Faculty who encounter learners with difficulty.

She provides support throughout the process of Remediation, Probation, Dismissal, and Appeals and is working on establishing a Learner Resource Committee to review Remediation, Probation, and Dismissals.

Aleks also Chairs the PGME Fellowship Committee which reviews unique educational needs of Fellowship Programs. She reviews Fellowship Frameworks, approves applications, and provides supports to Fellowship Directors. Aleks plans to further grow Faculty development activities and resources and pursue research initiatives in learner resources.

Aleks is a Pediatric Neurologist at the Alberta Children's Hospital. She is a former Program Director of the Pediatric Neurology Program and has international experience in teaching in low income settings. When Aleks is not working, she can be found outside, mostly biking in the mountains.

Roxanne Laktin

Administrative Assistant | Resident Affairs and Physician Wellness

Roxanne worked as a Licensed Practical Nurse for 15 years before joining the University of Calgary in 2015. Roxanne worked in the Faculty of Nursing and the Office of the Registrar before joining the Office of Resident Affairs & Physician Wellness. Roxanne specialized in Mental Health and Psychiatry during her nursing career and is an avid supporter of progressive health-based initiatives that focus on caring for the caregiver. Roxanne holds a Bachelor of Arts from the University of Alberta and is currently completing her degree in Health Information Management.

Office of Resident Affairs and Physician Wellness:

The Office of Resident Affairs and Physician Wellness would like to wish everyone a Happy 2020. For residents and fellows, January is often filled with a renewed sense of optimism, resolution-setting, and excitement for a new year, yet this month can also be a very difficult and challenging time. It may be vital to encourage and support residents and fellows in making small daily choices towards their wellness.

Please read the following Frequently Asked Questions section to know more about the services offered at the Office of Resident Affairs and Physician Wellness.

Resident Affairs & Wellness FAQ

Who can use the services of the Office of Resident Affairs and Physician Wellness?

Any U of C Resident or Fellow can access services.

The Office can provide consultation and referrals to community resources for the spouses/common-law partners and family members of U of C Residents or Fellows.

What services are available at the Office?

The Office has two Registered Psychologists who provide confidential counselling, from evidence-based modalities, for a variety of concerns and challenges that may be faced within residency or fellowship programs.

The Director is able to provide support around navigating specific challenges and processes within residency (e.g. remediation, academic difficulty, guidance), as well as information around PGME policies.

Are the appointments ever mandatory? Can my Program or PGME make me attend?

All appointments are completely voluntary. All support is based on the specific goals of the resident/fellow. The Program (including Program directors and administrators) and PGME as a whole, cannot make anyone attend; however, it may be recommended or encouraged.

Are the services confidential? Do the Psychologists with Resident Affairs communicate with PGME or my Program?

The psychologists maintain strictest confidentiality within ethical and legal bounds. Information about a resident/fellow, the type of services accessed, and the context of counselling services cannot be

released to anyone, including PGME staff and PGME program administrators/directors, without explicit written permissions.

In accordance with legal and ethical standards of psychological practice in Alberta, there are specific exceptions to confidentiality. These include:

- When a resident/fellow's statements/behaviours suggest that they are imminently likely to harm self, someone else or pose a risk to public safety.
- When a resident/fellow's statements/behaviours suggest that a minor (17 years and younger) or dependent adult (18 and older, under legal guardianship) may be abused, neglected or otherwise in danger of being harmed.
- Court orders.
- Concerns about driving safety, then notice to a family physician is necessary.

The only information other Wellness team members (Director and Administrative Assistant) may have access to is attendance, since appointments are made and managed by the Office of Resident Affairs and Physician Wellness.

How many sessions can I attend with a Psychologist? Are they free?

There are no limit or cap to the sessions that residents/fellows can attend with a Psychologist. After training completion, the Psychologists will provide support to refer to other services and provide on-going support if needed to bridge to that support. All sessions are completely free.

Do you need a referral to make an appointment? How can I make an appointment?

No referral is needed. Residents/fellows can make an appointment at any time by contacting the Office Administrative Assistant through email, telephone or in person. Anyone can also contact the Psychologists and Director directly through email or by phone.

What services are available to residents in rural training sites in Alberta?

The psychologists and Director are more than happy to connect with residents in the rural training sites through phone and email.

The psychologists can provide confidential telepsychology counselling services at a mutually convenient time. There may be limitations and special considerations with providing telepsychology which will be discussed with any rural resident or fellow (e.g. inability to read body language and social cues that are available in person).

What days of the week and hours are the Psychological Counsellors available?

Currently the psychologists are working Mondays, Tuesdays, and Wednesdays. With the understanding of the demanding schedules of residents and fellows, there is also an emphasis on flexibility, with a focus on finding mutually convenient times and this may include evening hours if needed.

How do I contact the Office of Resident Affairs & Wellness?

General office contact information:

Email: residentwellness@ucalgary.ca **Phone:** 403-210-6526

To speak with a specific staff member, please see the following contact information:

Roxanne Laktin, Administrative Assistant
Nora MacQuarrie, Registered Psychologist
Danni Lei, Registered Psychologist
Dr. Jaelene Mannerfeldt, Director

Email : roxanne.laktin@ucalgary.ca
Email: nora.macquarrie1@ucalgary.ca
Email: dlei@ucalgary.ca
Email: jmmanner@ucalgary.ca

Upcoming Events:

1. SafeTALK Workshop: February 5, 2020 from 1pm-4:30pm in HMRB G43A.

Participants will learn about:

- Warning signs indicating the risk of suicide.
- Importance of recognizing the signs of suicide.
- How to communicate with the individual at risk.
- Resources that are available to assist.

Thanks to all who have registered! Please email residentwellness@ucalgary.ca or call 403-210-6526 if you have any questions or are unable to attend.

2. Self-Care, Community Care: February 13, 2020 from 12:00pm-12:50pm in HRIC Atrium, Foothills Hospital

Resident doctors at the U of C invite you to:

- Connect: panel discussion on promoting trainee health.
- Move: Mindful Movement with Limbus.

Donations to the Downtown Outreach Addiction Partnership (DOAP) welcome:
<http://alphahousecalgary.com/donate/> "Dedicate donation to UofC"

Change of loose-fitting clothes recommended. Mats generously donated by Lululemon YYC.

Please contact jivraj.jamil@gmail.com for further details about the event.

Committee Terms of Reference – New Webpage:

Links to the Terms of Reference (ToR) for the various PGME Committees, now on the website:
<https://cumming.ucalgary.ca/pgme/faculty-and-staff/faculty-and-staff-resources/tor>

Stay tuned for the February 2020 PG Post!