

News and Events for Residents and Faculty of College of Medicine

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# PGME Connect

*Facilitating conversations among the PGME community*

## Message from the Associate Dean, PGME

I thank you sincerely for your care, concern and efforts as we finish the current calendar year affected by the pandemic.

This issue of the PGME newsletter highlights, a) effective practices (in collaboration, leadership and well-being) in our Emergency Medicine program, 2021 virtual bootcamp for our first year residents, utilization of simulation in Family Medicine residency, two academic contributions from the PGME at national conferences in Canada - one on EDI and other on leadership development readiness, salient findings from a resident survey on "negative feedback", admissions changes, PGME celebration night and resident research day and a message from SaskDocs.

Best wishes for staying safe, healthy and a truly relaxing time for you and your family and friends.

All PGME updates, along with wellness and education resources, can be found on our website:

[medicine.usask.ca/residents/covid-19.php#PGMEUpdates](https://medicine.usask.ca/residents/covid-19.php#PGMEUpdates)

PGME maintains an open-door policy and we welcome inquiries – you can find a complete list of our office staff at

[medicine.usask.ca/residents/pgme.php#ContactUs](https://medicine.usask.ca/residents/pgme.php#ContactUs)

We want this newsletter to be valuable for you so please share your feedback and suggestions to help us improve! Contact us at [pgme.communications@usask.ca](mailto:pgme.communications@usask.ca)

## HIGHLIGHTS IN MEDICAL EDUCATION

### What Works Well: Best Practices from Emergency Medicine Chief Residents



Without a doubt, 2020 was a year like no other. As we entered the second half of our first year of emergency medicine residency, the world as we knew it changed forever with the first news reports of a deadly new virus in Wuhan, China. Little did we know the pandemic would continue for over a year, challenging us and other residents in ways no one could have expected. As both health care providers and learners, we were faced with uncertainty and fear for our careers, our learning, our colleagues, and our mentors, not to mention our own health and that of our families. However, amidst all the social distancing restrictions, “pivoting”, and other negative implications of the pandemic, one thing became clear: we are extremely fortunate to work alongside the supportive staff at the U of S who worked tirelessly to ensure our residency experience was maintained despite these challenging times. A few examples that stick out to us:

- Our program administrators, Leah and Julie, who provided never-ending support and juggled ever-changing schedule and newly-virtual academic half day programming, all with a genuine smile
- Our program directors, Dr. Rob Woods and Dr. Lynsey Martin, who adapted our program and advocated for our safety at all times
- Our co-residents, who persevered and will be better doctors for it, and who provided much needed humour throughout it all
- Our allied health staff, who continued to work tirelessly and showed up for each other every day
- Our medical students, who became PPE coaches, contact tracers, and dog walkers, all while going through the CaRMS match in the hardest and most uncertain year ever
- Our emergency department faculty, nurses, and other team members, who also had to adapt to caring for patients in uncertain times, yet continued to involve us in patient care so we could learn the practice of EM

As cases decline, restrictions ease, and our hospital shifts start to roll back into their pre-COVID ways (thank you, science and vaccines!), we can't help but reflect back on this year, with all its ups and downs, and take the

good with the bad.

We are tired. We grieve for those who have lost family and friends, for our patients, and for those whose lives have been forever impacted by this disease. We are also grateful, hopeful, and resilient. While we may not have been able to see our own families in person, this shared experience of our resident group has brought us closer to each other and our team members, and this is the family that will continue to shape us and make us better people and physicians as we move forward from this pandemic.

Drs. Savanna Boutin and Lauren Roberts, Emergency Medicine Chief Residents

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### **2021 PGME Resident Boot Camp**

PGME offered an exceptional educational experience to 123 residents at the 2021 Resident Boot Camp which took place virtually via Webex on June 28, 29 & 30. Every year, the aim of the Boot Camp is to prepare incoming PGY1s for residency by bringing into focus current topics relevant to safe and good medical practice. With this in mind, the 2021 PGME Resident Boot Camp established the following learning objectives:

- Practice medicine remaining cognizant of privacy obligations, consent requirements, incident management, time and energy management, patient safety, and professional boundaries.
- Demonstrate enhanced understanding of expectations of residents in the PGY1 year.
- Identify wellness resources available to residents at the University of Saskatchewan.
- Demonstrate understanding of the Resident Doctors of Saskatchewan Collective Agreement.
- Acquire a foundation for a network of support and for collaboration with their peers.

To ensure the continuing success of our residents and to meet the objectives of the program, the 2021 PGME Resident Boot Camp featured exceptional learning opportunities from a variety of sources including: Highly knowledgeable and experienced faculty, Resident Panel, and Interactive sessions on a wide variety of topics relevant and useful to successful transition to residency and medical practice (RDoS Contract and Resident Benefits, Quality Referrals and Consultation, Laboratory and Radiology Basics, Legal Aspects of Medical Practice, Resiliency, Time & Energy Management, Wealth Management, Indigenous Health, and Patient Safety).



2021 PGME Virtual Boot Camp Session Participants

## PROGRAM SPOTLIGHT



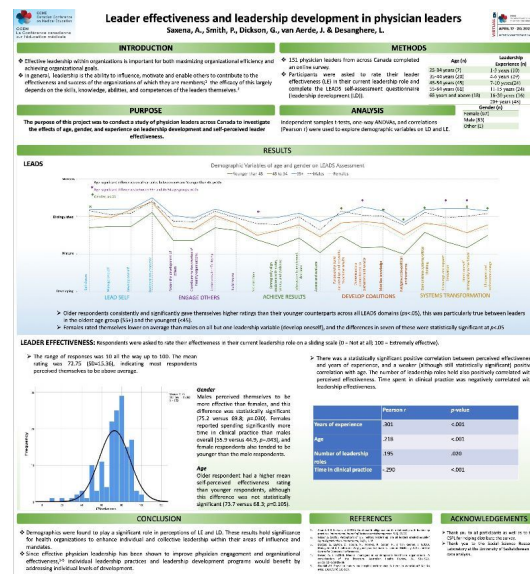
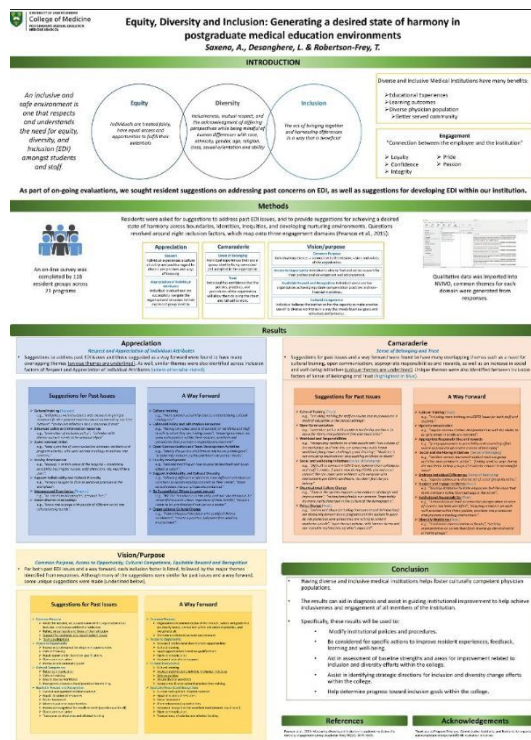
New simulation equipment to enhance family medicine training in Saskatchewan.

Click [here](#) for more information!



## ACADEMIC CORNER

We would like to highlight PGME contributions to two premier medical education conferences in Canada, the Canadian Conference on Medical Education (CCME) and the International Conference on Residency Education (ICRE). This year, many University of Saskatchewan, College of Medicine researchers and educators took part in pre-conference workshops, posters, and presentations at both CCME (April 18th-20th) and ICRE (October 20th – 22nd). The 2021 CCME abstracts can be accessed, [HERE](#). ICRE research papers can be accessed [HERE](#); ICRE what works papers and posters and research posters can be accessed [HERE](#).



To view this poster as a pdf, click [here](#).

## PGME PORTFOLIO UPDATES

### PGME Evaluation

Why are surveys sent out?

- Feedback from residents, program directors, and program administrative assistants is very important and provides valuable information that helps ensure training events and workshops best meet your needs. Applicable PGME staff review the findings and make changes based on your feedback.

- Survey findings also help the PGME office determine what is working well within residency training programs and if there are any areas of concern.
- Your feedback is very important to the PGME office. However, we are also aware of the demands on your time and strive to ensure that the surveys are user-friendly and quick to complete.

Survey FAQ: [Read More...](#)

## PGME Semi-annual Survey: January 2021

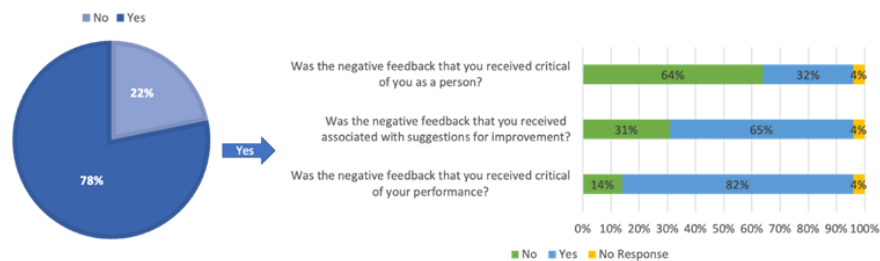
### Topic: **Negative Feedback**

The purpose of the January 2021 Semi-annual Survey was to seek resident opinions and suggestions on Feedback experiences within their training. The Anonymous data was analyzed for themes and will be used to develop/modify policies, procedures and specific actions to improve resident experiences, feedback, learning and well-being.



188 Residents completed the survey

#### HAVE YOU RECEIVED NEGATIVE FEEDBACK DURING RESIDENCY TRAINING?



- 48 residents provided additional comments about the negative feedback they received.
- Two main categories of responses were identified: [Read More...](#)

### **Admissions: July 1**

The PGME admissions office was busy preparing for the start of the new academic year on July 1, 2021, to ensure all new residents are licensed and credentialed when they begin training. The College of Medicine and PGME office welcomed more than 120 new residents to our Royal College and Family Medicine programs with 74 new residents in Saskatoon and 26 in Regina. Another 24 new residents will commence their Family Medicine

training in Moose Jaw, North Battleford, Swift Current, La Ronge and Prince Albert.

All PGY1 residents attended a three day Resident Boot Camp from June 28 to 30, 2021 to prepare them for the next chapter in their training. The purpose of the Boot Camp is to provide additional support to trainees as they transition to residency by introducing and consolidating baseline skills and knowledge needed to flourish during their residency years.

On July 2, new residents at all sites participated in orientation activities to learn more about their new role and expectations as medical resident trainees.

### **PGME Celebration Night 2021**

The annual PGME Celebration Night took place virtually on Friday, October 15th 2021.

A wonderful evening comprised of awards and musical performances, featuring special greetings from the Government of Saskatchewan's Ministry of Health and Ministry of Advanced Education.

In keeping with the format of last years event, and to ensure the health and wellbeing of all guests, speakers, and award recipients during these tumultuous COVID times, all videos were pre-recorded and assembled to create the online link for a celebratory, yet safe, experience for the attendees. President and Vice-President of Student Medical Society of Saskatchewan (SMSS), Hifsa Noor and Rachel Hamilton, graciously acted as Master of Ceremonies for the event and guided the celebration seamlessly. An original music number performed by Dr. Volker Rininsland, who took home first place in the Talent Show portion of the event, was a highlight of the evening.

While there is no question that the pandemic has resulted in many ambiguities and changes in the field of medical education, it is important that the achievements and successes of the PGME residents, faculty and staff do not go unrecognized. [Award Recipients!](#)

The PGME office would like to congratulate all the postgraduate medical education residents, faculty, program directors and program administrative staff for all their accomplishments and contributions to medical education. We would also like to thank all who contributed to the success and virtual delivery of this event, including USask Media Productions and the College of Medicine IT department. If you didn't get the chance to view our initial video streaming on October 15<sup>th</sup>, the video can now be viewed on the PGME website: <https://medicine.usask.ca/residents/about-pgme.php#Awards>

We look forward to continuing this celebration, whether in-person or virtually, for years to come!

### **Resident Resource Office: REACH - Resident Research Day**

The 2021 Virtual Resident Research Showcase and Awards (REACH) was a great success with 21 resident projects featured in our *Clinical* category and 9 featured in our *What Works* category. Resident projects were evaluated and ranked by a judging panel with the top three in each category taking home cash prizes. The Postgraduate Medical Education Office and the Office of Vice Dean Research (OVDR) thank the judges for their time and are excited to announce the following results!

#### **Clinical:**

1<sup>st</sup> place – **Dr. Samuel Harder** *"The Predictive Value of MRSA Surveillance Swabs in Septic Arthritis"*

2<sup>nd</sup> place – **Dr. Yasaman Torabi** *"Suboptimal Dialysis Initiation within Saskatchewan: A Retrospective Cohort Study"*

2<sup>nd</sup> place – **Dr. Sanji Ali** *"Outcomes of Women with HER2 Positive T1a/bN0M0 Breast Cancer Treated with Adjuvant Trastuzumab (TZM): A Retrospective Population-based Cohort Study"*

3<sup>rd</sup> place – **Dr. Rajan Minhas** *"Outcomes of First Nations Patients Presenting with ST -Segment Elevation Myocardial Infraction to a Single Academic Center"*

#### **What Works:**

1<sup>st</sup> place – **Dr. Patrick Seitzinger** *"Incorporating Artificial Intelligence into Medical Practice: Navigating Ethics, Opportunities, and the Path Forward"*

2<sup>nd</sup> place – **Dr. William Kennedy** *"Mixed-Methods Analysis of Resident-Led Quality Improvement Rounds in Regina, Saskatchewan"*

3<sup>rd</sup> place – **Dr. Savita Rani** *"Creating the CHIME Design Lab! (Community-centred, Collaborative Health Innovation partnered with Medical Education)"*

Please join us in sending our additional congratulations to our fan favourite winners **Dr. Suzanne Aronyk** for her work on *"Resilience and Burnout among Family Medicine Residents in Saskatchewan"* and **Dr. Amit Persad** for his work on *"Use of Antibacterial Envelopes for Prevention of Infection in Neuromodulation"*.

Resident projects will remain online for public viewing at [medicine.usask.ca/residents/resident-research-awards.php](https://medicine.usask.ca/residents/resident-research-awards.php)

## STAKEHOLDER'S CORNER

### Saskdocs: Saskatchewan Electives Support Program



Dr. Janessa King at Gravelbourg

"As a learner, I never felt overwhelmed as my preceptor and nurses were friendly, knowledgeable, and so supportive," Dr. Janessa King.

Dr. King is referring to her elective experience in the Town of Gravelbourg (population of approximately 1,100):

"For learning, there is no better place. You see a variety of basic family medicine concerns, geriatrics, inpatients, minor and major trauma and emergencies. There are plenty of opportunities to practice procedural skills such as suturing and casting as there were never a lack of local farmers accidentally cutting themselves or getting kicked by cows."

The **Saskatchewan Electives Support Program** is offered by saskdocs in partnership with the Saskatchewan Medical Association (SMA). This program reimburses travel and accommodation expenses for resident physicians who are pursuing electives in eligible communities throughout Saskatchewan.

There are two applications streams, one for University of Saskatchewan residents and another for residents in specialties not available in Saskatchewan. Residents apply prior to the start of an elective, and Saskdocs confirms eligibility for them to be reimbursed for qualifying travel and accommodation expenses following elective completion.

"Thanks to the SMA and Saskdocs elective support program I didn't have to worry about the cost of my travel and accommodations while working in Gravelbourg."

For Dr. King, pursuing an elective in a rural community was very rewarding.



"After my elective, I understood how demanding and challenging it can be to work in a rural community but also how rewarding it is."

She also added the benefit of working in a bilingual community:

"Gravelbourg is a very friendly francophone town. Being a francophone myself, I enjoyed the opportunity to practice my French with the patients I saw there. Gravelbourg is alive with culture, food, music, festivals and sometimes I could indulge in some of it during down time."

"If you are in a family medicine residency program, I highly recommend an elective in Gravelbourg or even just a weekend trip!"

Interested in exploring new communities in Saskatchewan? The Saskatchewan Elective Support Program can help you cover costs for travel and accommodations and keep you focused on making the most out of your elective. For more information, visit the program page at [saskdocs.ca](https://saskdocs.ca) or send an email to [info@saskdocs.ca](mailto:info@saskdocs.ca).

## ANNOUNCEMENTS

### Welcome:

PGME welcomed several new Program Directors and Assistant Program Directors since the start of the 2021-22 academic year. We thank all of the outgoing Program Directors for their hard work and dedication provided over the years to training our amazing residents!

#### Program Directors:

Cardiology: Dr. Stephan Wardell

Internal Medicine: Dr. Jessie Baptiste

Family Medicine: Dr. Sheila Smith (Interim)

Pathology: Dr. Rani Kanthan

General Internal Medicine: Dr. Alia Teja

#### Assistant Program Directors & Site Directors:

Obstetrics & Gynecology: Dr. Jackie Ferguson (Regina)

Obstetrics & Gynecology: Dr. Kristine Mytopher

Obstetrics & Gynecology: Dr. Ashton Craven (Prince Albert)

Pediatrics: Dr. Shauna Flavelle

Family Medicine Emergency Medicine: Dr. Sarah Harrison (Swift Current)

Surgical Foundations: Dr. Annika Card

The PGME Office has launched a new high level strategic plan document to guide our organization over the next five years. **For more information, click [here](#).**

**PGME would like to take this opportunity to wish our residents, faculty, staff and external stakeholders a safe and happy holiday season!**



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