



UNIVERSITY OF SASKATCHEWAN

College of Medicine

MEDICINE.USASK.CA

# WELCOME & INFORMATION PACKAGE

*Pre-Clerkship Regina  
2025-2026*

BE WHAT THE WORLD NEEDS



## Greetings to our future Regina students!

**We are very excited to welcome you to Regina! This booklet contains important and helpful information pertaining specifically to students at the Regina campus.**

The courses and modules for pre-clerkship in Regina are coordinated by a centralized team. The pre-clerkship team works in the Academic Health Sciences Learning Resource Centre (commonly referred to as the Learning Centre – LC) at the Regina General Hospital (RGH).

We work closely with the College of Medicine's Undergraduate Medical Education (UGME) office in Saskatoon to ensure that you will receive a first-class experience.

Within this document, you will find information about:

- Pre-clerkship staff directory
- Important to-do items for all Regina pre-clerkship students
- Important General Information
- Parking and Transportation Options
- Fitness, Lifestyle and Aquatic Facilities Information
- SHA Security Services
- Housing in Regina
- Family Physicians for medical students
- Office of Student Affairs staff directory
- Learning Environment information and Library Resource Information

If you have questions at any time, please contact one of the pre-clerkship team members and we will work to assist you. This information package will also be available on Canvas within Year 1 Success in Medical School course (MEDC 111).

We believe our team does a remarkable job of delivering pre-clerkship programming and we are keen to hear your feedback and suggestions as we proceed.

Take care and we'll see you soon!

Pre-Clerkship Regina



## PRE-CLERKSHIP TEAM



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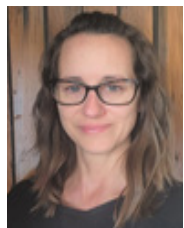
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## IMPORTANT TO-DO'S FOR YEAR 1 STUDENTS

Important Information for all YEAR 1 students (Regina and Saskatoon) can be found at <https://medicine.usask.ca/policies/information-for-first-year-medical-students.php#Welcome>

- Please complete all as directed and review the important resources listed at the link above.
- Read each item on this webpage as there are important forms that need submission to different bodies.
- **NOTE:** Regina students can only receive SHA ID badges in-person at RGH following the process below.  
*Do not follow the "Student I.D. Hospital Badges" process on the College of Medicine website.*

**SHA ID Card:** As a Regina Campus student, your SHA ID card grants you access to various locations on campus, including 24-hour access to the Learning Centre, College of Medicine Wing, SHA Clinical Library, and RGH staff entrances.

**Obtaining your SHA ID Card:** Students must visit the RGH Parking Services office to obtain their SHA Photo ID.

- **Location:** Level 1 of RGH, beside elevators 5&6
- **When to go:** Students can pick up ID cards beginning July 23, 2025. Office hours are Monday to Friday, 7:00-11:30 and 12:00-3:15
- **What to bring:** Valid photo ID (e.g. driver's license)
- **What to say:** Inform the staff member you are an incoming medical student needing an ID. Students who provided the College of Medicine with a preferred name that is different than their legal name should advise the staff member before their ID is printed.

***Always carry your ID card; wearing your ID badge is mandatory while in SHA facilities.***

*\*If you cannot get your ID before Orientation, you will still be able to access the Learning Centre during business hours.*

**First Aid/CPR:** All pre-clerkship students require certification in Standard First Aid with CPR BLS and AED. It is the student's responsibility to complete this training and keep certifications valid throughout pre-clerkship. Incoming Year 1 students are required to provide copies of their certification on the MEDC 111 Canvas Course. More information can be found here: <https://medicine.usask.ca/policies/cpr-and-first-aid-requirement.php>

**Immunizations:** The University of Saskatchewan requires that all students attending a Health Science College provide documented proof of immunization. Please review the important information found here: <https://medicine.usask.ca/policies/immunization-requirements-for-medical-students.php>

**Review the Pre-Clerkship Student Feedback Guide:** The purpose of this guide is to promote effective problem solving by asking questions to those who know the answers, gather and use student feedback to improve their experience, develop and foster positive relationships between students, staff, and leadership, and enable students to feel confident in advocating for themselves within a professional setting.  
[https://issuu.com/usaskmedregina/docs/pre-clerkship\\_student\\_feedback\\_guide\\_-\\_regina](https://issuu.com/usaskmedregina/docs/pre-clerkship_student_feedback_guide_-_regina)



**USask Student ID Card:** Student ID Cards are ordered online. If you are new to the U of S, or you are an existing student with a card that is 4 years or older and wish to submit a new photo, please follow the instructions at <https://bookstore.usask.ca/campus-id.php#StudentCards>. ID Cards will be shipped to the Regina Campus to be distributed to you. Order your card by August 10, 2025, to ensure timely delivery.

### **Off-Campus Med Students USSU & GSA Student Health & Dental Plans:**

The University of Saskatchewan student Health & Dental Plans have been put in place by the student associations to help students pay for the health services they need. The coverage includes health, dental, vision, and worldwide travel benefits, and is designed to pick up where provincial health care, NIHB, and/or other private health coverage ends.

As a student enrolled in an off-campus program at the University of Saskatchewan, you are not automatically enrolled in the USSU or GSA Health & Dental Plans, but you have the opportunity to enroll yourself, your spouse and/or dependents by contacting [studentcare.net/works](https://studentcare.net/works) directly during the Fall Change-of-Coverage Period. Individual and family enrolments are completed by filling out the appropriate Enrolment Form, submitting it to [studentcare.net/works](https://studentcare.net/works), and paying an additional fee.

***IMPORTANT: Enrolments can only be processed during the Change-of-Coverage Period, which is Sept. 1 – 30 for Term 1 students. Once successfully enrolled, coverage is valid from Sept. 1 – Aug. 31.***

For more information, including benefit details and instructions on how to enroll yourself, your spouse and/or dependents in the USSU or GSA student plans, please visit [www.ihaveaplan.ca](https://www.ihaveaplan.ca) and find your student association in the drop down list.

## **YEAR 1 'TO-DO's CHECKLIST**

Use this checklist to help you complete all the tasks on Pages 4 & 5:

- ☐ Review the 'Important Information for all Year 1 students' link.
- ☐ Get your SHA ID Card.
- ☐ Complete required certification in First Aid/CPR.
- ☐ Ensure required immunizations are up to date.
- ☐ Review the Pre-Clerkship Student Feedback Guide .
- ☐ Get a USask Student ID Card.
- ☐ Enrol in Off-Campus Med Students USSU & GSA Student Health & Dental Plans.



## Important information you need to know

**IT & AV:** There is a dedicated IT team to the College of Medicine, Regina campus. The IT Team is housed in the Learning Centre. The team members can assist you with setting up virtual meetings, trouble shooting issues that arise with your computers, electronic exams, and facilitating the lectures between Regina and Saskatoon.

The LC Classroom and Auditorium are set up with microphone buttons on the tables. Please make sure to use them during your lectures.

**LOCKERS:** You will be provided with lockers, but will be responsible for your own locks. Lockers are assigned to you. The list will be posted on the end lockers. If you want to trade lockers with another student in the same year you must notify Sherry Lindenbach.

**DILAWRI SIMULATION CENTRE:** Located within the RGH, the centre has been up and running since 2012 and includes a lot of equipment to practice on. The Sim Centre staff will help you book practice on the equipment or special interest group sessions. Call 306-766-0600 or email [dilawri.simulationcentre@saskhealthauthority.ca](mailto:dilawri.simulationcentre@saskhealthauthority.ca)

**UNIFORM ROOMS:** Scrubs for learning sessions in the surgery department or O.R. are available from the RGH and Pasqua uniform rooms. RGH Uniform Rooms are accessible 24/7 with your SHA ID card.

Uniforms (scrubs, warm-up jackets, lab coats) will be accessible 24/7 using your SHA ID card. You are able to borrow a maximum of two sets at a time. If you need assistance, call the Unit Support Department Supervisors. Call 306-766-4190 daily from 6:30am to 23:30pm.

Uniforms are to be put into a BLUE linen bag only and are not to be removed from the facility and laundered at home. When the term is done, any scrubs you have not returned may be charged to you through the College of Medicine.

**MULTI-FAITH CENTRE:** Students on campus have access to a Multi-Faith Centre at Regina General Hospital (Level 2A). All are welcome to use this space for quiet reflection, meditation, or prayer.

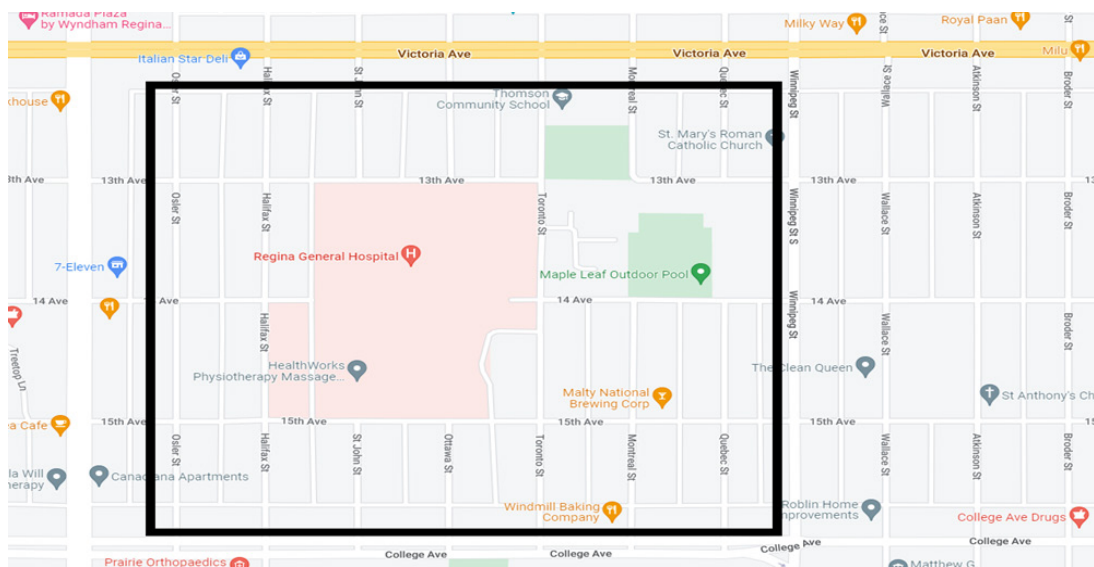


## Parking & Transportation Options

**Paid Parking:** Medical students can purchase on-site parking at a cost of \$75.00/month. Students can purchase as many 1-month blocks at a time as they wish, up to 1 year. If you wish to purchase parking, please take the College of Medicine Parking Letter on page 8 to the Finance window at the main 14th Avenue entrance at RGH to pay, and then take your receipt to the Parking Services Office.

**Street Parking:** As a general rule, parking around the RGH is 2 hour on streets within the black square indicated on the map. Outside the square may be 24 hours. ***Always check for signage to be sure, as the parking enforcement is strict around the hospital.*** Snow removal routes are posted and the city will declare when they are enforced. You can get the Snow Route App alert at:

<https://www.regina.ca/transportation-roads-parking/seasonal-maintenance/snow-routes/>



**Shuttles Service Between Sites:** If you have a learning session at Pasqua Hospital, Wascana Rehab Centre or Regina Centre Crossing, staff and learners have access to free shuttle buses that run between these sites. The schedule can be found on the RQH Intranet and is posted in the student lounge.

**Bike compound:** There are 3 bicycle compounds available. There are two lock and key compounds available, one near the staff entrance on 14th Ave, and one off the alley between 14th and 15th Ave on the West side of the building. Keys to these compounds are available at the Information/Switchboard for \$2.00 deposit.

There is an additional compound located at the east portion of the parkade, directly north of the elevator vestibule. It is a door activated card swipe access system. Security measures are in place by means of a security video camera directly within the compound. To obtain access to this compound, please make a request at the Parking & ID Services office.

You will be required to provide your photo ID to set up access/obtain keys to either compound.

**City Transit:** Please see the letter in this document on Page 9 for rates and reimbursement offered to our students.



## College of Medicine Parking

### PreClerkship Student Rate

Please provide a temporary parking permit to this learner at the Staff rate of \$75.00 monthly per The Affiliation Agreement, Schedule D, Section 9.c for:

**Name:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_

**End Date:** \_\_\_\_\_

**Authorized by:**

*Catherine MacKay-Wilson*

Catherine MacKay-Wilson, Manager  
College of Medicine  
University of Saskatchewan  
Regina General Hospital

**Date:** June 25, 2025





DATE: March 14, 2025

TO: Regina Based Undergraduate Students

FROM: Catherine MacKay-Wilson Manager, Administration & Finance College of Medicine, Regina Campus

RE: City of Regina Transit Reimbursement Program

The Regina Campus College of Medicine will reimburse students the difference in cost between City of Regina Transit Post-Secondary pass and a Saskatoon U-Pass to acknowledge a difference Regina Campus students face related to access to Regina transit costs.

Supporting the environment is one of the areas that the College of Medicine hopes to support by offering public transportation options to students to reduce air pollution and to encourage healthier habits for the future.

Current rates:

- City of Regina Transit Post-Secondary 31 Day Pass is \$78.00 per month  
<https://www.regina.ca/transportation-roads-parking/transit/fares-passes/>
- Saskatoon U-Pass in Saskatoon is \$23.78 per month

The College of Medicine will reimburse students up to \$55.00 per month based on current rates.

Here is the process:

1. Purchase your City of Regina transit pass. You may need to provide University of Saskatchewan Student Card, Saskatchewan Health Authority identification, or government issued identification, such as a drivers' license.
2. Reimbursement: email your original receipt of payment to Ledua Senego, Finance & Admin Coordinator, Regina Campus: [invoices.regina@usask.ca](mailto:invoices.regina@usask.ca).

To assist in the efficiency of the reimbursement process, email your receipts no later than the following dates:

- December 15, 2025 for receipts from beginning of 2025-26 academic year
- June 30, 2026 for receipts for remainder of 2025-26 academic year

Please feel free to submit your proof of payment receipts earlier than the above dates.



**Associate Dean of Medicine Office Regina**

1440 - 14th Avenue  
Regina, SK S4P 0W5 Canada  
Telephone: (306) 766-3705  
Facsimile: (306) 766-4833

DATE: March 14, 2025

TO: Regina Based Undergraduate Students, SLIC, and Prince Albert

FROM: Catherine MacKay-Wilson Manager, Administration & Finance College of Medicine, Regina Campus

RE: Fitness and Lifestyle Facilities and Aquatic Facilities Reimbursement Program email update

Supporting student wellness, Regina Campus College of Medicine recognizes that students may not have quick access to a fitness or aquatic facility as the Saskatoon Based Undergraduate students do. The Fitness and Lifestyle Facilities and Aquatic Facilities Reimbursement program is for students using fitness and/or aquatics facilities.

There are excellent facilities at the University of Regina Campus, City of Regina locations, and private locations. There are on site Saskatchewan Health Authority Fit Clubs at the Regina General Hospital and the Wascana Rehabilitation Centre.

The College of Medicine will reimburse students \$20.00 per month for any Fitness and Lifestyle Centre and \$10.00 per month for any Aquatics Centre.

Here is the process:

1. Purchase your pass. When purchasing at the University of Regina, you may need to show government issued identification, such as a drivers' license.
2. Reimbursement: email your original receipt of payment(s)/ proof of payment / fitness centre statements to Ledua Senego, Finance & Admin Coordinator, Regina Campus: [invoices.regina@usask.ca](mailto:invoices.regina@usask.ca) .

To assist in the efficiency of the reimbursement process, email your receipts no later than the following dates:

- December 15, 2025: receipts from beginning of 2025-26 academic year
- June 30, 2026: receipts for remainder of 2025-26 academic year

Please feel free to submit your proof of payment receipts earlier than the above dates.



## **Saskatchewan Health Authority, Regina** **Security Services**

### **RE: General Safety Notification for Staff, Clients & Visitors**

The personal safety of our staff, clients and visitors is always very important to the Saskatchewan Health Authority.

The SHA has many sites with several of the facilities being 24/7 operations. SHA Security & Parking Services would like to remind everyone to be aware of their personal safety whenever arriving at or leaving any of our facilities.

We encourage everyone to practice common sense personal safety techniques. Take precautions when walking to or from a building, such as walking in pairs or in a group whenever possible.

Be aware of your surroundings, watch for suspicious behaviour and don't be afraid to remain in a building or in your car if you feel uncomfortable.

Security Services conducts mobile patrols in and around SHA facilities and will continue to be vigilant to ensure the safety of everyone accessing SHA healthcare facilities.

When available, Security Services will provide escorts to staff, visitors and clients from SHA buildings to their vehicles or public transportation. Staff, visitors and clients are encouraged to utilize Security Services for an escort to their vehicles if they have no one to walk with them.

All staff are asked to assist any client or visitor in contacting Security Services for an escort. Contact numbers for Security Services are provided below.

If an incident occurs, staff should report the incident to Security Services immediately.

Security Services contact numbers:

- Pasqua Hospital Security 306-766-2900
- Regina General Hospital Security 306-766-3900
- Wascana Rehabilitation Centre Security 306-766-5900

Dale Orban  
Manager – Security & Parking Services



## Housing in Regina

The following links provide access to housing options and listings in the Regina area:

- [Regina Leaderpost Classifieds](#)
- [Craigslist](#)
- [Kijiji](#)
- [Padmapper](#)
- [Rentals.ca](#)
- [Used Regina](#)
- [Facebook Marketplace](#)

**University of Regina Housing:** Did you know that University of Regina's residence is not exclusively for U of R students? The U of R welcomes students from other post-secondary institutions including the University of Saskatchewan. [Click here for more information.](#)

## Things to know when moving to Saskatchewan:

### [Moving to Saskatchewan](#)

Find services and information for Saskatchewan residents and visitors.

### [Things to do in Regina](#)

From Arts & Entertainment to sports to city parks, see what there is to do around the Queen City.

### [Understand rules of renting in Saskatchewan](#)

Learn about renting a residence and what may be expected of you as a tenant.

### [Interesting tidbits about Saskatchewan](#)

Fun facts about the province of Saskatchewan.



## Family Physicians for Medical Learners

These healthcare practitioners have agreed to accept Regina-based medical learners into their practice and will provide care while you are a medical learner at the College of Medicine, Regina Campus. When you call to make an appointment **tell the receptionist that you are a medical student**, as they may have otherwise full practices. If you experience challenges, please contact the Office of Student Affairs:

**Sue Schmidt, OSA Coordinator**  
306-766-0620  
[sue.schmidt@saskhealthauthority.ca](mailto:sue.schmidt@saskhealthauthority.ca)

Seeing <b>BOTH</b> Learners and Residents:		
<b>Dr. M. Dash</b> Female	Victoria East Medical Clinic 2068 Prince of Wales Drive	306-789-4677
<b>Dr. N. Kazmi</b> Female	Landmark Medical Centre 3-4150 Albert Street	306-775-3311
<b>Dr. D. Logan</b> Female	Four Directions Community Health Centre 1504 Albert Street	306-766-0200
<b>Dr. W. Lok</b> Male	Gardens Medical Clinic 1704 Badham Boulevard	306-559-7000
<b>Dr. O. Schussler</b> Male	Prof Medical Corp 208 University Park Drive	306-522-2306
<b>Dr. N. Juggernath</b> Male	Gateway Alliance Medical Clinic South or East	306-565-4283
<b>Nurse Practitioner(s)</b> Female	Al Ritchie Heritage Community Health Centre 1550 14 <sup>th</sup> Avenue	306-766-6320
Seeing Residents <b>ONLY</b> :		
<b>Dr. H. Aito</b> Female	Four Directions Community Health Centre 1504 Albert Street	306-766-0200

This information is provided to you by Regina's Office of Student Affairs and meets the requirement of accreditation standard 12.3 - Personal Counselling/Student Wellbeing.



# Meet Regina's OSA Team



UNIVERSITY OF SASKATCHEWAN  
College of Medicine  
STUDENT AFFAIRS  
MEDICINE.USASK.CA



**Sue Schmidt**  
**Student Affairs Coordinator**  
306-766-0620  
sue.schmidt@saskhealthauthority.ca



**Dr. Harmonie Aito**  
**Student Services Advisor**  
hna508@usask.ca



**Dr. Kyle MacDonald**  
**Student Services Advisor**  
kym720@usask.ca



**Dr. Lyndsay Sprigg**  
**Student Services Advisor**  
250-863-4263  
lyndsay.sprigg@saskhealthauthority.ca

*Our goal is to provide a safe, welcoming place for students to explore ideas and work toward solutions in an open-minded and proactive environment.*

## We are happy to offer:

- Confidential support for personal and academic needs.
- Guidance in navigating UGME policies, procedures, and appeals.
- Connection to financial resources.
- Support for Mistreatment, Discrimination, and Harassment concerns.

Office hours: 8:00 am to 4:00 pm  
Monday to Friday except for statutory or USask holidays.

After hours - please contact a Student Services Advisor.



## Off-site access for Regina students to the University of Saskatchewan Health Sciences Library

### Access to USask Library e-books, journals, databases

Check out <https://libguides.usask.ca/medicine> to see these resources. E-book collections include Access-Medicine, AccessAnesthesiology, AccessEmergency Medicine, AccessPediatrics, AccessSurgery, and Clinical Key. Use your NSID and password to get access all our ebooks, ejournals, and databases including Ovid MEDLINE, Embase, and more.

### Apps

Download DynaMed, Lexicomp, Read by QxMD, RxFiles, and VisualDx for free as part of the Library's subscription fees. Go to <https://libguides.usask.ca/medicine> and choose "Mobile Apps" at the left to find out more.

### Access to USask Library Print collection

The Leslie and Irene Dubé Health Sciences Library mails print books, and scans and emails print journal articles, to students working and learning outside the U of S campus. Go to <https://library.usask.ca/ddls/index.php> to register for this service.

### Interlibrary Loan

If you need access to an article from a journal to which the U of S Library does not subscribe, fill in an interlibrary loan request (use the link that comes up when you click the Findit! Button); this is a free service, and usually takes only a few business days. You will receive an emailed link which allows you to download the article. Print books can also be requested through this service, but will take a bit longer, since a physical copy will need to be mailed to the U of S Library, and then will need to be sent out to you.

### Help finding information

If you need advice on a literature search, have questions about our services, or have any other library-related questions, get in touch with the Clinical Medicine liaison librarian. Contact information is on <https://libguides.usask.ca/medicine> at the upper right side of the page.

Leslie and Irene Dubé Health Sciences Library  
(306) 966-5991  
E1400, Academic Health Sciences Building  
104 Clinic Place  
Saskatoon, SK S7N 2Z4  
[library.usask.ca/hsl](https://library.usask.ca/hsl)





## Access for Regina students to the Saskatchewan Health Authority Clinical Library

### ONLINE ACCESS

- Bookmark our College of Medicine page: Scan the QR code or visit [library.saskhealthauthority.ca/home/CoMRegina](https://library.saskhealthauthority.ca/home/CoMRegina)
- Use your USask NSID for remote access:
  - Register here: [library.saskhealthauthority.ca/home/registration](https://library.saskhealthauthority.ca/home/registration)
- Get access to unique clinical resources and [mobile apps](#) such as BMJ Best Practice



### Find it!+

- Look for this button in our databases to access full-text or request the article
- Add SHA Library to the library links in your [Google Scholar settings](#) to access full-text
- Install the [LibKey Nomad](#) browser extension for easy access to full-text when surfing the internet

### CoM COLLECTION (RGH 0B)

- 24/7 badge access to all Library locations, including the [CoM Collection](#)
- Print materials for rounds and study (3 week loan period). Print book interlibrary loans available.
- Study Room available to book: [Book here](#)
- Recommendations for purchase always welcome.

**SCAN & PRINT** - College of Medicine code: 15300. Print to copier CLIB5PR



### LEARN

- We are involved in teaching the EBM class and case-based learning sessions
- We also provide more services to help you with your research projects
- We can help you stay current, manage your references, and teach you how to use the resources
- Book an appointment with a librarian

Web: [library.saskhealthauthority.ca](https://library.saskhealthauthority.ca)

Email: [library@saskhealthauthority.ca](mailto:library@saskhealthauthority.ca)

Phone: 306-766-4142



**Saskatchewan  
Health Authority**

Library