

In this Issue

About Us
Your wellness
June
In the spotlight
Upcoming events @AHS
Well Doc AB Update
Upcoming external events

About Us

Welcome to *MD Culture Shift*, an Alberta Health Services (AHS) publication created *by* physicians *for* physicians through the Physician Diversity, Wellness, and Leadership Development portfolio.

The portfolio is focused on providing physician leaders with the knowledge, skills, and tools to foster a local team culture that models our organizational values and just culture principles, and enhances the delivery of safe, quality care, and values wellness and diversity.

This publication shares insightful and valuable information in the areas of wellness, diversity, and leadership development and showcases the great work being done throughout the province supporting a positive shift in the culture of medicine.

To see previous editions, please visit ahs.ca/mdwellness

Open using your AHS profile to be able to access full content via embedded links.

June

National Indigenous Peoples Month

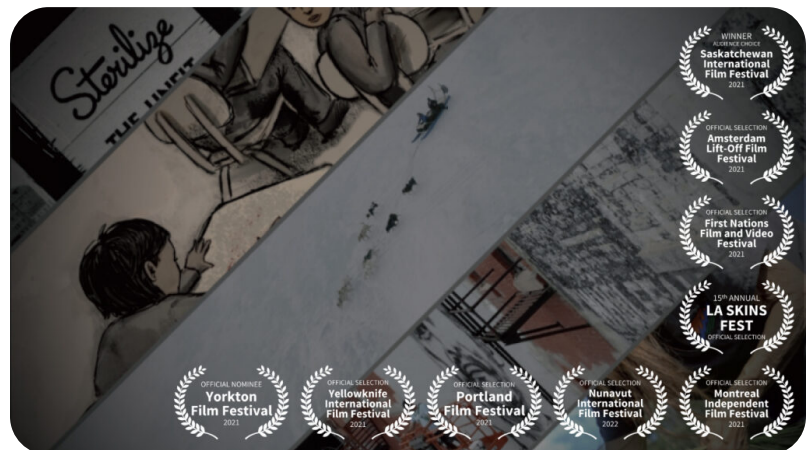
Throughout the month of June, AHS will be celebrating National Indigenous Peoples Month. It is a time to learn, recognize and celebrate the cultures and contributions of Indigenous peoples. This year's theme will focus on **Healing through Mind, Body and Spirit** with online and in-person events taking place throughout the month of June. To learn about the events happening organization-wide by visiting the [Together4Health page](#).

The Unforgotten

Of specific interest to physicians is [The Unforgotten](#) – a five part anthology to experiences of Inuit, Métis and First Nations peoples at various stages of life.

This film was created to raise awareness, incite reflection and spark conversations about how to make meaningful change happen in health care.

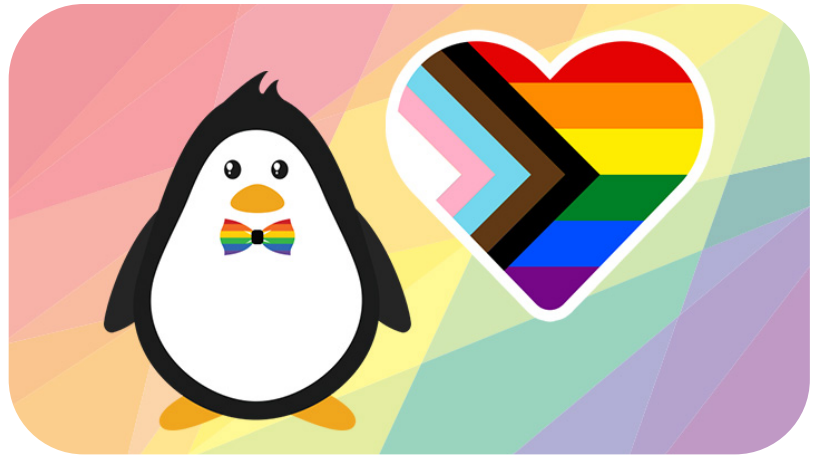
This film was created by BUILD. Films and Networked Health, with funding and support from the Canadian Medical Association.



June (cont'd)

AHS recognizes PRIDE Month

June is internationally recognized as Pride Month. We also celebrate our diversity throughout the year. We encourage you to share your pride in the workplace and celebrate the diversity our people bring to the organization. When we create an environment that is safer and more inclusive for all, we improve patient experience, outcomes, and quality of care for Albertans.



Read the [Pride Guide](#) to find out all the different ways you can celebrate Pride at AHS. The guide has been developed to encourage and inspire you to plan, organize, and celebrate Pride safely at your site, unit, department, and remotely this year.

I am AHS proud because:


Alberta Health Services

You can also show your pride in a variety of ways:

- Wear your [AHS branded Pride Gear](#)
- Join a [Workforce Resource Group](#)
- Share this [Poster](#) & [Pride eCards](#)
- Use a Pride background for [Zoom](#)
- Order & Wear Your [Pronouns Button](#)
- [Register](#) for this year's Pride webinar.
- Check Out Our [Recorded Pride Month Kick-off Webinar](#)
- NEW – post a Pride photo selfie card [Pride](#)

Men's Health Month

The [Canadian Medical Association's Physician Well-Being Survey \(2018\)](#) reported the following statistics related to the health of physician men.

- Depression (screening) - 31%
- Lifetime suicidal ideation - 16%
- Suicidal ideation in the last 12 months - 7%

While early results are the 2022 survey have been released, the full report with breakdown of psychological variables by gender is not yet available.

As we shine a light on men's mental health, we invite you to read this article, [Professional Stigma of Mental Health Issues](#), where Dr. Kirk J. Brown shares his personal experience of mental health issues, and offers suggestions for normalizing moderate to severe depression as a medical disorder, decreasing the stigma of mental health issues, and encouraging physicians to seek treatment.

Check out the 'Buddy Up' program, a men's suicide prevention campaign: a call to action to men, by men. [Help a buddy - Buddy up](#)

Upcoming Events @AHS

MD Culture Shift Community of Practice

Our team has created a Community of Practice for physicians interested in advancing wellness and EDI within the AHS context - to share ideas, celebrate successes, and learn from each other through collective wisdom and knowledge.

We welcome Drs. Shannon Ruzycki, Jayna Holroyd-Leduc, and Pamela Roach from the Cumming School of Medicine (CSM), University of Calgary (U of C) to our MD Culture Shift Community of Practice.

Join us on June 15 at 8 a.m. for a presentation and discussion on their research on the [diversity of physicians in Alberta](#). Our discussion will focus on learnings from the U of C CSM research team and how we might advance diversity and inclusion within our own work contexts.

[Register in advance](#) for this meeting.

If you are interested in joining the Community of Practice, please contact Dr. Serena Siow (serena.siow@ahs.ca) to be added to the membership list.

Trauma-Informed Leadership



Trauma is an emotional injury that affects performance and well-being.

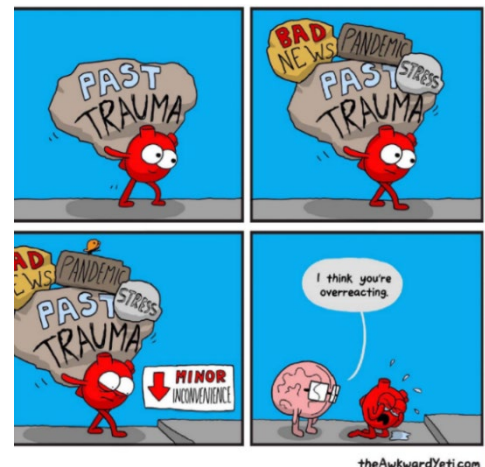
~ definition from Substance Abuse and Mental Health Services Administration (SAMHSA)



Upcoming Trauma-Informed Leadership Workshops

Trauma-Informed Leadership brings recognition to the collective trauma of the pandemic and other work associated trauma impacting physician well-being (exposure to death and dying, medical error, college complaint, bullying and harassment, racism and discrimination). Learn the principles of trauma-informed leadership to enhance your skills as a compassionate leader.

We do not have any planned workshops through the summer months. If you would like to book a workshop for your group, please email: jodi.ploquin@ahs.ca. This is a great topic for leadership forums or retreats!



Trauma-Informed Medical Education (TIME)

Congratulations to Dr. Ghazala Radwi, one of our trauma-informed leadership facilitators at AHS, who published a white paper describing the importance of cultivating trauma-informed learning environments in medical education. [Trauma-informed Education](#)

Well Doc Alberta update

Funding Announcement

Well Doc Alberta is excited to share that they've received confirmation of continued support from Scotiabank, MD Financial Management, and the Canadian Medical Association for their activities until April 30, 2023. Well Doc Alberta looks forward to continuing their work with everyone!



Upcoming External Events

PFSP event - Hope and Healing after Trauma

[Hope and Healing after Trauma – Reflections for Physicians by General Roméo Dallaire](#)

June 7, 6-7:30 pm.

If you could use some inspiration, some hope, and a path to recovery from what you've experienced since March 2020, you owe it to yourself to attend this live Zoom session to hear what the remarkable General Roméo Dallaire has to share with physicians.



The session is free but pre-registration at the above link is required. Feel free to have family, friends or colleagues attend with you.

Learn more about the remarkable [General Roméo Dallaire](#).

Image credit: Michelle Campbell, CEO, St. Joseph's Health Care Foundation, London Ontario CC BY-SA 4.0, via Wikimedia Commons

PFSP thanks the [CZMSA](#) for their critical role in making this session possible, and encourages all members to visit albertazmsa.com/zmsas to learn more about the advocacy and support ZMSAs provide Alberta physicians.

Doctor of the Week Call for Nominations

Do you know a physician who has gone above and beyond during the pandemic to shape and drive improvements for patients? Perhaps a physician colleague has gone above and beyond to help support others during a difficult day?

Each week, we would like to take a moment to celebrate and thank the amazing physicians working across the province to provide high-quality care to patients, staff and colleagues. If you know someone who you would like to recognize, please email CMO@ahs.ca with your suggestion, and a brief description of why.



Well Doc Alberta

Well Doc Alberta is a collaborative, co-operative initiative aimed at advancing physician wellness through evidence-based education and prevention.

www.welldocalberta.org



Physician & Family Support Program

1-877-SOS-4MDS (767-4637)

International: 403-930-0529 (you may call collect)

CONFIDENTIAL 24 Hours a Day/7 Days a Week/365 Days a Year

[Alberta Medical Association Physician and Family Support Program](#)