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## 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](https://ahs.ca/mdwellness)

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

## September

# September Suicide Prevention & Recovery Month

The month of September marks both National Recovery Month and World Suicide Prevention Day (September 10). This year, the Centre for Suicide Prevention is raising awareness about [substance use, recovery, and suicide prevention \(suicideinfo.ca\)](#).

People who are experiencing a mental illness, like depression or anxiety, may “self-medicate” (use drugs or alcohol to cope with their symptoms), which can lead to a substance use disorder. The risk of suicide increases if an individual has both a substance use disorder and another mental illness.

- Alcohol was present in 25% of suicides where autopsies were performed (Orpana et al., 2020).
- 27-50% of young people who die by suicide have a substance use disorder (Canadian Centre on Substance Use and Addiction, 2016).

### Resources related to suicide

- [Let's Talk Physician Suicide](#) – a podcast with Dr. Michael F. Myers hosted by Dr. Debrah Wirtzfeld, and Dr. Jane Lemaire
- [After a suicide: Supporting clinicians after the loss of a colleague \(toolkit\)](#) – developed by the American Foundation for Suicide Prevention, for medical programs and residency/fellowship programs.
- [Toolkit to support men at risk of suicide](#)

### Resources related to substance use disorder (SUD)

- [Substance use disorder | AMA resource](#)
  - Treatment is available to Alberta physicians through the Physician and Family Support Program through their 24/7 confidential phone line 1-877-SOS-4MDS (767-4637)
  - 95% of Alberta physicians who seek help for SUD are successfully treated and retain their license
- [Supporting someone with problematic substance use | AHS resource](#)

## National Health Survey 2021 Report Released

The full report of findings of the [CMA 2021 National Physician Health Survey](#) was released on August 24. The well-being of Canadian physicians has significantly decreased with 6 in 10 reporting worse mental health than before the COVID-19 pandemic.

Survey results indicate

- 53% of respondents reported symptoms of burnout, a burnout rate 1.7 times higher than 2017
- 36% of respondents report having had thoughts of suicide at some point in their life, almost doubled since before the pandemic

These survey findings suggest it is more important than ever to access the above mentioned physician-centered resources and supports.

## Sept 30 National Day for Truth and Reconciliation

In recognition of [National Day for Truth and Reconciliation](#), we invite you to learn more about Indigenous culture and history, and AHS' Indigenous Health commitments,

- Learn more about Indigenous culture and history in Alberta through our [Indigenous awareness training](#)
- Complete your Indigenous Awareness and Sensitivity eLearning certification [MyLearningLink](#)
- Tune in to educational and informative videos [2022 National Indigenous Peoples Month YouTube playlist](#).
- Learn the commitments AHS has made and your role [AHS Indigenous Health Commitments: Roadmap to Wellness](#)
- Stay tuned for AHS events: [National Day for Truth & Reconciliation](#)



### Upcoming events

## CMA Wellness Connection

The Canadian Medical Association virtual peer support sessions, **Wellness Connection**, provide a virtual, safe space where physicians and medical learners can gather to discuss shared experiences, get support, seek advice, and help each other.

These virtual peer support sessions are available each week to all physicians and learners in Canada. Sessions are led by [trained facilitators](#) and cover a range of topics and themes to address critical needs and emerging strategies to support physicians and learners.

Click on the webinar title for more information on the moderator and learning objectives, and to register.

- [5 Languages of Appreciation at Work](#) Sept.14, 7 p.m. ET
- [Getting enough of that ever-elusive sleep](#) Sept 22, 7 p.m. ET
- [The virtual doctor's lounge](#), Sept 27, 7 p.m. ET
- [Compassion rounds: Managing career transitions](#), Sept. 29, 7 p.m. ET

## AHS Physician Leaders' Healing Group – Fall Session

Following a successful spring launch, we are pleased to sponsor a session for physician leaders. Dr. Kim Kelly, initiative lead, and our trauma-informed co-facilitators; Dr. Ghazala Radwi, and Dr. Irina Mihaescu invite you to this safe space for healing.

Register [here](#) to attend sessions occurring every two weeks on Thursdays, 7 to 8:30 p.m., beginning Oct. 6, and finishing on Dec. 15.

## Inner Critic - University of Alberta (U of A) Online Course

**Overview:** Facilitated by healthcare professionals, this home-grown program addresses the inner critic and impostor syndrome. Through an interactive process of mindful inquiry, group dialogue, and self-compassion that unfolds in 8 eight weekly sessions, this program is designed to help you befriend the inner critic and convert it into an ally, inner coach, and compassionate guide.

**When:** Oct.12 p.m.-8:30 p.m. (90 min), recurs weekly for 8 sessions (last session on Nov.30)

**Cost:** \$75

**Co-facilitators:**

Dr. Ghazala Radwi, *Hematologist, Mindfulness Practitioner and Trauma Informed Leadership trainer*

Dr. Priscilla Koops, *Nursing and Family Studies, Mindfulness Practitioner*

**Questions?** Email Samantha McQueen at [sjmcquee@ualberta.ca](mailto:sjmcquee@ualberta.ca). Click [here](#) to register.

## Crucial Conversations for Women in Medicine

As a woman in medicine have you ever wondered how you can have more influence? What are you missing by not being able to hold the conversations you need to in terms of being promoted, garnering resources, and achieving work-life balance?

If you want to enhance your ability to overcome these hurdles, join the Women in Medicine Crucial Conversations cohort where we will focus on:

1. How to speak with more confidence
2. Engaging in dialogue to enhance your impact
3. Being your authentic self in your conversations

This virtual course, hosted by the U of A Office of Lifelong Learning, is offered as series of four sessions:

- Oct. 21, 12:30-4 p.m.
- Oct. 28, 1-4 p.m.
- Nov. 18, 1-4 p.m.
- Nov.25, 1-4 p.m.

[Click here to register](#)

## Upcoming PLI course @AHS

**Talent Management for Exceptional Leadership** – Nov 28, Dec 9, Dec 12, 8:00 –12:30 (virtual)

An organization is made up of its people, and healthcare organizations are no exception. What is talent management and why is it important in healthcare organizations? Talent management ensures that the right people, with the right skills, are in the right place in their organization, and are engaged and focused on achieving the organization's goals. This course provides concrete strategies to help physicians create an organizational culture that focuses on developing leaders, thereby helping to attract, engage and retain the best leadership talent.

Free to physicians with appointment and privileges at AHS (sponsored by Provincial Medical Affairs)

Contact Sarah Allen to register: [SarahAllen3@ahs.ca](mailto:SarahAllen3@ahs.ca)

## International Conference on Physician Health 2022

October 13–15, Orlando FL



Doctors are people too. This conference focuses on practice steps to make medicine a more sustainable career choice. ICPH promotes an overall healthier culture for physicians by offering practical evidence-based solutions, practice skills, and resources and tools for attendees to take back to their workplace and readily implement.

[Register now.](#)

## Mindful Practice in Medicine

**Mindful Practice**  
IN MEDICINE

**UNIVERSITY OF CALGARY**  
CUMMING SCHOOL OF MEDICINE

Presented by the Centre for Mindfulness

**Register Now!**

**Banff Centre for Arts and Creativity**  
March 10-12th, 2023

**UNIVERSITY OF CALGARY**  
CUMMING SCHOOL OF MEDICINE  
Continuing Medical Education  
and Professional Development

### Mindful Practice in Medicine Core Workshop

March 10-12th, 2023

[For more information and registration](#)

### SESSION LEARNING OBJECTIVES

At the end of this course, learners will be equipped to:

- Apply self-awareness and self-monitoring during clinical work and teaching
- Demonstrate skills in attending to patient's needs, effective clinical practice and compassionate care
- Effectively manage challenges at work and practice ways to attend to your own well-being

### Who Should Attend

Family Physicians, Specialist Physicians, Nurse Practitioners, Registered Nurses, Licensed Practical Nurses, Students, Residents, Other Health Care Professionals.

### In-Person Sessions

Friday March 10, 4:00-9:00 PM MT  
Saturday March 11, 6:30 AM-8:45 PM MT  
Sunday March 12, 6:30 AM-1:45 PM MT

### Follow-Up Webinars

Tuesdays 6:00-7:30 PM MT  
March 21, March 28, April 4, April 11



### 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](http://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](#)