



Healthy Albertans.  
Healthy Communities.  
**Together.**

# MD Culture Shift

Issue 20



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

## April 2023 Celebrating Health, Upcoming Events & For Your Information

*We would like to recognize that our work takes place on historical and contemporary Indigenous lands, including the territories of Treaty 6, Treaty 7 & Treaty 8 and the homeland of the Métis Nation of Alberta and eight Métis Settlements. We also acknowledge the many Indigenous communities that have been forged in urban centres across Alberta.*

### Topics

#### April 2023 Celebrating Health

- World Autism Acceptance and Neurodiversity Awareness Month
- World Health Day – April 7
- Earth Day – April 22
- Admin Professional Day/Week – April 24-28

#### Upcoming Events

- CMA Wellness Connection
- Before Operational Stress (BOS) – extended to June 2023!
- Critical Leadership Conversation Registration – Starting April
- Canadian Conference on Physician Leadership – Registration still open!
- CCHL National Conference – Registration still open!

#### For Your Information:

- Change the Conversation: Ramadan & Supporting Muslim Colleagues
- Well Doc Alberta & PFSP contact information
- MD Culture Shift contact information

## April 2023

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### World Autism Acceptance & Neurodiversity Awareness Month

April is Autism acceptance and neurodiversity awareness month. [Here](#) is what's going on through the month in various locations across Alberta!



Dr. JJ Mráček's medical school challenges almost made her quit — then she found pathology. Read her story [here](#).

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### World Health Day – April 7

Celebrated annually, each year World Health Day draws attention to a specific health topic of concern to people all over the world. April 7 marks the anniversary of the founding of the World Health Organization (WHO) in 1948.

For more information, visit the World Health Organization [website](#).

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### Earth Day – April 22

Earth Day is an annual event celebrated on April 22. Worldwide, various events are held to demonstrate support for environmental protection. First celebrated in 1970, Earth Day events in more than 193 countries are now coordinated globally by the Earth Day Network.



The Earth Day 2023 theme is *Invest in Our Planet*, which focuses on engaging governments, institutions, businesses, and the more than one billion citizens who participate annually in Earth Day to do their part — everyone accounted for, everyone accountable.

In recognition of Earth Day being recognized on April 22, AHS' Office of Sustainability would like to remind AHS physicians and staff it's never too late to do their part to help at home or at work. To help, we're sharing a [Reduce Your Carbon Footprint Check List](#) of what everyone can do to help our impact on the environment.

For more information, visit the [AHS Insite page](#).

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### Administrative Professionals Day/Week – April 24-28

Thank you to our administrative professionals! Their contributions to the organization help us to successfully provide exceptional patient care.

[Send an eCard](#) or visit [Employee Appreciation](#) for more ideas on how you can show your gratitude to an administrative professional.

## Upcoming Events

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### 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. Led by trained facilitators, sessions 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.

- [The art and science of happiness \(part 2\)](#) - April 5, 5 p.m.
- [Compassion Rounds: Oxygen for the healer's heart](#) - April 11, 5 p.m.
- [Are you and medicine on the rocks?](#) – April 25, 5 p.m.

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### Before Operational Stress (BOS)

You are invited to participate in the Before Operational Stress Program (BOS) with Wayfound Mental Health Group. BOS is a resiliency-based program that empowers front-line workers to take charge of their mental health. As we work to continue to understand operational stress, our research tells us we can provide tools to proactively cushion the impact of your work. BOS can help you do your job while recognizing and managing the effects of stress on your mental health.

The BOS program is now available for front-line workers at no cost (extended to June 30, 2023!) As a part of this project, the individual participants are invited to participate in BOS program research surveys.\*

**Registration Code:**  
**GEN2022**

\*The research study is being conducted by researchers at the Canadian Institute of Public Research and Treatment (CIPSRT). Participation in this research study is voluntary and is not a requirement for participation in the BOS program.



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### Critical Leadership Conversations Course Registration

*You are invited to participate in our first Critical Leadership Conversations course that will be delivered in a unique format to optimize learning, practice, and reflection!*

In our leadership roles, we all have difficult, critical conversations that need to take place where the stakes are high, emotions often play a role, there are strong differing opinions, and we anticipate that resolving an issue through dialogue may be challenging.

Facilitated by Dr. Curtis Johnston and Heather McMorrow, the format of this course will be a series of six one-hour virtual lectures and large group discussion sessions delivered over about 11 weeks where we will learn the skills necessary for planning, delivering, and concluding a critical conversation. In-between sessions, you will meet with two colleagues in a triad (either a self-selected group or an assigned triad) to share experiences of conversations, what you have learned, debrief, and offer advice and support to one another.

\*You are encouraged to find two other colleagues who will join you in this course to form a triad. If you are not able to find colleagues or prefer to be assigned to group with another participant, just let us know your preference when you register.

To find out more about participation expectations and benefits, please contact [lori-ann.paul@ahs.ca](mailto:lori-ann.paul@ahs.ca) for more information.

#### Register Here:

Dates	Time	Registration Link
April 13	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>
April 27	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>
May 4	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>
June 1	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>
June 15	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>
June 29	4:30 p.m. – 5:30 p.m.	<a href="#">Register Here</a>

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#### Canadian Conference on Physician Leadership - Registration Open

The Canadian Society of Physician Leaders is hosting their 2023 Canadian Conference on Physician Leadership, taking place May 26-27 in Vancouver. *Register deadline is May 2, 2023.*

The program will provide new insights and tools to enable and encourage you, as leaders, to step up and make the positive changes needed to heal our health system. The conference also provides an excellent opportunity to come together, network, share experiences and learn from others who have the same passion for leadership.

For more information about the keynote speakers and to register, visit the [website](#).

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#### CCHL National Conference – Registration now open

The Canadian College of Health Leaders (CCHL) is pleased to present the inaugural CCHL National Conference to be held on June 4-6, 2023 in Toronto, Ontario. The theme for 2023 is REUNITED!

This conference will be a gathering of peers, mentors, team members and other health leaders from across Canada and all walks of life. The conference will provide you with an engaging and compelling experience of world-class leadership development, mentorship, thoughtful discussions and more, in an atmosphere of celebration, support and community.

[Register early](#) to benefit from the early bird fee. Early bird deadline is April 21. CCHL members receive a \$120 discount on the conference registration fee.

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## AHS Physician Leaders Healing Group

We are offering a facilitated peer-support group for AHS physicians who self-identify as having experienced trauma or diversity struggles within their workplace settings. This discussion group will be a facilitated space to share experiences and receive support. The discussions are not equivalent to therapy, but you may find them to be therapeutic.

*Dates are still being confirmed, but if you are interested or would like to register for the upcoming session, please contact Rosalie Krause at [rosalie.krause@ahs.ca](mailto:rosalie.krause@ahs.ca)*

## For Your Information

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### Change the Conversation: Ramadan and Supporting Muslim Colleagues

At AHS, our workforce is made up of people with various religious, faith, and spiritual beliefs. Learning about what is important to our colleagues and living our values we can help ensure everyone feels safe and included.

In acknowledgement of Ramadan, this [poster](#) provides information about Ramadan and supporting our Muslim colleagues.



Does your site have a reflection room? If not, this is a great [resource](#) to share with your Site Manager.

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### 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

Please feel free to reach out to [MDCultureShift@albertahealthservices.ca](mailto:MDCultureShift@albertahealthservices.ca) if you have feedback or suggestions for topics in future newsletters.