



Healthy Albertans.
Healthy Communities.
Together.

MD Culture Shift

Issue 21

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.

May 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

May 2023 Celebrating Health

- National Physicians' Day – May 1
- Health and Safety Week – May 1 to 6
- Mental Health Week – May 1 to 6
- World Family Doctor Day – May 19
- Alberta Rural Health Week – May 30 to June 3

Upcoming Events

- CMA Wellness Connection
- Diversity and Inclusion May Webinars
- Before Operational Stress (BOS) – extended to June 2023!
- Critical Leadership Conversation Series
- CMA Fireside Chats on Indigenous Health Registration
- WellDoc Alberta Narrative Medicine Workshop Registration

For Your Information:

- Understanding and Addressing Moral Stress vLog
 - Well Doc Alberta & PFSP contact information
 - MD Culture Shift contact information
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May 2023

Happy National Physicians' Day! – May 1

Physicians are critical to our healthcare system, providing high-quality care to Albertans across the province. Every day, Albertans rely on your expertise and skill to help them or their loved ones through what can be some of the most difficult and vulnerable times of their lives.

While we see and value the contributions of physicians every day, May 1 was chosen to honour the birthday of the first woman to practice medicine in Canada and a founder of Canada's women's movement, Dr. Emily Stowe.

Physicians have a tremendous impact on people's lives. The difference they make in our hospitals, care centres, clinics and homes are the result of their tireless work, exceptional commitment to their patients, and an unmatched generosity of spirit.

On National Physicians' Day, and beyond, we recognize and honour you for the work you do. We could not ask for better leaders and partners in the health of our communities.

Dr. Francois Belanger and Dr. Sharron Spicer celebrated all physicians on National Physician's Day by expressing their gratitude in a short [video](#)

Health and Safety Week – May 1-6

Health and Safety Week is a week to celebrate safe and healthy workplaces at AHS. It's also a time to tune into your health, safety and wellness by learning more about the resources and services available to support you.

Health and Safety Week is celebrated in alignment with the [North American Occupational Safety and Health](#) (NAOSH) Week. Join your coworkers and create a safe workplace together.

By getting involved, we're better able to:

- Continue to create a safety-minded culture
- Prevent work-related injury and illness
- Support efforts to create workplaces where employees feel supported and included

In fall 2020, the PROactive: Partners in Professionalism partnered with the University of Calgary Office of CME&PD to host a three-part webinar series entitled ***"Identifying and Managing Violence in the Workplace: Experiences and Strategies"***, in memory of Dr. Walter Reynolds.

This is available as free, self-led learning. [PROactive: Identifying and Managing Violence in the Workplace | Cumming School of Medicine | University of Calgary \(ucalgary.ca\)](#)

- Upon completion of the course, participants will be equipped to:
 - Recognize risk factors that contribute to violence in the workplace
 - Discuss strategies for responding to and de-escalating violence
 - Access local resources and support for physician safety and wellness
 - Prepare for joining the development of local violence prevention plan

Mental Health Week – May 1-6

Mental Health Week is an opportunity for us all to learn more about mental health and mental illness, how it affects our lives and reduce the stigma.

[Don't Struggle Alone](#) – a story by Dr. Ghazala Radwi.

The [Let's Talk Mental Health Guide](#) helps support conversations about mental health. Here are ways to get involved:

- Read our [Position Statement on Psychological Health and Safety in the Workplace](#).
- Order and wear a [Let's Talk Mental Health](#) t-shirt and pin.
- Join the Psychological Safety Community of Practice (PHS CoP) by emailing psychologicalhealthsafety@ahs.ca. Meetings are held the first Monday of every month.
- Talk to your peers about mental health using the Not Myself Today [activities](#) and [resources](#) (search Not Myself Today in the search and sort table).
- Send an [e-card](#) to show that you care.

World Family Doctor Day – May 19

World Family Doctor Day was first declared by WONCA (The World Organization of Family Doctors) in 2010, and it has become a day to highlight the role and contribution of family doctors in healthcare systems around the world.

Family doctors play an important role in caring for Albertans. Primary healthcare is often a person's first point of contact with the health system.

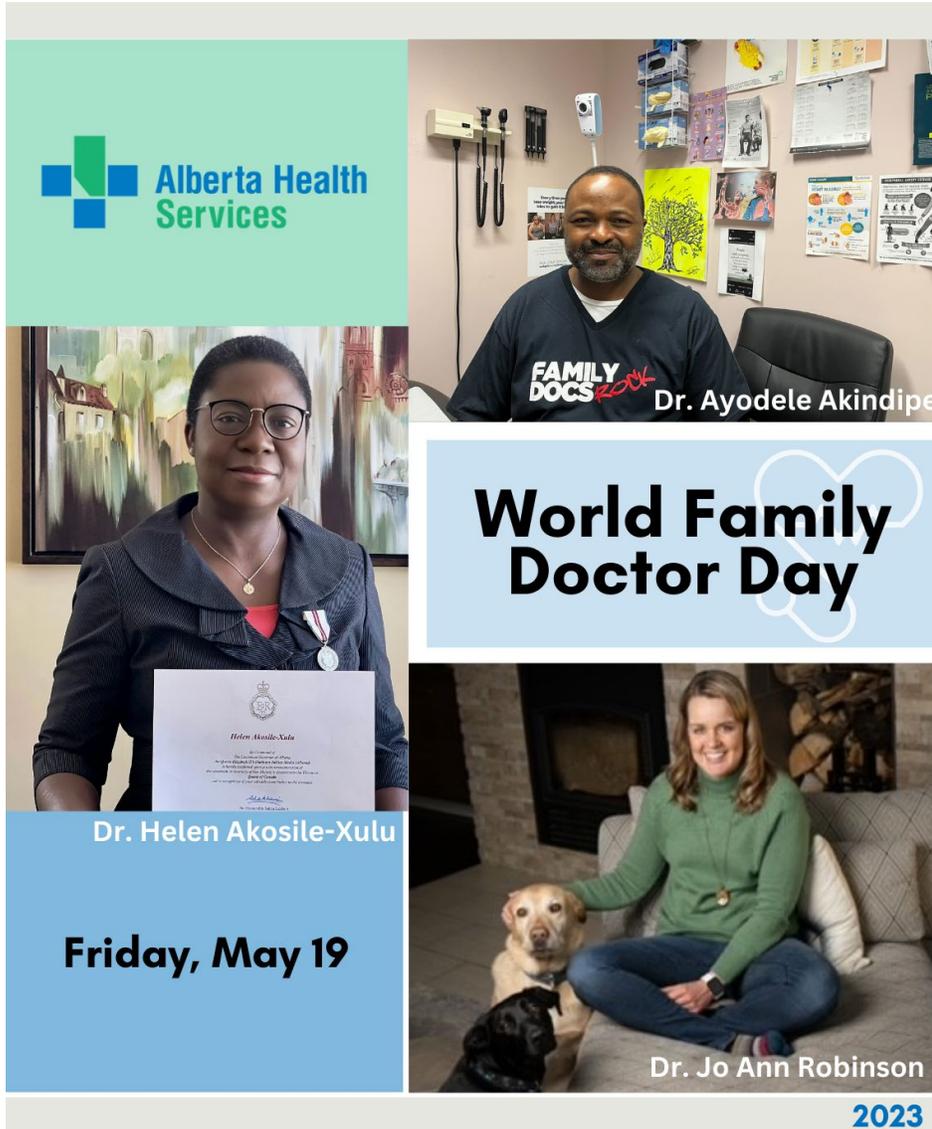
World Family Doctor Day is a great opportunity to spread the word about the importance of continuity of care. Continuity of care is about improving the health of Albertans through stronger ongoing relationships with their primary healthcare providers, increased information sharing and enhanced care coordination.

“Family Medicine is an interesting specialty. I enjoy the comprehensiveness. It's fascinating and great privilege to be part of the health journey of individuals from cradle to grave. Practicing family medicine in a rural setting is challenging but eternally rewarding- you build bonds, see newborns and young children grow, understand, and appreciate local history and more importantly, you engage with individuals and not just 'patients'”

-Dr. Ayodele Akindipe

For World Family Doctor Day, we are featuring a few family physicians!

Check out a collage of some family doctors on the next page!



Alberta Rural Health Week – May 30 – June 3

Alberta Rural Health Week celebrates the contributions of rural Alberta healthcare professionals who are a powerful resource in our communities. AHS values the work our rural healthcare teams do every day to bring care to patients across the province.

Their skills, knowledge and dedication enhance the quality of life in rural Alberta and help keep healthcare close to home. During Alberta Rural Health Week, please take a moment to thank all the rural healthcare professionals and volunteers who go above and beyond every day in their rural Alberta communities.

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. 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.

- [Tips and Tools for Better Relationships](#) – May 9, 5 p.m.
- [Are you and Medicine on the Rocks?](#) – May 16, 5 p.m.
- [Compassion Rounds: Priorities and Time Management \(Part 2\)](#) – May 18, 5 p.m.

Diversity and Inclusion May Webinars

The Diversity & Inclusion team will be hosting live sessions every Wednesday in May. Join over noon hour for live webinars of topics that are usually only available by request.

Sign up for any of the webinars below on Microsoft Teams:

Topic	Date and Time	Registration Link
Macroaggressions	May 3, 12 - 1 p.m.	Register
AMCs of Inclusive Decision Making	May 10, 12 - 1 p.m.	Register
Cultural Safety vs. Cultural Competency	May 17, 12 - 1 p.m.	Register
Allyship	May 24, 12 - 1 p.m.	Register
Inclusive Language and Communications	May 31, 12 - 1 p.m.	Register

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.



CMA Fireside Chats on Indigenous Health - May

Change starts with open conversation. This spring, CMA President Dr. Alika Lafontaine is leading a series of intimate discussions with Indigenous patients, providers and leaders on how we can move forward, together, on reconciliation.

Register [Here](#)

The series topics and dates are listed on the next page:

- *The importance of cultural safety in health care—for patients and providers*
Tanya Talaga, Dr. Alika Lafontaine and Denise McCuaig: May 10, 5 pm to 6 pm
- *Improving the health of Indigenous Peoples: May 24, 5 pm to 6 pm*
- *The meaning and importance of an apology to Indigenous Peoples: Mon., June 12, 5 pm to 6 pm*

Presented by WellDoc Alberta: Narrative Medicine Workshop- June 6

A growing body of literature supports narrative-based medicine as a tool to share experiences and express emotion. Join us for the two-hour session where we will introduce key concepts in narrative-based medicine, and experience writing prose as a tool to aid in recovery from the pandemic. The session will be facilitated by Dr. Melanie Hnatiuk.

June 6, 2023 from 7:00 p.m. to 9:00 p.m. Pre- [Registration](#) is required.

This session is open to hospital and community-based staff physicians in Alberta. The session is interactive and participants will be invited to do some writing and sharing during the session. You will be encouraged to have your camera on.

For Your Information

Understanding and Addressing Moral Stress vLog

Healthcare is complex, and sometimes we have to act in ways that don't feel right to us. These situations can lead to feelings of guilt, self-doubt, anger or frustration. You might feel like you weren't able to deliver the best possible care due to factors out of your control. This is what moral distress looks like. It can have a negative impact on our well-being. We know this takes a toll on all of us, and we want to help.

Joining the AHS Vlog to talk about moral distress and ways we can address it to better support you.

[Understanding and addressing moral distress](#)



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

Please feel free to reach out to MDCultureShift@albertahealthservices.ca if you have feedback or suggestions for topics in future newsletters.