

# MD Culture Shift



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.

## *June 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.*

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### Topics

#### June 2023 Celebrating Health

- National AccessAbility Week in Canada, May 28 – June 3
- Celebrate Pride Month!
- National Indigenous Peoples Month
- Canadian Men's Health Month
- National Health & Fitness Day – June 3
- PTSD Awareness Day – June 27
- Celebrate Canada – June 21 to July 1

#### Upcoming Events

- CMA Wellness Connection
- Virtual Medical Leadership Development Session – June 22
- Before Operational Stress (BOS) – Last month to participate!
- Presented by WellDoc Alberta: Narrative Medicine Workshop – Register before June 6

#### For Your Information

- Well Doc Alberta & PFSP contact information
  - MD Culture Shift contact information
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## June 2023

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### National AccessAbility Week in Canada, May 28 – June 3

In recognition of National AccessAbility Week in Canada, May 28 – June 3, we'd like to shine a light on the *Canadian Association of Physicians with Disabilities (CAPD)*, a social networking and support organization, an affiliated society of the Canadian Medical Association since 2002.

Learn more about supporting physicians with disabilities in Alberta in this article by current president of the CAPD, Dr. Franco Rizzuti, [Supporting Physicians with Disabilities in Alberta - College of Physicians & Surgeons of Alberta | CPSA](#).

If you would like to recognize a CMA member with a disability, whether physical, cognitive or psychological, who demonstrates resilience and leadership advocating for positive changes for physicians and/or physicians with disabilities, nominations are now open for the 2024 [Dr. Ashok Muzumdar Memorial Award | CMA](#).

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### Celebrate Pride Month!

June is internationally recognized as Pride Month, but we celebrate our diversity throughout the year. When we create an environment that is safe and 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.

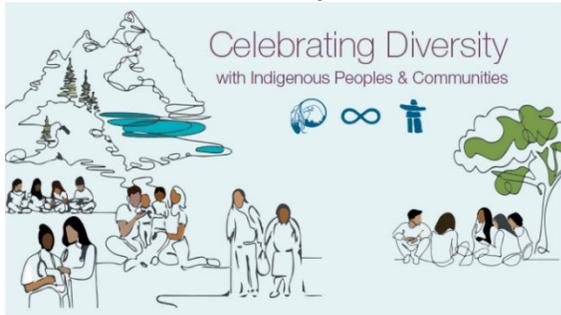
You can also show your pride in a variety of ways:

- [Attend](#) this year's Pride Month webinars on Two-Spirit and Indigenous People, hosted in partnership with the Indigenous Wellness Core
    - Traditional Perspectives and Teachings of Two-Spirit and Indigiqueer Peoples | June 20, 12 p.m. - 1 p.m.
    - The Life of a Two-Spirit Drag Queen | June 22, 12 p.m. – 1 p.m.
  - Wear your [AHS branded Pride Gear](#)
  - Join a [Proud Together, the LGBTQ2S+ Workforce Resource Group](#)
  - Share this [Poster](#) & [Pride eCards](#)
  - Use a Pride background for [Zoom](#)
  - Order & Wear Your [Pronouns Button](#)
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## National Indigenous Peoples Month

June is National Indigenous Peoples Month, a time to recognize the cultures and stories of First Nations, Inuit and Métis peoples across this land.

It is important to honour, recognize and celebrate the beauty and strengths of the First Peoples of this land. By focusing on these and building greater understanding and awareness, we can combat racism and build a better and more inclusive health system.



This year, we will be focusing on **Celebrating Diversity with Indigenous Peoples and Communities**.

Visit [Together4Health](#) to learn more about the in-person and online events that will be hosted throughout the month of June.

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## Canadian Men's Health Month

June is Canadian Men's Health month! Join the Canadian Men's Health Foundation for another "Move for Your Mental Health" to inspire men and their families across Canada to get outside, take the stairs, and park further away for their physician and mental health.

Click [here](#) for events and more information!

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## National Health & Fitness Day – June 3

Saturday, June 3 is National Health and Fitness Day this year, from coast to coast Canadians are encouraged to get up, get out and get active to show your support.

Take a friend for a stroll. Walk or bike in the park for a bit of fresh air. Take a break with your family to play outdoors. Share your activities with other Canadians using the hashtag #LetsMoveCanada.

Why? Because exercise is good for our physical and mental wellbeing and contributes to lifelong health and wellness. And it's just plain fun!

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## PTSD Awareness Day – June 27

Many people across the globe suffer silently with PTSD (post-traumatic stress disorder). In an effort to educate the public and help those affected, June 27 has been named PTSD Awareness Day.

Click [here](#) for workshops and more information to cut the stigma around PTSD.

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## Celebrate Canada – June 21 to July 1

Celebrate Canada is an 11-day celebration that takes place from June 21 to July 1. These festivities allow us to learn more about ourselves, our neighborhoods and our communities. It is an opportunity for Canadians to come together to discover and appreciate the wealth and diversity of Canadian society. Take some time to attend one of these celebrations and show your national pride!

More Information:

- [Celebrate Canada](#)
- [Multiculturalism Day & Celebrate Canada Events in Alberta](#)

## Canadian Multiculturalism Day – June 27

All Canadians are encouraged to celebrate our country's diversity and commitment to democracy, equality and mutual respect for all peoples and cultures.

## Saint-Jean-Baptiste Day – June 24

On this day, French Canadians celebrate their Francophone cultural pride.

## 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.

- [Compassions Rounds: Impact of climate change on well-being](#) – Jun 15, 5 p.m.
- [Are you and medicine on the rocks?](#) – Jun 22, 5 p.m.
- [Women in Medical Leadership](#) – Jun 27, 5 p.m.

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### Virtual Medical Leadership Development Series – “Influence...Essential for Leadership” – June 22

Join a virtual medical leadership development session on “Influence...Essential for Leadership” June 22, 2023, from 4 p.m. to 5:30 p.m.

This session is facilitated by Dr. Gillian Kernaghan, and by the end of the session participants will be able to understand the importance of influence for effective leadership, appreciate the different impact of power vs. influence and learn and ply a framework to influence behavioral change.

Everyone is welcome! Register [here](#)

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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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## 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.

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## For Your Information



### 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.