



Healthy Albertans.  
Healthy Communities.  
Together.

# MD Culture Shift

Issue 23

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

## *July & August 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

#### **July & August 2023 Celebrating Health**

- International Self-Care Day – July 24
- World Humanitarian Day – August 19

#### **Upcoming Events**

- Micro-Aggression Training for Physicians
- Trauma-Informed Leadership Training – Registration Open for September!
- CMA Health Summit – August 17 & 18

#### **For Your Information**

- CMA Wellness Connection – Summer Hiatus
  - Well Doc Alberta & PFSP contact information
  - MD Culture Shift contact information
-

## July & August 2023

---

### International Self-Care Day – July 24

[International Self-Care Day](#) (ISD), provides focus and opportunity to raise the profile of healthy lifestyle self-care programs around the world. ISD is a device developed by the International Self-Care Foundation to promote self-care as a vital foundation of health. It provides a media-friendly forum and a focus for individuals and groups to (independently) promote self-care in their organization or community.

---

### World Humanitarian Day – August 19

It takes a village! There is a saying that goes: It takes a village to raise a child. Similarly, it takes a village to support a person in a humanitarian crisis. With record-high humanitarian needs around the world, this year's

[World Humanitarian Day](#) builds on this metaphor of collective endeavor to grow global appreciation of humanitarian work.



Whenever and wherever people are in need, there are others who help them. They are the affected people themselves – always first to respond when disaster strikes – and a global community that supports them as they recover. Far from the spotlight and out of the headlines, they come together to ease suffering and bring hope.

## Upcoming Events

---

### Micro-Aggression Training for Physicians

AHS Physician Experience MD Culture Shift, the College of Physicians and Surgeons of Alberta (CPSA) and the Alberta Medical Association (AMA) are excited to announce the launch of a micro-aggressions course for Alberta's physicians. By completing this voluntary training, physicians will better understand what micro-aggressions are, how to recognize them, why they are harmful and how to respond. Through a combination of education and practical scenarios, this course will help equip participants with the skills to identify, address and intervene in micro-aggressions.

Physicians can access the training through [myCPSA](#) - CPSA's online learning platform. Physicians who complete this course are eligible for continuing professional development (CPD) credits through their national colleges. For more information, please contact [info@cpsa.ab.ca](mailto:info@cpsa.ab.ca).

---

## Trauma-Informed Leadership Training (TILT) – September Dates OPEN

Trauma-Informed Leadership Training (TILT) is now available to register on [MyLearningLink\\*](#) for September:

- September 7: 12:00 p.m. – 1:00 p.m.
- September 14: 12:00 p.m. – 1:00 p.m.
- September 14: 4:30 p.m. – 5:30 p.m.

Facilitated by AHS certified Community and Workplace Traumatologists, TILT focuses on a compassionate and trauma informed approach to leadership in order to create a healthy workplace culture. We believe all physicians are leaders - not only those who are in a formal leadership position. This course offering is available to all who are interested.

By the end of the session, participants will be able to:

- Recognize trauma as an emotional injury that impacts performance and wellbeing.
- List the sources of workplace trauma in healthcare.
- Explain the brain response to trauma and how to restore healthy brain function.
- Describe on how trauma may show up in ourselves, teams and at AHS.
- List the principles of trauma-informed leadership.
- Identify on ways to embed trauma-informed principles into your leadership practice.

This course is CME accredited by the Royal College of Physicians and Surgeons of Canada and the Office of Cumming Medical Education and Professional Development.

*\*Once in the MyLearningLink portal, enter "TILT" under the "course search" field to register.*

---

## CMA Health Summit – What Health Care Should Be – August 17 & 18

The Canadian Medical Association (CMA) Health Summit brings together healthcare leaders, policymakers, and professionals to explore bold solutions for transforming healthcare. With the theme "What Health Care Should Be," this summit aims to stimulate discussions, share innovative ideas, and shape the future of healthcare in Canada. Attendees will have the opportunity to engage in thought-provoking sessions, collaborate with

peers, and gain insights into the evolving landscape of healthcare delivery.

The summit is hosted in person in Ottawa, or virtually and is **free** for physicians.

For more information, Click [here](#).

## For Your Information

---

### CMA Wellness Connection – Future Dates to Come!

The Canadian Medical Association (CMA) virtual peer support sessions, **Wellness Connection** are not offered in July and August due to summer break. Future sessions will be advertised when available.



The next MD Culture Shift newsletter will be published in early September.

Have a safe, happy and healthy summer!



#### 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.