



Healthy Albertans.  
Healthy Communities.  
Together.

# MD Culture Shift

January 2024

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.

## **January 2024 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

#### January 2024 AHS Celebrating Health

- Bell Let's Talk Day - Jan. 25
- Data Privacy Week - Jan. 22-28

#### Upcoming Courses/Sessions

- Courses to Support Trauma-Informed Workplaces
- MD Culture Shift CoP – Jan. 17, 2024
- CMA Wellness Connection Sessions

#### Upcoming Events

- Dr. Mamoru 'Mo' Watanabe Lectureship – Digital Health Today and Tomorrow – Jan. 23, 2024
- Mindful Practice in Medicine – Sign up Now!
- Thriving at the Heart of Healthcare – Apr. 13, 2024

#### For Your Information

- Well Doc Alberta Bulletin

#### Resource Information

- Well Doc Alberta & PFSP contact information
- MD Culture Shift contact information

## January 2024 Celebrating Health

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### Bell Let's Talk Day – January 25

Bell Let's Talk Day is a national awareness day that aims to raise awareness and combat stigma when it comes to mental health in Canada.

The initiative helps raise funds to drive action in mental health care, research, and the workplace. It also encourages organizations to take action of their own to raise awareness within their organization and across social media.

At AHS we want to expand discussions about mental health beyond January 25, 2023. Let's make every day 'Let's Talk Mental Health Day'. We have created a new [Let's Talk Mental Health Guide](#) to support these conversations. 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.
- Show your support by posting a picture of yourself using our [selfie posters](#).
- Join the Psychological Safety Community of Practice (PHS CoP) by emailing [psychologicalhealthsafety@ahs.ca](mailto:psychologicalhealthsafety@ahs.ca). Meetings are held the first Monday of every month.
- Learn more about psychological health and safety by joining a monthly webinar – check out [My Mental Health](#) for more information and to register.
- Send an [e-card](#) to show that you care.

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### Data Privacy Week – January 22-28

Data Privacy Week (Jan. 22-28) is an international effort to build understanding and awareness, and empower individuals and organizations to respect privacy, safeguard data and enable trust.

Recognizing Data Privacy Week provides AHS an opportunity to remind staff, physicians and volunteers of their important roles in protecting privacy and securing information in compliance with [legislation](#).

[InfoCare](#) is AHS' source for all privacy and information security matters. Take a moment to check out our InfoCare [resources](#) and practice the 10 [InfoCare Behaviors](#).

For more information on Data Privacy Day, visit the official website hosted by StaySafeOnline.org: [Data Privacy Day official website](#).

## Upcoming Courses and Sessions

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### Courses to Support a Trauma-Informed Workplace – Available on MyLearningLink (MLL) now

Trauma Informed Leadership Training (TILT), Trauma Aware Culture Training (TACT) and Trauma Informed Protective Strategies (TIPS) are now available to register on [MyLearningLink](#)\*. **Each course is held monthly from 12 p.m. – 1 p.m. or 4:30 p.m. – 5:30 p.m.** Dates available up to January 2024 (see below).

Facilitated by AHS certified Community and Workplace Traumatologists, these sessions focus on trauma informed leadership practices, trauma aware principles and trauma protective strategies to create and foster a healthy workplace culture. This course offering is available to anyone who is interested.

These courses are an Accredited Group Learning Activity (Section 1) as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada.

TILT:	TACT:	TIPS:
January 11, 2024	January 18, 2024	January 25, 2024

*Note, there are no prerequisites required for each course, however, it is recommended to take TILT, TACT then TIPS respectively. Ad hoc sessions for department teams are available upon request by contacting [mdcultureshift@ahs.ca](mailto:mdcultureshift@ahs.ca).*

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### MD Culture Shift Community of Practice – You’re Invited

*The MD Culture Shift Community of Practice brings together Alberta physicians interested in advancing wellness and diversity. Physician members are supported with a community to share ideas and experiences, celebrate successes, and foster learnings through collective knowledge and wisdom.*



Co-lead by Dr. Florence Obianyor and Dr. Charlie Chen, AHS Physician Advisors, Diversity, Wellness, and Development



You are invited to attend the next CoP meeting on **January 17, 2024** from **1 p.m. – 2 p.m.** via MS Teams.

Future CoPs are scheduled the third Wednesday of every month for one hour. If you would like to attend and be part of ongoing CoP meetings, please contact [mdcultureshift@ahs.ca](mailto:mdcultureshift@ahs.ca). We look forward to seeing you!

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## Human Factors in Healthcare Course

HQCA is proud to co-host this course with Alberta Health Services, W21C and the University of Calgary, with course offerings in both Edmonton and Calgary.

Human factors studies the interrelationship between humans, the tools and equipment they use in the workplace, and the environment in which they work. During this 3-day course, you will explore the role of human factors in healthcare using hands-on activities and case studies in various clinical areas.

To register and for more information, click [here](#).

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## A Conversation - Physician Wellness and Mental Illness in Physicians and Surgeons

Well Doc Alberta, the Alberta Medical Association's Physician and Family Support Program, and Alberta Health Services presents 'A conversation – Physician Wellness and Mental Illness in Physicians and Surgeons'

Join us for a conversation about the challenges that physicians and surgeons face in maintaining their well-being, the occupational hazards and expectations of invincibility, and the stigma associated with reaching out for help, as well as strategies and resources to support well-being.

*This session is open to all physicians, residents, and medical students in Alberta.*

**Date:** Wednesday, January 24, 2024

**Time:** 6:30 PM – 8:00 PM MT

**Place:** Virtual Workshop via Zoom

**Advanced registration is required. To register and for more information, click [here](#).**



## Upcoming Events


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Dr. Mamoru 'Mo' Watanabe  
Lectureship

Digital Health Today and Tomorrow

Learn about Health Everywhere, a new eHealth and mHealth hub in Alberta.

health everywhere hub

  
**Keynote Speaker:**  
Dr. James A. Makokis

January 23, 2024  
12:30 - 4:00 p.m.

Foothills Medical Centre

Join us for an event that explores digital health in Alberta today and moving forward. Hosted by the W21C Research and Innovation Centre, this event honours Dr. Mamoru 'Mo' Watanabe, and his contributions in digital health and rural telemedicine, along with his promotion of health equity.

**Date:** January 23, 2024, from 12:30 – 4 p.m.

**Where:** Theatre 4, Health Sciences Centre, within the Foothills Medical Centre

To register and for more information, click [here](#)

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



Banff Centre for Arts  
and Creativity  
February 21st - 24th 2024

To register and for more information, click [here](#).

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## Thriving at the Heart of Healthcare – Apr. 13, 2024

Let's have a conversation about a healthcare system where you feel passion and joy. This day will combine 4 related workshops into a one-day retreat where physicians and those who support physician programs can converse, network, learn, have some fun and make some commitments to change. Led by 3 experienced physician coaches recruited from the membership of the Canadian Physician Coaches Network, the intimate workshop will have 4 sessions and a networking lunch. One day, four linked workshops, a new perspective on professional life.



**Date:** April 13, 2024

**Where:** Manteo Resort, Kelowna

**Faculty:** Drs. Anne McNamara, Tom Wright and Malcolm Ogborn

**Registration is limited. To register and for more information click [here](#)**

## For Your Information

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### Well Doc Alberta Education Bulletin

Well Doc Alberta Education Bulletins aim to enhance literacy and awareness on various physician wellness topics. In this bulletin, they explore what physician wellness entails, some high-level differences between occupational distress syndromes and mental illness, drivers of burnout, and how to address burnout while promoting wellbeing for physicians.

## Resource Information

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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.



Shaping the future of physician wellness, together

### 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



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