



Healthy Albertans.
Healthy Communities.
Together.

MD Culture Shift

July & August
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.

July & August 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

July & August 2024 AHS Celebrating Health

- International Self-Care Day – July 24
- World Humanitarian Day – Aug. 19

Upcoming Courses and Sessions

- Trauma-Informed Protective Strategies – Aug. 20
- Physician Wellness Workshop: Your Life in Retirement – Aug. 28
- Physician Well-Being Director Course – Fall Cohort
- Micro-Aggression Training for Physicians – On demand
- Physician Leadership Institute Sessions – Multiple courses and dates

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- Well Doc Alberta & PFSP contact information
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July & August 2024 AHS Celebrating Health

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 Courses and Sessions

Courses to Support a Trauma-Informed Workplaces

Trauma-Informed Protective Strategies (TIPS) is available to register on [MyLearningLink](#)*. **The course is held from 12–1:30 p.m. or 4–5:30 p.m.** Content will be covered in the first hour followed by an optional half hour for open discussion.

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 interested.

TIPS:
Aug. 20

*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. *Note, that there are no prerequisites required for each course. Ad hoc sessions for department teams are available upon request by contacting mdcultureshift@ahs.ca.*

Physician Wellness Workshop: Your Life in Retirement – Aug. 28

The AMA is pleased to host Dr. Philippe Erhard to facilitate the Your Life in Retirement Workshop. Dr. Erhard has previously offered this well-received workshop to AMA members in December 2023, and to Doctors Manitoba members three times. Retirement is an important life stage for physicians. This workshop will cover how to develop a meaningful and rewarding life after medicine, as an essential part of retirement.

Time: 9 a.m. - noon

Location: virtual

Cost: free (AMA membership required)

Registration: Please email Staci Silverman at staci.silverman@albertadoctors.org or 780-733-3639 to register for this event or for more information. The deadline for registration is 12 p.m. on Friday, Aug. 23, 2024.

Please note registration is capped at 15 participants to allow for an interactive format. All registrants must be AMA members.

Physician Well-Being Director Course – Fall Cohort

The Stanford Model of Professional Fulfillment™ underpins this six-week virtual educational series, aiming to empower leaders in enhancing well-being at the unit level within various healthcare settings. Conducted synchronously via Zoom, the course integrates didactic presentations by Stanford Medicine faculty on cutting-edge research in physician well-being and application of the Stanford Model. Small group exercises foster peer-to-peer learning, facilitating networking and practical application of course concepts. Participants engage in individual assignments and utilize a secure learning management system for comprehensive learning. Targeted at physician leaders, chiefs, directors, and others influencing physician well-being, the course offers options for tuition and Continuing Medical Education (CME) credits.

Application-based admission prioritizes those currently influencing well-being, with considerations for aspiring leaders on a case-by-case basis. Senior leaders are directed towards the Chief Wellness Officer Course for organization-wide strategies.

Fall 2024 cohort: Tuesdays from Sept. 10 – Oct. 22, 2024 (skipping Oct. 15) from 3-5:30 PM Pacific Time, with an optional 30 minutes of networking time after the educational session.

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

Micro Aggression Training for Physicians – On demand

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.

Physician Leadership Institution – Multiple Courses and dates

Strengthen your leadership skills to reach your professional aspirations. Join physicians from across Canada in expert-led and accredited programs to advance in topics relevant for medical leaders.

The Physician Leadership Institute (PLI) offers a variety of scheduled and on-demand programs to meet your learning needs. These programs are designed to develop your leadership skills at any stage of your medical career from helping you build a strong foundation up to advanced leadership for overseeing teams and organizations.

For a list of upcoming courses and to register, click [here](#).

For Your Information

What's Your Balance?

Wellness is a priority at AHS. As a healthcare organization, we want to lead by example and inspire others to live healthy and well. The 'What's Your Balance?' campaign started in 2018 and has continued to evolve. This wellness initiative creates opportunities for staff to find a healthy balance and share their stories.

To learn more about this initiative, click [here](#)

Wellness4MDs Program: Mental Health Support for Physicians, Residents, and Medical Students

Are you a physician, post-graduate medical trainee or medical student in Canada? Are you seeking support to deal with stress, burnout, anxiety, or depression, build resilience and maintain or improve psychological wellness?

If so, subscribe to the Wellness4MDs program to receive free daily cognitive behaviour therapy-based supportive text messages and mental health literacy information.

Text "WELLMD" to 1-855-947-4673 to subscribe. You can stop receiving the messages by replying "STOP" at any time.

Wellness4MDs is sponsored by:



This program is sponsored in part by the Mental Health Foundation, University of Alberta, and the Royal College Foundation. If you have questions about the program, contact vn602367@dal.ca

It's Time to Prepare for Wildfire Season!

As the wildfire season intensifies, the AMA will use their social media platforms and website to share important information. Members can also contact AMA at amamail@albertadoctors.org. We encourage everyone to watch for updates and to visit the [AHS Wildfire Resources](#) page for more information.

Resource Information

Well Doc Alberta

Well Doc Alberta is a collaborative, co-operative initiative aimed at advancing physician wellness through evidence-based



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 if you have feedback or suggestions for topics in future newsletters.