

Wondering About Work Hours?

An update from PARI-MP

Clinton Lewis, MD

Chair, PARI-MP Resident Duty Hours Working Group

Over the last few years Resident Duty Hours (RDH) has become an increasingly important topic in post-graduate medical education. PARI-MP would like to provide an update on this complex issue, as it is one that affects all residents and trainees.

In the Maritime Provinces no changes to work hours have been legislated or mandated by any body (Royal College, College of Family Physicians, PARI-MP). Our most recent contract was unchanged in regards to work hours. The limits are the same as they have been for the last 2 contracts. They apply to all residents in Royal College or CCFP registered training programs (R1-R8+), there is a maximum of 1 in 4 in house call shifts (7 per 28 day rotation) and a maximum of 24 hours of active duty with up to 2 hours for handover (26 hours total). All handover should be finished and residents should be free to go by 9:00 a.m. post-call or 26 hours after starting their duty – which ever comes FIRST. As well, the home call rules have also been unchanged.

Residents should be aware that changes to resident duty hours are coming! The Quebec decision legislated that residents could not work more than 16 hours continuously. The Canadian Association of Internes and Residents (CAIR) called for a target maximum of 16 hours of continuous work across the country.

The recent Canadian Consensus Conference on Resident Duty Hours Report (June 2013) said that the status quo (referring to RDH) is 'unacceptable'. That report recommends a focus on fatigue management and encourages new models of service delivery and education.

Your professional association, PARI-MP, is actively involved and interested in this process. Resident representatives from the PARI-MP board sit on Royal College Committees, have participated in RDH conferences, serve on the CAIR board, and represent residents at the PGME Committee meetings here at Dalhousie. PARI-MP also has an active working group that meets to discuss Resident Duty Hours and is seeking to find consensus to advise the PARI-MP Board of Directors in regards to policy.

PARI-MP realizes that a 'one size fits all' solution will not work in the Maritime Provinces. There are still unanswered questions regarding the larger impacts of changing the resident duty hours and call frequency on resident well-being, education, and patient care. Thus, in addition to exploring work hour restrictions PARI-MP is committed to exploring the broader issues of fatigue management, transitions and handover, as well as optimizing educational opportunities. Change is coming but we as residents have the ability to shape the change. Individual programs (e.g. Obstetrics, Anaesthesia, and Internal Medicine) are developing alternative call models to meet service requirements, educational needs, and improve on the current model and PARI-MP will support programs seeking to make changes.

PARI-MP wants your input as we prepare for the next round of negotiations! Any comments, concerns, or ideas regarding resident duty hours would be greatly appreciated and we look forward to your feedback.

Contact the Resident Duty Hours Working Group through PARI-MP at sandi@parimp.ca or drop by the PARI-MP offices.

The PARI-MP Agreement States:

*Maximum seven call per 28 days
(adjusted for vacation)*

*24 + 2 hours maximum call
duration*

*Hard cut off of 9:00 a.m. unless
program has exemption.*

August

20: Annual General Meeting

TBA: Family Day With Theodore
Tugboat

September

21: Annapolis Valley Wine Tour



Know Your Contract

ARTICLE 19: VACATION AND HOLIDAY

19.01 Residents receive four (4) weeks annual vacation with pay.

19.02 Residents shall be permitted to take vacation periods at times agreed upon by the Resident and their program director in consultation with the service in which the vacation will be taken. Vacation requests cannot be denied due to service requirements unless another Resident(s) has already been granted vacation for that time period.

19.03 If a Resident is unable to take his/her full vacation entitlement for reasons beyond the Resident's control in the academic year, the Resident is entitled to carry over up to two (2) weeks vacation into the next academic year.

19.05 Residents shall be entitled to a holiday with pay on the following statutory holidays: New Year's Day, Natal Day (or local equivalent), Good Friday, Easter Monday, Victoria Day, Canada Day, Labour Day, Thanksgiving Day, Remembrance Day, Christmas Day, Boxing Day. And any other day declared as a statutory holiday by the Province in which the Resident is providing a service.

If a paid holiday falls or is observed during the vacation leave of a Resident the Resident will become entitled to an extra day of paid leave to be taken at a time as determined by the Resident and the Program Director.

19.06 A Resident who is required to work on a holiday is entitled to time off without loss of salary equivalent to the amount of time worked by him/her on that day. A Resident will be considered to have been required to work on a holiday if he or she has worked at any time during the twenty-four (24) hours of the day on which the holiday falls. Such time off shall be taken within sixty (60) days of the holiday worked and at a time agreed upon by the Resident and the program director.

Stress Relievers: Top 10 Picks To Tame Stress

Mayo Clinic Staff

Is stress making you angry, frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. When your stress is getting out of control and you need quick stress relief, just try one of these top 10 stress relievers.

1. Get active

Virtually any form of exercise and physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise is still a good stress reliever. Physical activity pumps up your feel-good endorphins and refocuses your mind on your body's movements, improving your mood and helping the day's irritations fade away. Consider walking, jogging, gardening, house cleaning, biking, swimming, weightlifting or anything else that gets you active.

2. Meditate

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation instills a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. Guided meditation, guided imagery, visualization and other forms of meditation can be practiced anywhere at any time, whether you're out for a walk, riding the bus to work or waiting at the doctor's office.

3. Laugh

A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you start to laugh, it lightens your mental load and actually causes positive physical changes in your body. Laughter fires up and then cools down your stress response and increases your heart rate and blood pressure, producing a good, relaxed feeling. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends.

4. Connect

When you're stressed and irritable, your instinct may be to wrap yourself in a cocoon. Instead, reach out to family and friends and make social connections. Social contact is a good stress reliever because it can distract you, provide support, help you weather life's up and downs, and make you feel good by doing good. So take a coffee break with a friend, email a relative, volunteer for a charitable group, or visit your place of worship.

5. Assert yourself

You might want to do it all, but you probably can't, at least not without paying a price. Learn to say no to some tasks or to delegate them. Saying yes may seem like an easy way

to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge. And that's not very calm and peaceful.

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Resident Well-Being Day

May 23rd was National Resident Well-Being Day. PARI-MP figured what better way to make sure everyone was having a great day than by showing up with a prize wheel? Staff from the PARI-MP office visited resident lounges at the VG, IWK and HI sites and brought coffee, treats and lots of fun prizes.

This was a great opportunity to invite residents into lounges that they may not have known were there and will hopefully utilize more in the future. Over the course of the day, PARI-MP got to see well over 100 residents at the three sites.



A couple of lucky residents with their new PARI-MP jackets at the HI Lounge on Well-Being Day.

***Dr. Arlene MacDougall
recipient of Dr. Jock Murray
Award for Resident
Leadership in Global Health***

Congratulations to Dr. Arlene MacDougall (Completed residency in June '13) for being the recipient of the 2013 Dr. Jock Murray Award for Resident Leadership in Global Health. Dr. MacDougall is a fellow in the Department of Psychiatry and has shown commitment and dedication to global health through projects in the Northwest Territories and Guyana. Dr. MacDougall received the award during the Global Health Office's 'Celebration of Global Health at Dalhousie in early April.



Dr. Arlene MacDougall (centre) displays her award with Dr. Nicholas Delva (l), Head of the Dalhousie Department of Psychiatry, and Shawna O'Hearn (r), Director of the Dalhousie Global Health Office.

***Congratulations to the following winners of the
Faculty of Medicine Resident Research Awards 2013.***

Dr. Chris Hinkewich – Department of Anaesthesia

Best Overall Research Award - "The impact of etomidate on mortality in trauma patients"

Dr. Mila Smithies – Department of Obstetrics and Gynaecology

Best Research Award - Senior Resident –

"Prevalence of smoking among pregnant women in Nova Scotia: Progress has stalled"

Dr. Mike Rivers-Bowerman – Department of Radiology

Best Research Award - Junior Resident -

"Sinogram affirmed iterative reconstruction (SAFIRE) for head CT: effects on radiation dose image quality"

Dr. Jeremy Murphy – Department of Ophthalmology

Best Work - Basic Science Research – "NMDA-induced calcium dynamics are altered in retinas of adult mice deficient in the neural cell adhesion molecule (NCAM)"

Dr. Laurel Murphy – Department of Emergency Medicine

Best Work - Clinical Research - "Comparison of the King Vision Video Laryngoscope with the Macintosh Laryngoscope in Normal and Difficult Airway Simulations: A Cadaver and Manikin Study"

Congrats to all who participated from PARI-MP!

Spring Site Visits

Evie Sabeen Croucher
Communications Coordinator

Every spring, PARI-MP likes to get out and visit all of our training sites to check in, answer any questions you may have, and have a great social night out. When I started working at PARI-MP many moons ago, there were only four sites. Now we're up to six! Our events coordinator, Jessica Wilson, and Joanne MacKinnon, Physician Recruiter for the NS Department of Health were also in attendance.

We visited The Blue Door in Fredericton, Catch22 in Moncton and Flavour 19 in Sydney. Next up was The King's Arms Pub in Kentville, The Gahan House in Charlottetown and Thandi's in Saint John.

Thanks to all of the residents who were able to come out and meet with us. It's great to see your faces, learn more about your sites and hear your plans for the future. We'll see you next year!



A fun night out in Saint John at Thandi's



Annapolis Valley residents at the King's Arms Pub in Kentville.



At The Blue Door in Fredericton



In Moncton at Catch22.



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Dr. Jacob Cookey

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Winner of Dalhousie Research Contest

Dr. Jacob Cookey (PGY5, PSYH) is the winner of Dalhousie's first annual Three Minute Thesis competition. The competition is a skills development activity aimed at challenging graduate students to explain their research project to a non-specialist audience in three minutes. Dr. Cookey's research is on the impact of early, regular cannabis use on the brain in people with recent onset psychosis. Coming in first out of 83 participants, he won \$1,000 and a speaking spot at TEDx Nova Scotia. Congratulations!

Stress Relievers

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6. Do yoga

With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. Try yoga on your own or find a class — you can find classes in most communities. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

7. Sleep

Stress often gives sleep the heave-ho. You have too much to do — and too much to think about — and your sleep suffers. But sleep is the time when your brain and body recharge. And the quality and amount of sleep you get affects your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

8. Journal

Writing out thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling. Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

9. Get musical

Listening to or playing music is a good stress reliever because it provides a mental distraction, reduces muscle tension and decreases stress hormones. Crank up the volume and let your mind be absorbed by the music. If music isn't your thing, though, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

10. Seek counsel

If new stressors are challenging your ability to cope or if self-care stress relievers just aren't relieving your stress, you may need to look for reinforcements in the form of professional therapy or counseling. Therapy may be a good idea if stress leaves you feeling overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school. Professional counselors or therapists can help you identify sources of your stress and learn new coping tools.



PARI-MP Golf Challenge 2013

July 14th was a beautiful day for golf. PARI-MP's Golf Challenge was held at Granite Springs Golf Course under a blue, sunny sky.

Between seasoned golfers competing for top honours and brand-new participants just having fun, the residents took over the course.

The game was great, lunch was delicious and lots of prizes were given away.

Plan to join us next year for this relaxing and fun PARI-MP event!

Clockwise from top left: 1. These residents know how to golf in style! 2. The team that took first place: Bryan Flynn, Joel Morash, Patrick Slipp and Craig Wilson. 3. Teams always had a moment to stop for a photo between shots. 4. The prize table was fully-loaded this year. 5. Lina Wang and Laurence Madera, ready to head out on the course.



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