

Medical Staff Update

This Issue: Celebrate Canadian Women Physicians' Day; The 2023 Our People Survey Results Released; Physician Learning; FAST Expands General Surgery; Wellness4MDs Program; Career Opportunities; Resources and Supports for Physicians; News from the AHS Update and more.

AHS recognizes that our work takes place on historical and contemporary Indigenous lands, including the territories of Treaty 6, Treaty 7 and 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.

Note: Recognizing some medical staff use an alternate email address instead of an AHS email address, some information is duplicated from the AHS Update to ensure all AHS medical staff have all up-to-date organizational information that may impact their practice.

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Medical Affairs News

Celebrate Canadian Women Physicians' Day

March 11 is [Canadian Women Physicians' Day](#) (CWPD), a day that recognizes the contributions and achievements of women in medicine. We celebrate CWPD on this date because it marks a significant milestone: It was on March 11, 1875, that Dr. Jennie Trout became the first woman licensed to practice medicine in Canada.

Ways that you can help celebrate CWPD:

- Say "Thank you!" to a woman physician. This can be as simple as sending one of our CWPD [ecards](#) or a short thank you note. Other ideas are available through [Employee Appreciation](#).
- Thank a woman physician on social media using the hashtag #WomenDocsCAN.

Thank you to the dedicated women physicians providing high quality care for Albertans, every day.

The 2023 *Our People Survey* results released

We received results from the 2023 *Our People Survey* and are sharing these as an invitation for teams to have important conversations about engagement, professional fulfillment, patient safety culture and healthcare experiences. We know there is room to improve, and our survey results offer us some valuable information on where to start.

What we heard from the 2023 *Our People Survey*:

- Medical staff feel confident and trust in their local teams but would like more support from leadership in their development, to feel heard and empowered to make more local decisions.
- Medical staff have the tools they need to report patient safety incidents, but there are opportunities to have more discussions around improving the patient experience.

We are committed to improving and are seeking opportunities to do so. We encourage you to reach out to your medical leader to begin the conversation and are always looking for your feedback on how we can improve.

Learn more on [Insite](#) (AHS credentials required). Questions? Email engage@ahs.ca.

Critical Leadership Conversations Course Part 3

This focus of our third course in the Critical Conversations series is to assist medical leaders in developing the skills they need to have effective development

or periodic review conversations with their frontline physicians or other leaders that report to them. We will be exploring AHS periodic reviews, AHS probationary reviews, development conversations, coaching and other feedback conversations through this series.

There will be four one-hour virtual lecture sessions between March 21 to May 2. In between sessions, you will meet twice with two colleagues in a triad (either a self-selected group or an assigned triad) to share experiences of these types of conversations, what you have learned, debrief, and offer advice and support to one another. This course is eligible for Section 3 CME credits.

Dates	Time	Registration links
March 21	4:30 - 5:30 p.m.	Register here
April 4	4:30 - 5:30 p.m.	Register here
April 18	4:30 - 5:30 p.m.	Register here
May 2	4:30 - 5:30 p.m.	Register here

For more information, please contact Lori Paul Lori-Ann.Paul@ahs.ca.

Register now for the Second Annual Hematology Update on April 13

This exciting and innovative conference will be held in-person at the Robbins Learning Pavilion at the Royal Alexandra Hospital or online.

With a combination of plenaries, short snappers and workshops, this conference will deliver an update on optimal clinical practice in Hematology. The Update is suitable for physicians (including fellows, residents and medical students), internists, nurses and nurse practitioners, allied health professionals and pharmacists.

Topics include Hemoglobinopathies, Iron Deficiency, Navigating Referrals to Hematology, and many more!

Register now at www.hemupdate.ca to take advantage of the early bird pricing.

FAST expands general surgery to all zones

In late February, general surgery joined the Facilitated Access to Specialized Treatment (FAST) program across the province.

Referring providers can now submit general surgery referrals through a central access and intake office in each zone and can choose to send referrals to the next available surgeon with the shortest wait time, a specific provider or site, or an out-of-zone provider.

To improve the referral process, FAST has developed standardized referral forms and referral pathways, with the help of primary care, specialty care and patients,

for each FAST specialty. Referencing these ensures providers know what information – like labs and diagnostic imaging – are required with their referral.

Orthopedic surgery, urology (except Edmonton Zone) and vascular surgery are also available provincially through FAST. The remaining surgical specialties will join FAST by 2025.

For more information, visit ahs.ca/FAST, and stay tuned for a new FAST webpage launching soon.

Mental health support with Wellness4MDs program

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.

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.

Career opportunities

Practice opportunities across a broad range of specialties are available. All vacant AHS physician practice opportunities are posted on our physician recruitment website, [Doctor Jobs Alberta](#).

Support for physicians

The [Physician & Family Support Program](#) (PFSP) continues to offer CONFIDENTIAL services on an individual basis that you can access by calling the 24-hour assistance line at 1-877-767-4637.

AHS also has resources aimed at offering support to physicians. These are available online:

- [Webinar](#)
- [Resource Guide](#)

Additional resources for physicians:

- [AHS Virtual Health](#)

- [CPSA's Physician Portal](#)
 - [Cumming School of Medicine Continuing Medical Education \(CME\) Resources](#)
 - [How to Access AHS Insite and Email](#)
 - [IPC Emerging Issues](#)
 - [MD News Digest](#)
 - [Physician & Family Support Program](#) - 1-877-SOS-4MDS (767-4637)
 - [Physician Wellness Educational Resources: Well Doc Alberta](#)
 - [Support Services: Well Doc Alberta](#)
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From the AHS Update

You can read the [full version online](#).

Our Priorities

Healthcare Workforce Strategy — Overtime rate

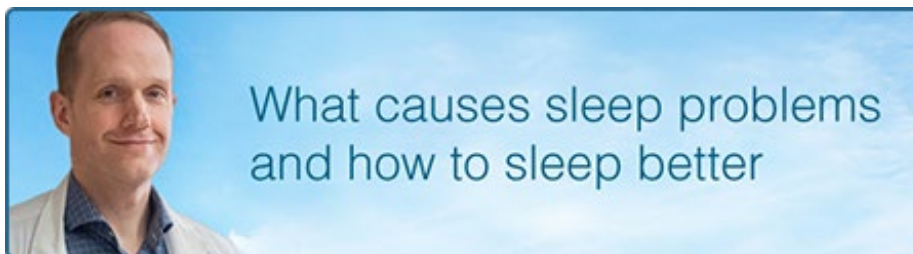
Work is underway to analyze how more full-time staff and stronger controls could decrease reliance on overtime use. [\(more...\)](#)

Your Wellness

Support available for managing sleep and shift work

With the change to daylight saving time this weekend, your sleep could be impacted. If so, help is available. [\(more...\)](#)

Mental Wellness Moment



Dr. Nicholas Mitchell talks about what causes sleep problems and how to sleep better. [\(more...\)](#)

Watch Video 

Listen as a Podcast 

Latest News

Join a conversation on AHS' wildfire response plans

[Join a conversation](#) on AHS' plans to respond to wildfires. Share your thoughts on March 18 at 2:30 p.m. or March 20 at 3:30 p.m. [\(more...\)](#)

360-degree tour of new cancer centre now online



A [360-degree tour](#) of Calgary's Arthur J.E. Child Comprehensive Cancer Centre is now online, ahead of the facility's opening this fall. [\(more...\)](#)

Share your patient-experience ideas

Share patient-experience ideas on March 20 at Xchange, a virtual forum about patient- and family-centred care. [Register today.](#) [\(more...\)](#)

Conversation on the ethics of behavioural agreements

Register for an Ethics Lunch 'n' Learn session about behavioural agreements: [March 21](#) at 11:30 a.m. or [March 22](#) at noon. [\(more...\)](#)

Application owners' help needed to prepare for Windows 11

IT will begin updating computers to Windows 11 this spring. AHS needs to check compatibility with critical software. [\(more...\)](#)



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Services**

Healthy Albertans.
Healthy Communities.
Together.