

SUMMER 2015

## Welcome to Maritime Resident Doctors

by Sandi Carew Flemming, CEO

Welcome to Maritime Resident Doctors. We started our summer with a successful Orientation Day for all new residents. Welcome to all of you who are brand new to your residency here in the Maritimes!

Our newly named Maritime Resident Doctors has so much to offer. You likely have already noticed our numerous wellness events, such as the Big Summer Party, Harbour Hopper, Boot Camp and Yoga nights, as well as the upcoming Annual Golf Challenge. We also offer

our Employee and Family Assistance Program (EFAP) for those looking for extra resources for support.



New doctors, new ideas

for better health care

We are currently busy with negotiations and ongoing resident advocacy. I am also

hoping to get out to visit all of our sites over the next few weeks and look forward to meeting many of you.

To learn more about what we have to offer, check out our website:  
[www.MaritimeResidentDoctors.ca](http://www.MaritimeResidentDoctors.ca)

Our staff are happy to help you with any of your residency questions, please just reach out and contact us anytime.

I look forward to meeting you at some of our upcoming events.

### Maritime Resident Doctors board for 2015-16

#### EXECUTIVE

**President:** JP King, RADI, PGY3

**Past President:** Clinton Lewis

**Vice President:** Caitlyn Lees, INTM, PGY3

**Chair:** Andy Simpson, PLAS, PGY4

**Treasurer:** Dave Watton, ANAE, PGY3

**Secretary:** Celia Robichaud, PSYH, PGY3

**Well-Being:** Laura Swaney, PEDI, PGY4

#### Negotiations/Compliance:

Kathleen Singh, PSYH, PGY3

#### MEDICAL REPS

Ashley Crane, PSYH, PGY4

Hemlata Shirsat, ANAP, PGY3

Alastair Dorreen, GAST, PGY4

Chris Green, INTM, PGY1

Ashley Sutherland, DERM, PGY2

Laura Downing, PSYH, PGY1

Alyssa Smith, PEDI, PGY1

Keigan More, INTM, PGY2

#### SURGICAL REPS

Ahmed Jad, SURG, PGY1

Gillian MacMullin, OBST, PGY2

Kiel Luhning, OBST, PGY2

Amr Zaki, OPHT, PGY3

#### MEDICAL STUDENT REP

Russell Christie

#### FAMILY MEDICINE REPS

Annapolis: Colin Burgoyne, PGY1

Cape Breton: Stacy MacDonald, PGY2

Fredericton: Lacey Blyth, PGY1

Halifax: Lauren McCarville, PGY2

Moncton: Rachel Doucette, PGY1

PEI: Sandi Ellsworth, PGY1

Saint John: Jacqueline MacKay, PGY2

South West: Leanne DeLong, PGY2

INSIDE...

### WELLBEING AWARD

Meet the winner of the Maritime Resident Doctors Wellbeing Award

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### HAIL TO THE CHIEF

Meet your president for 2015-16 with a feature on J.P. King

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# Maritime Resident Doctors 2015 Golf Challenge

Sunday, Sept. 20<sup>th</sup> • Glen Arbour Golf Course • 8:30 a.m



## ***New to your benefits this year: Healthcare Spending Account***

New for the 2015-16 resident year, your benefits now include a Healthcare Spending Account (HSA). At the beginning of each year you will receive a credit of \$100 in your HSA that you can claim towards eligible medical expenses for you or your eligible dependents. The HSA can be used to “top-up” the unpaid portion of your Health and Dental claims, or to reimburse you for any other medical expense. At the end of the year (June 30), any unused balance is forfeited.

### **What can I claim under the Healthcare Spending Account?**

- Prescription drug co-pays
- Dental co-pays
- Unpaid balance of Vision claims
- Paramedical claims after plan maximum has been reached
- Medical expenses approved by the CRA for the Medical Expense Tax Credit

### **What is not covered?**

- Over the counter drugs
- Gym memberships
- Fitness Equipment / clothing

## ***Don't forget these benefit perks***

### **Employee & Family Assistance Program (EFAP)**

The EFAP is a confidential and voluntary support service that can help you find solutions to all kinds of challenges. You have 24/7 access to support over the phone or online, self-guided resources, or if you prefer to meet with a counsellor in-person, appointments can also be made. Areas of support include: Well-being, relationships, legal, financial and workplace. To connect with a counsellor, call Shepell-fgi at 1-800-387-4765. Identify yourself as a Maritime Resident Doctors member or family member. You can also visit online at [www.workhealthlife.com](http://www.workhealthlife.com).

### ***MHCSI Discount Program***

For every prescription you have dispensed through a Lawton's/Sobeys pharmacy, you will receive a discount of \$2 off the dispensing fee. You also will receive a discount of 5-40% of purchases in Lawtons' front store. [CLICK HERE](#) to enroll. Or visit: [www.MaritimeResidentDoctors.ca](http://www.MaritimeResidentDoctors.ca)

**Group Name:** MARITIME RESIDENT DOCTORS

**Group Password:** MRD69002

## ***Enhancing the whole program***

Promote mental well-being among fellow residents with the Healthy Resident Program

One wellness initiative available through Maritime Resident Doctors aims to help residents one program at a time.

The Benefits Trust Fund Healthy Resident Program began in 2014 to help address mental health issues in residents. Current residents can apply to the Fund for program-related initiatives. Residents must apply on behalf of their program. Maximum amount per program is \$2,000 annually.

So what kinds of things does the program help with? Here are some of the things that have been funded:

**Anesthesiology:** Dodgeball Team

**Psychiatry:** Kayaks, Segways & Softball

**Pediatrics:** Ice Cream Rounds

**Obstetrics:** Kayaking at Resident Retreat

**Family Medicine (Saint John):** MedEd Outdoor Patio

**Internal Medicine:** Laughter Is Our Medicine & Fridge

**Anatomical Pathology:** Healthy Academic Half Day Breaks

**Orthopedics:** Ortho Resident Hydration Program

**Internal Medicine:** IM Resident Coffee House

**Family Medicine (Annapolis):** Annapolis Valley Resident Yoga

**Emergency Medicine:** Resident Lounge Makeover

**Family Medicine (PEI):** Bed Pan Relay

**Endocrinology:** Air Conditioner for Resident Room

**Family Medicine (Halifax):** Tidal Bore Rafting Bonding

**Radiology:** Radiology Cohesiveness Coffee Fund

To put forward your idea, complete and online application at least 30 days in advance of the start date of the initiative. The application must show the purpose of the initiative, grant amount requested, number of residents in the program benefiting from the initiative, and any other specific details that would be relevant to approval for funding.

To apply or for more information, visit our website: [www.MaritimeResidentDoctors.ca](http://www.MaritimeResidentDoctors.ca)

## 2015 Resident Well-Being Award winner: Dr. Laura Swaney (PGY4, PEDI)

The 2015 recipient of the Maritime Resident Doctors Resident Well-Being Award is Dr. Laura Swaney, a PGY4 in pediatrics.

Swaney has served as the Well-Being chair on the Maritime Resident Doctors' (then PARI-MP) board since July 2014. What she has done to advance the cause of resident well-being, both in official capacity as a board member, as well as in unofficial capacity as simply a resident, makes her very deserving of this award.

Despite carrying a typically busy resident schedule, Swaney works on several initiatives and volunteers her time whenever a resident is needed.

Swaney was nominated by a peer in her program, who stated that "Laura has been highly visible in our program as *the* resident wellness person. I can't even remember all of the initiatives she's done for our program but the list would include resident debriefing after patient deaths, 'ice cream rounds', and coordinating social events."

In addition to her work locally and regionally, Swaney volunteers on the



*Laura Swaney, Pediatrics PGY4, receiving her certificate from Maritime Resident Doctors CEO Sandi Carew Flemming*

Resiliency Committee with Resident Doctors of Canada, working to develop a curriculum to help fortify residents against the pressure of their work.



### Residency is tough. We would like to help.

The Healthy Resident Program was established by the Maritime Resident Doctors Benefits Trust Fund and is available to residency programs who would like to incorporate more mental health/wellness initiatives into their training.

#### Who Can Apply?

Residents can apply for funding on behalf of their program.

#### What Types Of Programs Are Eligible?

Priority will be given to programs that apply for funding to promote good mental health in the workplace.

#### How Can I Apply?

Visit [www.MaritimeResidentDoctors.ca](http://www.MaritimeResidentDoctors.ca) and fill out the online application.

In a survey of Canadian residents, almost a third (30%) reported having experienced a mental health issue.

A survey of Canadian physicians reported that over a quarter (26%) stated that their mental health made it difficult to work.

Depression is the number one common indication based on prescription drug costs for the Maritime Resident Doctors benefits plan.

14% of the Maritime Resident Doctors benefits plan drug costs are directly associated with depression.





# Know Your Contract

## **Periods of Duty**

*by Sandi Carew Flemming, Maritime Resident Doctors CEO*

It may seem early to be speaking about the Christmas Holidays, but now is the time to plan for it. Many Programs likely already have their holiday schedule prepared. The language in our agreement states:

### **19.04**

Recognizing the operational slow down that occurs approximately between December 21st and January 3rd, Residents shall be entitled to six (6) consecutive days off between those two dates. One of these days must be either December 25 or January 1. The six (6) consecutive days represent a consolidation of three (3) statutory holidays (Christmas Day, Boxing Day and New Year's Day) and three (3) regular days off. These days off shall not be deducted from the Residents' regular vacation entitlement outlined in Article 19.01. these days off shall not be considered vacation leave for the purpose of Article 17.04 regarding the pro-rating of call when a vacation leave is taken during any twenty-eight (28) day period.

***This means that each resident gets six consecutive days off and this has to include either Christmas Day or New Year's Day. A post-call day does not count as one of your days off, so if you are on call the night before your six days start, then you should talk to your Chief about changing your six days. Some Programs may stagger one or two of the six-day blocks to allow for this.***

The article also states:

### **19.07**

A Resident may take days off duty in lieu of Good Friday, Easter Monday, Christmas, and Boxing Day in order to observe a holy day of his/her own faith. The Resident is responsible for notifying the program director of the Resident's own Program of those days to be taken well in advance of the time they are taken. A Resident utilizing this is not entitled to receive paid holiday time in excess of any other Resident.

### **19.08**

(a) If a Resident takes days off in lieu of the days in Article 19.04 to observe a holy day of his/her own faith, the Resident is eligible to take three (3) days of the in lieu days, plus three (3) regular days off for six (6) consecutive days off provided the Resident does not take six (6) consecutive days off under Article 19.04.

(b) A request for days off pursuant to Article 19.08(a) shall be made by the Resident ninety (90) days in advance of the desired days off. The Resident will provide two options for six (6) consecutive days off and the Employer will grant one or the other option.

***This means that residents who do not celebrate Christmas for religious reasons can take their six days at another time. You do have to request the time and give two options and your Program will give you one of them (same as everyone for either Christmas or New Year's).***

If you have any questions about the holidays, talk to your Chief about your Program's (or service) schedule, or contact Sandi at sandi@mardocs.ca to answer your questions. Happy Holiday Planning!

## Hail to the chief: Get to know your President, J.P. King

Chief resident, newlywed, third-year Radiology resident, new Maritime Resident Doctors' President wears a lot of hats

As president of a professional association, you're asked to do a lot of things in your 'spare' time.

That's how J.P. King, a third-year radiology resident, found himself sitting in a hospital auditorium four days after his wedding. King was at the Maritime Resident Doctors AGM, his coronation as president, and the time when the board that will serve with him for the next 12 months would be decided.

King, who set off for Jamaica on a honeymoon with wife Laura just days after the AGM, doesn't seem to mind. The affable 33-year-old Newfoundlander is becoming an expert at balancing his time. In addition to being president and a newlywed, he is serving as chief resident for his program this year – on top of the normal hectic schedule of a resident.

It's just the latest stretch of road for King to travel. A native of Bay d'Espoir, N.L., he picked up a BSc in Biology with the hopes of pursuing veterinary medicine. After finding that field "ridiculously hard to get into", he switched to research. He collected a masters in molecular biology from McMaster and worked in labs doing research in genetics. When government policy turned the screw on research funding in Canada, King decided it was time for a change again, heading back home to Newfoundland to attend med school at Memorial.

When it came time to decide on a speciality, King tried to keep an open mind. After receiving advice from a

resident to check out radiology, he did, and was hooked.

"It gives me an opportunity to be at the centre of it," he says. "I get to work with different physicians, all types of surgeons and internists, and get everybody involved. I really enjoy working through problems with the consulting physicians. I can only narrow things down based on what I see, to a certain extent. It is the other docs, other residents from the other programs that help you peel away things and help you focus your differential."

Last year was his first with Maritime Resident Doctors, sitting as one of eight medical reps. He made the decision to run for the presidency when he realized a large number of last year's board were ending their residency and moving on.

"With all of the turnover from last year's board, I wanted to ensure there would be some continuity," he says. "We did a lot of work last year with the strategic plan and I didn't want to see that go by the wayside. A lot of the other residents that were in more senior positions on the board were either moving on or were entering their last year of residency, so it would be good to have someone at the helm who could put the attention to it and not be as distracted by an upcoming Royal College exam."

Residents are busy people, and taking time out to volunteer in any capacity can be a challenge. For King, the role of a professional association is an important one, and worth the effort.



"There's a lot of policy being made at the university level, the provincial level, and the national level, that not only directly impacts us as residents, but it impacts the healthcare system and it impacts government legislation," he says. "A lot of people will sit back and complain about policy, or talk about things working so much better if we did things a certain way, but the professional association really gives us a venue for people to let our voice be heard."

### Just the facts

*Rapid-fire with J.P. King, PGY3, RADI*

**Favourite Food:** Ribs (his recipe)

**Favourite Movie:** The Avengers

**Favourite Colour:** Blue

**If I wasn't in medicine I would be:** Homeless in Hawaii. That was the backup plan.

**What do you do when you're not working:** Everything! I'll go to the gym, have a run, Laura and I like to take drives - we've gone to Cape Breton camping, PEI camping, we've done resort hotels, golf resorts, go fishing - we just like to tour around the region.

**Favourite place to visit:** Hawaii. If I go back, it's a one-way ticket.



## PARI-MP Events



### Site Visits

*Did you know that at any one time, nearly 20 per cent of our residents are practicing outside of Halifax? We periodically drop-in to say hello. From four such visits this spring, here is (clockwise, from top left) P.E.I., South West Nova, Annapolis Valley and Cape Breton.*



### BIG Summer Party

*On Saturday, Aug. 22, over 100 residents and guests braved steamy weather and a brief city-wide blackout to attend the BIG Summer Party at the Halifax Central Library.*

Maritime Resident Doctors'

## MY MARITIMES

Photo Contest



**We live in a beautiful region. Let's show it off!**

Participate in Maritime Resident Doctors' My Maritimes Photo Contest.  
Snap a picture of the Maritimes that is meaningful to you.

**Submit your photo to [Daniel@Mardocs.ca](mailto:Daniel@Mardocs.ca) by Nov. 1st** to enter the contest. Include a few words on what the picture is and why it's important to you. All photos must be your property.

Grand Prize winner will receive a **\$50 restaurant gift card**.  
Five random draws of all entries for **\$10 Starbucks gift cards**.  
We'll publish some of our favourites in the next newsletter.

**Get snapping!**

Maritime Resident Doctors

## WINNER'S CIRCLE

Did you win a contest recently?  
These residents did.  
Most contests are run through email.  
If you don't receive our regular emails,  
contact: [Daniel@mardocs.ca](mailto:Daniel@mardocs.ca)

**Rebrand Facebook Contest**  
Sandi Ellsworth, PGY1, FAMP

**Orientation Week Facebook Contest**  
Alexandra Bishop, PGY1, ORTH

**Nova Scotia Open (Golf) Tickets**  
Michelle Arakgi, PGY2, ORTH

**Nova Scotia International Tattoo Tickets**  
Marie Claire Bourque, PGY5, PSYH  
Stephen Douglas, PGY4, NEUR  
Darrell Lewis, PGY4, OPHT  
Kiel Luhnig, PGY2, OBST  
Laura Swaney, PGY4, PEDI  
Mike Wong, PGY1, ANAE

**Big Summer Party Gift Card Draw**  
Michelle Arakgi, PGY2, ORTH  
Sepideh Behroozan, PGY1, FAMI  
Amelie Pelland, PGY4, ANAE

Watch your email for our next great contest!

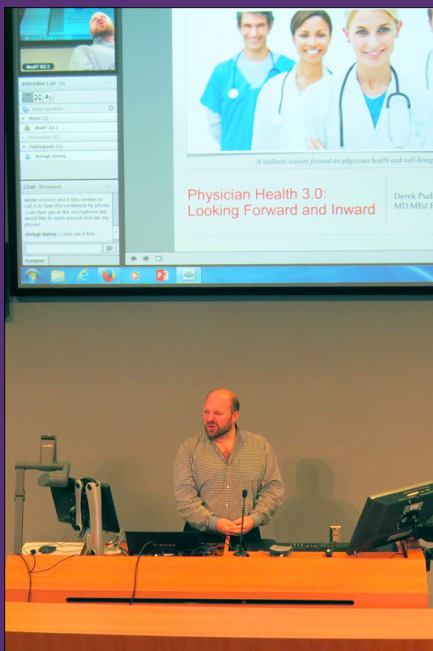


## PARI-MP Events

### Resident Wellness Week

Kicking off on Doctors' Day, May 1, Maritime Resident Doctors celebrated Resident Wellness Week with a number of events, including: a FitBit prize draw, a kitchen party, complementary lunches (with prizes), and a special presentation from Dr. Derek Puddester, international leader on physician wellness. For those interested, Dr. Puddester mentioned a number of books during his presentation, and here is his recommended reading list:

*The Physician as Patient, Enjoy Every Sandwich, The Resilient Physician, The Mindfulness-Based Stress Reduction Handbook, Staying Human during Residency Training, The Soul of the Physician, What Doctors Feel, What Doctors Think, The RCPSC Time Management Guide for Physicians, The CanMEDs Physician Health Guide, The Tarzan Rule, IronDoc, Doctors Marriages, Intimate Relationships in Medical School, The Medical Marriage.*



### Orientation 2015

On Monday, June 29, we welcomed a new batch of resident to the Maritimes with our annual orientation boat cruise, followed by an afterparty at the Lower Deck.



### Residents show pride

On Saturday, July 25, residents participated in the Halifax Pride Parade, marching with the first-ever Maritime Resident Doctors float in the event.

## UPCOMING EVENTS

### Ongoing

**Tuesdays:** Yoga Night

**Sundays:** Fitness Boot Camp (Thru Oct.)

### Sept.

**20:** 2015 Golf Challenge

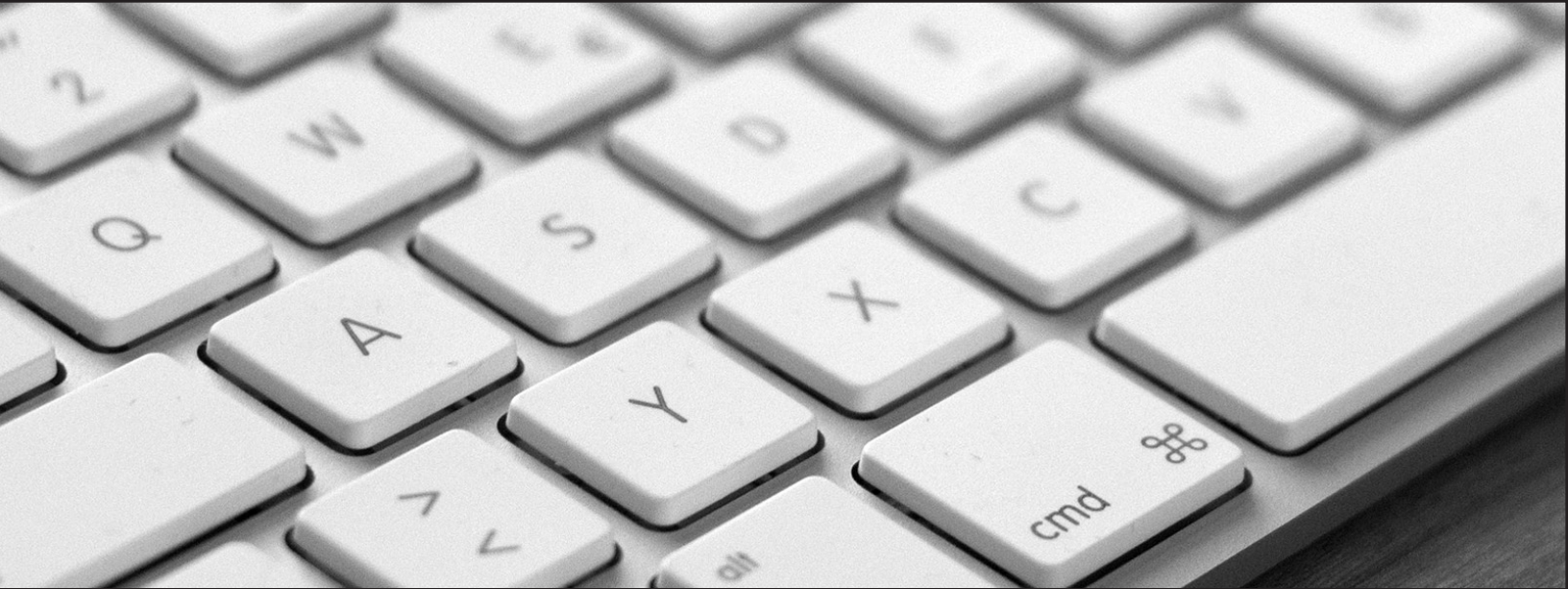
**26:** Drive-in Movie Night

### Oct.

**18:** Family Apple Picking Day

**25:** Post-LMCC II Party





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