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.

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

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

Maritime Resident Doctors
2015 Golf Challenge
Sunday, Sept. 20th • 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.

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

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
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

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

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!
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.

“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, RAD

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.
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.

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.

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 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

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 Luhning, 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!
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.

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.

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:


PARI-MP Events

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<th>Ongoing</th>
<th>Tuesdays: Yoga Night</th>
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<td>Oct.</td>
<td>26: Drive-in Movie Night</td>
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