The Pulse: News From The MD Program

Campaign Preview

The Pulse

November, 2018 | Volume 1, Issue 11

Associate Dean's Message

Fall seems to have turned to winter and with the longer nights and cold temperatures, our students are settling in to study and prepare for their final exams and start of new courses and clerkships. Our first and second year students both have final exams for their current blocks coming up and both classes start their new blocks at the end of November. Third year students are in well established in their new routines as clerks and fourth year students are preparing their applications for residency. The team in the MD Program worked hard to...
get all the Dean’s Letters completed and submitted to CaRMS. As I have said to that class, I am so proud of the fourth year students and all that they have accomplished so far. It was a pleasure to see all their hard work captured in the letters that were submitted.

The entire MD Program team was saddened to learn of the death of Dr. Richard Fedorak, Dean of the Faculty of Medicine & Dentistry. As a program, we benefited from Dr. Fedorak’s leadership and commitment to medical education and many of us individually have stories and fond memories of our interactions with him. On behalf of the MD Program, I wish to extend our condolences to his family.

Later this month, the MD Program is hosting the inaugural Excellence in Medical Student Research event. I encourage students and faculty to join us in celebrating the research accomplishments of our students. The event will take place on Monday, November 26 from 5-8pm in the Katz Atrium. The evening will start with a panel discussion about clinician-scientists and the role of research in medicine. We will then host a reception and poster presentation where more than 60 medical students from across the program will share their work. More information about the event is available here.

On November 13, I had the privilege of being part of the panel discussion that followed a screening of Do No Harm: Exposing the Hippocratic Hoax. This film, by two time Emmy Award winning filmmaker Robyn Symon, clearly portrays physicians as healers, yet also highlights the mental health struggles that are faced by the profession. Physicians have the highest rate of suicide among any profession. In the film, medical students and families of physicians touched by suicide come out of the shadows to expose this silent epidemic. The film, and the panel discussion that followed, highlighted once again the importance of talking about physician and student health and wellness as part of our program. I am pleased that we are already taking steps to integrate this topic into our curriculum and look forward to being able to share with you the work of our newly formed Health Promoting Learning Environment Working Group. This ad hoc committee, co-chaired by Dr. Tammy McNab, Assistant Dean, Academic Affairs (MD Program) and Dr. Cheryl Goldstein, Assistant Dean, Student Affairs (Office of Advocacy & Wellness), includes faculty members, MD Program staff, and students. The committee began their work in October and, in the coming months, will be making recommendations to the MD Curriculum and Program Committee about ways in which we can better integrate wellness throughout our program and our curriculum.

As always, I welcome your feedback, suggestions, and comments about this newsletter, or anything else related to the MD Program. Please email, call, or drop by the office. Or attend one of the Conversation Circles scheduled throughout the year (see below for specific dates and times). Your ideas help to make our program better.

Until next month,

Dr. Tracey Hillier
Associate Dean, MD Program

2018 Graduation Questionnaire

Results from the 2018 Graduation Questionnaire demonstrate the strength of our program and also provide areas for growth and further development.
Strengths

- 97% rate their education as good, very good, or excellent.
- 94% feel that they received feedback early enough in their clerkships to improve their performance.
- 95% feel prepared to start residency.
- 99% consider ethical decision making, honesty and integrity, compassion, and lifelong learning to be some of the values and concepts emphasized in our program.

Growth and future development

- To better emphasize pharmacology, bio-statistics and epidemiology, pathology, genetics, and nutrition. Foundations of Medicine and Dentistry (DMED 511), which started after this cohort’s first year, was designed with this in mind. DMED 511, and other courses in the program, will continue to address clinical relevance of these topics.
- To better emphasize pain management, end of life/palliative care, health policy, healthcare systems, and law and medicine. These areas will continue to be integrated into the Physicianship course across all four years.
- In response to feedback about pain management, we are piloting an Anesthesiology selective in the fourth year Internal Medicine clerkship.
- To clarify the reporting procedures and policies surrounding professionalism and mistreatment.

If you have any questions about the 2018 GQ results, please contact Dr. Tracey Hillier, Associate Dean, MD Program.

Good News from the MD Program
The MD Program's Curricular Innovation Team was recently awarded the David Cook Award, which is presented annually to an individual or group from the Faculty of Medicine and Dentistry who has successfully planned and implemented a significant curricular innovation. The award recognizes the various assessment systems that were designed and implemented by this team. Pictured (l-r) are Sherry Sweeney, Cody Surgin, Dr. Hollis Lai, Mikus Lorencs, Gregory Chao, Jennifer Kam, and Dr. Tracey Hillier.

Congratulations to Emily Chapman (MD 2021) for being awarded the top student poster at this year's Celebration of Teaching & Learning event held on November 6, 2018. Emily's poster was titled "An examination of trends in patient-centered care, specific to the treatment of substance misuse and mental health conditions, using data from a family medicine residency program". Congratulations, Emily!

Excellence in Medical Student Research
Program
5-6pm—Welcome and Panel Discussion (Katz 1080)
6-8pm—Poster Session and Reception (Katz Atrium)

To assist with catering for this event, please RSVP if you are planning to attend. Please note, you are welcome to drop by even if you do not submit an RSVP.

What's happening in the MD Program?

Here are some of the things that are happening in the MD program this month:

- DMED 511 (Foundations of Medicine & Dentistry), the first course in the MD Program, wraps up with the final exam on November 23.
- Year 1 students begin their second block, DMED 513 (Endocrinology & Metabolism), on November 26.
- The second block of year 2, MED 522 (Reproductive Medicine & Urology), also ends on November 23.
- The third block of year 2, MED 524 (Neurosciences and Organs of Special Senses), begins on November 26.
- Some year 3 students are wrapping up their second clerkship rotation in the next couple of weeks.
- Year 3 intersession weeks takes place December 17-December 20
- Year 3 students will be participating in a full day Indigenous Health conference organized by the Indigenous Health Initiative program on December 20
- Year 4 intersession week begins January 2, 2019

News from the Library
New Sleep Aid Tools at the Scott Library
A good night’s sleep is important for academic success and overall well-being. The John W. Scott Health Sciences Library is now lending out blue light blocking glasses that enable you to use your electronic devices before bed and blue light energy lamps to help give you an energy boost during the day. You can read more on how these tools can help you get a good night’s sleep and boost energy here.

Wellness at the Libraries
In addition to sleep tools, University of Alberta Libraries has a number of items and services that can benefit your overall well-being – especially leading up to the busy exam season:

1. **Physical Activity Kits** – Take an exercise break at your convenience with the portable equipment in this handy kit (jump rope, resistance band, sliders, pedometer and exercise cards). Available at all North Campus libraries.
2. Treadmill Desks – Studying and physical activity are no longer mutually exclusive. Hop aboard one of the three treadmill desks at the John Scott Library to workout while you work.
3. **Height Adjustable Desks** – If walking and working isn’t your thing, but sitting at a table or study carrel is causing discomfort, why not try one of the library’s height adjustable desks? The Scott Library has three desks located on the main floor that can be adjusted for a variety of heights and abilities.
4. **Unwind Your Mind** – Staff and volunteers from the Healthy Campus Unit will be visiting campus libraries to hand out healthy snacks between December 11 and 13. There will also be colouring sheets and activities available in the Scott Library’s Wisdom Corner during the final exam period.

Recent Articles on Predatory Publishing
Predatory Publishers and Conferences continue to plague the academic world. Here are a couple of recent articles for anyone interested in learning more about current issues on this subject.
The Rise and Rise of Predatory Journals
Ryan Allan University World News 19 October 2018 Issue No:525

How Predatory Journals leaked into PubMed
Andrea Manca, David Moher, Lucia Cugusi, Zeevi Dvir and Franca Deriu

Librarians at the John W. Scott Library offer workshops on Predatory Publishing. Keep an eye on our workshops page for the next opportunity to participate one of these sessions

Dogs in the Library
December 13, 2018 12:00-1:00pm
Location: John W. Scott Health Sciences Library

Take a break study break and visit with the four-legged feel good experts from CAAWLS. Drop by the Scott Library on Thursday, December 13 at noon for a little Canine pick-me-up.

Conversation Circles with the Associate Dean

Dr. Tracey Hillier, Associate Dean, MD Program, hosts monthly Conversation Circles throughout the academic year. These informal conversations will allow small groups of faculty and students to come together to talk about the MD program.

Bring your questions (and your lunch), share your ideas, and hear about upcoming plans for the program.

Upcoming dates for Conversations with the Associate Dean are:

- December 11, 2018 from noon to 1pm

Each session will be held in the UME board room (Katz 1-004) and registration will be restricted to the first 12 people to sign up. More dates will be planned in 2019 and will be shared via email and through the UME Newsletter.

To register for an upcoming conversation circle, please use this form.

Upcoming Event
Create, Collaborate, Connect is a student-led initiative to connect healthcare students to the patient experience in an arts-based annual symposium. This year, the focus of our event surrounds individuals with disability/different abilities, and we will be hosting artists from this community to share their experiences and insights. Through these performances and facilitated breakout sessions, we hope to foster meaningful discussion between healthcare students and patients to collaboratively discover ways to improve care for patients with disability/different abilities.
Facebook page: https://www.facebook.com/events/1957593694279480/
Registration: https://goo.gl/forms/QJ2MKVg1NhFlFiY7r2

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