



**McGill**

Faculty of  
Medicine and  
Health Sciences

Faculté de  
médecine et des  
sciences de la santé

DEPARTMENT OF  
**EMERGENCY MEDICINE**

**JUNE 6, 2022**

**MESSAGE FROM THE CHAIR OF EMERGENCY MEDICINE**

ED Crowding is very severe across EDs in Quebec. The Regroupement des Chefs d'Urgence du Québec sent a [letter to all Québec PDGs](#).

Transformation of care and Innovations are becoming a priority in our McGill Department of EM.

**DR ROBERT PRIMAVESI, ASSOCIATE CHAIR, EDUCATION**



**Congratulations to the McGill Simulation Olympiad team** - Estabraq Alnajar, Marta Yesgat, Reda Boushehri, Bader Ali, Justin Muvunga and Coach Marc Richard Albert - who cooperated in a mass casualty sim with Western University at the #CAEP22 #simulationolympiad

**Congratulations to Joanna Jiang** who will take over as **MGH EM Site Clerkship Director** on July 1st.

The Clerkship Site Director is responsible for the overall organization, function, and quality of the medical student experience of the clinical Clerkship course at the training site. This includes quality of teaching, type and quantity of clinical and academic activities, assessment of students, and physical and psychological safety of the learning environment for the students. The Clerkship Site Director reports to the Clerkship Course Director, MDCM Program, Montreal Campus and is a member ex-officio of the Clerkship Component Subcommittee.

Joanna completed her medical school at Sherbrooke and her Family Medicine and CCFP(EM) training at McGill.

Thank you to **Marc Richard Albert** and **Nick Schirmer** who have promoted excellence in the EM Clerkship at the MGH over the past few years.

**Congratulations to Anali Maneshi** who will be **Chair of the new FRCP-EM Curriculum Committee**.

The Chair of the McGill FRCP-EM Curriculum Committee for the Department of Emergency Medicine (DEM) is responsible for the oversight of the Emergency Medicine Residency Curriculum.

The Curriculum Committee Chair is accountable to the FRCP-EM Program Director. They have, as a general mandate, the responsibility to ensure that all Royal College objectives are met throughout the Emergency Medicine Residency Training Program.

Thanks to Anali for leading the curriculum committee in creating a learning experience that allows emergency medicine residents to develop the knowledge, skills and attitudes that will prepare them optimally for independent practice.

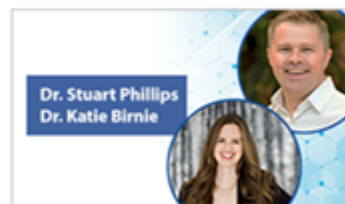
**Nominations for Curriculum Committee members will be posted shortly.**

**DR LARS GRANT, ASSOCIATE CHAIR, RESEARCH**

Plenty of useful, practical tips [under this link](#).

## Key messages from the IMHA Early-Career Researcher webinar

On May 4, 2022, CIHR-IMHA hosted a webinar for Early-Career Researchers (ECRs) striving for their first CIHR Grant. CIHR-IMHA Institute Advisory Board members [Dr. Stuart Phillips](#) and [Dr. Katie Birnie](#) engaged with three ECRs who have recently received their first CIHR grant: [Dr. Lihi Eder](#), [Dr. Sreenath Arekunnath](#) and [Dr. Etienne Vachon-Presseau](#). The investigators shared their insights and offered some personal tips & tricks. A 20-year veteran of strategic research development, [Dr. Dawn McArthur](#), anchored the session with her top 10 grant writing tips. The webinar concluded with a lively Q&A segment.



Dr. Stuart Phillips and Dr. Katie Birnie

### WELLNESS CORNER – WELL FOR THE SUMMER!

Just as the weather is warming up, masks are coming off and a whole new phase of the pandemic is beginning. Though it feels like the end is near, many of us are still wondering about what this means for emergency departments.

The summer comes with its own set of struggles; balancing vacation time with work obligations, dealing with increasing social demands from family and friends, all while still facing the uncertainties of the post-pandemic world.

Escaping these obstacles by going away may seem like the best solution, but studies have shown that mindfulness exercises may be even more beneficial than vacation alone in reducing symptoms of anxiety and depression. Moreover, a Harvard study looking at the effects of mindfulness vs. vacation time even showed that the benefits of mindfulness therapies are sustained over longer periods of time.

Just food for thought while you're lying on a beach in paradise, recharging from the stressors in the emergency department, you may also want to consider practicing some meditation techniques to give you that long lasting boost once you've returned to the front lines.

Here are some articles with tips for maximizing your wellness while on vacation this summer:

- Harvard Business Review: <https://hbr.org/2018/09/how-to-minimize-stress-before-during-and-after-your-vacation>
- Mindful Magazine: <https://www.mindful.org/tips-bringing-mindfulness-next-vacation/>
- Linked In Pulse: <https://www.linkedin.com/pulse/take-mindful-vacation-six-tips-restorative-time-away-dorsey-standish>

The evidence:

- <https://www.health.harvard.edu/blog/relaxation-benefits-meditation-stronger-relaxation-benefits-taking-vacation-2016102710532>
- <https://pubmed.ncbi.nlm.nih.gov/19096200/>
- <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0246038>

Happy reading and happy summer!

## ACADEMIC AFFAIRS

### ACADEMIC APPOINTMENTS

Anyone who is working in a Teaching Hospital affiliated to McGill University - whether on temporary privileges or permanently - must have an academic appointment with McGill since they are routinely in contact with trainees (medical students and residents) during their clinical shifts.

Further, in order to process academic appointments (teaching, supervising, roles in UGME/PGME, etc.), the McGill Department of Emergency Medicine requires the following information be sent to [admin.emergency@mcgill.ca](mailto:admin.emergency@mcgill.ca)

- Current CV (less than three months old), including updated publications list
- CMQ Certificate
- EM / Specialty Training Certificates
- MSSS approval of nomination (PEM or PREM)
- Site Chief/CIUSSS support letter (including start/end dates, type of appointment, etc...)
- For Royal College graduates: copy of the Formation Complémentaire Certificate (mandatory extension of training completed after residency) and/or fellowship training details if the Formation Complémentaire training is in process (e.g. type of training, school name/location, start and anticipated end dates (dd-mmm-yyyy))

### DEPARTMENTAL AFFILIATION

Departmental affiliation to the Department of Emergency Medicine is based on training *and* work location (e.g. Hospital ED).

FRCPC-EM trained physicians who work in a McGill affiliated hospital are automatically appointed to the Department of Emergency Medicine.

Given that Family Physicians typically work in multiple locations, the Chairs of the Department of Emergency Medicine and Family Medicine signed a [Lettre d'Entente](#) in August 2020 which outlines the academic appointment criteria for CCFP-EM and CCFP trained family physicians to the Department of Emergency Medicine.

### DEPARTURE / CHANGE OF STATUS

Each and every time there is a change affecting the clinical status of an emergency medicine physician, the academic Department of Emergency Medicine must process the corresponding change on the McGill system as well.

Supporting documentation should be forwarded to [admin.emergency@mcgill.ca](mailto:admin.emergency@mcgill.ca), including:

- Leaves of Absence (all types: illness, maternity, paternity, parental, sabbatical, etc.)
- Departure notices (resignation, retirement, etc.)

- Extract of Hospital Board resolution approving the leave of absence or departure

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Be safe, be well, and be kind,  
Marc

Marc Afilalo, MD, MCFP(EM), CSQP, FACEP, FRCP  
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Director, Emergency Department, Jewish General Hospital