



**McGill**

**Faculty of  
Medicine and  
Health Sciences**

**Faculté de  
médecine et des  
sciences de la santé**



**February 2023**

#### **MESSAGE FROM THE CHAIR OF EMERGENCY MEDICINE**

I would like to take the opportunity to thank the leaders of our Department of Emergency Medicine Executive committee as well as the faculty members giving their time and energy in the different subcommittees of our four pillars: Research/Innovation, Education, Clinical Practice and Health Informatics.

Our department has evolved quite a lot in the last few years, and this would not have been possible without the quality involvement, support, and collaboration of our whole faculty members. I would also like to thank Ms. Maria Isabel Ramirez, Kimberly Gardner and Lynda Bray for their fantastic work and support on the affairs of the DEM.

We are facing very challenging times in terms of crowding and physicians' wellness and your Executive will continue to actively address these two major priorities.

#### **FRCP-EM COMPETENCE COMMITTEE NEW TERMS OF REFERENCE AND MEMBERSHIP**

With the FRCP-EM program completing the rollout of CBME in the 2022-23 academic year, the program has continued to expand membership of the Competence Committee, under the new leadership of Dr Nadine Liesegang, to include additional members-at-large from all clinical teaching sites. The updated TOR includes a job description for the file reviewers and a confidentiality agreement.

The Competence Committee's goal is to ensure that all Emergency Medicine residents achieve all the requirements of the specialty of Emergency Medicine. The Competence Committee achieves this goal through the synthesis and review of qualitative and quantitative assessment data at each stage of training, and then by providing recommendations to learners on their future learning activities.

FRCP-EM Competence Committee		Start Date	Renewal Date
Dr Nadine Liesegang	Chair	2022-08-01	2025-08-01
Dr Jerome Stasiak	Jewish General Hospital rep	2018-07-01	2024-07-01
Dr Lorraine Lau	Montreal General Hospital rep	2022-11-09	2025-11-09
Dr Anali Maneshi	St-Mary's / Lakeshore Hospitals rep	2022-08-01	2025-08-01
Dr Christine Meyers	Royal Victoria Hospital rep	2018-07-01	2024-07-01
Dr Monica Cermignani	Member-at-large	2018-07-01	2024-07-01
Dr Seth Davis	Member-at-large	2022-11-09	2025-11-09
Dr Gregory Marton	Member-at-large	2023-01-11	2026-01-11
Dr Eleena Pearson	Member-at-large	2022-11-09	2025-11-09
Dr Arthur Ryder	Member-at-large	2022-11-09	2025-11-09
Dr Nidhi Sahi	Member-at-large	2023-01-11	2026-01-11
Dr Vincent Poirier	FRCP-EM Program Director (ex-officio, non-voting)		
Alison Hayter	Program Administrator (ex-officio, non-voting)		

AC Education, Rob Primavesi

## WELLNESS CORNER

Today is day 4 of CAEP's Wellness Week, the theme of which is Self-Compassion. Dr. Kristen Neff described three elements of such: mindfulness, common humanity, and self-kindness. On her website, you can find many tidbits of information about this and it's worth a read.

Dr. Neff explains that self-compassion is treating ourselves with care, the way we treat others. It also means being kind to ourselves when we make mistakes, the same way we would be to someone in our lives who errs. Mindfulness is the first step: noticing and understanding how we are feeling. Common humanity entails recognizing that we are not going through this alone – others are in very similar situations. This is so powerful to recognize. Self-kindness entails being kind and understanding with oneself instead of judging and criticizing one's own actions. Try to be warm and loving towards yourself, not harsh and angry when you fail. Allow yourself the opportunity to be imperfect, because it's inevitable and often comes with great learning.

***“With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.”***

Dr. Kristen Neff.

A topic closely related to self-compassion is that of Shame Resilience, and CAEP covered this during Wellness Week Grand Rounds. On the CAEP website you can find a toolkit dealing with shame in our Emerg world, and tips to handle this very real issue. I don't know about you, but this is an emotion that I feel very acutely when I'm at work. If I make a mistake, or think I made a mistake, or if I get grilled during signover, or if I lose a patient, I feel shame very deeply. I'm sure it goes hand in hand with the notion of Impostor Syndrome, which most of us suffer from.

The Shame Resilience Model that CAEP puts forth in the toolkit involves four steps:

Distribute via listserv: [MCGILL\\_DEPT\\_EMERGENCY\\_MEDICINE@LISTS.MCGILL.CA](mailto:MCGILL_DEPT_EMERGENCY_MEDICINE@LISTS.MCGILL.CA)

- 1) Recognize shame triggers = areas where we feel most susceptible to criticism.
- 2) Practice critical awareness = be aware of how shame feels in your body.
- 3) Connect with the underlying emotion and offer empathy = what does empathy feel like for you? What do you need from sharing your story – help? A hug? Listening?
- 4) Speak shame = Find one or two people that can listen to you with empathy.

In the words of Bréné Brown, shame is “an intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging”. Developing a resilient attitude towards shame is the first step towards managing this little gremlin effectively. And don’t forget; we should all be striving towards changing the system that breeds shame in medicine in the first place.

Don’t forget to fill our Wellness Survey, coming soon to an inbox near you. This will help us understand your needs, to make appropriate decisions on our plans moving forward.

Be kind to yourselves,

Your Wellness Team.

## EMERGENCY MEDICINE GRAND ROUNDS

Dr David Eidelman will be joining the Emergency Medicine Grand Rounds on **February 8, 2023**, to present a talk.

Title: ***Our Words Matter***

Date: Wednesday, February 8, 2023

Time: 11:25 – 12:30pm

Join us virtually via Zoom

<https://mcgill.zoom.us/j/84409504599?pwd=bFBWR1hHNTZpZ0hJVnRIK0F1Q2ZnUT09>

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*Be safe, be well, and be kind,*

*Marc*

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Director, Emergency Department, Jewish General Hospital