



**McGill**

Faculty of  
Medicine and  
Health Sciences

Faculté de  
médecine et des  
sciences de la santé



**April 2023**

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

Hi all,

We started to plan a departmental retreat to discuss our vision and objectives for the next five years. The date is being finalized for October 2023.

Continuing Professional Development (CPD) is a priority for our department and will be under the education pillar led by Dr. R Primavesi as associate chair. I would like to congratulate our first Director of CPD, Dr. Joe Nemeth. We are all aware of his incredible work in CPD in the last year.

The next promotion committee will be in the fall (details to follow). Please do not hesitate to apply if you feel you can submit your dossier for that deadline. We have set up a mentorship system to help you with your application. The contact person for this is Ms Kimberly Gardner.

We are increasing our effort in terms of innovation with regular discussions at the executive committee with strategies to unify our efforts across all institutions.

There is a new bill tabled at the National Assembly, Bill 15 that will lead to the creation of *l'Agence Santé Québec*. This bill brings big changes, and the place of physicians definitely needs to be emphasised much more. Will keep you updated on the developments that follow.

#### **WELLNESS CORNER**

The temperature is rising, the sun is up longer, and there's no more snow to shovel! Yes, spring is finally here! For those of us who may have been in "hibernation" for the winter, it's time to get up, get out and get active again! Increased activity checks off several health and wellness boxes. Sports, jogging, or even a good walk helps, and can refocus things before or after a shift.

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

- A short pause and a walk outside, or even in the corridor, can help physically and mentally.
- Are you someone who tends to go an entire shift without drinking? It's important to stay hydrated during your shift. Not only does being dehydrated not feel great physically, but the Science, and Dr. Mitch, tell us that it can also affect our cognition.
- Feeling stressed out by a case or a difficult encounter? Try taking a few slow deep breaths, focusing on lengthening the out-breath (exhalation) to help settle and calm your nervous system.
- If you are having an overall rough day or difficult shift, slow things down. Try and refocus on the good things in your life (family, an upcoming trip, etc.) and at work (a helpful nurse/clerk/colleague, a kind word from a patient).
- Gratitude, appreciating others in their efforts or just the way they are, is good for both the giver and receiver, so put some good vibes out there on shift whenever you can. Thank your nurses, trainees, clerks, and colleagues for their help, or offer kudos for observed acts of kindness or good patient care.
- On a related note, don't forget that "Our Words Matter". While we may say things with the best of intentions (ex. constructive criticism), our words can have unintended consequences and be difficult for those who hear them. Be mindful of this on shift; try and hear what you are about to say as the receiver before you say it. It is all a part of caring for one another.

Remember, you are braver than you believe, stronger than you seem, and smarter than you think. These words of wisdom from Winnie the Pooh still ring true. He also said, "Hugs are always the right size" – and we could all use one of those. Or we could also give one.

**REMINDER: Please don't forget to complete the Wellness Resource Survey.** The results will help us to identify wellness resource challenges in our work environments and inform future strategies to address them. For those who cannot find the original email, you can use the link listed below.

[McGill Emergency Department 2023 Physician Wellness Initiatives & Resources Scan / Questionnaire d'identification des initiatives et ressources pour le mieux-être des médecins au département d'urgence de l'Université McGill en 2023](#)

Be safe, be well, be brave.

Your Wellness Team

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

*Marc*

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