Fall 2016

CLINICAL DIRECTOR MESSAGE
DR. TERRIE BRANDON

There are two ways of spreading light… to be the candle or the mirror that reflects it.

-Edith Wharton

For many of us, our school years – no matter how distant – inform our sense of the passage of time. As September approaches and we enter the new “academic year” we start to experience the excitement of setting new goals and getting ourselves organized to achieve them. Here at PFSP we have some new faces in the office, lots of new ideas and we’re looking forward to the challenges ahead.

The PFSP team is passionate about spreading the word about physician health and its importance to the medical care of all Albertans. One of our goals moving forward is to reflect the light spread by those physicians who champion healthy environments within their workplaces and the broader physician community. If you or someone you know has been working to promote a healthy, compassionate medical culture please let us know so that we can celebrate your work and encourage others to act on their own ideas.

We are very happy and excited to welcome Audrey Harlow as our new Education Lead. Audrey brings a wealth of experience, energy and new ideas to the team. Please stop by to meet her the next time you see the PFSP booth or contact her to request a presentation on a physician health topic.

We are also very pleased to welcome Katrin Maier to the role of Administrative Assistant for our team. She has enthusiastically taken on the challenge of keeping us organized, for which we are very thankful.

As difficult as it was, we’ve had to say farewell to some of our PFSP team members over the past year. Maureen Coleman, our Case Coordinator for the past twelve years has (mostly) moved into retirement. Diane Bird, our long-time Education Coordinator, has retired to the west coast. Dr. Sara Taylor has stepped down from her role as Education Consultant. Assessment Physicians Dr. Monica Hill and Dr. Jared Bly have also stepped down. We greatly miss them all and are grateful for the work they have done over many years to promote and support physician wellness.

As always, we at PFSP remain committed to improving the health of Alberta physicians through our 24/7 assistance line, our case coordination service and our education initiatives.

As we head into the darker days of fall and winter, let’s all remember to shine a little light onto those around us and to show our gratitude to those who brighten our days.
Would you like something to read?

Dr. Vincent Hanlon,
PFSP Assessment Physician

**On job joy**


“We set out in search of joy in practice. What we found were pockets of professional satisfaction. Even at the best of practices, physicians are still often caught in what Chesluk has coined the ‘frantic bubble,’ [Chesluk BJ, Holmboe ES. How teams work—or don’t—in primary care: a field study on internal medicine practices. *Health Aff (Millwood)*. 2010;29(5):874-879] trying to manage an overwhelming burden of clerical work, conform to constraining regulations, and deal with cumbersome technology workarounds, all in a time-pressed environment.”

 “[W]e made site visits to 23 high-performing primary care practices and focused on how these practices distribute functions among the team, use technology to their advantage, improve outcomes with data, and make the job of primary care feasible and enjoyable as a life’s vocation.”

Suggested musical accompaniment for this reading- *Satisfaction* by The Rolling Stones

**On adverse events and post-traumatic growth**


“It is a book about regular people who faced difficult circumstances in their lives. It is built on the narratives and the findings of the Wisdom in Medicine project, a three-year investigation that examines two very different circumstances of suffering and two very different populations trying to cope with that suffering. These different groups (patients coping with chronic pain and physicians coping with having been involved in a serious medical error) were chosen for two reasons. First, they represent highly challenging circumstances in and of themselves, and our ultimate goal is to identify ways to help people cope positively with these circumstances. Second, despite their differences in perspective, we wanted to identify the common thread of change, illuminate the positive response to adversity in general, and understand more about how to help all people who face adversity in their lives.”

Suggested musical accompaniment- *The Lark Ascending* by Ralph Vaughan Williams
On cultural collapse


“This is both a gloomy and a hopeful book.

The subject itself is gloomy. A Dark Age is a culture’s dead end. We in North America and Western Europe, enjoying the many benefits of the culture conventionally known as the West, customarily think of a Dark Age as happening once, long ago, following the collapse of the Western Roman Empire...

...How and why can a people so totally discard a formerly vital culture that it becomes literally lost? This is a question that has practical importance for us here in North America, and possibly in Western Europe as well. Dark Ages are instructive, precisely because they are extreme examples of cultural collapse and thus more clear-cut and vivid than gradual decay. The purpose of this book is to help our culture avoid sliding into a dead end, by understanding how such a tragedy comes about, and thereby what can be done to ward it off and thus retain and further develop our living, functioning culture, which contains so much of value, so hard won by our forebears. We need this awareness because, as I plan to explain, we show signs of rushing headlong into a Dark Age.”

Suggested musical accompaniment- *I Got a Bicycle* by Coco Love Alcorn

PFSP Education Update

Dr. Sara Taylor
PFSP Assessment Physician

“Human knowledge is never contained in one person. It grows from the relationships we create between each other and the world, and still it is never complete.”
- Paul Kalanithi, *When Breath Becomes Air*

PFSP values the opportunity to speak to other healthcare professionals and medical trainees about topics that are relevant to physician health and wellness. PFSP offers on request education sessions throughout the year in the province as well as providing speakers for planned events.

This year we are trying a new approach to resident wellness education- sessions that bring together different residency specialties to enhance the discussion around topics that are pertinent to a resident’s well-being.

In the spring we held our first U of C Resident Wellness Mini-conference in Calgary: Dr. Vincent Hanlon - Fostering Healthy Workplace Relationships & Professionalism Dr. Sara Taylor - Managing Stress & Building Resilience Dr. Colin Taylor - Approach to Time Management & Work-Life Balance

The next one is scheduled for October 26, 2016 in Edmonton.
On my to-read bookshelf:


LOOK FOR US IN THE FALL OF 2016...

Edmonton, University of Alberta Medical Students Orientation

Lethbridge, Rural Family Medicine Residents’ Conference

AMA RF/AGM, Calgary

Family Medicine Showcase, Calgary

U of A Undergraduate Med Ed, Edmonton

U of A, Residents mini-conference, Edmonton

Lethbridge, Addictions and Mental Health South Zone West, Lethbridge

CALLING- PHYSICIANS 4 PHYSICIANS

PFSP believes in the importance of colleagues caring for colleagues and physicians caring for physicians. Physicians deserve confidential health care. Every physician should have his or her own physician and experience the gift of being a patient. This is important for the health and sustainability of our profession and contributes to improved patient care in our communities.

Do you know of other family physicians that may have a future as a physician for physicians? Do you belong to a primary care network that would be interested in developing physicians for physicians as an area of expertise? As a psychiatrist or addiction medicine physician, do you know of colleagues who would be interested and valuable members of the clinical network? If yes please contact: pfsp@albertadoctors.org.

PFSP is prepared to discuss ideas and options. We offer education for physicians joining our clinical network and support as required.

REMEMBER- ASKING FOR HELP IS A SIGN OF STRENGTH

For confidential support services, call 1.877.767.4637 toll-free, 24 hours a day, 7 days a week, 365 days a year.