



**Education / Event Request Form**

*(To best meet your needs, we require at least 6 to 8 weeks notice prior to your event.)*

**Organization Contact Information**

Date of Request *year-mm-dd*:

Organization/Program Name:

Physician Contact Name:

Physician Contact Title:

Administrative Contact Name:

Phone #:

Phone #:

Email:

Email:

**Information about session(s) being requested**

**(Please see page 2 for information on session categories/topics)**

Session #	Session Date <i>year-mm-dd</i>	Session Duration	Time Slot <i>e.g. 10:00 am – 11:00 am</i>	Type/Format
1				
2				
3				

Session #	Topic of Interest 1st Choice	Topic of Interest 2nd Choice	Topic of Interest 3rd Choice
1			
2			
3			

Session #	Total # Attendees	# Physicians	#Residents	# Students	Will there be Remote Attendees?
1					
2					
3					

How will this session be promoted?

Other information which might be helpful for us to provide a meaningful session for you:

Requests for sessions are evaluated based on alignment with PFSP’s mandate, priorities and availability of resources. While PFSP will generally look after the honorarium for local sessions, hosts may be asked to cost share out of town speakers.

Please complete and return this form by email to: [pfsp@albertadoctors.org](mailto:pfsp@albertadoctors.org)

We will contact you to discuss your request further.

*We in PFSP are committed to physician health and look forward to working with you!*

## EDUCATIONAL PRESENTATIONS by PFSP

### PFSP Presents!

PFSP offers learning sessions to promote physician wellness and to foster a compassionate culture in medicine. We offer customized sessions on a number of different physician health topics relevant to physicians in all stages of their career, medical school, residency and practice. We sponsor keynote and breakout sessions at different medical conferences, host annual Resident Wellness Conferences in each Calgary and Edmonton, and work with the groups involved with undergraduate students to assist them with their health and wellness.

### What can you expect from a PFSP session?

- Physician context
- Didactic as well as interactive activity
- Relevant research in both medical and social science literature
- Opportunities for reflective inquiry and practical action
- Additional print and digital resources
- Participant evaluation

### Did you know?

Stress is the most pervasive theme requested, whether that's through the support line or session requests. Building on this theme, we offer the following five main session categories - general stress management, relationships, adverse events, transitions and unique issues. Each bullet represents a potential session.

#### 1. General physician wellness:

- An overview & practical approach to stress management including mindfulness, fatigue management, self-care & sleep hygiene
- Reviewing physician burnout prevention & suicide awareness
- Building resilience as a strategy to managing stress
- Applying the principles of time management
- Exploring creativity to manage your stress

#### 2. Relationships:

- Enhancing healthy interpersonal relationships (including work-life balance)
- Fostering healthy workplace relationships & professionalism (including conflict management)

#### 3. Adverse events:

- Dealing with adverse events & medical errors

#### 4. Transitions:

- Strategies to approach important professional transitions (tailored to the audience)

#### 5. Unique issues:

- Identifying & helping substance misuse in physicians
- Caring for physician colleagues