



151 Slater Street, Suite 412
Ottawa, ON K1P 5H3
613-234-6448
613-234-5292
cair@cair.ca
www.cair.ca

Volunteering with CAIR

The future of medicine is here ~ Voici l'avenir de la médecine

Message from the President

Dear Members:

As a member-driven organization, CAIR relies on resident representatives to achieve its mandate. Working with CAIR enables you to actively participate in discussions and in making decisions concerning major medical issues. It also gives you the unique opportunity to represent the interests of residents across Canada and help foster change. Join us and help to shape the environment we work and train in!

Sasha Ho Farris Nyirabu, MD
2010-2011 CAIR President

What does CAIR do for residents?

ADVOCACY & POLICY PROJECTS

◆ Resident Duty Hours

The hours that trainees work is a matter of increasing attention within the medical profession and in the public. Over the coming year, CAIR will be proposing overarching guidelines identifying the key patient and provider safety considerations that should underpin resident duty hours.

◆ Distributed Medical Education (DME)

The face of residency is evolving with more and more training occurring in diverse distributed settings. Distributed training adds greatly to the breadth and depth of educational experiences, but also carries its unique challenges. CAIR is speaking to residents across the country to identify the key academic and non-academic requirements for training in a distributed site.

◆ Global Health

Social accountability is intrinsic to medicine and residents have shown a great interest in the care of marginalized communities, both domestically and abroad. Based on this principle, CAIR is taking a leadership role in advocating for standardized residency training in global health for residents in Canada. Additionally, we are working with junior doctors internationally to advocate for common challenges including safe work conditions, ethical migration of health professionals, and quality medical education.

CAIR AWARDS PROGRAM

The CAIR Awards, given out annually, honour those who have contributed to improving resident well being, medical education, and resident life in Canada. Past recipients have included residents, program directors, PGME administrators, and even organizations that have supported residents.

EDUCATION & PROFESSIONALISM ACTIVITIES

◆ The Future of Medical Education Project

CAIR's Future of Medical Education Project Working Group provided resident feedback on the Future of Medical Education (FMEC) Postgraduate Project. One of the tasks of the working group was to develop a summary document outlining the views from residents on how they would see optimal residency training in 2030. A document has been developed and this was presented at the February meeting of the FMEC steering committee. This document will be published on the CAIR website shortly. Comments and additional feedback are welcome.

◆ General Internal Medicine

On December 17, 2010, the Royal College of Physicians and Surgeons of Canada approved the application to recognize General Internal Medicine (GIM) as a new two-year subspecialty of Internal Medicine. CAIR has worked tirelessly over this past year seeking feedback from residents, preparing communications to the Royal College and to residents, developing the resident position on this issue and briefing our resident representatives who sit on Royal College committees. With the recognition of GIM as a new two-year subspecialty, the Royal College has indicated that there is no intention to remove four-year Internal Medicine stream as a route to practice. The Royal College is now working to prepare standards documents, create an examinations blueprint and approve Canadian programs. CAIR intends to continue to monitor these developments to ensure that the four-year stream is preserved.

◆ ICRE Workshop

CAIR will be presenting *Transitions in Medical Education, Practical Strategies for Coping* at the Royal College's International Conference on Residency Education,

September 22-24 in Quebec City. Featuring Dr. Alim Pardhan, Dr. Roona Sinha, Dr. Jonathan DellaVedova, this workshop will inform discussions around the transitions in medical education.

MEMBER OUTREACH INITIATIVES

◆ Website

CAIR's website is a key part of the public face of CAIR, allowing us to share information and resources with our members and stakeholders in a timely and comprehensive fashion. To do so, CAIR regularly reviews and updates the site's content and features.

◆ Outreach to Current Members

CAIR knows the importance of communication and interaction with members. CAIR has hosted leadership sessions at the 2009 and 2010 Family Medicine Forums, as well as information booths. CAIR puts out its newsletter CAIR Update and Annual Report to keep members informed on CAIR's activities and on crucial issues.

◆ Outreach to Incoming members

Recognizing the importance of early exposure, CAIR works with the CFMS to co-ordinate information sessions with 4th year medical students. CAIR also co-ordinates with the Provincial Housestaff Organizations for the distribution of call bags for first-year residents at their Orientations.

◆ Intimidation & Harassment Prevention

CAIR is committed to the principle that all residents are entitled to work in an environment that is free of intimidation and harassment. CAIR works with the Provincial Housestaff Organizations to promote a healthy working environment for residents. CAIR's original Intimidation and Harassment paper (1996) inspired several universities to implement their own I&H policies for residents. The updated and revised paper will be available soon on the CAIR website. If you require help with an I&H situation, please contact the CAIR Office at cair@cair.ca.

◆ Resident Awareness Day

CAIR has celebrated RAD for 10 years as a means of acknowledging our members and the multi-faceted role they play in Canada's health care system. CAIR's RAD posters are put up in teaching hospitals across Canada. As well, CAIR has created buttons for residents to wear as part of their daily uniform which state "Do you know what I do? I am a resident doctor".

◆ Resident Wellbeing

Developing healthy habits early in physician training is key to providing high quality health care to all Canadians. CAIR supports its members who are facing wellbeing challenges, as well as encourages its members to lead healthy, well-

balanced lives through resources made available through the CAIR website. If you are facing a wellbeing challenge, please contact the CAIR Office at cair@cair.ca.

How can I become a Board Member?

CAIR regional Board Member elections will be held March-May 2011 in Alberta, British Columbia, Manitoba, Newfoundland & Labrador, and Ontario. The Call for Nominations will be sent out by the PHOs. If you are a resident in one of these regions, contact your PHO for the date of this election and request that your name be put on the election slate in your region. Once elections have taken place, the new Board of Directors is approved by the CAIR membership at the Annual General Meeting (June 18, 2011).

All PHO presidents automatically hold a position on the CAIR Board. They may choose to appoint a designate to serve on the CAIR Board in their place.

How can I become a member of a CAIR Committee?

You don't have to be a CAIR Board member to be selected to serve on CAIR's **Advocacy & Policy**, **Awards, Education & Professionalism** or **Member Outreach** Committees. Click on each Committee's name to see their Terms of Reference.

Email a **completed form** and your CV to cair@cair.ca and your name will be added to the list for consideration. Committee terms of membership begin at the Annual General Meeting and run until the next AGM.

How can I become a CAIR Liaison Representative?

Are you interested in representing your fellow residents at meetings with the College of Family Physicians, the Royal College, the CMA and more?

Details about CAIR's Liaison Positions can be found in the Liaison Positions Guide (updated annually). Click [here](#) to download the Guide.

How can I become involved in the Accreditation Process?

Register for an Accreditation Workshop and become a CAIR Resident Surveyor. Once you've completed a workshop, you're eligible to become a member of a Full Accreditation Survey or an External Review team, provided you didn't attend the university under review for residency or medical school. Another way to get involved is by participating in internal reviews at your own university.