

CAIR IS NOW SEEKING VOLUNTEERS FOR 2010-2011

Information about CAIR, its work and details on how to become involved as a Board Member, a Committee Member, a Liaison Representative, or a Resident Surveyor can be found in **All About CAIR**, which can be downloaded [here](#). Details about specific liaison positions can be found in the **2010-2011 Liaison Positions Guide**, which can be downloaded [here](#).

The deadline for applications is noon, Monday, August 23rd, 2010.

FOSTERING INTERNATIONAL COLLABORATION AMONG MEDICAL RESIDENTS

The World Medical Association (WMA) holds its General Assembly in Vancouver this year from Oct 13-16. CAIR is using this opportunity to foster networks between resident bodies internationally. Discussions have been initiated with resident organizations in Europe, Australasia, and the United States, with the ultimate goal of establishing an international federation of junior physicians with a formal presence at the WMA.

Given Canada's history of promoting international collaboration at the WMA and the location of the General Assembly in Vancouver, CAIR is ideally situated to facilitate the creation of a global consortium of residents. CAIR is also seeking to collaborate with the International Federation of Medical Student Associations (IFMSA) on this initiative.

DISTRIBUTED MEDICAL EDUCATION (DME)

As residency training becomes increasing distributed to a slew of "non-traditional" academic sites, CAIR is seeking to establish the key resource requirements (educational,

human, physical) necessary for a high quality DME experience. In doing so, it is recognized that DME is not a homogenous entity -- distributed sites span the spectrum of suburban community-based clinics, rural and remote sites, and even private medical centres.

This being the case, CAIR is seeking to establish what the resource needs are in these various settings. For instance, residents in remote sites repeatedly cite access to IT-based learning resources as a key challenge and fundamental need. Collaboration with the Society of Rural Physicians of Canada resident physician division has been sought for this project.

CAIR JUNE BOARD MEETING

CAIR held its spring Board meeting on June 12-13 in Vancouver. Among other items of business, the meeting focused on opportunities to expand outreach to residents across the country. One strategy involves continued expansion of the functionality of CAIR's website, for instance, through the creation and hosting of an interprovincial "electives warehouse". Also, a list of key "survival tips" for new incoming residents is being developed.

In terms of reaching members in remote DME sites, it has been suggested that CAIR orientation sessions be held via Skype to ensure that channels of communication are maintained with residents in a variety of learning environments. Boosting outreach to its members will continue to be a key goal for CAIR in the coming year.

CAIR Board Members, staff, and meeting observers after dinner at Seasons in the Park, Vancouver, June 12, 2010.
Click [here](#) to see more pictures.

Official Notice

Annual General Meeting of the Canadian Association of Internes and Residents

Saturday, September 25, 2010
13:00-13:30

Sheraton Ottawa Hotel
Penthouse A/B
150 Albert Street
Ottawa, ON K1P 5G2

The agenda will be circulated closer to the meeting date. For more information, contact the CAIR Office at cair@cair.ca.

All CAIR members are welcome to attend.

RESULTS OF THE RESIDENT WELLBEING DAY CONTEST

"I wake up each day trying to be positive. Every day is precious and different. I try to plan and organize for every rotation block ahead of time as much as I can...Cooking at home and planning meals for the next morning for me and my family helps a lot. We plan for the social gatherings with family friends and some outing on some weekends."

Dr. Ranjani Aiyar
PGY3 Internal Medicine,
University of Calgary

Click [here](#) to see the rest of the responses!



2010 CAIR AWARDS

Do you wish to acknowledge an individual or organization who has made a difference in your residency? Nominate them for one of the following CAIR Awards!

- *Dr. Derek Puddester CAIR Award for Resident Well-Being*
- *Dr. Joseph Mikhael CAIR Award for Medical Education*
- *The Lois Ross CAIR Award for Service to Residents*

Click [here](#) to view the full Call for Nominations, including award eligibility, criteria and the nominations process.

The deadline for submission of nominations is 5pm EDT, Wednesday September 1, 2010.

PARLIAMENTARY SECRETARY TO THE MINISTER OF HEALTH WALKS IN THE SHOES OF A RESIDENT



Dr. Colin Carrie, the Parliamentary Secretary to the Minister of Health, participated in a mock patient scenario as a PGY1 Resident on May 19, 2010 at the Ottawa Hospital as part of **National Resident Wellbeing Day**. Dr. Carrie also took the time to engage with CAIR members and learn about issues that are important to residents across Canada. Click [here](#) to view more pictures. Click [here](#) to read Dr. Carrie's speech.

CAIR POSTER ON THE ACCREDITATION WORKSHOPS

The CAIR abstract on **An Innovative Approach to Increasing Resident Participation in Accreditation** was accepted as a poster for the Association for Medical Education in Europe (AMEE) Conference being held in Glasgow, September 4-8, 2010.

CAIR's poster outlines the effectiveness of CAIR's accreditation workshop in increasing resident understanding of the accreditation standards and processes and the importance of the residents' role in the accreditation of residency programs as surveyors in external and internal reviews.

CAIR's accreditation workshops have been held in Ottawa, Edmonton, Saskatoon, St. John's, and Vancouver since February 2009. Future workshops are planned for other areas of the country in preparation for upcoming Royal College of Physicians and Surgeons of Canada/ College of Family Physicians of Canada External Surveys and Internal Surveys. If you would like information on future accreditation workshops please contact us at cair@cair.ca.

UPDATE ON THE WRITTEN BEFORE ORAL PILOT PROJECT FOR INTERNAL MEDICINE AND PEDIATRICS

In the May 2010 CAIR newsletter, we brought to your attention the upcoming changes to the timing of the written component of the Internal Medicine (IM) and Pediatrics (Peds) certification examinations. The written component will take place in the Fall and the oral component will take place the following Spring of the year that the candidate will complete their training. The first written exam will be piloted in September 2012.

Some of the concerns we have heard from residents relate to large gap between the written and oral exam and uncertainty as to whether candidates who take the written and

are unable to complete the oral in the same year, will have to re-take both exams and pay exam fees for both exams again. CAIR has communicated these concerns to Dr. Tim Allen, Associate Director, Assessment, Royal College.

CAIR will also meet with Dr. Ken Harris, Director of Education of the Royal College in early August, to re-iterate our concerns and extend our willingness to collaborate with the College in developing other options.

MY LIFE AS A RESIDENT

To be a resident physician in a country with the unparalleled reputation of having one of the highest standards of healthcare in the world, grounded by a fundamental belief that universal access to care is a right and not a privilege, and where medical education is considered to be the best and most cutting edge, is nothing short of a dream come true.

Dr. Noor Amin, CAIR President. Download and read the rest of his article in the June issue of *Gravitas* [here](#).

WANTED: TIPS FOR SURVIVING THE START OF RESIDENCY

CAIR is compiling a list of tips for new residents. Tell us, in four to five sentences, what you wish you'd known that would have made the start of your residency easier and more enjoyable. All entrants will be entered into a draw for a chance to win a CAIR call bag or a Starbucks card. Send your responses to cair@cair.ca by **September 1, 2010** for your chance to win!

2010 ICRE DUTY HOURS ACROSS BORDERS SYMPOSIUM

September 25, 2010, Ottawa

Click [here](#) to download the agenda. Click [here](#) to register for the ICRE.

THE NATIONAL PHYSICIAN SURVEY IS COMING TO RESIDENTS IN SEPTEMBER 2010

For more information, visit www.nationalphysiciansurvey.ca.