

January 2012



PAIRS Pulse

MONTHLY E-NEWSLETTER OF
PROFESSIONAL ASSOCIATION OF INTERNES & RESIDENTS OF SASKATCHEWAN

PAIRS NEW YEAR'S GALA

The PAIRS New Year's Gala is January 14th, 2012 at TCU Place.

Check your email for your invitation and RSVP by January 3rd.

To hold your place at the Gala make sure the PAIRS Office receives your deposit cheque by January 6th.

If you have any questions call our office at 306.655.2134.

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Student Loan Interest Relief Plan

A new plan is almost here for PGY2's and higher...

PAIRS has advocated on behalf of Residents the need for assistance from the Health Ministry to cover student loan interest payments.

Currently there is a program in place for all PGY1 Residents for 18 months of interest reimbursement administered through the Physician Recruitment Agency of Saskatchewan (PRAS.) A similar plan is being finalized for all remaining Residents but we are awaiting final approval and announcement from the provincial government. PAIRS realizes that most PGY 2+ residents with student loans will likely go into repayment in January 2012, and has expressed this urgency over the past several months to get the plan in place as soon as possible.

After reviewing possible solutions to this issue between our Board of Directors, our PRAS Representative, Sanchit Bhasin, and the Physician Recruitment Agency of Saskatchewan, it appears that a strategy identical to the interest payment relief that PGY1's are receiving is on the horizon. PAIRS hopes to announce the formal plan in January or February 2012, given government approval. Unfortunately, this does mean that you will have to make interest payments yourself in January and/or February until a reimbursement plan is in place. The good news is that this plan will be in place for the remainder of your residency in Saskatchewan.



More good news is that contrary to popular belief, you still can request Interest-Only Payment Status on your student loans via a Revision of Terms. This enables you to avoid repayment or engaging into a repayment assistance program. You are encouraged to call the National Student Loans Service Center now to set this up for when your loan goes into repayment. This is something you will need to do every six months.

"Request interest-only payment status now"

Be sure not to confuse Revision of Terms with a Repayment Assistance Program (RAP) when you phone the Student Loans Center. Indicate you are a resident at the University of Saskatchewan and that you wish to continue interest-only payments on your student loans and do not wish to go into repayment yet.

If you wish to consolidate or pay off your student loan with a line of credit, keep in mind only Canada Student Loans are eligible for interest reimbursement, not bank loans or lines of credit.

If you have any questions, please contact the PAIRS office. We look forward to bringing this plan to you as soon as possible!

New Resident Lounge for 2012

PAIRS is pleased to announce that Residents will once again have a lounge in Royal University Hospital!

After many months of advocating for the need of a Resident Lounge in RUH, we have received confirmation that Residents will have access once again to the lounge space on the 2nd Floor call room wing. Residents can expect access in mid to late January 2012.

Through discussions with the Saskatoon Health Region (SHR), arrangements have been made for JURSI's to have a separate lounge space on the 5th Floor, allowing Residents to move back into the lounge space once used by them on the 2nd Floor.

As per improvements to the Regional Health Authority-provided employment conditions in the new PAIRS Collective Agreement, the SHR has agreed to supply furniture, refrigerator, microwave, computers with internet and internal system access, printer and television with cable access.

After speaking with Residents, concerns were raised that the television in its current location could be heard through the two nearest call rooms. Arrangements have been made for the television to be placed on a different wall so as to provide a quieter experience for Residents resting next door.

We are happy to have this space available for our members and wish to make it as comfortable and useful to you as possible! If you have suggestions for PAIRS as to reasonable improvements or amenities that we could consider providing, please let us know. Drop us an email or call our office.

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2nd ANNUAL MELANOMA WHITE PARTY

PAIRS and Residents of the Department of Dermatology are pleased to present the 2nd Annual Melanoma White Party on **Friday, March 9, 2012** - location TBD. Mark your calendar!

Last year over \$6000 was raised for the Melanoma Network of Canada for support and awareness programs. We are hoping to raise even more money this year for the Canadian Cancer Society's melanoma initiatives.

Be a part of this anticipated event and show your support for this worthwhile fundraiser! More info coming soon!

DID YOU KNOW?

Using the stairs at RUH can save you 15 minutes a day?

Doctors conducted a new study. Click [here](#) to read the article.

Canadian Association of Internes and Residents is working on your behalf...

All Residents belonging to PAIRS are in turn members of our national organization, the Canadian Association of Internes and Residents (CAIR.) PAIRS pays your monthly membership dues to this very worthwhile organization.

The President or delegate from each province sits on the CAIR Board of Directors, as does the Resident-elected Regional Representative. Our 2011-2012 Presidential Delegate is Paul Dhillon, PGY1 Family Medicine Regina and our Regional Representative is Carla Holinaty PGY2 Family Medicine Saskatoon.

The CAIR Board of Directors meets quarterly with the most recent meeting in Ottawa on November 26-27, 2011. A number of initiatives were worked upon on behalf of our members. Here's a summary:

CAIR is taking action:
Resident Sleep & Work Hours

With the recent introduction of 16-hour shift limits in Quebec (after an arbitrator ruled that 24-hour shifts are a human rights violation,) and with recent articles on work hour limits in CMAJ and CFP, this issue is pressing. Harvard sleep expert Dr. Charles Czeisler PhD, MD, FRCP and the FMRQ both presented at the November CAIR Board meeting. CAIR has reviewed the evidence on patient safety and work hour limitations, and is working on a strategy to respond to this – set for early 2012.

CAIR is celebrating:

Resident Awareness Day
This year's National Resident Awareness Day is Tuesday, February 21, 2012. CAIR has chosen the theme "What is a Resident Physician?" Stay tuned for events in your local hospitals!

CAIR is advocating:

RCPSC Examination Timing (IM & Peds)

This year, the Royal College proposed a pilot to change the timing of the written certification examinations in Pediatrics and Internal Medicine. CAIR responded by successfully advocating for Residents and the pilot which was to be implemented in the Autumn of 2012, was placed on hold. The 2013 exam is proceeding in the traditional way with both the written and oral examinations held in the spring of that year. CAIR is currently in discussions with the Royal College on future written before oral pilot models for these disciplines. Please view the [news](#) section of the CAIR website for further information.

CAIR is advocating:

RCPSC Examination Timing (Obs-Gyn)

In September, CAIR was informed that the timing of the written component of the Royal College Obs-Gyn exam for 2012 had changed to early April. Residents expressed their concerns that they were informed very late in the year and even though the structure and content of the exam was not changing, the change in date effectively shortened prep time by 5-7 weeks at the

least and would result in unanticipated changes to master rotation schedules, call schedules and protected allocated study time. CAIR successfully advocated for Residents and the Royal College re-adjusted the timing of the written component moving it to May 1-2, 2012. Please view the [news](#) section of the CAIR website for further information.

Ongoing Projects:

CAIR is your voice:

Representation & Accreditation

CAIR provides Resident representation on several national bodies including the CMA, RCPSC, CFPC, and World Medical Association. CAIR also trains Residents to accredit residency programs.

CAIR is providing value for you:

Prizes

"Like" the [CAIR Facebook](#) page and you'll be the first to hear of relevant Canadian residency news, CAIR projects, and upcoming CAIR prizes and contests!

CAIR is planning:

Other initiatives

CAIR is working hard on many other new initiatives to assess and improve Resident well-being, mentorship, education, and advocacy.

Stay tuned!

Getting to Know Your PAIRS Board of Directors:

Solving the Confusion of PHP vs. RWC

The PAIRS Board of Directors has a variety of committee representative positions to best represent Resident interests. One of these interests is Resident health and wellness which is served by two separate committees, the Physician Health Program (PHP) and the Resident Wellness Committee (RWC.)

You may be asking yourself:

1. What is the PHP?
2. Isn't this the same as the RWC?
3. Why is this even important?

Good questions! The Physician Health Program is formed under the branch of the SMA (Saskatchewan Medical Association) Health and Wellbeing. This was set up to provide support to physicians and Residents for matters relating to mental health, physical, personal and financial issues. The term "SMA-PHP representatives," refers to the Residents who attend the SMA-PHP meetings and act as the liaison between PAIRS and the SMA PHP. The two current SMA-PHP representatives for 2011-2012 are Mita Manna and Safiya Karim.

RWC stands for the Resident Wellness Committee, which currently consists of a group of six members: Ben Thompson, Melanie Flegel, Mita Manna, Jordon Olfert, Frances Carr and Safiya Karim whom were elected through PAIRS. This year, the two SMA-PHP representatives also form part of the RWC and thus have dual roles, both as the SMA-PHP representative for PHP and PAIRS, and as a RWC member. The aims and objectives of the RWC are towards the promotion of resident health and wellness.

So why is this important you may be thinking? The SMA-PHP is a provincially based program aimed at helping and supporting physicians and Residents across the province and thus has aims and goals that are very different to that of the RWC which works towards addressing issues arising locally.

More questions? Drop us a line at the PAIRS office!

This Month's Q & A

Q: What if I work on a Stat Holiday?

A: You are entitled to one of the two following options:



Payment at the rate of one-half (0.5) times the normal day's pay, plus a paid day off or;



Payment at the rate of one and one-half (1.5) times the normal day's pay with no day off

Request for paid time off in lieu of working on the statutory holiday must be submitted to the College of Medicine within thirty (30) days before or after the day of the statutory holiday.

If you have any questions, call our office at 306.655.2134

EYE ON IT Upcoming Events

December 24 –

January 3

PAIRS Office Closed
for the Holidays

December 25, 26 &

January 1

Resident STAT
Holidays

January 10

PAIRS Board Meeting

January 14

New Year's Gala

February 21

National Resident
Awareness Day

March 9

2nd Annual Melanoma
White Party



WEBSITE Monthly Picks

Looking for a Form?

Click [here](#) for:

- Benefit Plan
- Insurance
- Work Hours
- PAIRS Awards