



Descriptions, Goals and Objectives of Small Group Sessions

Peak Performance – Staying on top of our game

Ted Bober and Joy Albuquerque

Description

In this workshop we will explore the specifics of peak performance training and mental readiness that can be used in the many demanding situations in medicine, such as executing difficult procedures, or managing complex patients.

Objectives

After participation in this small group session, faculty members will be able to:

1. To review the empirical basis for peak performance and mental readiness approaches
2. To identify 3 ways to improve attention and focus
3. To learn skills on how to improve mental readiness, to keep the mind focused and steady on what you intend, for specific situations in the usual routine of the day

Role Modelling: Actions Speak Louder Than Words! Enhancing the Use of Intentional Role Modelling in Teaching and Learning

Dr. Janet Bodley

Description

This interactive workshop will explore the importance of role modelling in our day to day activities as health care professionals, educators and trainees. The focus will include raising the awareness of positive role modelling and the practice of making role modelling explicit and intentional as a tool in both teaching and learning. We will explore the use of intentional role modelling as it relates to the competency by design framework.

Objectives

After participation in this session, faculty members will be able to:

1. Define role modelling and its role in clinical teaching
 2. Recognize the importance of intentional role modelling
 3. Consider various activities that promote and support positive role modelling
 4. Use intentional role modelling to support the competency by design framework
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The Mindful Ob/Gyn: Using Mindfulness in Life and Medical Practice

Dr. Steven Selchen

Description

Medical practice is high stress. Mindfulness is increasingly being used to help professionals work more effectively with stress, and to take better care of themselves and their patients. This highly interactive workshop will explore what mindfulness is, and how to use principles from mindfulness to improve personal wellbeing and enhance professional effectiveness.

Objectives

After participation in this session, faculty members will be able to:

1. Describe what mindfulness is
 2. Apply principles from mindfulness to enhance personal well-being
 3. Apply principles from mindfulness to enhance professional practice
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When things go wrong: what are our obligations to the patient, and to ourselves?

Dr. Tino Piscione

Description

In this interactive workshop, participants will examine the needs of patients and clinicians when a healthcare-related harm event occurs. Through case-based discussions, small group learning activities, and reflective exercises, participants will develop an increased awareness of skills and behaviours modelled by clinicians that strengthen the clinician-patient relationship, mitigate risk of misunderstanding and medical-legal difficulties, and promote professional health and well-being.

Objectives

By the end of this session, participants should be able to:

1. Describe medical-legal pitfalls of disclosing healthcare-related harm
 2. Discuss a physician's professional obligations to disclose healthcare-related harm to patients
 3. Outline an action plan to manage stress brought on by patient harm and medical-legal difficulties
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Late Career Transition – What, Why and How?

Dr. Robin Richards

Description

This small group session will focus on late career transition for surgeons. The phenomenon of late career transition will be discussed and the parameters of a successful transition will be defined. The need for an individual approach will be emphasized.

Objectives

The objectives for the session will be to discuss, in an interactive fashion:

1. The late career transition phenomenon



2. The need for an organized approach to successfully plan for late career transition
 3. Parameters to be considered in successful late career transition
 4. Practical actions that stakeholders can use for success
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Mentorship Essentials

Dr. Karen Leslie

Description

This session will introduce participants to key roles and skills for mentors and mentees within informal and formal mentoring relationships.

Objectives

By the end of the session, participants will be able to:

1. Describe the roles and responsibilities of mentors and mentees
 2. Discuss ways in which mentors and mentees can contribute to effective mentoring processes and outcomes
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Supervising and Mentoring Graduate Research Trainees: How to Foster a Working Knowledge of Research

Dr. Ted Brown

Description

As Department of Obstetrics and Gynecology faculty members, we have the opportunity to seek cross-appointment to the School of Graduate Studies and participate in graduate student mentorship. Dependent upon the level of appointment granted, this allows one to sit on research supervisory committees as a voting member, to act as a primary supervisor of an MSc thesis project, or to act as a primary supervisor of a PhD thesis project. We will discuss points to consider when making the decision to become cross-appointed and how to go about the process of seeking cross-appointment. We will also discuss what is involved in becoming an effective supervisory committee member, primary research trainee project supervisor, and research mentor.

Objectives

By the end of the session, participants will be able to:

1. Present considerations for seeking cross appointment to the School of Graduate Studies and what is involved in the process
2. Discuss the major types of mentorship and attributes of an effective research supervisor and mentor

Descriptions, Goals and Objectives of Unconference Sessions

Establishing a formal mentorship program in the Department of Obstetrics and Gynecology: is it one size fits all?

Drs. Janet Bodley and Karen Leslie

Description

The opportunities for mentorship in our department are limited. This open forum on mentorship seeks to gather the views of our faculty on mentorship models.

Objectives

After participation in this unconference session, faculty members will be able to:

1. Explore the principles of establishing a mentorship program in our department
2. Discuss how different approaches to mentorship might be incorporated into this program

Staying out of trouble (when you're in trouble)

Dr. Tino Piscione

Description

In an unstructured and informal environment, participants will have the opportunity to collectively engage in an open and general discussion with a CMPA Physician Advisor on medical-legal processes and expectations in order to mitigate the uncertainty and stress associated with being named in a medical-legal action or complaint. The session will offer generic information and advice which participants may find useful, but will not address questions or issues related to any specific medical-legal matter in which a participant may be or has been involved.

Objectives

By the end of this session, participations should be able to:

1. Describe processes involved when a physician is named in a college, hospital, or legal matter
2. Discuss ways that physicians can mitigate their risk of an unfavourable medical-legal decision

Trials and Tribulations of Authorship

Dr. Ted Brown

Description

Determining authorship may present ethical challenges and interpersonal conflicts. This open forum on authorship seeks to explore these challenges and conflicts as experienced by the participants.

Objectives

By the end of this session, participations should be able to:

1. Discuss strategies to determine authorship and foster ethical practice and intercollegiality



Descriptions, Goals and Objectives of Lectures

PLENARY OPENING LECTURE: Sleep: Your Health and Clinical Practice

Dr. Brian Murray

Description

This presentation will address the basic principles of sleep physiology, the effects of sleep loss on health and the impact it has on patient care, and strategies to compensate for sleep loss.

Objectives:

At the end of the presentation, the participant will be able to:

1. Describe basic principles of sleep physiology
 2. Understand how sleep loss impacts your health
 3. Reflect on how sleep loss may impact patient care
 4. Implement a set of strategies to compensate for sleep loss
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KEYNOTE LECTURE: Thriving in Academic Medicine

Dr. Karen Leslie

Description

How do we ensure that academic careers are both successful and fulfilling? How are the various roles academic faculty play as clinicians, educators, researchers and leaders valued and supported? This presentation will address some of these questions (and many more).

Objectives

By the end of the session, participants will be able to:

1. Define academic identity within their own practice setting
 2. Discuss various conceptions of 'success' within academic medicine
 3. Identify how faculty can 'thrive' in the academic culture
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