

# Alberta Doctors' Digest

## We are here with you and for you!

PFSP acknowledges the uncertainty, insecurity and frustration physicians are feeling due to the COVID-19 pandemic in combination with the implementation of the physician funding framework by Alberta Health. As always, your well-being and health is our top concern.

The physicians on our confidential line play a vital part in providing support to you, their colleagues and as always are a phone call away at 1.877.767.4637. When you call the line, you are connected to more than 20 years of experience providing confidential physician-to-physician support and access to qualified local therapists (also with experience in meeting the needs of physicians and their families). Our network of counsellors are offering telephone or video counselling services during this time of physical distancing.

We want to remind you that there is a wealth of information resources available to help you look after your mental wellness. We have curated a list of some that we think are particularly pertinent on our [webpage](#).

Of particular note, PFSP has collaborated with Well Doc Alberta to create a [series of podcasts](#) directed to support physicians in these extraordinary times.

We will continue to work alongside other physician health organizations and professionals in our shared goal to provide helpful information and support for physicians in Alberta.

During this difficult time, we're here with you and for you. PFSP is here to help. Physician-to-physician support is available 24-hours-a-day, seven days a week by calling 1.877.767.4637.



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## Recommended resources

PFSP has curated this list of some resources to help you with attending to your wellness.

### Medical student support for health care workers

Need help with child care, groceries, pet care, pharmacy runs or other errands? Medical students from the Universities of Alberta and Calgary are volunteering to help health care workers during the COVID-19 pandemic. For more information and to sign up for services, please use the respective forms below.

[University of Alberta](#)

[University of Calgary](#)

### Drop-in calls for physicians

These are for peer support among colleagues dealing with the impacts of COVID-19, not psychiatric care. Drop in for as often and as long as you want.

**AHS Physician Wellness Peer Support Zoom Room**

Mondays and Wednesdays 4 p.m. to 5 p.m., email: [mdwellness@ahs.ca](mailto:mdwellness@ahs.ca)

**Dr. Mamta Gautam**

A free daily Zoom call to offer mutual peer support to colleagues as we deal with COVID-19.

Time: Daily 2 p.m., seven days a week

To access: Please email Dr. Gautam for the Zoom link: [mgautam@rogers.com](mailto:mgautam@rogers.com)

**Ontario Medical Association**

The OMA is holding MD-led virtual chats to support one another. Drop in virtually between 10 a.m. to 11 a.m. (MST) each weekday to support one another during the COVID-19 pandemic. The sessions are led by Dr. Kasra Khorasani, a psychiatrist at Mount Sinai Health Systems and St. Joseph's Health Centre in Toronto, who is an expert in group therapy.

Time: Weekdays 10 a.m. to 11 a.m. (MST)

To access: Click [here](#) to learn how you can join the conversation

**Resident conversations**

Time: Wednesday at 7 p.m.

To access: Email [DM@javeedsukhera](mailto:DM@javeedsukhera) to learn how you can join the conversation

**Podcasts and videos**

**Self-awareness: More important than ever**

PFSP has collaborated with Well Doc Alberta to create a series of [three short podcasts](#) directed to support physicians in these extraordinary times. Hosted by Dr. Terrie Brandon and Dr. Jane Lemaire with guest, Fleur Yumol MSc, MSW, RSW.

Staying Connected: Emotional Connection Amidst Physical Distancing (13 minutes)

Empathy & Compassion: Offering What We Can During COVID-19 (9.5 minutes)

Self-Awareness: More Important Than Ever (12 minutes)

## Understanding and coping with stress, distress and trauma

### Three steps to coping with anything – evidenced-based framework

## Articles and websites

### Royal College Physicians and Surgeons of Canada

Click [here](#) for wellness resources gathered from various sources like Joule (a CMA company), the Mental Health Commission of Canada and the Conference Board of Canada.

### Canadian Society of Physician Leaders

A series of bulletins written specifically for the Canadian physician by Canadian physician leaders.

*Ensuring our own wellbeing as we care for others during the COVID-19 crisis*

by Mamta Gautam, MD, MBA, FRCPC, CCPE, CPE

*Leadership agility in chaotic systems*

by J. Van Aerde, MD, PhD, FRCPC and Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE

*COVID-19 cannot take away our freedom to choose*

by J. Van Aerde, MD, PhD, FRCPC

*Control and influence, let go of the rest*

by J. Van Aerde, MD, PhD, FRCPC

In view of the COVID-19 crisis, CSPL is committed to providing short and practical papers, podcasts and possibly webinars. All will be available on the CSPL website in a [special COVID-19 section](#). Useful national and international links will also be available on the website. Information overload is the last thing we need, so we will keep it short, minimal, and although everything will be evidence-based, we will keep references to an absolute minimum. If you have specific needs, please let us know. Stay well and be kind.

## **BMJ**

*Managing mental health challenges faced by health care workers during COVID-19 pandemic*

Click [here](#) to view the BMJ article (Published March 26, 2020)

## **Ontario Medical Association**

Click [here](#) for suggestions on keeping yourself healthy

## **Well Doc Alberta**

Click [here](#) to find education bulletins covering topics such as:

- *Physician wellness during COVID-19 – The basics*
- *Helping each other through the pandemic: Providing informal physician-to-physician peer support*
- *Mindfulness for physicians during COVID-19*
- *Grieving the loss of normalcy during the pandemic*

## **Centre for Addiction and Mental Health**

As Canada's largest mental health teaching hospital, CAMH sets the standards for care, research, education and leading social change. Resources here are not specifically for physicians.

[Here](#) you will find resources like:

- *“How do I talk to my children about COVID-19 and its impact?”*
- *How can I support a loved one who is very anxious about the COVID-19 pandemic?*

And some self-assessment tools:

- *To assess the severity of your symptoms of anxiety*
- *How well you are coping with the stress in your life.*
- *How stressful do you perceive events in your life to be?*

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For issues or feedback about these resources, please email [pfsp@albertadoctos.org](mailto:pfsp@albertadoctos.org)