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## January 2024

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### General news

**Help us send an SOS to government ... share your practice story through our easy-to-use video upload tool**



The crisis in primary care is impacting family physicians, rural generalists and other specialists alike. We have to fix primary care because without that, we can't fix acute care. Help government, media and the public understand the severe impacts the crisis in family medicine is having on your practice and your patients.

Record a 20-second video with our [easy-to-use video tool](#). Just share your name, where you work and the impacts you, your patients and your practice are experiencing.

We have received so many powerful stories already, but we need a steady intake for ongoing advocacy -- both from family and rural generalist physicians and colleagues in acute, hospital and community specialist care. Please take a moment to tell your story in your own voice, so we can make sure people understand what's at stake and why something has to change.

### **Caring for others without losing yourself**

**Date:** Tuesday, February 13

**Time:** 7 – 8 p.m.

Sponsored by the Physician and Family Support Program (PFSP) and led by Kristin Neff PhD, this free 60-minute session will present theory and research on self-compassion, which empirical literature has shown to be powerfully associated with psychological wellbeing. It will also discuss the crucial role that self-compassion plays for healthcare professionals in order to reduce burnout. A practice will be taught that can help individuals maintain balance in difficult situations involving caring for others.

You will leave this presentation knowing you are not alone and with the key to supporting yourself through the power of self-compassion.

Please [click](#) for more information and to register for this FREE session.

### **Enhanced virtual mental health codes are now live**

The Alberta Health [Bulletin](#) issued Wednesday January 24 announced that enhanced virtual care codes for mental health services provided are now live. Physicians can now submit eligible claims for enhanced virtual care services – retroactive to October 24, 2023.

## **Thank a colleague! JPAC Shine On Gratitude Program**

The JPAC Shine On Gratitude Program gives physicians the opportunity to thank their colleagues for their acts of kindness, big and small. The process is as quick and easy as sending an email.

Complete the [submission form](#) and we will make sure the message gets to the person you want to express your appreciation to.

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## **Section of General Psychiatry**

### **2024 Elections for the APA and Section of General Psychiatry Executives**

The Alberta Psychiatric Association and Section of General Psychiatry seek volunteers to join active and committed executives! We strive to provide leadership, support and advocacy for Alberta psychiatrists. The executives meet five times per year including an in-person meeting at the APA Conference. Meetings are generally 2-3 hours with 1-2 hours pre-reading and follow-up. Issue-specific ad hoc meetings may be called for those who can attend.

While the APA Executive and the Section of General Psychiatry Executive are separate bodies, they generally share executive members and meeting dates/times. However, interested individuals can put their name forward for a role on either executive.

Can you picture joining our group? Positions that are up for election at the AGM on March 23 and 24 during the annual APA Scientific Conference in Banff include:

#### **APA Executive**

Secretary Treasurer

Members-At-Large (4 positions) \*

#### **AMA Section of General Psychiatry Executive**

Secretary Treasurer

Members-At-Large (4 positions) \*

*\* At last year's AGM, we expanded the number of Members-At-Large positions. Three of these positions have incumbents.*

We hope you will seriously consider joining our executives. We have worked hard to expand and diversify our executives to represent different geographic zones, rural vs. urban, academic vs. community psychiatrist and welcome new voices.

If you would like to learn more, please email [info@albertapsych.org](mailto:info@albertapsych.org) no later than Friday, March 15. We look forward to hearing from you!

To reach the Section of General Psychiatry President, Dr. Sudhakar Sivapalan, please email [AMA Section Services](#).

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## **Section of Internal Medicine**

### **Save the date – Internal Medicine Annual General Meeting (virtual)**

**Date:** Tuesday, February 13

Notice of the Annual General Meeting, in addition to the agenda package, was sent to section members on December 14.

To reach the Section of Internal Medicine President, Dr. Troy Pederson, please email [AMA Section Services](#).

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## Section of Obstetrics and Gynecology and Section of Pediatrics

### Free resource available for physicians who treat babies with Down syndrome

The Canadian Down Syndrome Society has launched a new edition of **21 Welcomes**, a free resource for new and expecting parents of babies with Down syndrome. **21 Welcomes** is an important part of a parent's journey as they begin life with their baby with Down syndrome. It welcomes new parents to the Down syndrome community with critical information and lived experiences.

A digital, English version of **21 Welcomes** is available on [their website](#). Additionally, there are a limited number of printed physical copies which we are distributing to physicians, hospitals, birthing centres, infant service programs and other organizations that work directly with expecting and/or new parents.

The Canadian Down Syndrome Society would like physicians who are AMA members to know that this free resource is available to them. Orders are being accepted for free printed copies from any medical professional who wishes to have them available for families who have received a prenatal diagnosis of Down syndrome or who have recently welcomed a new baby with Down syndrome to their family.

Orders can be placed by filling out the [online form](#).

To reach the Section of Obstetrics and Gynecology President, Dr. Cameron Sklar or the Section of Pediatrics President, Dr. Sam Wong, please email [AMA Section Services](#).

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## Section of Occupational Medicine

### Occupational Medicine Conference (in-person or virtual)

**Date:** Friday, April 12

**Location:** Lister Centre (Glacier Room), University of Alberta, 87 Ave & 116 St, Edmonton

**Registration:** [Online registration](#)

The Section of Occupational Medicine is sponsoring an Occupational Medicine Conference on Friday, April 12. The conference may be attended virtually (Zoom) or in-person at Lister Centre (Glacier Room), at the University of Alberta.

This Occupational Medicine Conference has been certified by the College of Family Physicians of Canada for up to six Mainpro+ credits.

Further details and the conference schedule can be [viewed here](#).

To reach the Section of Occupational Medicine President, Dr. Sebastian Straube, please email [AMA Section Services](#).

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## Section of Pediatrics

### Section of Pediatrics grants

Applications are now being accepted for the 2024 Section of Pediatrics Grants. More information as well as the application form can be found at [AMA Section of Pediatrics grants](#).

The deadline for submissions of applications is midnight on April 1.

To reach the Section of Pediatrics President, Dr. Sam Wong, please email [AMA Section Services](#).

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