

Welcome to the New Section of Residents Executive Members

We welcomed 17 new R1s to the Section of Residents (SoR) Council. Elections were held for resident positions on various College of Family Physicians of Canada (CFPC) committees and for four executive-elect positions on the SoR Council. Please welcome:

- Dr. Andrew Lam (R1), University of Toronto: Chair-elect
- Dr. Vladislav Evdaev (R1), Dalhousie University: Vice-chair-elect
- Dr. Milan Petrovich (R1), University of Montreal: Executive Lead External-elect
- Executive Lead Internal-elect: Currently recruiting for this position

Current SoR Executives

- Dr. Ateeya Vawda (R2), University of Ottawa: Chair
- Vice-chair: Currently vacant
- Dr. Jian Feng Sun (R2), University of Montreal: Executive Lead External
- Dr. Adam Neufeld (R2), University of Calgary: Executive Lead Internal

Update on Guide for Improvement of Family Medicine Training (GIFT) Tools

The 2020 GIFT Tool, *Guide to Integrating Planetary Health in Family Medicine Training*, has been released and is available at <https://bit.ly/3jCYL9D>.

The 2021 GIFT survey on the medical use of cannabis has closed and working group members are currently reviewing the data. They are currently starting to work on its full guide and one-pager.

The selected 2022 GIFT topic is obesity management. Working group members will conduct an environmental scan and develop a survey that will be sent to residents and program directors in the spring of next year, to help narrow the focus of this project. A one-pager outlining recommendations for curriculum improvements will be developed and disseminated widely.

Be sure to check out our library of GIFT tools at <https://bit.ly/3EhFjqG>.

Open Forum

SoR members were asked to identify key educational issues and other timely topics facing residents at this time. The following items were raised:

Implications of Virtual Care: Concerns with maintaining the patient-doctor relationship

The pandemic has forced a shift to virtual care, which some research suggests could threaten the patient-doctor relationship. We know of the commercialization risk of virtual care and the CFPC continues its advocacy work on the issue. Some people believe there is a need to accept that the pandemic will transform how family medicine is practised in the future. “Access done right” is CFPC’s advocacy for virtual care. Dr. Catherine Cervin’s President’s message in the July issue of *Canadian Family Physician* entitled “Virtual care, the promise and the peril” speaks to this very issue; you can read it at <https://www.cfp.ca/content/67/7/547>. A virtual care task force about the issue has also been struck and is a collaboration of the Canadian Medical Association, the Royal College of Physicians and Surgeons of Canada, and the CFPC.

What can residents do to help? Bring your voice to the Canadian Medical Forum (<https://bit.ly/3pBe9Y3>). Look for opportunities to make your voice heard and encourage other residents to get involved with their provincial Chapters to engage in the conversation.

Also, the CFPC has embarked on a new campaign “Your family doctor is your care specialist,” which emphasizes that there is no substitute for a family doctor. Check out the campaign at <https://yourcarespecialist.ca/>.

Resident wellness and CFPC advocacy

Concerns have been voiced that wellness programs need more support and less regulation. There are very specific accreditation standards now about resident wellness. Aware that “wellness” often feels like another competency, Canadian Medical Association funding is being put toward a couple of projects about physician wellness that will be available as modules in CFPCLearn (<https://cfpclearn.ca/>). Additionally, there is a new Member Interest Group: Physician Wellness and Resilience <https://bit.ly/3jBsW10>. Wellness and resilience are lifelong goals that need to be balanced, and the Chapters continue to work on this topic via webinars and sessions. The Section of Teachers has released the webinar “Courageous Conversations: Shining a light on wellness and resilience for teachers,” which you can watch at <https://www.youtube.com/watch?v=KSyogfbQ9QY>.

Anti-racism in medical education and the CFPC

Objectives and actions have been added to the CFPC’s strategic plan to address anti-racism. As an organization the CFPC is taking a long view about what is done and looking in a more deliberate manner in trying to understand our own biases and diversity, and ensuring a safe space/forum to share experiences. At every Board meeting decisions are viewed through three lenses: social accountability, membership, and anti-racism. The Postgraduate Education Committee and Indigenous Health Committee are working closely together to support the launch and uptake of

the *CanMEDS-FM Indigenous Health Supplement* among medical educators, available at <https://bit.ly/3pTf5XZ>. There are also sessions at this year's Family Medicine Forum (FMF, <https://fmf.cfpc.ca/>) on this subject. The Section of Teachers has released its latest Emerging Topics Bulletin, focusing on anti-racism in medical education. Read it online at <https://bit.ly/3vGHAZA>.

Virtual FMF 2021

This year's FMF, featuring new and emerging topics in family medicine, will be held virtually from November 10 to 13, 2021. It will include interactive breakout sessions for participants and various networking opportunities! Choose from over 80 evidence-based sessions—find details in the programs at <https://fmf.cfpc.ca/program/>. Join us on Wednesday for our student and resident social to enjoy flare bartending and an evening of ultimate games.

Don't miss our resident-led sessions:

- Student/Resident Panel Discussion (Friday)
- Transitioning to Practice 101 (Saturday)

New: Practice Management Prep

Don't forget to check out Practice Management Prep (PM Prep; <https://bit.ly/3Ge0V9k>). This is an online tool for residents that includes self-reflection exercises, learning plans, and a repository of practice management resources intended to support family physicians in their transition from residency to independent practice. The business side of practice, or practice management, is an area in which new family doctors have requested additional learning opportunities.

Dr. Adam Neufeld, CFPC SoR Council, Executive Lead Internal

Send any questions or concerns to your SoR Council representatives, whose names are on the SoR web page at <https://bit.ly/3pzys7Y>.