

Key Messages From the Spring 2021 Section of Residents Council Meeting

The Council wants you!

Looking to have your say? The Section of Residents (SoR) is seeking 17 new incoming R1s to join the SoR Council in September. The purpose of the SoR is to shape the national perspective on family medicine education and training, and championing advocacy and research in Canada from the resident perspective. The selection/election process will be held over the summer. Use the following links to learn more about the SoR:

- Find your SoR representative: <https://www.cfpc.ca/en/member-services/committees/section-of-residents-council>
- Read the SoR's Terms of Reference: <https://www.cfpc.ca/CFPC/media/Resources/Education/Section-of-Residents-TOR-Board-Approved-November-2019.pdf>
- Learn about Council positions, responsibilities, and time commitment: <https://www.cfpc.ca/CFPC/media/Resources/Membership/Section-of-Residents-Council-Postition-Description-2021-FINAL.pdf>
- Understand the SoR Council election guidelines: <https://www.cfpc.ca/CFPC/media/PDF/Section-of-Residents-Council-Election-Guidelines-2020-FINAL.pdf>

Update on Guides for Improvement of Family Medicine Training

The 2020 Guide for Improvement of Family Medicine Training (GIFT) on climate change education in family medicine residency is nearing completion. The final one-pager, which includes a set of recommendations and a theoretical framework for integrating planetary health in family medicine, will be released this summer.

The 2021 GIFT aims to help define the role family physicians can play in having conversations about both medical and recreational cannabis with patients. A survey that will help narrow the focus of this project has been issued to all family medicine residents and program directors. If you have not yet completed the national survey, please do so at <https://survey.alchemer.ca/s/50102814/GIFT-2021-Residents> (it should take five to 10 minutes).

Be sure to check out our library of previous GIFT one-pagers at <https://www.cfpc.ca/en/education-professional-development/educational-frameworks-and-reference-guides/guides-for-improvement-of-family-medicine-training>.

Resident wellness check-in

Resident wellness continues to be an important topic discussed at SoR Council meetings. The disruptions caused by COVID-19 have only added to the stress and pressures residents are already experiencing. The SoR's Resident Relations working group have been discussing possible initiatives to support resident wellness/connectivity and are proposing hosting a national mentorship initiative entitled "Residents' Corner." The hope is to create a safe, non-judgmental space for residents where they can discuss various topics that affect them, along with support for engagement, collaboration, professional development, and well-being. Please stay tuned for a resident's survey that will determine how best to move forward.

The SoR is also investing opportunities to collaborate with others on the development of family medicine-specific wellness and/or resiliency sessions to offer to family medicine residents. For additional wellness and resiliency resources, Resident Doctors of Canada has robust wellness and resiliency resources on its website: <https://residentdoctors.ca/areas-of-focus/wellness/>.

Transition to Practice/Practice Management Prep webinar series

Building on the success of the two live virtual sessions for peers and early-career family physicians about transitioning to practice that were held during the February Resident Doctors Awareness Week, the SoR and First Five Years in Family Practice Committee in collaboration with their partners—Canadian Medical Association (CMA), CMA Joule, and the Canadian Medical Protective Association—will provide additional virtual sessions over the coming months.

The virtual sessions were recorded and are available in the Practice Management Prep (PM Prep) Resources Repository. To access them, please sign up for free at <https://pmprep.firstfiveyears.ca/?sfwd-courses=practice-management-prep-pm-prep>.

Joyce Ching, CFPC SoR Council, Executive Lead Internal

Questions or concerns should be directed to your SoR Council representatives, whose names can be found on the SoR web page: <https://www.cfpc.ca/en/member-services/committees/section-of-residents-council>.