PA 101
Or... what have I gotten myself into?

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I do not have an affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

Je n’ai aucune affiliation (financière ou autre) avec une entreprise pharmaceutique, un fabricant d’appareils médicaux ou un cabinet de communication.
Learning Objectives

At the end of this session the learner will be able to:

• Identify the jargon and acronyms that are typically used in the PA position, understand the meaning of the acronyms, and understand how these are relevant to their job

• Understand the ‘life cycles’ of medical training and how to organise their daily work around those life cycles

• Understand the core aspects of the job of a PA.
The Medical Education Journey: A Quick Overview

- Med school (https://afmc.ca/futuremdcanada/)
  - There are 17 medical schools in Canada
  - Most Canadian schools: 4 years
  - Two Canadian schools (Calgary and McMaster): 3 years
  - Last year is clerkship year. This is when we PAs typically start to meet the students as they do their clerkship electives and selectives.

- Residency
  - Royal College of Physicians and Surgeons of Canada (3-6 years)
    » Direct entry
    » Subspecialty
  - College of Family Physicians of Canada (3 years)
    » Direct entry

- Fellowship – non-RCPSC (1-2 years)
- Practice – lifelong learning (CME)
Residency Programs

- There are 34 Direct Entry Programs in addition to Family Medicine
- There are 65 Medical Specialties
- And 11 Accredited AFC-diploma programs (Area of Focused Competence)
Acronyms and Jargon

Accreditation  CME  MSM Match  PSM Match
Academic Advisor  CPSA/CPSO etc  One45  R1-R5, R6
Block  EPAs  OSCE  R1 Match
CAPER  Electives/Selectives  Off cycle  RTC/RPC
CaRMS  Eval  PA  Remediation
CBME  ePortfolio  PD  RC/RCPSC
CBD  Fellow  PG Y  Rotation
CBD Lead  FM/EM Match  PGME  Simulation
CCTs  ITER/FITER  Preceptor/preceptor  Second iteration
Chief Resident  IMGs  payment  Specialty/Sub-
Cohort  Match Day  Probation  Specialty
  milestones  Preceptor/preceptor payment  UME
  payment  Probation  UME
Life cycles in residency education

- Weekly
- Academic block (4 weeks)
- Quarterly
- Annual
- Accreditation – internal or mid-cycle review cycle 4 years between RC external reviews, which are about 8 years apart
My top recommendations to make your life easier:

• Make templates
  > Letters
  > Emails
  > Schedules
  > Anything that you do more than once
• Save emails until the event is past, or longer if needed
• Put reminders in your calendar or have a running checklist
• Have fun!
Something to share:

1—Use warmth in your interactions; it doesn’t detract from professionalism or efficiency. Faculty and residents benefit instantly- and remember long after- from a warm encounter; it makes them feel valued and heard even if it doesn’t change outcomes. It can also lead to them helping you out in an emergent situation. (Karma comes back to you!)

2—Take the opportunity to network both locally and nationally with your colleagues and find mentors/peer supports in your contacts that you click with personally. Solutions come from everywhere and can help you move forward as well as let your peers know that their struggles are not unique or solitary. Like warmth, the value of reaching out to others with tips, ideas, or commiseration has long term beneficial effects for you and them.

3—Self care. Don’t run on adrenalin; give yourself the okay to say ‘no’ to evening, weekend or any workday activities that would compromise your ability and confidence to do your job. From personal and co-worker experiences, I’ve realized that recurrent illnesses are often a sign of trying too hard to say yes too often. Talk to someone that will truly hear you when feeling overwhelmed.

Courtesy of Pauline Burgess, Psychiatry PA, Calgary
Blah, blah, blah

Blah, blah blah..................................................
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