

Resident Program Updates – Winter 2010
Ottawa University Residents Program
Submitted by: Kirk Leifso
(Ottawa University program co-representative)

<p>Protected Academic Learning (Half-day)</p>	<ul style="list-style-type: none"> - Dedicated half-day every Thursday afternoon where a huge variety of topics, such as medical topics, ethics, research, and advocacy, are both discussed and didactically taught - The 2 year half-day cycle is now broken into monthly blocks rotating through each subspecialty. - One hour per week is dedicated to the paediatric grand rounds protected time covering new and emerging research, hospital-specific program/progress, and important topics in Paediatrics including many visiting guest lectures.
<p>Call or Night-float system</p>	<ul style="list-style-type: none"> - Very successful night-float system for senior residents was launched this year. The night-float is currently under review by the residents, but has generally been accepted as superior to the previous senior ward call system. - Senior team call is a two-week block of alternating nights, 16:30-08:30. Senior residents on their night-float rotation have no daytime responsibilities. - Traditional ¼ junior call including cross-covering team call when off-service - NICU and PICU call remain unchanged
<p>Vascular Access (opportunities, vascular access team)</p>	<ul style="list-style-type: none"> - Many senior residents have taken advantage of the ‘half-block’ afforded by night float (the remaining 2 weeks in a night-float block) to do electives with both vascular access and with SPOT (PICU outreach team) - Extremely valuable experience for residents, especially to gain essential IV skills before heading to remote areas like Iqaluit

<p>Resident Retreat (protected, in our out of hospital, length)</p>	<ul style="list-style-type: none"> - Held every year in the fall out of the hospital, when residents are relieved from duties Thursday at noon until Friday afternoon - This year we will be heading to Mount Tremblant for a mix of seminars and down-time including hitting the slopes.
<p>Advocacy Projects</p>	<ul style="list-style-type: none"> - There are several new and ‘old-but-new’ advocacy projects that are on the go . - An international health educational program has been introduced into our academic half-day sessions. - Relationship between CHEO residents and the low-income communities in Ottawa is being re-kindled through an outreach education program where residents attend community dinners and give talks / facilitate discussions on topics such as injury prevention, immunizations and what to do with a cough, cold or flu.
<p>International</p>	<ul style="list-style-type: none"> - Broad history of the international electives for senior residents. Residents have or are undertaking electives around the globe including countries such as Laos, South Africa, Botswana and India.
<p>Rural Experiences</p>	<ul style="list-style-type: none"> - All 3rd and 4th year residents spend one 4 week rotation in Iqaluit covering the Baffin region - Residents gain a better understanding of the hardships up in Canada’s rural North, as well as having incredible autonomy and learning valuable clinical and management skills. - Residents receive support by direct contact with CHEO physicians as well as a full-time paediatrician based in Iqaluit
<p>Observed History and Physicals</p>	<ul style="list-style-type: none"> - Each resident is observed yearly doing 2 histories and physicals that are marked on Royal College criteria, that allows to hone their skills and gain valuable feedback throughout our residency - During this academic year, Ottawa

	<p>paediatrics is also be instituting a new program wherein residents are observed performing one or two skills or taking a focused history on each rotation, to create more 'teachable moments' and to allow for more frequent feedback on skills.</p>
<p>Mock Codes (frequency, use of simulators)</p>	<ul style="list-style-type: none"> - Residents participate in at least monthly mock codes on CHEO's new high-fidelity code simulator.
<p>Procedural Skills (workshops, opportunities)</p>	<ul style="list-style-type: none"> - Procedural skills teaching through Emergency, Anaesthesia, ICU, Surgery and Vascular access team rotations - Instructors from orthopaedics and surgery provide sessions during the academic half-days on skills such as suturing, casting and vascular access