

CCPH 2019

6th Canadian Conference on Physician Health (CCPH)
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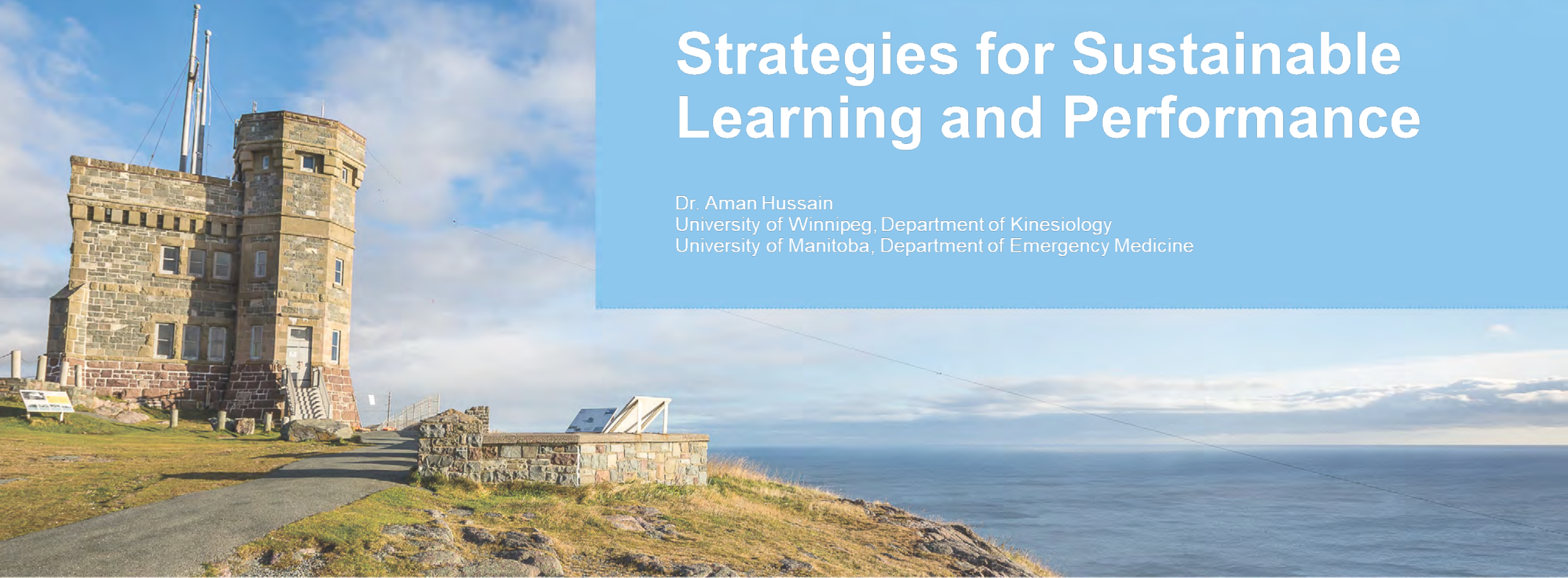
CANADIAN
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CHANGING TIDES:
SHIFTING CULTURES AND CREATING SAFE SPACES

Strategies for Sustainable Learning and Performance

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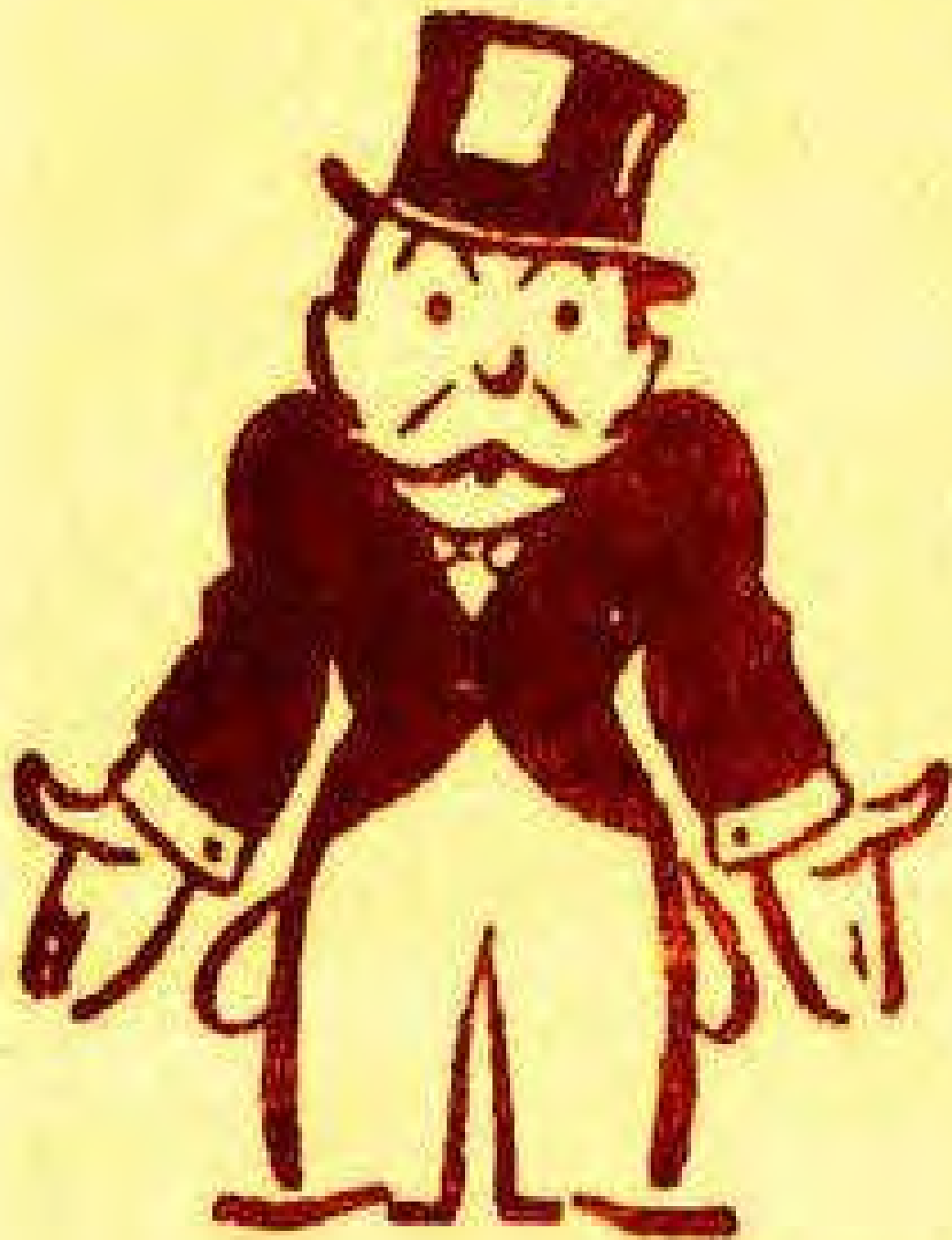
This program has received in-kind support from **University of Manitoba** in the form of **logistical support**.

Potential for Conflict(s) of Interest:

I declare no conflict(s) of interest.

Learning Objectives

- Develop an evidence-based understanding of learning and performance.
- Foster an appreciation of educational issues for urban, rural, and northern contextual challenges to learning and professional development.
- Upon completion of this panel, participants will be able to demonstrate and rehearse skills associated with stress management and resiliency.



Challenges of Clinical Learning





**YOU CAN'T
STOP THE WAVES
BUT YOU CAN
LEARN TO SURF**

High performance physician program

First principles

1. Mindset
2. State
3. Perspective
4. Action

Emergency







FOCUS FOCUS FOCUS

FOCUS

FOCUS FOCUS FOCUS



Loss of

control



breathe in



breathe out

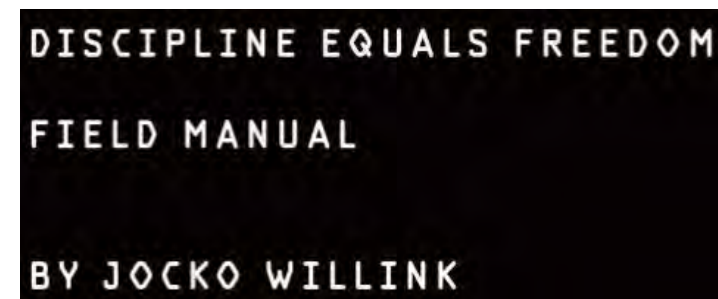
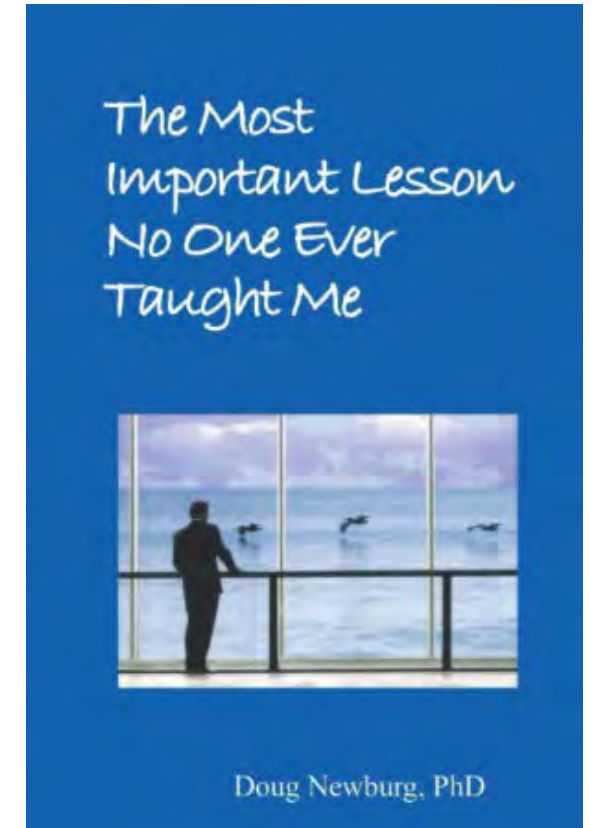
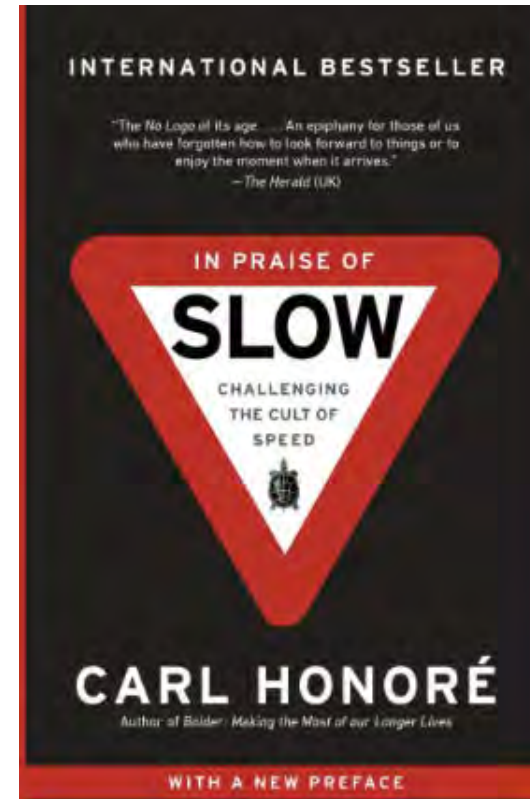
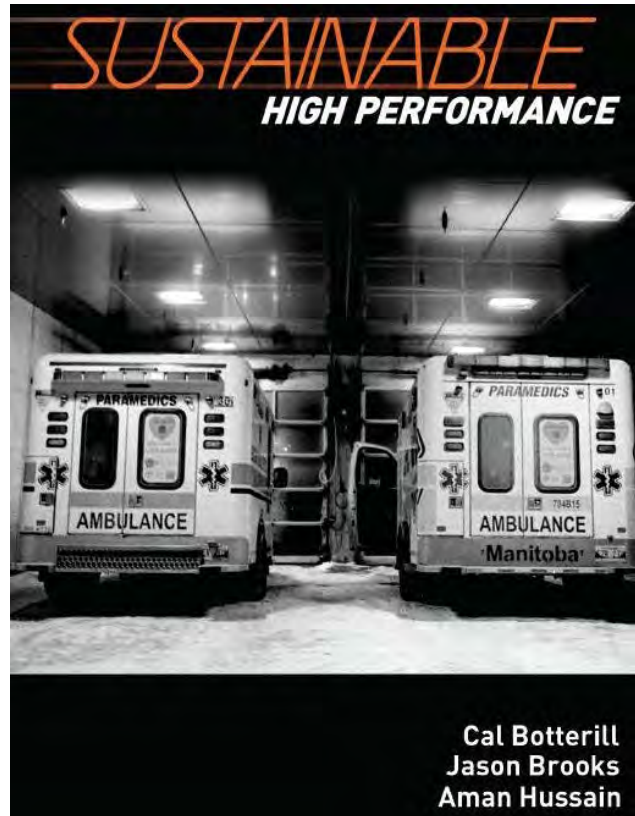
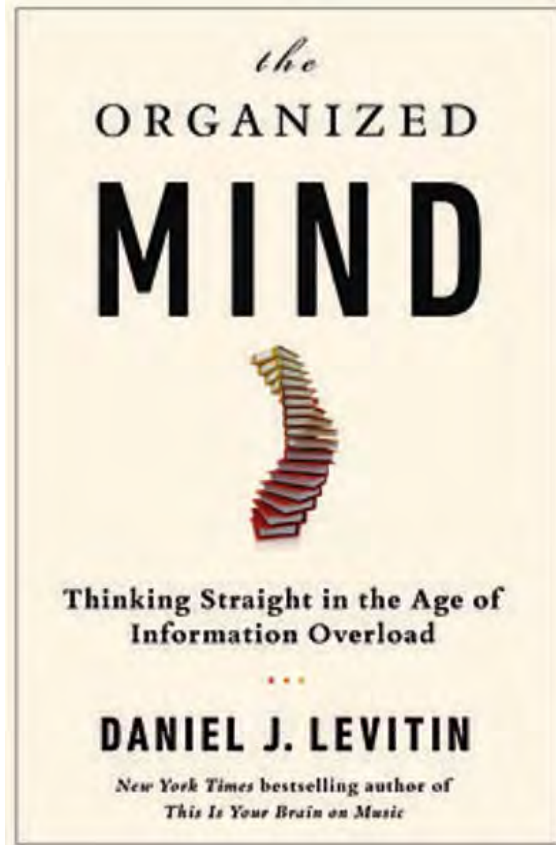
St.Emlyn's



A wide-angle shot of a dark theater stage. The stage floor is a light-colored, reflective material. A long row of spotlights hangs from the ceiling, illuminating the stage. The walls are dark and feature various cables and equipment. In the foreground, several rows of black theater seats are visible, facing the stage.

Be ready to dance under the lights - Muhammed Ali

Resources



Contact: am.hussain@uwinnipeg.ca



KEEP
CALM
and...

Physicians must be guided from the earliest years of training to cultivate methods of *personal renewal, emotional self-awareness, connection with social support systems, and a sense of mastery and meaning in their work*. Maintaining these values is the work of a lifetime. It is not incidental to medicine but is at the core of the deepest values of the profession to first, do no harm. *Doing no harm begins with one's self*.

Spickard, Gabbe, & Christensen (2002)

...ok, not THAT calm!

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