

## In this Issue

About Us  
Rural Health  
Week  
Artist's Corner  
Upcoming  
Events  
April Highlights  
Resources

## About Us

Welcome to *MD Culture Shift*, an Alberta Health Services publication created *by physicians for physicians* through the Physician Diversity, Wellness & Leadership Development portfolio.

The portfolio is focused on providing physician leaders with the knowledge, skills and tools to foster a local team culture that models our organizational values and just culture principles, enhances the delivery of safe, quality care, and values wellness and diversity.

This publication shares insightful and valuable information in the areas of wellness, diversity, leadership development and showcases the great work being done throughout the province supporting a shift in the culture of medicine.

To see previous editions, please visit [ahs.ca/mdwellness](https://ahs.ca/mdwellness).

## This Month, AHS Celebrates

Asian Heritage Month

Jewish Heritage Month

Speech & Hearing Month

National Physicians' Day: May 1

Mental Health Week: May 3-9

World Family Doctor Day: May 19

Alberta Rural Health Week: May 24-28



Dr. Ayesha Khory



## Alberta Rural Health Week

May 24-28 is Alberta Rural Health Week, and a great opportunity to recognize the contributions of physicians to Albertans in rural communities.

One such physician, Dr. Beverly Brilz, was awarded the Rural Health Professions Action Plan (RhPAP) Rhapsody Rural Alberta Physician award in 2020. Unfortunately, due to the COVID-19 pandemic, the community was unable to celebrate this until just recently. The Town of Wainwright has named a green space in Dr. Brilz honour. We congratulate Dr. Brilz for this honour.

For more information about Alberta Rural Health Week:

- Join the May CMO Physician Conversation Series – details will follow through the CMO office
- See information on the [RhPAP website](#)
- View [ways to celebrate rural healthcare providers](#)
- Read [additional resources](#) to promote the week



“ Working and being part of a community in rural Alberta has allowed me to have a diverse practice that has rewarded me with the joy of being involved in my community and getting to know my patients on a more personal basis than I think working in a large centre would allow. I have enjoyed my 37 years here.

~ Dr. Beverly Brilz.



## Asian Heritage and Jewish Heritage Month

The Diversity and Inclusion team invites you to the Asian and Jewish Heritage Month webinar. At this webinar, you will learn why we celebrate Asian and Jewish heritage in Canada.

The webinar will include a presentation on Asian and Jewish peoples' contributions to Alberta's healthcare system, including pulmonologist, Dr. Janice Richman-Eisenstat who will be sharing her story of collaboration, practice and innovation. The webinar will also discuss the importance of native languages to honour Speech and Hearing Month in May.

[Register here.](#)

## Artist's Corner



## Featured Artist: Daniel Sundahl

In recognition of Mental Health Week, we celebrate artist Daniel Sundahl, a firefighter and advanced care paramedic for the City of Leduc, who is passionate about reducing the stigma of PTSD for first responders. He uses his art to raise awareness of occupational stress injuries worldwide.

Daniel is the president and founder of the Peer Recovery and Resiliency Society, a group that supports emergency workers from around the world and aids in their post traumatic growth.

Daniel has a strong emotional connection to his pieces, as most of his work involves staged photography based on actual calls he has attended. He blends photography and graphic art, to produce what he calls Photo Art.

On Nov.17, 2021 during our Physician Wellness Zoom Room, we heard Daniel's personal journey with post-traumatic stress disorder, healing through art, and his COVID-19 Selfie Project. This project started with three selfies and a tweet encouraging staff to take a selfie while at work wearing PPE and send it to Daniel. He then painted the selfie and added it to this image.

In 30 days, it grew to 1000 selfies from 62 different countries, featuring 1300 faces. Daniel has made a free copy of the final mosaic available for [download here](#) that he has dedicated to frontline healthcare workers and first responders fighting this pandemic.

Thank you, Daniel, for all that you do to reduce the stigma of PTSD and support Mental Health.



## Upcoming Events

### Physician Wellness Zoom Rooms

Physician Wellness Zoom Rooms have been put on pause until the fall.

## April Highlights

### Equity, Diversity, and Inclusion (EDI) for Medical Leaders

Drs. Kim Kelly and Jennifer Williams facilitated 90-minute webinars with the Edmonton Zone Medical Leadership and the SCN leadership, exploring EDI and inclusive leadership.

The session opened with the question, "What word comes to mind when you think of an inclusive work environment?" The responses generated word cloud to the right.

After exploring concepts fundamental to EDI, psychological safety and inclusive leadership, leaders engaged in rich discussions focused on how to bring these concepts into practice. Following the webinar, participants were sent a list of curated resources to dig deeper into



concepts of anti-racism and psychological safety to strengthen their inclusive leadership skills and building a healthy team culture.

If you would like to host a similar webinar for your leadership team, contact:

[MDwellness@ahs.ca](mailto:MDwellness@ahs.ca)

## Resources for Physicians

### CMHA Mental Health Week May 3-9, 2021

Check out the Canadian Mental Health Association's [Together Let's #GetReal toolkits](#).



#### Well Doc AB

Well Doc Alberta offers resources and education to support Physician Wellness, including Physician Peer Support Training for physician groups, and a Community Bulletin Board to promote physician wellness events and research. [www.welldocalberta.ca](http://www.welldocalberta.ca).



#### Physician & Family Support Program

1-877-SOS-4MDS (767-4637)  
International: 403-930-0529 (you may call collect)  
CONFIDENTIAL 24 Hours a Day/7 Days a Week/365 Days a Year  
[AMA's Physician and Family Support Program](#)