

PG & ME!

September 2022

Paying Tribute to Satyam, Candace, and Matthew

In a short period of time, the PGME community has sadly experienced the tragic loss of three of our learners. The positive impact they had, and contributions made during their residency at McMaster will continue to inspire many. They will be missed but always remembered.

We recognize how difficult these last few months have been and encourage anyone who is struggling to [reach out for help and support](#).

~ The PGME office

Satyam Choudhuri

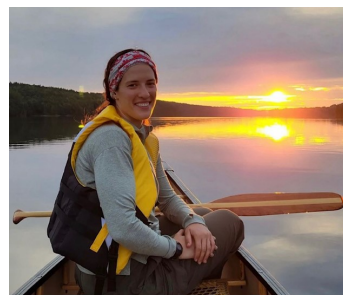


Satyam completed his PGY1 year in Psychiatry in June 2022. He was well-known for his warmth and kindness and commitment to improving health care for our community. Satyam was a staunch advocate for the wellbeing of students as well his patients. He was active in trying to erase the stigma related to mental health disorders.

Satyam's tribute is available on the [McMaster Faculty of Health Sciences](#) webpage.

Candace Nayman

Candace was a PGY3 resident in Pediatrics. She was a leader in her program and a constant source of support for her peers and juniors. She was committed to changing the world around her, as reflected by her activism in climate change and ensuring its inclusion for residency education. Anyone who met Candace described her as a warm, vibrant individual who inspired and motivated all those around her.



Candace's tribute is available on the [McMaster Department of Pediatrics](#) webpage.

Matthew Foss



Matthew was a PGY5 resident in Anesthesia. He was a husband, a father of two, and a colleague and mentor to many who trained with him. As further information and tributes to Matthew become available, the PGME office will share the details with you.

Accreditation 2023 – Everything You Need To Know



ATTENTION RESIDENTS!

Resident-Student Mentorship Program (RSMP)

The RSMP pairs McMaster residents with McMaster medical students **based on shared interests and identities - both personal and academic** to facilitate connection between UGME and PGME learners.

Residents have a lot of experience and insight to offer to medical students, and similarly, the program offers residents an opportunity to hone mentorship and leadership skills. Applications are due by **October 15th, 2022**, and matches will be completed by the end of November. Sign up today or email macmed.rsmp@gmail.com

In case you missed it!

View the PGME 2021 Annual Report

Upcoming Events for Program Directors/Faculty

- **Sept.28 (zoom) 1:00–4:00pm – [QIPS Faculty Workshop](#)**
- **Nov. 11, Dec. 1 (zoom) – [CMPA Faculty Development Workshop](#)**
- **Nov. 14 (zoom) 1:00–4:00pm – [EAB Workshop: Becoming a professional coach](#)**

Upcoming Events for Program Administrator

- **Oct. 17 – Fall PA Retreat (Details to follow)**

Upcoming Events for Learners

- **Oct. 5 & 12 (zoom) 9:00–12:30pm – [CMA Joule Transition to Practice Seminars](#)**
- **Oct. 19 & 25 (zoom) 12:00–1:30pm – CPSO Education Sessions (Topics TBD)**

The Resident Affairs Office Presents



PDs & PAs, Schedule Your Learner's Treats & Talks!

The Treats & Talks program allows trainees to come together over refreshments to share, debrief, and support each other around the varied



Learners, Apply for a Social Networking Grant Today!

The Social Networking Grant aims to provide an opportunity for McMaster postgraduate medical trainees to connect and build friendships by

experiences that come with residency training. PDs/PAs, book your learners a session today!

assisting with the cost of social events, thereby improving overall trainee well-being. Learners, apply today!

Learn More About Resident Affairs & Learner Wellness



Led by McMaster Medical Students

Breathe Magazine

Breathe is a new literary magazine that aims to discuss mental health and wellness in medicine. This magazine highlights visual art, poetry, and prose poetry from medical students and residents across Canada.

Vol 1 - 2022 (coming soon!) - join the mailing list today!

[**breathe.artsmagazine@gmail.com**](mailto:breathe.artsmagazine@gmail.com)

Follow Breathe on Instagram @breathe.arts.magazine

DID YOU KNOW?

New 24/7 Food & Drink Vending Machine at JHCC

A new food and beverage vending machine is now available at Nora's Fresh Café located in the cafeteria seating area.

The vending machine, accessible 24 hours a day, seven days a week, is stocked regularly with fresh sandwiches, salads and entrées made in-house, baked goods, snacks, coffee, tea and cold beverages.



Looking for a PGME Policy?

PGME Mission Statement

Postgraduate Medical Education at the Michael G. DeGroot School of Medicine strives to empower medical Learners by providing a safe, inclusive training environment rooted in values of lifelong learning, patient centeredness, and social responsibility. Leveraging our expertise in evidence-based teaching and practice, within a distributed education model, our mission is to equip the next generation of physicians with the knowledge and skills they need to serve our communities and advance health and health systems in Canada and beyond.

NRC News

WRC News



Postgraduate
Medical Education



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