



UNIVERSITY OF CALGARY

CUMMING SCHOOL OF MEDICINE

UofC Physical Medicine & Rehabilitation Residency Pre-Orientation Document

Welcome to the University of Calgary Physical Medicine & Rehabilitation Residency Program. We are happy to have you joining our program and hope you are excited for the start of residency!

You will receive a full orientation from your program director and residents in the first week of residency. Here are some initial details to help you gain a sense of how your PGY-1 year is planned, and these will all be elaborated on in July:

Residency Start Date: July 2 (any days of this week in June 30 are part of the previous academic year, and July 1 is a holiday and you are not scheduled for any activities or call)

Orientation Dates: You will have a group orientation on both your first Academic Half Day on the first Thursday after July 2, and the following day your first Friday morning Boot Camp. If you would like some orientation prior to July 2, please let the program director know. All staff and residents are understanding that the week of July 2 is your first week prior to formal orientation dates, and will help you as you are settling in that week (and for the whole 2 months).

Transition To Discipline (TTD):

- Your first 2 blocks from July 2 – late August will be on Physiatry
- This consists of 2 weeks on brain injury rehabilitation, 2 weeks on stroke rehabilitation, 2 weeks on spinal cord injury rehabilitation and 2 weeks on musculoskeletal medicine
- Outpatient musculoskeletal medicine will be based at Kinesis Medical Centre, an outpatient PM&R clinic with over 20 physiatrists. The other 6 weeks will be based at Foothills Medical Centre with inpatient and outpatient exposures.
- Your goals are to gain a general exposure to physiatry and a sense of the field you are getting into, while also getting to know your staff and co-residents. The specific tasks for you to learn & complete during this time are your Entrustable Professional Activities, which include being able to do the following independently by the end of the 2 blocks:
 - o Taking Physiatry Histories
 - o Performing Physiatry Physical Examinations
 - o Developing functional and rehabilitation-related problem lists for Physiatry patients
 - o Learning to document inpatient and outpatient consults, follow-up notes and on-call notes
 - o Providing documented patient handover while on-call



UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE

Rotation Structure:

- Every resident year consists of 13 blocks, each one lasting 4 weeks.
- You may view your schedule here. It is considered rigid for this year (it may only update to the upcoming year by June):
<https://sites.google.com/view/uofcpmr/schedules/resident-rotations>
- Each off-service rotation has their own program administrator and director. You may reach out to them as you go along for any concerns and vacation requests. Daphne can help you if needed, and your R2/R3 co-residents will be very helpful if you ask them.

Vacation Requests and Time Off:

- All Vacation requests must be submitted at least 2 blocks in advance. For your TTD blocks, we are flexible with providing you vacation time if you request it, given you only get your schedule in June. If you do have vacation requests for July and August that you know of, please request them via emailing the rotation coordinator of the service you will be on, and cc the lead residents & program director:
 - o Dr. Chantel Debert (Brain injury)
 - o Dr. Gentson Leung (Stroke)
 - o Dr. Rebecca Charbonneau (Spinal Cord Injury)
 - o Dr. David Nabeta (Musculoskeletal)
- You get 20 days of vacation time per year, as well as 5 days off during the winter break.
- The vacation can be requested however you like, for a maximum of 5 days off during one rotation when you are an R1. There is no set vacation block.
- When you get approved vacation time on an off-service rotation, please let Daphne know the dates of vacation as she needs to keep track of this.

Required activities during TTD:

- Attend Academic Half Day on Thursday afternoons:
<https://sites.google.com/view/uofcpmr/schedules/academic-half-day>
Note that none of you have no talks to present for the entire academic year.
- Attend Psychiatry Boot Camp, which consists of a series of talks and lectures that the Program Director and psychiatry residents will provide to you every Friday morning in July, in the residents' room. Lunch is provided afterwards.
- Perform Psychiatry on-call duties as you are scheduled. The on-call schedule will be released by late June. You will not be on call for the month of July, and you will start on-call shifts in August.
 - o Psychiatry call is home call for the Tertiary NeuroRehabilitation Unit (TNR) at Foothills Medical Center. You are not on-call for inpatient consults or emergency



UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE

room consults. If there is an acute issue that you need to assess in-person, you must go in to the unit.

- o You will be on-call for a maximum of 3 days in a row. If you are in-house beyond 12am, you get a post-call day and should let Daphne know.
- o On weeknights Monday – Friday, you receive or seek out handover at 5pm from the hospitalists on TNR
- o On weekends and statutory holidays, you go in to round in the later morning for a few hours. Chief residents will go over how this works. Once you finish rounding, you remain on home call.
- o The full on-call document is here:
https://docs.google.com/document/d/1nSVdRUjHxKsup0QmGaGCFNpkq2zp3UT9h_trPUO5N4E/edit?usp=sharing

Event Attendance

- The following dates/events are mandatory as long as you are not taking a sick day, post-call day or vacation day:
 - o Academic Half Day (AHD) – Every Thursday from 1pm – 5pm. You are not scheduled to give any presentations, but will be a moderator a few times. Lead residents will go over this duty in the first week. The AHD schedule is here:
<https://sites.google.com/view/uofcpmr/schedules/academic-half-day>
 - o Formative fall written exam – On a Thursday AHD
 - o Research Day – Scheduled by the program director and administrator, typically on a Thursday or Friday in September
 - o Education Retreat – typically on a Friday in May
 - o Junior Resident OSCE – On a Thursday AHD
 - o Spring written – On a Thursday AHD
 - o Spring OSCE – On a Thursday AHD
- The following dates/events are recommended to attend if you are available:
 - o Division Journal Club – on Thursday evenings four times per year at division members' homes; Attend at least two per year; Sept, Dec, March, June
 - o Fall camping retreat & Winter ski retreat – to be organized by R2 social reps on weekends
 - o Social events at The Banquet, Univ District, on Thursday evenings monthly from 5-7pm from Sept - May
 - o End of Year Division Event – last week of June

Further details around mentorship, rotation information and many details will be given to you during your first week. Please also utilize our website for resources:

<https://sites.google.com/view/uofcpmr/>



UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE

If you have any questions, you can contact the program director, program administrator or your new lead residents.

Tips to Succeed in PM&R Residency

Preparation & Professionalism

- Contact your preceptor ~1 week before each block to clarify expectations and pre-reading.
- Arrive 15–30 minutes early to review schedules, charts, imaging, and consult questions.
- Regularly check email and complete administrative tasks promptly.

Clinical Excellence

- Pre-read and prep patient charts with a rehab-focused lens (function, goals, discharge barriers).
- Take initiative with histories, physical exams, and functional assessments.
- Come prepared with an assessment and plan—even if imperfect.

Feedback & Growth

- Debrief at the end of the day: what went well and what could improve.
- Regularly seek feedback and proactively request EPAs.
- Track feedback themes and act on growth areas.

Academic Success

- Read around Academic Half Day topics.
- Protect regular weekly reading time.
- Use core PM&R texts consistently (e.g., Braddom, Cuccurullo).

Career Development

- Initiate regular meetings with division or program leaders for career planning.
- Seek mentors early (faculty, fellows, senior residents).
- Reflect on interests to guide electives and fellowship planning.

Teamwork & Wellness

- Be a reliable, respectful team member—PM&R is a team sport.
- Ask for help early when unsure.
- Build sustainable habits for sleep, exercise, and personal well-being.