

A full-page background image of a steep, snow-covered mountain peak. A person is visible at the bottom left, climbing the slope. A prominent zigzag path is etched into the snow, leading up the mountain. The sky is blue with some clouds.

RESIDENCY

YOU'RE READY BUT HERE ARE
SOME TIPS!

Dr. Pierre Plamondon



- Rural Family Medicine, PGY1
- Kapuskasing, ON
- Clinical Interests:
 - Care of Elderly; Palliative Care; Emergency Medicine; Hospital Medicine
- Passions:
 - Francophone, Indigenous and Rural & Remote Healthcare



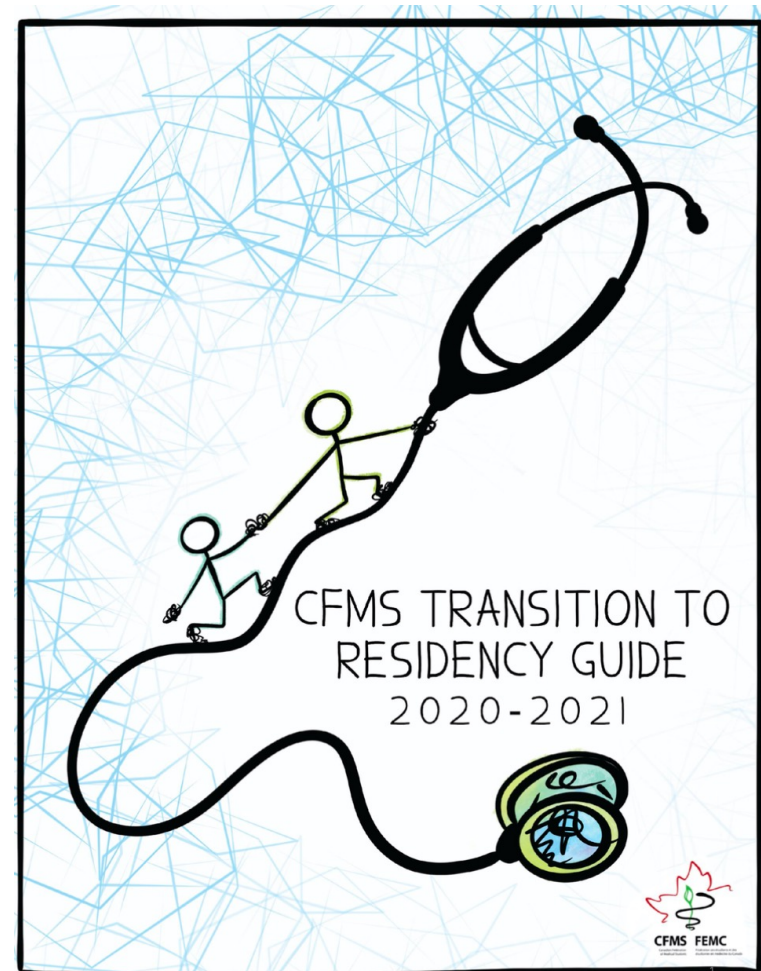


CONFLICT OF INTEREST AND DISCLOSURES

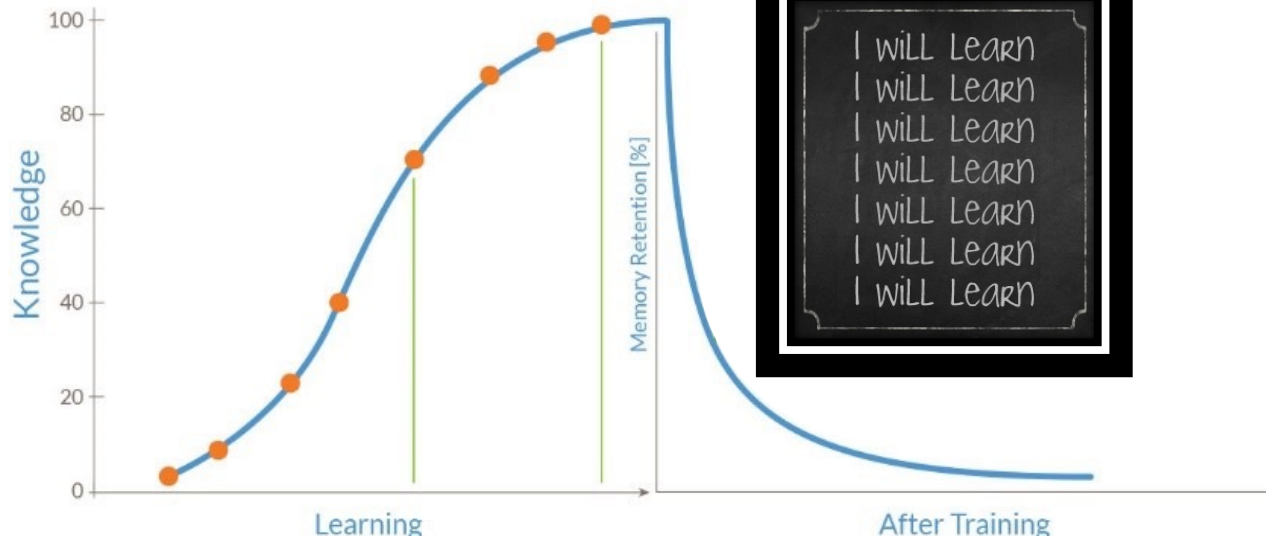
- No conflicts to mitigate
- Receiving small honorarium to speak today

THE TRANSITION TO RESIDENCY GUIDE FROM CFMS

[HTTPS://CFMS.ORG/WHAT-WE-
DO/EDUCATION/TRANSITION-TO-RESIDENCY](https://cfms.org/what-we-do/education/transition-to-residency)



Enhancing the Learning Curve



WARNING

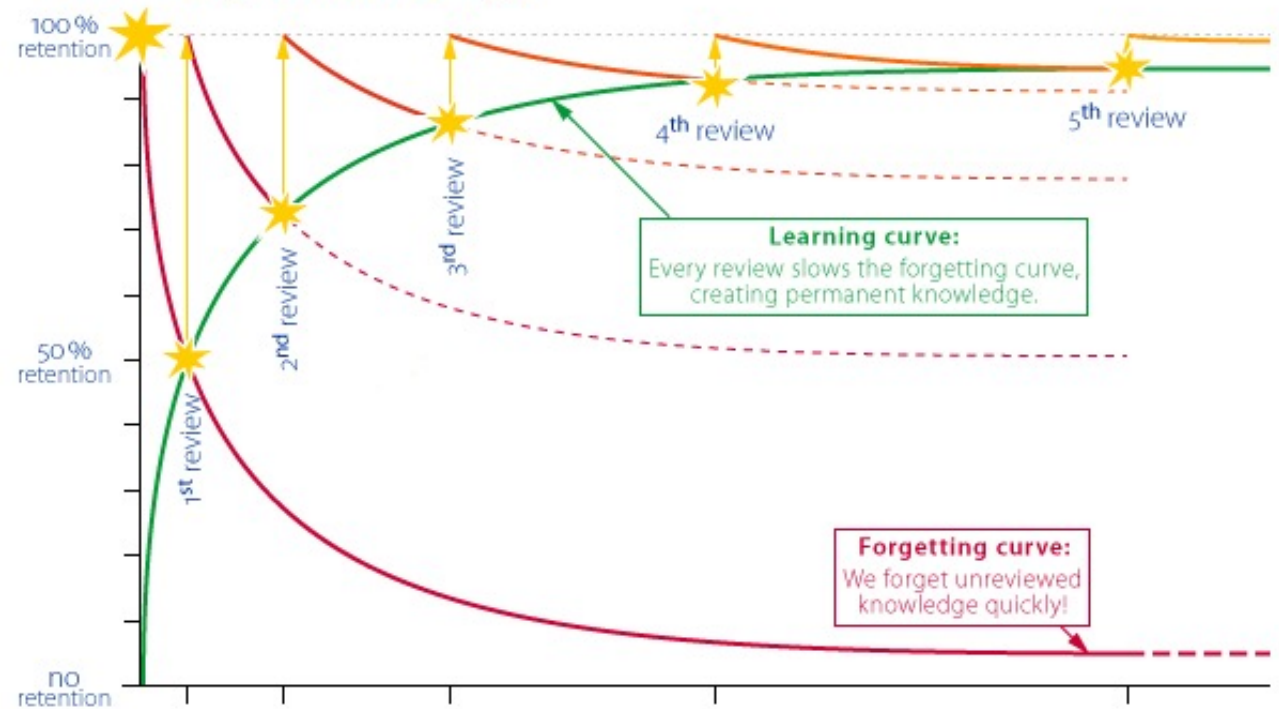
TIP #1: LEARNING CURVE IS STEEP.

LEARNING THEORY

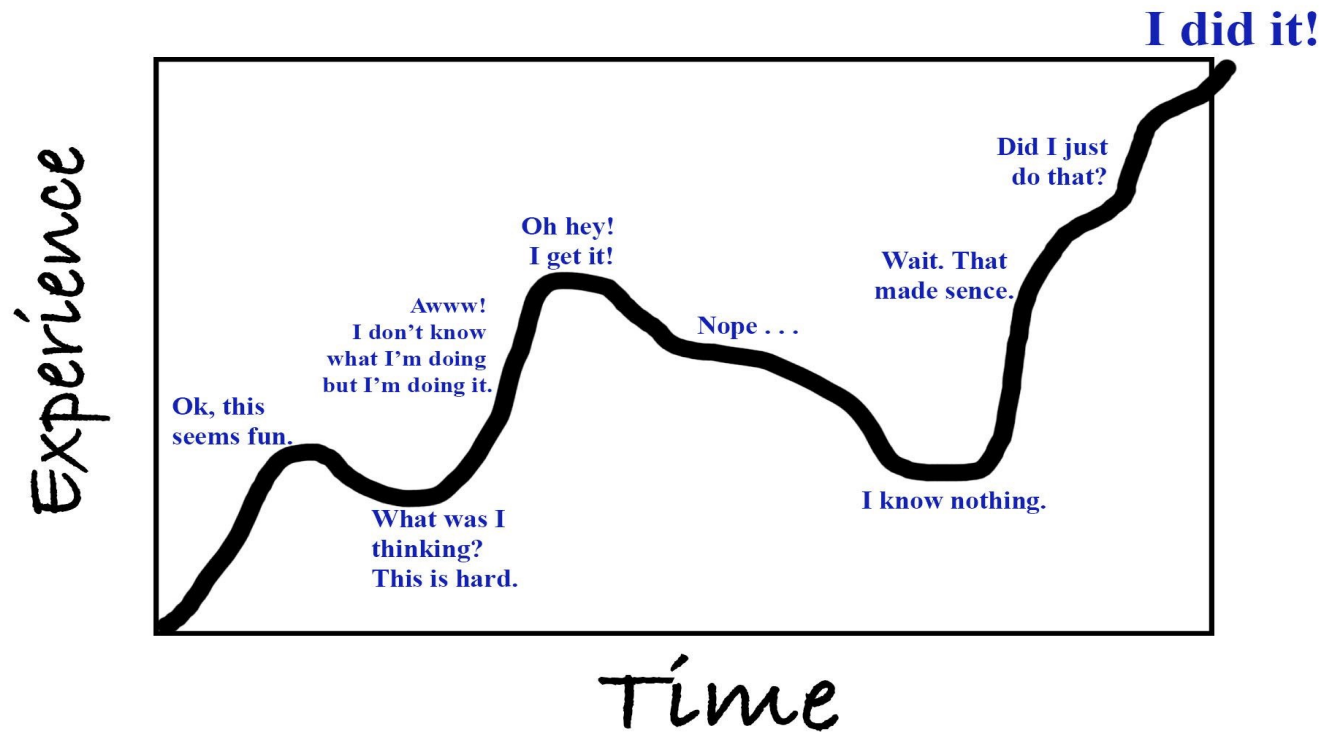
SPACED REVIEW / REPETITION

Why spaced review works

www.LearnThat.org, a LearnThat Foundation project

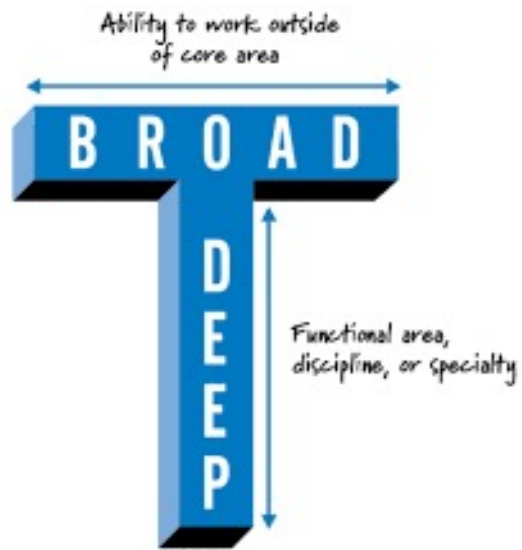


The Learning Curve



www.theexcitedwriter.com





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GENERALIST THEORIES

'Makes me thoroughly enjoy the experience of being told that everything I thought about something was wrong, I loved *Range*'
Malcolm Gladwell, bestselling author of *Outliers*



Range

How Generalists Triumph
in a Specialized World

David Epstein

Bestselling author of *The Sports Gene*

TIP #2: THINK RANGE → BREADTH + DEPTH



Be a deliberate
amateur



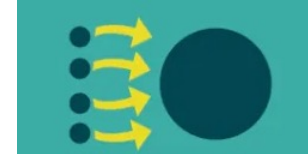
Head-starts are
overrated



Fast vs slow
learning



Don't be fooled
by expertise



Wide-sampling for
learning & creativity



Experiment: discover
your possible selves



Tackling never-seen-
before situations



Combine breadth
and depth

TIP #3:

YOU'LL
QUESTION
YOURSELF
CONSTANTLY





QUESTION MYSELF
CONSTANTLY

Nurse asks: "Patient has had no BM in 3d and has no PRNs" or "Can we have a sleep aid PRN"

When you're trying to get new orders
from a new resident



MOVIECLIPS.COM

♥ FabulousRN

When you're trying to get new orders
from a new resident



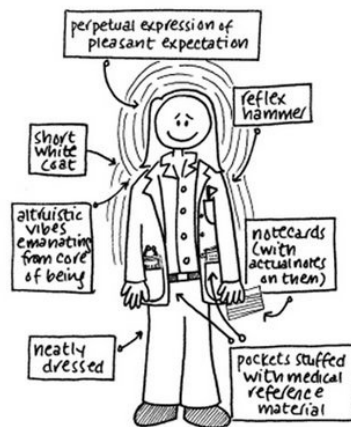
TIP #4:
NURSES RULE

1. Listen to them
2. RESPECT them
3. Take advice from them

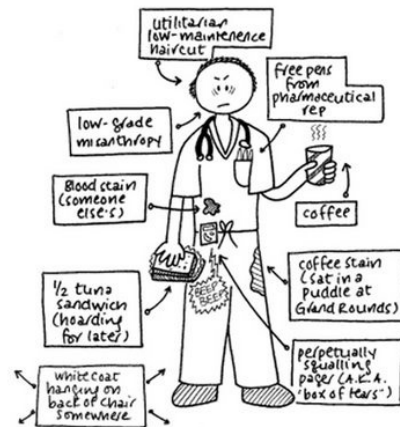


the medical hierarchy: a visual guide

medical student



resident



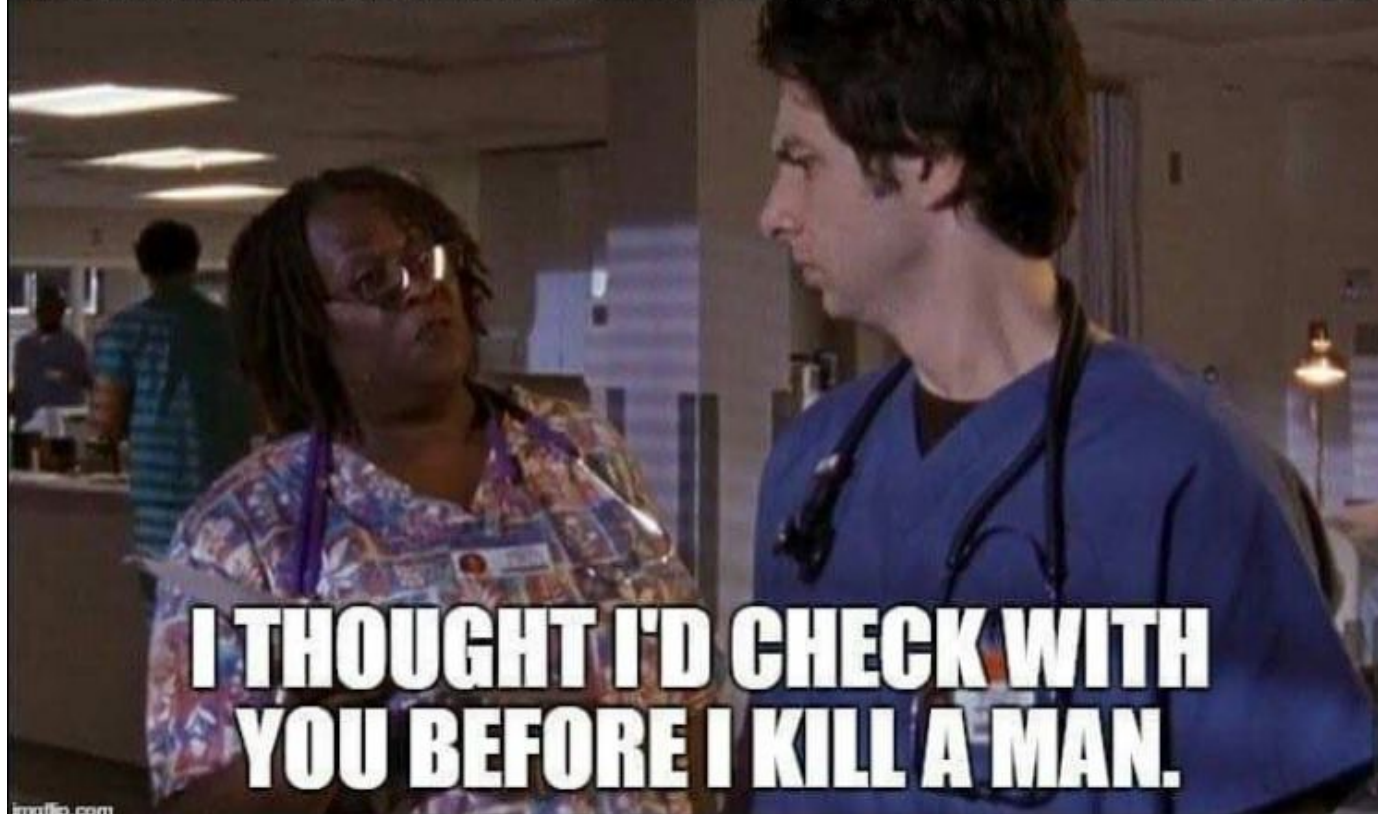
attending



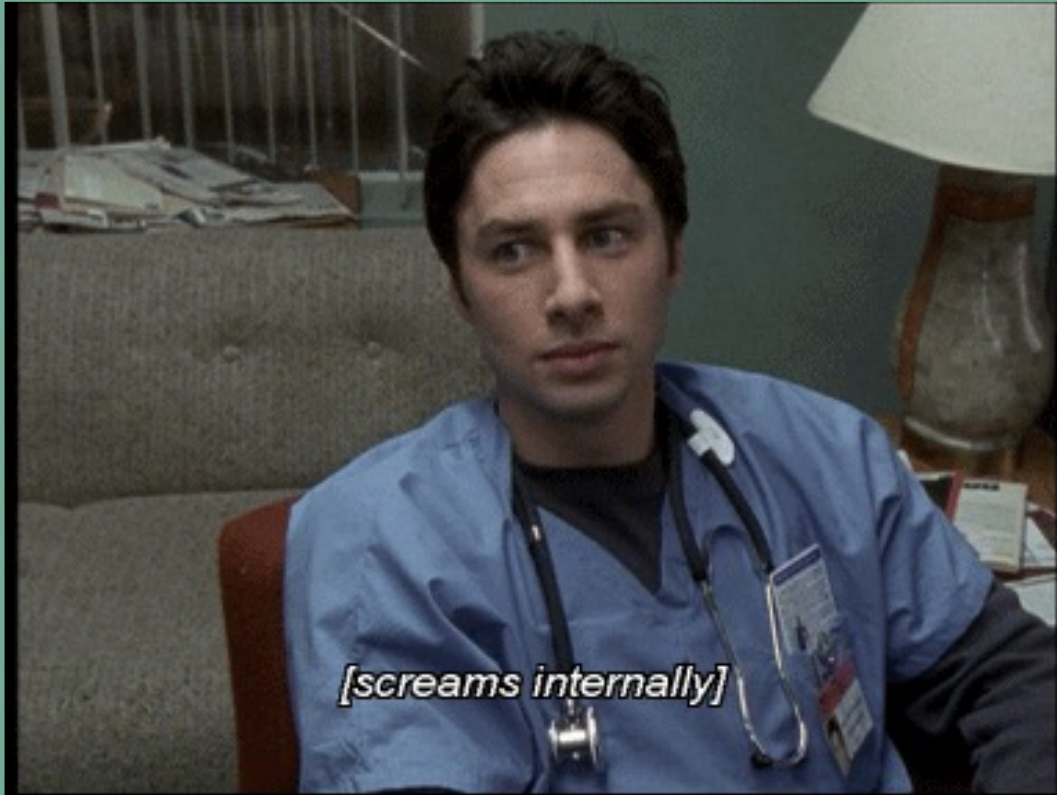
head nurse



**YOUR RESIDENT JUST ORDERED 10 MILLIGRAMS OF
MORPHINE FOR THE PATIENT WHOSE PRESSURE IS 40/26**

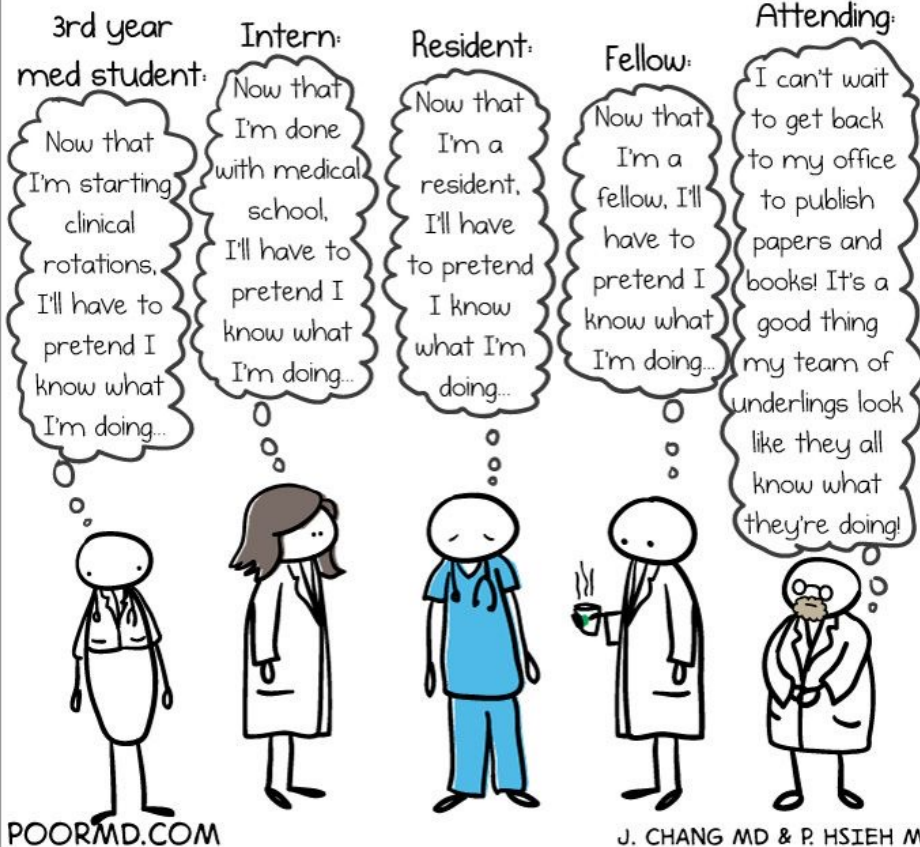


memegenerator.com



TIP #5:
DECISION MAKING
DURING UNCERTAIN
SITUATIONS

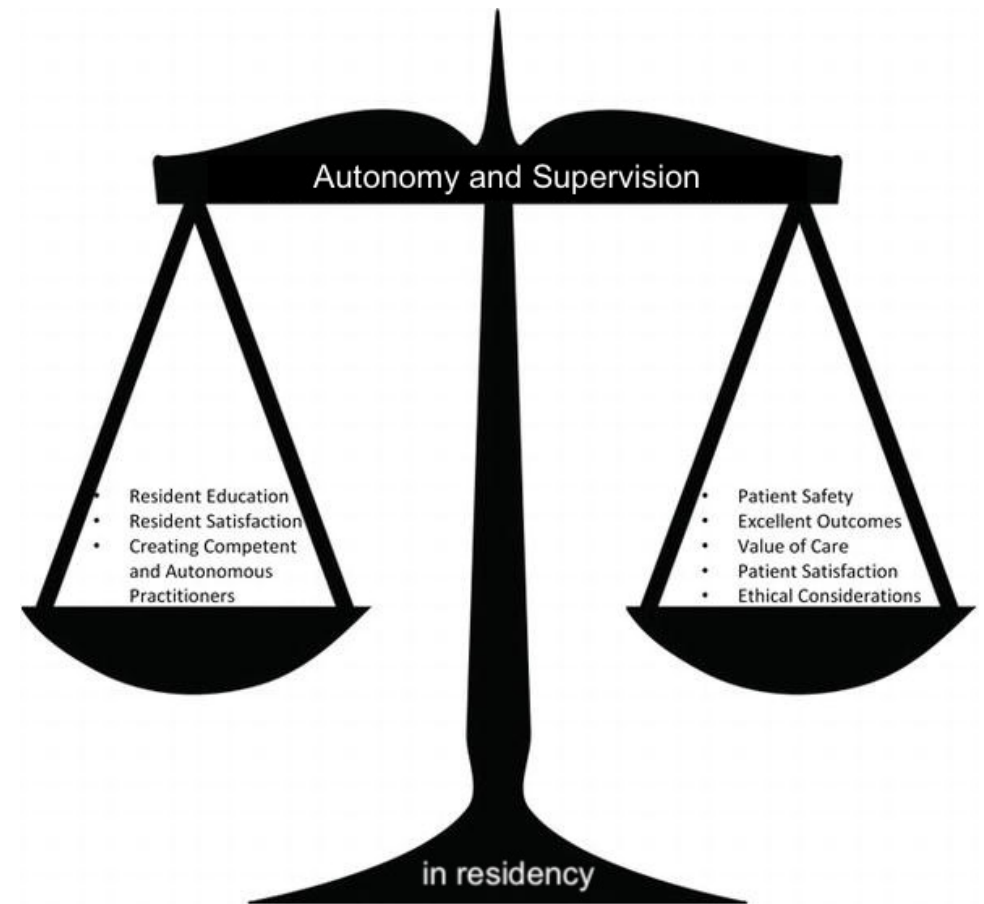
The Teaching Hospital "JULY EFFECT"



TIP #5:
DECISION MAKING DURING
UNCERTAIN SITUATIONS

Resident uncertainty in decision
making → anxiety → patient harm

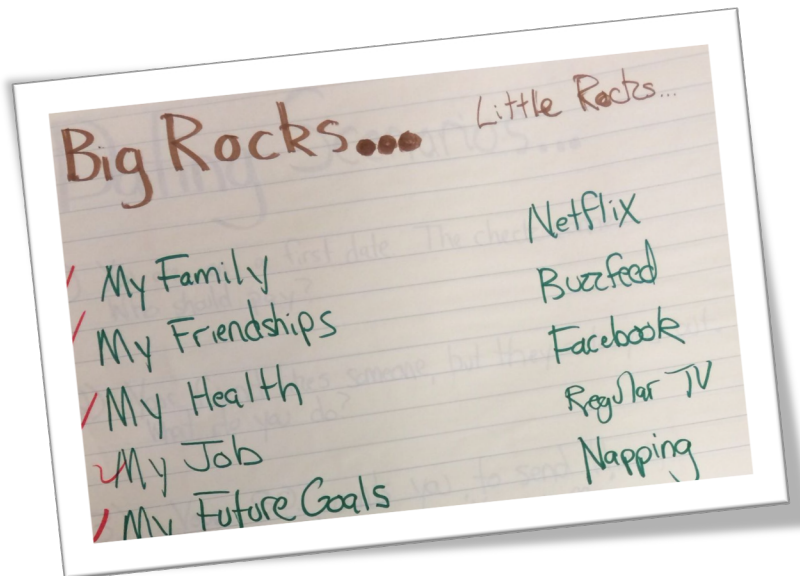
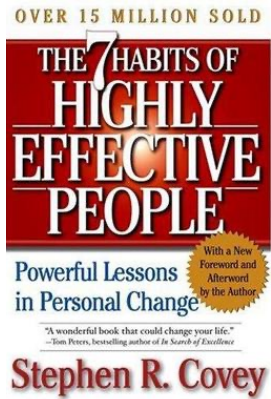
- Asking for help or advice CONFLICTS w/ autonomy
but
- Attendings often wish to be contacted sooner and
more often





TIP #6:
MENTAL
HEALTH...
FIND THE
THINGS THAT
REFUEL YOU.
DO THEM!

FIRST THINGS FIRST



TIP #7: POST-CALL SHIFT RITUALS

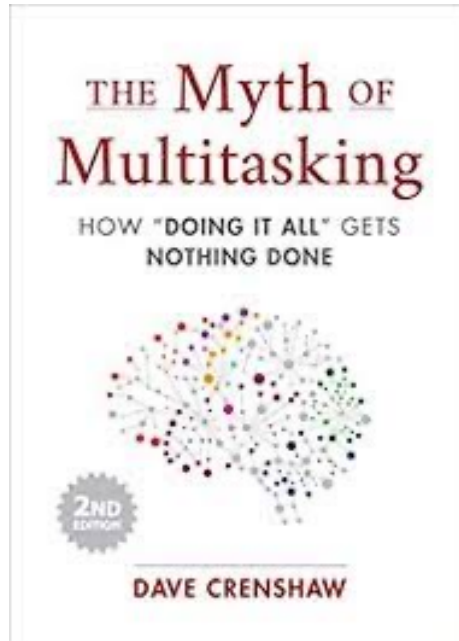
Ideas:

- Limit important tasks
- Find ENERGY! (maybe a workout)
- Treat yourself!!!
- Take a nap
- Do something FUN!!
- Go to sleep early



FEARLESSLYOMA.COM

TIP #8:
MULTITASKING ISN'T
REAL



TIP #9:
DON'T OVER-PLAN...
BUT HAVE A PLAN



TIP #10: PAPERWORK!
IT'S REAL.



**MUCH TO LEARN, YOU STILL
HAVE**

MAY THE FORCE BE WITH YOU

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QUESTIONS?

