



TRANSITION TO RESIDENCY

Pam Ng PGY-1 Pediatrics

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1. Wellness
 2. Organization tips

Wellness

- Reach out to others, create social media groups for residents
- Review your province/PARO work guidelines:
<https://myparo.ca/your-contract/>
- Use your health benefits (dentist, physician, psychologist, massage, PT etc.)
- Book your vacation in advance, use your lieu days, professional days
- Make a wellness call bag/locker
- Use NOSM wellness resources , NOSM Wellness App



PARO

Inspired by our
love of medicine



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- › [Letter Of Appointment](#)



Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario
أكاديمية الطب
لشمال أونتاريو

NOSM Well



Resident Main Menu



Emergency
Assistance



Emergency
Information



Covid - 19
Information



Wellness
Resources



Arrange a
Cab Home



Wellness
Calendar



Housing
Safety



Travel Safety



Collective
Agreement



Intimidation
Harassment



Find a Family
Doctor



Resident
Leaves
Checklist



A top-down view of a desk setup for organization. A notebook with a calendar grid is open, showing dates from 10 to 18. Three sticky notes (red, orange, and yellow) are placed on the left side of the notebook. A silver pen lies on the right side. The text 'ORGANIZING YOUR LIFE' is overlaid in the center in a large, white, sans-serif font, enclosed in a thin white rectangular border.

ORGANIZING YOUR LIFE

Organizing your life – Medicine

- Insurance and memberships
 - CPSO
 - CMPA
 - OMA
 - Life insurance
 - Disability insurance
 - Specialty organizations
- Payroll
 - Call stipends (date worked)
 - Paychecks
- Reimbursement
 - Travel (mileage, food)
 - Educational stipends
 - Other grants
- OSAP/loans
- Book mark
 - Apps guidelines, medication, UptoDate
 - Reimbursement page
 - Call stipend claim page
 - PanDa/MyCurriculum/Medsis
 - Frequent extensions (Pharmacy etc.)

Organizing your life – Non medicine

- Car (payments, insurance, maintenance)
- Rent/mortgage
- Wifi
- Phone payments
- Taxes

Payroll		
Pay date	Amount	Notes
July 15th 2020	1,937.13	
July 31st 2020	1,937.13	
August 15th 2020	1,937.13	

Call Stipend								
https://forms.microsoft.com/Pages/ResponsePage.aspx?id=WSEAs7Fb806OGVFmfhtGuWGLcA_BQlPjxp4AfAPu0BUNEVMRE43VDRYVzFHOVdXOFBKSDINVZFMS4u								
Block	Date	Type of call	Notes	Amount	Claim submitted	Date submitted	Received payment	
2020	1 Saturday July 11th- Sunday July 12th, 2020	Weekend call, home call		70.18	yes	Aug 9 2020	yes	
	1 Tuesday July 14 - Wednesday July 15	weekday call, converted		127.60	yes	Aug 9 2020	yes	
	1 Wednesday July 22nd - Thursday July 23rd	Weekday call, converted		127.60	yes	Aug 9 2020	yes	
	1 Saturday July 25th - Sunday July 26th	Weekend call, home call		70.18	yes	Aug 9 2020	yes	
	2 Monday July 27th - Tuesday July 28th	Weekday call, home call		63.80	yes	Aug 9 2020	yes	

Condo	Wifi	Car	Med- Insurance & Membership	Med - Travel, Reimbursement, Gra	Payroll	Personal Expenses	Health	Tax	OSAP
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Financial tips



- Physician specific banking - Line of Credit, Chequing account
- Taxes
 - Keep a folder of receipts of CPSO, CMLPA, LMCC, OMA, tax slips etc.)
 - Accountants for residents
- Consider starting to invest (Bank, 3rd party)
- Join groups, i.e., Facebook: Canadian Physicians for Financial Independence

Any questions?
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