



**MEDIA RELEASE**  
**For immediate release**

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**Resident physicians support Alberta’s vulnerable citizens during annual community campaign**

**February 6, 2017, Edmonton, AB** – This week, Alberta’s resident physicians will be delivering donations of essential items to shelters and community agencies across Alberta as part of the PARAdime campaign. The deliveries are the culmination of the annual community initiative spearheaded by resident physicians to provide support to Alberta’s most vulnerable.

“Although most of our work as resident physicians is done in a formal health care setting, we also have a responsibility as physicians to be part of preventative medicine,” says Dr. Adele Duimering, an Edmonton-based radiation oncology resident physician and chair of the PARAdime Campaign. “Staying healthy is more challenging when individuals have to worry about food, clothing and personal hygiene.”

Each year from November through January, PARAdime collection bins are set up in several hospitals across Alberta where resident physicians and other health care workers can drop off donations of new and gently used clothing, toiletries and healthy non-perishable snacks. At the end of the campaign, the donations collected are delivered by resident physicians to local shelters and community agencies.

The PARAdime campaign encourages resident physicians to help keep their community healthy by providing basic necessities. “If we can help improve the health of some of the most vulnerable, we can help relieve some of the pressure on our health care system,” says Dr. Duimering.

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*The Professional Association of Resident Physicians of Alberta (PARA) is the voice of the more than 1,700 resident physicians providing round-the-clock medical care to Albertans in acute care hospitals and outpatient facilities. PARA advocates excellence in education and patient care while striving to achieve optimal working conditions and personal well-being for all its members. [www.para-ab.ca](http://www.para-ab.ca)*



## **PARAdime Fact Sheet**

### **What is PARAdime?**

- PARAdime is a resident physician-driven annual community wellness initiative that provides support to some of Alberta's most vulnerable citizens; PARAdime is now in its eighth year
- Collection bins are set up in hospitals across Alberta, allowing resident physicians and other health care workers to drop off donations of new and gently used clothing and other items most needed by partner agencies
- At the end of the campaign the donations collected are delivered by resident physicians to local shelters and agencies working with Alberta's vulnerable populations

### **What is the goal of PARAdime?**

- Increase resident physician awareness of the challenges faced by some of their fellow Albertans
- Engage other allied health care workers – those who work with resident physicians as part of the interdisciplinary teams providing patient care – in providing basic necessities to help improve the health of those at risk
- Help relieve some of the pressure on our stressed health care system by improving the health of some of the community's most vulnerable

### **Why is PARAdime important?**

- Alberta's Resident Physicians are front-line health care providers, experiencing first-hand the challenges of providing patient care to Albertans in today's health care system
- Resident physicians believe preventative health care will play an essential role in improving health care delivery in Alberta
- Community wellness initiatives such as PARAdime help establish positive and mutually-beneficial relationships between health care workers and vulnerable populations, ultimately helping to support the health and well-being of all Albertans



## Resident Physician Fact Sheet

Residency training has a rich tradition. The term 'resident' reflects that these medical trainees used to literally live within the hospital, providing intense, round-the-clock care to patients during their training. While resident physicians no longer live within the hospital, they do provide a significant portion of the overnight and after hours care in acute care facilities across Alberta.

### Who is a resident physician?

- Resident physicians are often a patient's first physician contact in teaching hospitals and clinics across the province
- Following the completion of a Doctor of Medicine (M.D.) program, resident physicians undergo further training, known as residency, which prepares them for licensure under either the College of Family Physicians of Canada or the Royal College of Physicians and Surgeons of Canada
- Resident physicians generally have at least eight years of university training prior to the commencement of residency
- With residency programs requiring an additional two to seven years of post-graduate training, most resident physicians spend more than 10 years training to become fully-licensed physicians

### Who is PARA?

- The Professional Association of Resident Physicians of Alberta (PARA) is a non-profit association representing physicians completing further training in a residency program
- PARA advocates excellence in education and patient care while striving to achieve optimal working conditions and personal well-being for its more than 1,700 members
- PARA supports individual resident physicians through education, leadership and well-being initiatives
- PARA has been advocating on behalf of Alberta's resident physicians since 1975