



PARO

The Professional Association of Residents of Ontario

Toronto Postgraduate Information Session

Dr. Kaif Pardhan – Emergency Medicine

May 10, 2016

Session Topics

- Our Keys to Success
- Orientation
- Helping You
- Guides & Tips
- Contacting PARO

PARO champions the issues that create the conditions for residents to be their best and ensure optimal patient care

Our Three Pillars

OPTIMAL **TRAINING**

Residents
FEEL CONFIDENT
TO SUCCEED
AND COMPETENT
to ACHIEVE
EXCELLENCE
in PATIENT CARE

OPTIMAL **WORK CONDITIONS**

Residents enjoy
working and learning
in a SAFE,
RESPECTFUL, AND
HEALTHY environment

OPTIMAL **TRANSITIONS**

Residents are able to make
INFORMED CAREER
CHOICES,
HAVE EQUITABLE ACCESS
TO PRACTICE
OPPORTUNITIES,
AND ACQUIRE PRACTICE
MANAGEMENT SKILLS
for Residency and beyond

Who are PARO Members?

- PARO members are post-graduate medical trainees registered in approved university programs, participating in accredited training programs leading to licensure and/or certification by either the RCPSC or the CFPC
- Our members are located at six university sites in over 200 different hospitals or clinics all over the the province

PGY1 Orientation

- June 29th – PGME Welcome Reception for new residents.
- July 4th – Common Hospital Orientation for new residents.

New Resident Welcome Program

PARO Program to help transition PGY1s

- **one-to-one personal assistance for incoming PGY1s**
- **site and specialty specific**
- **incoming residents can contact the PARO office for further information**

Transition to Overnight Call

- JWG of PARO, CAHO and the Postgrad Deans created recommendations for transitioning new PGY1s to overnight call.
- These recommendations are now included in the PARO-CAHO Collective Agreement.
- Some PG Deans have started developing a plan of action, in your role you will play a very important part in the implementation of the recommendations.

Contract Tips

Though you cannot require residents to submit vacation requests earlier than required under the Agreement, you can suggest that they submit 3 weeks prior to start of rotation to help streamline and accommodate specific requirements.

Incoming PGY1s may be unfamiliar with the process, so please feel free to reach out, pre-notify, and suggest submitting leave requests and stipend claims early.

PARO 24 Hour Helpline

The intensity of residency can put stress on residents and their families. PARO has a number of supports and programs to help them.

The PARO Helpline is:

- 100% confidential and anonymous helpline referral service
- 24/7

You should:

- * Ensure sure residents, resident's families, and medical students are aware of this service
- * Be able to identify and recommend this service to residents who might benefit from it

1-866-HELP-DOC

When Can I, Should I Contact a PARO GC Representatives or PARO Staff?

Contact PARO whenever you seek clarification about contract or non-contract related issues

We want you to think of PARO as your “GO TO” organization too!

At the PARO office we have a professional experienced staff to help or direct you to the resources to help you

Contact PARO

Phone: 1-877-979-1183
(local: 416-979-1182)

Email: paro@paroteam.ca
Website: www.myparo.ca