Have you signed up to prevent cervical cancer?

The SOGC at FIGO 2012 in Rome

Calling all musicians, actors, artists and jugglers
September is Ovarian Cancer Awareness Month, an excellent opportunity for health-care providers to brush up on their knowledge of this too-often deadly disease and a reminder to ‘be aware’ of the possibility of ovarian cancer.

For more information, visit Ovarian Cancer Canada and www.ovariancanada.org or the Society of Gynecologic Oncology of Canada at www.g-o-c.org.

September
- Emergency Contraception

October
- Classification of Caesarean Sections in Canada: The Modified Robson Criteria
- Rural Maternity Care

November
- Treatments for Overactive Bladder: Focus on Pharmacotherapy
- Abnormal uterine bleeding

Did you know that according to the Public Health Agency of Canada, 15 per cent of women have never had a Pap test, and 30 per cent have not been screened in the last three years?

Visit www.fmwc.ca to sign up for the National Pap Test Campaign. Think you don’t have time to offer a Pap test clinic? Every little bit helps; even a few hours would help women in your community access a Pap test that they could not get otherwise.

We need YOU to help prevent cervical cancer from October 22 to 28

Once again, in partnership with the Federation of Medical Women of Canada, the SOGC is running a National Pap Test Campaign. During Cervical Cancer Awareness Week, hundreds of health-care professionals will be offering special Pap test clinics for women in their communities.

With millions of women in Canada who still do not get regular Pap tests and/or HPV vaccinations, this campaign seeks to make it as compelling and as convenient as possible for women to get tested, as well as providing an opportune moment and setting to engage patients in a conversation about HPV prevention.

The days get shorter, the leaves fall from trees and our patients start lining up for their flu shots (or at least we encourage them to do so). Pregnant women are at increased risk of hospitalization and serious complications from influenza. The seasonal flu vaccine is safe for pregnant women and is recommended for those who will be pregnant during flu season. Being immunized will also help protect their babies through their first few months of life.

During October — Flu Prevention Awareness Month — make every effort you can to encourage your patients to get vaccinated. The SOGC has a bilingual brochure, Immunization: Before and during pregnancy, with information for patients. This product can be ordered at www.sogc.org and the content is available for free online.

Do your patients have their flu shots?
The SOGC, representing you in Rome

By Dr. Vyta Senikas, acting executive vice-president

Once every three years, the international ob/gyn community gathers to collaborate towards improved women’s health worldwide. In just a few weeks, the XX FIGO World Congress of Gynecology and Obstetrics will be held in Italy, and a delegation from the SOGC will be present — to share our own experiences, to represent our members’ interests, and to bring home new lessons and ideas.

The International Federation of Gynecology and Obstetrics (FIGO) plays an important role in raising the standards of practice in obstetrics and gynaecology around the world. Our own members should look proudly upon the SOGC’s role as a well-respected and influential participant of FIGO’s ongoing activities and administration, as well as at its triennial congresses.

As one of 24 member associations with a seat on the FIGO executive board, our delegates in Rome — led by SOGC president Dr. Douglas Black, vice-president Dr. Ward Murdock, and acting executive vice-president Dr. Vyta Senikas — will represent the SOGC at several official functions, including a meeting of the aforementioned board. Another important administrative event is the general assembly, at which the SOGC will have three votes.

SOGC representatives will also participate in several pre-congress courses and hands-on workshops centred around organizational capacity building. Ms. Liette Perron of our International Women’s Health Program will present an electronic toolkit which was developed by the SOGC for the FIGO LOGIC Initiative in Maternal and Newborn Health, a project which has been developed to improve policy and practice in under-served and low-resource countries.

Other SOGC representatives who were volunteer mentors within the FIGO Saving Mothers and Newborns project will attend a session reviewing the results of this initiative. Dr. Heather Gottlieb will be the Junior member representative for the SOGC at a workshop organized by the World Association for Trainees in ob/gyn.

Finally, the SOGC will have a booth in the exhibit area, alongside Vancouver Tourism. In addition to giving information on our own programs, we will be promoting the next FIGO World Congress in Vancouver, 2015.

Dr. Black has been invited to give an address at this year’s closing ceremonies, and will encourage the rest of the world to come and experience our great country!

The SOGC’s cocktail reception in Rome

The SOGC will host a cocktail reception in Rome on the evening of Monday, October 8. This will be an opportunity for SOGC representatives, Canadian delegates and key international partners such as the presidents of international ob/gyn societies and FIGO and Italian executives to meet and network.

Please contact Madelin Rocheleau at mrocheleau@sogc.com for more information about this event.

Executive Committee

- President: Douglas M. Black, MD, Ottawa
- Past president: Mark Heywood, MD, Vancouver
- President-elect: Ward Murdock, MD, Fredericton
- Acting executive vice-president: Vyta Senikas, MD, Ottawa
- Treasurer: Ian R. Lange, MD, Calgary
- Vice-presidents: Diane Francoeur, MD, Montréal Margaret Burnett, MD, Winnipeg

Regional chairs, alternate chairs and other representatives

- Western region: Stephen Kaye, MD, North Vancouver Radha Chari, MD, Edmonton
- Central region: George D. Carson, MD, Regina Hussam M. Azzam, MD, Thompson
- Ontario region: Wendy Lynn Wolfman, MD, Toronto William Mundle, MD, Windsor
- Quebec region: Isabelle Girard, MD, Montréal Robert Sabbah, MD, Montréal
- Atlantic region: Joan Crane, MD, St-John’s Krista Cassell, MD, Charlottetown
- Junior member representative: Stéphane Foulem, MD, St. John’s
- Public representative: Ms. Micheline Bouchard
- Associate member (FP): Andrée Gagnon, MD, Blainville
- Associate member (RN-NP): Janet Walker, RN, Vancouver
- Associate member (RM): Kimberley Campbell, RM, Abbotsford
- APOG representative: Margaret Morris, MD, Winnipeg

The SOGC, representing you in Rome

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In association with l’Association des omnipraticiens en périsnatalité du Québec (AOPQ)

QUEBEC CME PROGRAM IN OBSTETRICS
For family physicians, nurses and midwives
November 15–16, 2012

Hotel Reservations: Fairmont The Queen Elizabeth
• 900 Boul. René Lévesque Ouest, Montréal (Québec)
• Standard room: $144 per night single/double occupancy
• Tel: 1-800-441-1414
• Group code: SOGC1112
• Reserve before Friday, October 5, 2012

Preliminary Program available online

This CME program is offered in French. The Quebec CME Program in Obstetrics is an accredited Continuing Medical Education (CME) program by the SOGC.
Ontario CME Program
Update in Obstetrics and Gynaecology
December 6–8, 2012
Marriott Downtown Eaton Centre, Toronto, Ontario

This CME program is offered in English. The Ontario CME is an accredited Continuing Medical Education (CME) program by the SOGC.

Upcoming meetings

SOGC meetings

Quebec CME
Update in Obstetrics and Gynaecology
September 27–29, 2012
Québec City, QC

Quebec CME in Obstetrics
For family physicians, nurses and midwives
November 15–16, 2012
Montréal, QC

Ontario CME
Update in Obstetrics and Gynaecology
December 6–8, 2012
Toronto, ON

69th Annual Clinical Meeting
June 11–15, 2013
Calgary, AB

Program schedule

Location ......................... Date
Québec, QC ....... SOLD OUT ... Sept. 30–Oct. 1
Offered in French

Montréal, QC ............... Nov. 17–18
(in conjunction with the Quebec CME)
Offered in French

Toronto, ON ................ Dec. 9–10
(in conjunction with the Ontario CME)
Offered in English

Other meetings

Heads Up! Breech Conference
November 9 to 11, 2012
4H Conference Center, Washington, DC
www.conference.breechbirth.ca

FIGO World Congress of Gynecology and Obstetrics
October 7 to 12, 2012
Rome, Italy
www.figo2012.org/home/
Recent studies authored by SOGC members


How do you promote and support contraception?

World Contraception Day, which will be celebrated on September 26, is an annual campaign with a vision for a world where every pregnancy is wanted. Its mission is to improve awareness of contraception to enable young people to make informed decisions on sexual and reproductive health.

The SOGC has several great resources to help you educate your patients. Visit sexualityandu.ca — not only is it a great resource to refer your patients to, but we also have many reference tools which you can order at no cost for your practice. From our comprehensive ‘Choosing a contraceptive that’s right for you’ flipchart to our new ‘2012 Hormonal Contraception Available in Canada’ comparative chart, we have many products to help you help your patients.

WELCOME, new members

The SOGC is pleased to welcome some of the newest members to our society:

**International member:** Dr. Nouchine Kramer

**Junior member:** Dr. Marie-Claude Bussières; Dr. Adrienne Louise Kit Li; Dr. Jennifer Anne Rodych

**Junior member (family practice):** Dr. Genèvieve Gravel

**Associate member (family practice):** Dr. Fatima Ali; Dr. Jessica Lapointe

**Associate member (registered midwife):** Ms. Sarah Doyle

**Associate member (students in health-care training):** Miss Natasha R. Aziz; Mr. Daniel Richard Horspool; Ms. So Youn Rachel Kim; Ms. Crystalyn Rogers; Ms. Elisabeth Wright

News – and healthy work environment strategies – from the University of Alberta

By Dr. Sophia Pin and Dr. Rhonda Zwingerman

Hello from Edmonton, known for its year-round slate of festivals and encompassing one of the largest recreational pathway systems in the country, located in the heart of the river valley.

We would like to start off by saying a big ‘congratulations’ to all of our program’s recent graduates: Juliette, Jeanelle, Amanda, Momoe, Innie and Nao. They successfully passed the Royal College exams and are on their way to the next chapters of their lives. Half of them have started general practice and the other half are full-on into fellowships.

It’s out with the old and in with the new, so a big welcome to the new R1s! We have a diverse crew of six residents who we are excited to share our knowledge and experience with. We are also welcoming two family medicine doctors into the R2 year and are thrilled to have them join us. We would like to say a big ‘thank you’ to Dr. Cathy Flood (urogyn) who stepped in for the year when we were nearly without a program director, and carried us through. And now, a fresh start with our new program director, Dr. Helen Steed (gwonec), who is passionate about our program and excited to take on the position.

The R2 year also brings other changes for participants. They will be continuing on in the surgical foundations program, strengthening their OR skills and building their knowledge. There is also a new two-month family planning block, which involves early pregnancy loss, complex contraception counseling, family planning and the adolescent pregnancy clinic. We are also expanding our R2 year to include experiences at two additional community hospitals, the Sturgeon and the Misericordia.

Two of our residents received great distinction this year with awards for resident research. Dr. Jeanelle Sabourin received the APGO Resident Scholars Award and Dr. Michelle Lacasse won second place for junior member posters at the SOGC’s annual clinical meeting.

For our resident wellbeing event this year, we headed out to Jasper Park Lodge to enjoy the Maligne Canyon Icewalk Tour. The tour allowed us to be outside, in a relaxed group setting away from the hospital, to share ideas and communicate more openly as a team. A large part of fostering communication is creating the appropriate atmosphere, and what better place than Jasper? It encouraged fitness and reminded us of the importance of a balanced lifestyle. This year, we are having a yoga instructor come in to encourage fitness, nutrition and health in the workplace by taking us through a rigorous practice and then finishing off with some health and wellness tips.

All in all, the year was a success and we are ready for the challenge and change this next year has to bring!
It’s been a busy year at UBC! We are finally enjoying a beautiful, sunny summer after a very rainy spring.

This past year we said goodbye to five chief residents who successfully passed the Royal College exams and graduated. Congratulations to Janet, Andrea, Andora, Grace and Cheryl! We look forward to working with all of you as our new staff.

We also welcomed eight new PGY1s from all over Canada, plus one resident who switched into R2 ob/gyn from general surgery. We celebrated the arrival of five babies born to residents in our program and three weddings.

During the 2011-2012 year, we introduced our new ‘block based’ academic half day schedule. Academic half days are now grouped into categories including urogynaecology, gynecologic oncology, infectious diseases, general ob/gyn, and surgical skills. Academic half days are jointly taught by a resident and staff and this format has been working well for us. We’ve also been continuing with our monthly topic-based journal clubs where we review three academic journals. Over the past year we also had two successful practice OSCEs and residents’ academic day where exciting research from many of our residents was showcased. For the first time, residents took a critical care basics course and a medical disclosure workshop.

We also had some fun! We had a very successful two-day resident retreat in Whistler this past winter which was a wonderful opportunity to relax and spend time with colleagues. We welcomed speakers who spoke to us about effective handover, and resident burnout, followed by a ski day. We also recently held a ‘Residents Day’ that allowed residents to spend the day kayaking, golfing, sailing or biking followed by a delicious dinner.

Our current program director Dr. Elisabet Joa accepted the role of head for the department of obstetrics and gynecology at Providence Health Care. We congratulate her and wish her best of luck on this exciting endeavor. Meanwhile, we are anxiously waiting to hear who our new program director will be!

No doubt that 2012-2013 will be an equally busy and exciting year for us here at UBC and we look forward to the changes and improvements our program will see as we continue to grow and learn!

Ob/gyn residents of the University of British Columbia.
Junior member news

JSOG International Seminar for Junior Fellows

By Dr. Karen Wou

This past April, I was one of the lucky residents chosen to represent the SOGC Junior Member Committee at the International Seminar for Junior Fellows in the beautiful port city of Kobe. The meeting took place during the 64th Annual Congress of the Japan Society of Obstetrics and Gynecology.

There has been a long tradition of an exchange between Canadian residents/fellows and Japanese “young doctors”, who also attend the SOGC Annual Clinical Meeting every year.

More than 50 “young doctors” from Canada, the United States, Japan, Korea, China and Taiwan participate in this seminar for junior fellows. Eight groups are formed well in advance of the meeting, and we communicated by emails to brainstorm and choose a topic of discussion among us. This topic could be one of a scientific nature such as tocolytic agents in preterm labor, educational such as training programs in ob/gyn or resident well-being such as working conditions during residency. We exchanged ideas and prepared a Powerpoint presentation for the meeting.

My group, Group C, led by Dr. Eri Yamada from Nagoya, chose to compare the night shift system among our countries of training: the night shift requirements, the hours, the duties while on-call, the back-up system, monetary compensations, etc. We were all fascinated by the different working conditions of each country and did not hesitate to exchange fun and stressful anecdotes of our own night calls. Topics from other groups include residency training in ob/gyn, promotion of the specialty, health insurance coverage, childbirth policy, treatment of preterm labor and preterm premature rupture of membranes and minimally invasive surgery in ob/gyn. It’s amazing how things can be so different but also so similar for ob/gyn residents from across the world.

The JSOG meeting also had an international program in English which included poster and oral presentations, an International Workshop on Global Partnership to save Mothers, Newborns and Children, and finally the FIGO forum given by past, present and future FIGO presidents. We were lucky to continue our exchange during a dinner party for junior fellows and organizers at a local “izakaya” over delicious Japanese food and sake.

I would like to thank the JSOG and Dr. Naoki Okimoto for their hospitality and organization of such an enriching seminar. I send my warmest greetings to my tutor Dr. Eri Yamada for facilitating such an engaging exchange and to Group C for sharing their experiences of our beautiful specialty.

I planned this meeting to include some vacation days to discover the Japanese culture and its natural beauty: the capital city of Tokyo with skyscrapers and bustling nightlife, the imperial city of Kyoto with an endless number of temples and gardens, the mesmerizing Himeji castle, the impressive Big Buddha in Nara and also Osaka with its love for the culinary. My Japan trip was memorable for the people I met during the JSOG, the delicious Japanese dishes and the lovely cities I visited. I highly recommend it to any resident from the SOGC Junior Member Committee who is looking for a genuine experience abroad on top of their involvement in residency life issues at the provincial and national level.

I thank the SOGC for sending me to Japan to represent them. The honor is truly mine.
Incontinence report, recommendations, decision tool released

Urinary incontinence is a condition experienced by 1.5 million Canadians, most of whom are women. Incontinence is more common among women because of bodily changes that can result from pregnancy, childbirth and menopause. Despite how common it is, some women are hesitant to raise the issue of incontinence with their health-care providers, because they are embarrassed or they think it is just a part of getting older and they have to learn to live with it.

Echo, an agency of the Ministry of Health and Long-Term Care of Ontario which works through strategic partnerships to ensure gender-based analysis supports decisions that affect women, asked researchers associated with the Registered Nurses’ Association of Ontario (RNAO) to conduct a study to support the decision-making needs of women experiencing incontinence. Led by Dr. Jennifer Skelly and Dr. Tazim Virani, the project team also developed and tested a decision tool that would guide women through the process of considering their incontinence symptoms, weighing treatment options, and discussing the problem with their primary health-care provider.

Echo has now released the decision tool and accompanying Echo Advances and RNAO project report. The report provides a set of recommendations for health-care providers, including a call to open the door for discussions about incontinence with mid-life women, to inform themselves about the management options for urinary incontinence, and to make their patients aware of the decision-aid tool. In the coming months, Echo will work with RNAO and other partners to distribute the tool widely.

Links to the decision aid and project report can be found at www.menopauseandu.ca.

Tell Your Patients:
Free Menopause Information Sessions

Do you have patients who are struggling to understand menopause and the many treatment options available? The SOGC is again offering its popular public forums on menopause, where the public can hear from the Society’s experts on what works, what’s safe and where they can turn for information about hot flashes, bladder, weight gain and much more!

Preregistration not required.

Confirmed dates:

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<tr>
<th>Gatineau (French)</th>
<th>Saskatoon (English)</th>
<th>Winnipeg (English)</th>
<th>Moncton (English)</th>
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<td>Wednesday, October 10</td>
<td>Monday, October 22</td>
<td>Tuesday, October 23</td>
<td>Thursday, October 25</td>
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<td>7:00 p.m. to 8:30 p.m.</td>
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<tr>
<td>Maison du citoyen</td>
<td>Saskatoon Inn Hotel and Conference Centre</td>
<td>Hilton Suites Winnipeg Airport</td>
<td>Delta Beauséjour</td>
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<tr>
<td>25, rue Laurier</td>
<td>2002 Airport Drive</td>
<td>1800 Wellington Avenue</td>
<td>750 Main Street</td>
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<tr>
<td>Guest Speaker: Dr. Carol McConnery</td>
<td>Guest Speaker: Dr. Anette Epp</td>
<td>Guest Speaker: Dr. Margaret Burnett</td>
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The dates and locations of two more events will be announced soon. For information on any of these sessions, please visit www.menopauseandu.ca.

Where is the SOGC this fall? All over the world

The SOGC’s International Women’s Health Program is preparing for a busy fall, with several trips planned to deliver the ALARM International Program (AIP) in resource-constrained countries.

- At the end of September, IWHP volunteers will offer the first of three courses for a new initiative in Zimbabwe, in partnership with Health Partners International of Canada and the Zimbabwe Association of Church-Related Hospitals.

- In October, IWHP volunteers will travel to Haiti to continue the delivery of the numerous AIP courses that make up the Haiti Reconstruction Project, as well as to Ethiopia and Bangladesh to begin delivery of the AIP for a Mothers, Newborn and Child Health Quality Improvement Project in collaboration with Plan Canada. The IWHP also looks forward to meeting many of its partners in October during the FIGO Congress, where activities are planned with the FIGO-LOGIC Initiative in Maternal and Newborn Health.

- AIP activities are already planned for the months of November and December, with the rollout of the Safer Obstetrics in Rural Tanzania project, as well as a new partnership with Venezuela.

To learn more about the IWHP’s projects and upcoming activities, visit http://iwhp.sogc.org.
TCCF-CFWH partnership and award announcement

The Canadian Continence Foundation (TCCF) and the Canadian Foundation for Women’s Health (CFWH) have partnered together to establish the Urogynaecology Award; a new research award that will be added to the existing CFWH awards, fellowships and grants line-up.

Urinary incontinence, the involuntary loss of bladder control, can have a dramatic impact on one’s life. There are millions of Canadians suffering from incontinence who are crying for help. There are ways to manage incontinence, and in many cases cure it. Due to embarrassment, many people do not seek help and therefore are unaware of the many treatment options that are now available.

The objective of the Urogynaecology Award is to foster Canadian research in the field of urogynaecology and help women who are suffering from urinary incontinence. The purpose of this award is to support researchers and educate the public with their new research findings.

Call for submissions for the CFWH’s Awards, Fellowships and Grants Program will begin in December 2012. The recipient of the inaugural 2013 Urogynaecology Award will be presented at the CFWH Healthy Women, Healthy Future Gala and Research Awards Ceremony (Calgary, Alberta in June 2013), during the annual clinical meeting of the SOGC.

Promoting knowledge, research and interest in health issues to advance urinary incontinence management and treatment options for women is just one of the many ways that the CFWH and TCCF are helping women who are suffering in silence.

To make a donation to the new Urogynaecology Award fund, please contact csarkisian@cfwh.org and help us reach our goal of raising $10,000.00 to establish this fund!

To learn more about the CFWH and the Awards, Fellowships and Grants Program, please visit cfwh.org.

For more information on incontinence, please visit canadiancontinence.ca.

We need your artistic talent on stage

We asked and you responded. A few months back, the CFWH sent out a survey to all the attendees of this year’s Healthy Women, Healthy Future Gala and Research Awards Ceremony that was held in June in Ottawa. We received great feedback — thank you to those who shared their ideas!

Based on some comments that were submitted, the CFWH is proposing to host “The SOGC’s Got Talent”, a unique theme and form of entertainment for next year’s gala in Calgary, a part of the SOGC’s 69th annual clinical meeting social program.

We are calling on YOU, our members, to share your artistic skills for this talent show and competition. We know you are out there, singing, juggling or dancing — anything goes! We are looking for a minimum of four acts that we will showcase as the entertainment segment of the evening. Between our pay-to-vote model and other unique ways to raise money for the night, this fundraiser is sure to be a great success!

If you would like to sign up for the show, be on the organizing committee or have any questions, please contact Chantal Sarkisian at csarkisian@cfwh.org.
ACM update from the SOGC’s Aboriginal Health Initiative

The SOGC’s Aboriginal Health Initiative (AHI) held two important meetings during the 2012 annual clinical meeting. On June 20, a subcommittee met to discuss the development of the SOGC Guideline for Health Professionals Working with First Nations, Inuit and Métis, and on June 21 the AHI Committee met to discuss ongoing and future projects.

The first meeting was the third and final face-to-face meeting of the AHI guideline subcommittee. The SOGC Guideline for Health Professionals Working with First Nations, Inuit and Métis will be published in early 2013. In addition to a comprehensive summary of the demographic, cultural, historical and contextual information required to provide culturally competent care to First Nations, Inuit and Métis, the guideline also includes a succinct set of evidence-based recommendations, clinical tips and an infographic. Much of the meeting at the ACM revolved around the refinement of these elements of the guideline, which will be easily accessible and applicable to practice. We are particularly focused on developing clear and concise clinical tips that will provide health professionals with practical suggestions to be readily applied in their practice, making it safer, more acceptable and accessible for First Nations, Inuit and Métis patients. The infographic provides a graphic representation of the most relevant issues impacting their health and wellness, as well as the strengths and contributions of First Nations, Inuit and Métis to health, well-being and health care and will offer a great take-away piece for widespread distribution.

During the second meeting, of the Aboriginal Health Initiative Committee (AHIC), the group celebrated the SOGC’s continued commitment to Aboriginal health, as evidenced in the recently released 2012-2016 SOGC Strategic Plan. With a young, fast growing, increasingly urban population, it is a reality that every Canadian health professional will encounter First Nations, Inuit and/or Métis in their practices. To work towards our goal of advancing culturally-safe care for First Nations, Inuit and Métis women, we will work ever more closely with SOGC members, collaborating and connecting on each of the SOGC’s pillars to help members deliver culturally safe care to these patients. Projects in line with this goal include integration of First Nations, Inuit and Métis content into the Advances in Labour and Risk Management (ALARM) course and AHIC participation on the working groups developing the new SOGC multi-disciplinary nutrition guideline and the clinical practice guideline on menopause and osteoporosis.

The AHIC will continue to present at our regional meetings, offering a series of continuing medical education sessions in 2012-13 based on the new Guideline for Health Professionals working with First Nations, Inuit and Métis. We will also continue to produce relevant public education materials, strengthen our partnerships with key Aboriginal and non-Aboriginal organizations, and take hold of leadership opportunities to bring the health of First Nations, Inuit and Métis women, their families and communities, to the forefront of the health sector, government and industry.

Stay tuned to future issues of the SOGC News for more information on ongoing and upcoming AHI presentations, publications and projects.