

The Professional Association of Internes and  
Residents of Ontario

YOUR  
PROFESSIONAL  
ORGANIZATION

# Session Topics

PAIRO's Mission

What is a Resident

Keys to Success

Our Structure

When & How to Contact PAIRO

# Our Mission

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

# What is a Resident?

*We are Doctors training to be specialists. As part of the future of medicine, there are some things that we strongly believe:*

- We don't intimidate, harass or devalue people*
- We lead the way we want to be led*
- We support and mentor members of the team*
- We speak up when things negatively affect the workplace*
- We give and receive effective feedback*
- We are clear on expectations and are aware of our limitations*
- We collaborate to get to better team and patient results*
- We foster our shared love of medicine.*

# Keys Issues for Success:

- Optimal working conditions
- Optimal training
- Optimal transitions

# Optimal Working Conditions

*We will be successful, when residents enjoy working and learning in a safe, respectful and healthy environment.*

- PAIRO and the Ontario hospitals have a Collective Agreement that establishes many working conditions.
- PAIRO-CAHO Collective Agreement is available in it's entirety online at [www.pairo.org](http://www.pairo.org)
- PAIRO-administrated Long-Term Disability Plan during residency

## Optimal Working Conditions, cont.

Having a life outside medicine:

- Attend the PAIRO-organized social and charitable events put on by colleagues
- Take advantage of PAIRO member special offers

Create the world we want to work in:

- Treat others how you would like to be treated - and call out bad behaviour when you see it. We can do a lot to achieve optimal working conditions simply by how we treat each other.

# Optimal Training

*We will be successful, when Residents feel confident to succeed and competent to achieve excellence in patient care.*

# Optimal

# Transitions

*We will be successful, when we help with the transition into residency, through residency and into practice - so that members are able to make informed career choices, have equitable access to practice opportunities, and acquire practice management skills for residency and beyond.*

**Health Professionals Recruitment Tour**

**Make it out this September!**

## Success in stressful times

Residency will be an exciting, but also an intensive period of learning. At times, you may find yourself in need of assistance.

- PAIRO staff are experienced in helping residents who have academic or other residency-related difficulties understand the process available and help you make a plan tailored to your situation.

- Be sure to make contact with the office early in the process.

# PAIRO 24 Hour Helpline

Understanding that the intensity of residency can put stress on you & your family - we have a 24 hr Helpline dedicated to our members.

- 100% confidential and anonymous helpline referral service available 24 hours a day
- Available to residents, medical students, and their families
- Facilitated through Toronto Distress Centre

**1-866-HELP-DOC**

# Who is PAIRO?

- All those in accredited residency programs in Ontario, regardless of source of funding or location of work and training.
- Our members are at 6 University sites in over 200 different hospitals or clinics all over the province.

# Our Structure

- PAIRO is in the hands of the membership through the colleagues you elect to our General Council and Board of Directors.
- General Council elections take place in August.

If you want to help achieve optimal working conditions, training and transitions - look out for further details to nominate yourself for GC. 100 total positions available!

# When should I call PAIRO?

- Whenever you have a question, seek clarification about the contract or have a non-contract related issue, PAIRO is your "GO TO" organization! Check the website first and if you can't find what you are looking for – call.
- And remember: PAIRO has a professional staff to help or direct you to the resources that can best help you.

# Check out the PAIRO website for more information on...

- Prepping For Residency
- PAIRO-CAHO Collective Agreement
- Extended Health Benefits and LTD
- Getting Involved with PAIRO
- And more...

[www.pairo.org](http://www.pairo.org) or give us a call!



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### PAIRO News

#### **G20 Update**

June 17, 2010

The following notice is directed to residents who are or will be training in Toronto during the G20...

#### **Certification Exams**

May 11, 2010

Hopefully all of you who are undertaking certification exams this year will be successful. However,...

#### **Change in EHC Plan-Coverage for Cipralex**

May 7, 2010

The PAIRO-CAHO Extended Health Care Plan includes benefit coverage for the prescription medication...

#### **2010 Job Fair dates announced**

May 4, 2010

The dates for the annual Health Professionals Recruitment Tour (HPRT) have been announced for this...

#### **Important Travel Advisory: Cuba**

April 26, 2010

Members are advised that as of May 1st, 2010, travelers visiting Cuba MUST present proof of health...

### Polls & Opinions

Do you have a family doctor?

- Yes
- No
- Yes, but not where I'm training

[results](#)



# Contact PAIRO

Phone: 1- 877-979-1183  
(in Toronto: 416-979-1182)

Email: [paipro@paipro.org](mailto:paipro@paipro.org)

Website: [www.paipro.org](http://www.paipro.org)

OR

Contact your local GC Rep(s)