

## Rules Governing Resident Physician Extenders

### Introduction

The following is intended to guide residents in the core Internal Medicine Residency program who choose to take on physician extender shifts. The Residency Program Committee requires that all residents have an understanding of the following information.

### Definition and Importance

Physician Extender practice is permitted for trainees who have completed a minimum of 18 months of training, are in good academic standing in the program, and have been granted a Physician Extender Practice Permit by the College of Physicians and Surgeons of Alberta (CPSA).

### Key Messages from the Residency Program Committee

As a committee we value the personal and professional experiences obtained through resident extender shifts. However, there are some important restrictions that we have placed on these extender shifts to ensure that they do not interfere with and instead complement core training expectations.

1. Extender shifts must comply with the PARA agreement for maximum call allowances; take note of the in-house, at home and combined call quotas. It is the responsibility of the trainee to ensure that the maximum call is not exceeded. Be aware, however, that PARA is required to periodically monitor call volume.
2. Extender Shifts must not occur during mandatory program events such as the **Resident Retreat** (day and evening events), **Research day** (day and evening events) and **Academic half-day**.
3. A maximum of 3 extender shifts per block are permitted, regardless of the type of rotation. If a trainee is on vacation additional extender shifts may take place (i.e. greater than 3 during the block) as long as the PARA contract is followed.
4. Weeknight or weekday shifts (Sunday night-Thursday night inclusive) are not permitted unless these occur while a trainee is on vacation. Trainees may choose to take on extender shifts during their holiday time; however, the PARA rules still apply regarding maximum allowed call per block.
5. The opportunity to do extender shifts is a privilege. If program performance or obligations are not being met, this privilege may be suspended. If extender shifts are carried out outside of the permitted periods the extender license may be suspended, and this will be considered a professionalism breach in our Program.
6. Conduct or performance concerns identified during extender activities may be reflect in a resident's academic review. We do not solicit feedback for these activities however concerns brought to our attention relating to conduct, professionalism or competency will be duly noted.

\_\_\_\_\_  
**Resident's Name (Print)**

\_\_\_\_\_  
**Resident's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Program Director (Print)**

\_\_\_\_\_  
**Program Director's Signature**

\_\_\_\_\_  
**Date**

## Questions and Answers (for common questions)

1. Could I do additional nights or days while on an EL rotation?

All trainees on an EL rotation should be covering 7 night of call (aka night float). There is no additional night-time coverage permitted; weekend night coverage on a Friday or Saturday night is NOT permitted as a result of the maximum in-house call shifts permitted by PARA. Weekday (Monday 8 am to Friday 6 pm) coverage is not permitted as per the contract above. Coverage of a weekend day shifts in ICU or CCU is permitted as long as the shift does NOT extend beyond 8 pm on a Sunday night. If, for some reason, a trainee is covering two consecutive weekends with the night float shifts an additional weekend day is not permitted. This is once again a PARA specification.

2. Could numerous shorter shifts (8 or 12 hours) be done instead of three 24-hour shifts?

No, the maximum number of shifts permitted over a 28-day rotation is 3, regardless of shift length.

3. Could I work on part of more than two consecutive weekends? For example, if I have a Friday/Sunday on GI and the following Saturday the next weekend could I work during the third weekend in ICU for an 8 am - 8 pm shift?

More than two consecutive weekends would be a breach of the PARA contract and an extender shift carried out in third weekend would be unacceptable.

4. Could I work two consecutive nights on extender shifts (i.e. Friday 8 pm to 8 am and Saturday 8 pm to 8 am)?

Two or more consecutive nights on extender shifts is also considered unacceptable; the night float model is based on a special letter of understanding that was agreed upon by the trainees in the program, PGME office, and PARA. The extender shifts do not fall under the letter of understanding.

5. Could I do some daytime shifts during weekdays of my research block on my ER elective block?

Extender shifts during the weekdays or weeknights of a rotation, such as an emergency rotation or research block, is not acceptable and a breach of the extender policy.

6. Could I work during a weekday/week night if I am on vacation?

Yes, this is permitted for a trainee on a scheduled holiday week

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