



SPread Sheet

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MEMBERSHIP HAS ITS PRIVILEGES

Every Standardized Patient (SP) who is currently on the VIP payroll system has been hired by the University of Manitoba as a Special Academic. There were a few reasons why this change was implemented several years ago, including liability and financial tracking, but something seems to have been lost in the shuffle of transition and translation: benefits.

As employees, SPs are eligible to apply for Worker's Compensation in the event of an accident while engaged in activities for the University of Manitoba, but the benefits extend far beyond mere compensation.

Pension Plan

First of all, the disappointing news: in the traditional sense of a "benefits package" - i.e. life insurance, dental, etc. - SPs do not work enough hours to apply for the University's benefits package.

SPs are, however, eligible to join the University of Manitoba Pension Plan (UMPP) from the moment they are hired. The contribution is 7% of salary, less an adjustment for the Canadian Pension Plan (CPP), and the University matches these contributions.¹

The payout differs slightly for retirement, termination, death, and service less than two years, but the option is there. For more information about the University of Manitoba's Pension Plan, call 474-7428 or visit http://umanitoba.ca/admin/human_resources/staff_benefits/pension_plans/faq.shtml on the web.

E-Mail

As the SP Program progresses into the 21st century, it's going to become more and more technologically sophisticated. In fact, more than 90% of SPs already use e-mail.

SPs who don't own a computer, or aren't interested in computers, or don't consider themselves computer-savvy, (*continued on page 2*)

TRANSPPOSITIONS

This feature is to let readers know about forthcoming format changes to the *SPread Sheet*.

The former regular feature entitled **STAYING PROFESSIONAL** will from now on be titled **SIMULATING PHYSICALLY**. The former title will be reserved for professional development opportunities or tips.

Contact the *SPread Sheet*:
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MEMBERSHIP HAS ITS PRIVILEGES *(continued from page 1)*

or who don't otherwise have access to the Internet need not fear being left behind. As employees, SPs are entitled to a University e-mail address.

The process is simple, and all that's needed to get started is your employee ID number, which is on the right-hand side of the top portion of your pay stub. Go to <http://www.umanitoba.ca/computing/ist/accounts/claimid.html> on the web, and follow the instructions you find there.

Don't have computer? Through the University's JUMP Program, you can log onto your University e-mail account from anywhere that has Internet access, such as your local library. Additionally, your employee ID entitles you to use the computing facilities at any University library. To do that, though, you'll need to show your Photo ID Card.

Photo ID Cards

A Photo ID Card brings several benefits in and of itself. We strongly encourage those SPs who don't already have a Photo ID Card to get one.

Again, the process is simple. Take a pay stub, along with some other form of photo ID - such as your driver's license or passport - to the Registrar's Office, 400 University Centre at the Fort Garry campus between 8:30AM and 4:15PM. They'll take your picture and supply you with your official Photo ID Card.

If you are unable to get to the Fort Garry campus during regular office hours, you can complete an ID card request form and send it along with a picture to the Registrar's Office. The photo and signature will be scanned into the ID system and the ID card will be mailed to the address you indicate on the form. The ID Request Form can be found at: <http://umanitoba.ca/student/records/media/IDFORM.pdf> on the web, or at the Neil John McLean Library on the second floor of the Brodie Centre.

If your ID card is lost or stolen, or you change your name, you'll need a new ID card. There is a \$15 fee for a replacement card, regardless of the reason for loss, except in

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SUBMISSIONS

The *SPread Sheet* is your newsletter; if you have any articles, opinions, thoughts, trivia, anecdotes, pictures, or jokes to contribute for the next issue, please do so by **May 31, 2007**. Contact information is provided in the sidebar above on the left. We reserve the right to edit any and all submissions for length and content in collaboration with the contributor. Submissions that are not included in one issue may be included in subsequent issues.

MEMBERSHIP HAS ITS PRIVILEGES (continued from page 2)

cases where the loss was reported to the Winnipeg Police and a police report number is provided to the ID Centre. Cards that have been damaged as a result of a defect in materials will be replaced free of charge.²

TransPortation

The Photo ID Card gives employees access to the University's Shuttle Bus, which runs directly between the Fort Garry and Bannatyne campuses. For Transit-riding SPs, this advantage could significantly reduce the number a transfers required to get to training sessions, teaching sessions, and exams.

For more information about the University Shuttle Bus schedule, call: **474-9483** or visit <http://umanitoba.ca/maps/parking/shuttle.html> on the web.

By the book

The Photo ID Card is also a library card, and gives you to access to any of the 19 University libraries (see sidebar on right).

The magnetic coding on your Photo ID Card can be programmed with a sum of money so that you can make photocopies or use the microform machines. Cash card manager units are in the:

- Elizabeth Dafoe Library
- Albert D. Cohen Management Library
- D.S. Woods Education Library
- Sciences and Technology Library
- Neil John Maclean Health Sciences Library (Bannatyne Campus).³

A Photo ID Card also entitles SPs to select discounts in the University bookstores, which offer educational pricing on all Mac™ products and some other kinds of software. There is a caveat, though: if, as a Special Academic, an SP purchases computer products from a University bookstore at educational pricing, the SP forfeits the discount if he or she gives up that Special Academic status! So, buy computer stuff as an SP at a discount, but expect to pay the difference if you stop being an SP.

ALBERT D. COHEN MANAGEMENT LIBRARY
 ARCHITECTURE/FINE ARTS LIBRARY
 BILL LARSON LIBRARY
 (GRACE GENERAL HOSPITAL)
 CAROLYN SIFTON-HELENE FULD LIBRARY
 (ST. BONIFACE GENERAL HOSPITAL)
 CONCORDIA HOSPITAL LIBRARY
 DONALD W. CRAIK ENGINEERING LIBRARY
 ECKHARDT GRAMATTÉ MUSIC LIBRARY
 E.K. WILLIAMS LAW LIBRARY
 ELIZABETHFATHER HAROLD DRAKE LIBRARY
 (ST. PAUL'S COLLEGE)
 J.W. CRANE MEMORIAL LIBRARY
 (DEER LODGE CENTRE)
 MISERICORDIA HEALTH CENTRE LIBRARY
 NEIL JOHN MACLEAN HEALTH SCIENCES LIBRARY
 RIVERVIEW HEALTH CENTRE VIRTUAL LIBRARY
 ST. JOHN'S COLLEGE LIBRARY
 SCIENCES AND TECHNOLOGY LIBRARY
 SEVEN OAKS GENERAL HOSPITAL LIBRARY
 DAFOE LIBRARY
 VICTORIA GENERAL HOSPITAL LIBRARY
 WILLIAM R. NEWMAN LIBRARY
<http://umanitoba.ca/libraries/units/index.html>

Keeping fit

The Photo ID Card entitles SPs to join the fitness facilities at either campus, the Joe Doupe Centre at the Bannatyne campus and the Frank Kennedy & Max Bell Centres at Fort Garry. A membership, once paid for, is valid at either campus.

There are one-month, four-month, eight-month, and 12-month rates, or a single drop-in fee of \$8. SPs who would like to try out the Bannatyne facility "just once" can even call the SPP office for a one-day free pass.

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MEMBERSHIP HAS ITS PRIVILEGES (continued from page 3)

At the Joe Doupe Centre, a fitness membership entitles SPs to:

- Use of gymnasium and indoor running track
- Access to the cardiovascular training area
- Access to the free weight / weight machine training area
- Participation in fitness classes

For full descriptions of the fitness classes that are included with membership, visit <http://umanitoba.ca/faculties/physed/recreation/joedoupe/fitness/> on the web.⁴

At the Frank Kennedy & Max Bell Centres, SPs can access:

- a six-lane salt water swimming pool and diving area
- two gymnasiums housing volleyball, basketball and badminton courts
- 38,000 square feet cardiovascular and free weight / weight machine training areas
- six squash & six racquetball courts
- consultations with Certified Fitness Attendants
- three indoor & six outdoor tennis courts
- two indoor tracks (including the 200m Max Bell Centre track with Mondo flooring)
- ice rink
- locker room and shower facilities
- free participation in fitness classes

A list of the regular fitness classes can be found at: <http://umanitoba.ca/faculties/physed/recreation/fitness/descriptions.shtml> on the web.⁵

Finally

These are just some of the privileges and benefits available to SPs as employees of the University of Manitoba, but they certainly underscore the acute difference in the status of casual versus part-time employees.

If you, as an SP, have any more questions or concerns about your status as an employee, please contact the SPP office, and if we don't have an immediate answer for you, we'll get back to you with one as quickly as we can.

References:

1. http://umanitoba.ca/admin/human_resources/staff_benefits/summary/summaries-pt-july-06.pdf
2. <http://umanitoba.ca/student/records/pii/>
3. <http://umanitoba.ca/student/records/pii/>
4. <http://umanitoba.ca/faculties/physed/recreation/joedoupe/general.shtml>
5. <http://umanitoba.ca/faculties/physed/recreation/membership/>

SPIN AND AROUND

- "Farewell!" to Office Assistant **Jacqueline Crowther** who is moving to a new position in the CME office starting April 2. Jacqueline's hard work and organizational skills have been a tremendous benefit to our Program, and she will be missed. We wish her well in all her future endeavours!
- "Welcome!" to our new Office Assistant **Jackie Welbourne**. Please be sure to

give her a warm welcome the next time you're in the office . . . and provide her with any changes in your personal or contact information at your earliest convenience! You can reach her at 480-1308 or at welbourn@cc.umanitoba.ca. See the **SPOTLIGHT ON ...** feature on page 5 in this issue of the *SPread Sheet* for more information about our newest team member.

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SPIN AND AROUND (continued from page 4)

- "Congratulations!" to **SPC Tim Webster** author of "Six Degrees of DeSPeration," which was reprinted as the cover story of both the 4th ASPE Quarterly newsletter of 2006 (www.aspeducators.org) and the January/February 2007 issue of *Stitches* magazine (www.stitchesmagazine.com).
- "Safe travel!" to **SP Leah Frost** who is traveling to Thailand for ten months to teach English as a second language at the end of April.
- We extend sincere condolences to **Dr. Giselle Bourgeois-Law** and her family on the passing of her father, Albert, March 2 at the age of 82. The full obituary is available for viewing at: www.passagesmb.com
- We are still compiling a catalogue of photos of all the SPs and Recruits in the program; not all of the Coordinators know what each and every SP and Recruit looks like, and this will help us to fill roles more easily. Please forward an 8" x 10" picture of yourself – preferably in black or white – to the SP office at your earliest convenience if you haven't already done so. You can send your pictures electronically to webstert@cc.umanitoba.ca or mail them by regular post to:

*Attn: Tim Webster, SPC
SP Program Wall of Fame
T151B-770 Bannatyne Avenue
Winnipeg, MB R3E 0W3*

SPOTLIGHT ON . . .

Jackie Welbourne joined the SP Program March 12, 2007 as our newest Office Assistant. Jackie comes to us from Trainor Laboratories where she worked as the Supervisor in their administrative Central Processing Unit for 2 ½ years.

Born and raised in Thompson, MB, Jackie moved to Winnipeg in 1994 to further her education. Following two years of sciences here at the University of Manitoba, she graduated from the Winnipeg Technical College in 2001 with her Business Administration diploma.

Jackie certainly has the training and experience necessary for the job, but she also has had the added benefit of working with Jacqueline Crowther for three weeks prior to her departure for CME. "I've told her that I'm showing her the way I do things, and after I'm gone, she can do it however she wants!" laughed Jacqueline. Actually, Jackie's full name is "Jacqueline," too, so it was a little confusing around the SPP office at first, but that cleared up quickly as Jackie prefers the shortened version of her name.

Jackie was unaware of the SP Program prior to her application, but now that she's become a part of it, she finds it to be "an excellent program." She's excited to be able to contribute to the education of the next generation of medical practitioners.

Outside of the office, Jackie visits the gym daily and reads "true crime" novels. She lives in downtown Winnipeg with her 13-year-old Shitzu, Oscar, and gets most of her news from cnn.com.

Welcome to the team, Jackie!

SESSIONS PENDING

Comprehensive Patient Assessments: April 4, 11, 20, & 25, 2007 May 4 & 9, 2007	PsychHealth In-service: April 19, 2007 Clinical Interviewing—Sharing Bad News: April 26, 2007 May 3, 10, & 17, 2007
Clinical Interviewing—Info Sharing: April 10, 17, 24, & 27, 2007	Mini-OSCE: April 28, 2007
OT Exam: April 11 & May 2, 2007	Family Practice Assessment: May 5, 2007
OSCE: April 14 & 15, 2007	CAPE: May 26, 2007
Western Perinatal-Neonatal OSCE: April 16, 2007	CAPE Prep Course: June 6 & 7, 2007

NB: This listing is for informational purposes only; some of the sessions listed above have already begun. If you are required for a role, you will be contacted directly by an SP Coordinator. If there is a discrepancy between the information provided here and a confirmation form you have received, please regard the information from your SPC as correct.

SIMULATING PHYSICALLY . . . Hemiparetic Gait

This walking pattern is caused by weakness in the arm and leg on one side due to a lesion (area of damage) in the brain.

The degree to which weakness and spasticity occurs in the arm and leg varies with each individual patient. In the next issue, look for tips on how to simulate such weakness and spasticity, but for now the overall pattern of movement will be described in this article.

The leg tends to be held in a straight posture, bending ever so slightly at the knee as compared to the other leg during walking. The leg is not moved forward in the usual manner by bending the knee and hip, but instead, is swung forward by lifting the hip slightly and rotating the pelvis forward.

The foot scuffs the ground when walking as it tends to point slightly downward and the ankle does not bend up as readily on walking

when compared with the other foot. This scuffing is similar to what happens when you walk off of a sidewalk onto a lawn. The foot also tends to be rotated outwards.

The affected arm does not swing as much, if at all, on the side of the hemiparesis and is often held slightly bent at the elbow.

When the weight of the body shifts to the affected leg for support during walking, the unaffected leg moves in a normal fashion.

The major cause of hemiparesis is stroke.¹

Adapted from *Training Standardized Patients to Have Physical Findings*, by Howard S. Barrows, M.D., Southern Illinois University, School of Medicine, Springfield Illinois, 1999, p.16

Reference:

1. Molson Medical Informatics: Student Projects <http://sprojects.mmi.mcqill.ca/gait/hemiplegic/intro.asp>

HUMERUS PROSE

A renowned psychiatrist once had a patient who suffered from multiple personality disorder. At times this patient believed himself to be a temptress in a Bizet opera, and at other times, he was convinced that he was the head of the German Luftwaffe in WW II. It seemed the poor fellow *didn't know if he was Carmen or Goerring . . .*

Source: BadPuns.com

<http://www.badpuns.com/cgi-bin/jokes3.pl?section=shaggy&itemnum=52&numitems=1&template=template>

SUMMER PARKING

Lane closures will be occurring on Emily Street between the new Pharmacy building being built (see P on map) and the HSC Maintenance building across the street (building 7 on map). These closures will run approximately between March 26th and August 11th.

The shutdowns will alternate between closing the two lanes running north or the two lanes running south (see yellow lines on map). At all times one lane running north and one lane running south will be open, so that both sets of lanes will never all be shut down at once.

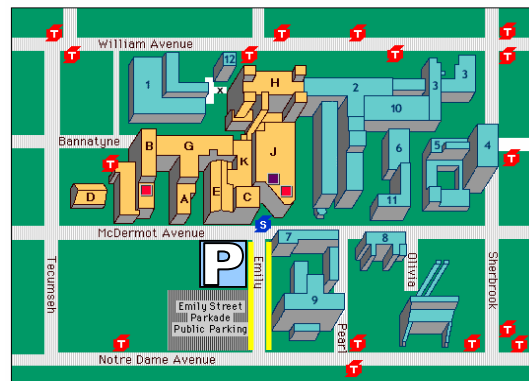
SPs parking and/or driving in the area should consider revising their normal route coming to and leaving the area, depending on the hour of the day.

At peak hours (7:30 – 9:30AM & 3:30 – 5:30PM), there is already a steady stream of traffic either in or out of the laundry building and the larger Emily street parkade.

The lane closures will cause this flow to run slower than normal, so U of M staff and students are recommended to consider an alternate route into and out of the area.

During these shutdowns, the tunnel connecting the new Pharmacy building with the HSC Emily street tunnel will be constructed, along

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<http://umanitoba.ca/about/map/bannatyne/>

SUCKER FOR PUNISHMENT *contributed by SP Nancy Gadjosik*

Love `em . . . hate `em . . . love to hate them . . . or hate to admit you love them, these puns might have you doing all at once:

Daffy-nitions

Acupuncture: a jab well done.

Chicken crossing the road: poultry in motion.

Dijon vu: the same mustard as before.

Hangover: the wrath of grapes.

Last will and testament: a dead giveaway

Local Area Network in Australia: the LAN down under.

Mistress: often found between the mister and the mattress.¹

Plateau: a high form of flattery.

Santa's helpers: subordinate clauses.

Shotgun wedding: a case of wife or death.

Homespun wisdom

A bicycle can't stand on its own because it is two-tired.

A boiled egg in the morning is hard to beat.

A lot of money is tainted: `tain't yours and `tain't mine.

Don't take your rock garden for granite.

Once you've seen one shopping centre, you've seen a mall.

Reading while sunbathing can make you well-red.

When a clock is hungry, it goes back four seconds.

You're stuck with your debt if you can't budge it.

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SUMMER PARKING
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with other associated hydro and city work.

The north-bound lanes (east side) will be closed from:

March 26 – April 6
June 11 – August 11

The south-bound lanes (west side) will be closed from:

April 9 – June 8

Closure dates may fluctuate slightly as much of the work being done is dependent on the weather.

From an e-memo by:
Robert Froese
Project Coordinator
University of Manitoba
Bannatyne Campus

SPOOFS!

Once when I was playing a "mother" role, a doctor with a strong accent asked me: "Have you experienced any shortness of breasts?"

Puzzled, I clarified, "Shortness of breasts?" and once again he asserted, "Yes, shortness of breasts."

A few more moments of bafflement, I finally realized he meant shortness of *breaths*.

SUCKER FOR PUNISHMENT *contributed by SP Nancy Gadjosik*

Pundamental truths

A man's home is his castle, in a manor of speaking.
Condoms should be used on every conceivable occasion.
Does the name Pavlov ring a bell?
Every calendar's days are numbered.
In democracy, your vote counts. In feudalism, your Count votes.
People who jump off a bridge in Paris are in-Seine.
Some men take mistresses just to break the monogamy.
Running in front of a car will make you tired.²
Running behind a car will make you exhausted.³
Time flies like an arrow; fruit flies like a banana.
War doesn't determine who is right; war determines who is left.⁴
When egotists fight, it's an "I" for an "I."

Once a pun a time . . .

He often broke into song because he couldn't find the key.
His photographic memory was never developed.
Her boyfriend had a wooden leg but they broke it off.
The man who fell into an upholstery machine is fully recovered.
Those who get too big for their britches will be exposed in the end.
When she got married, she got a new name and a dress.

Occupational theraplay

A backward poet writes inverse-ly.
Bakers trade bread recipes on a knead-to-know basis.
If you don't pay your exorcist, you get repossessed.
Old musicians never die; they just decompose.

Additional References:

1. Hans Van Husen, Silver Heights Collegiate, 1987
2. Confucius Say . . .
<http://www.jokesnjokes.net/funny.jokes.amusing.humor.laugh/Wisdom/confucius001.htm>
3. Confucius Say . . . *op.cit.*
4. Confucius Say . . . *op.cit.*