

McMaster Management Course: PHPM residents are no slackers when it comes to getting the New Year off to a solid start!

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During the first week of January 2016, 15 public health residents from 8 PHPM residency programs across Canada gathered at McMaster University for a one-week management course led by Dr. Matthew Hodge.

For many residents, concepts of management and the inner workings of organizations can often be nebulous and hard to grasp, particularly when rotations last only a few short months. The course simplified the learning to several key domains: people (ourselves and everyone else), processes, organizations, and leadership.

The mixture of readings of seminal articles and didactic lectures was consolidated with small group discussions around real cases from public health practice. Perspectives from a public health practitioner in the field, and the odd hands-on group activity made for interesting and good-humoured interludes. A bonus session on presentation skills, again, touched on an area of competence rarely taught in resident training.

In other words, it was all good, clean fun.

Of course, no gathering of PHPM residents would be complete without a cinq-à-sept. Mid-week, residents headed for Hamilton's trendy James Street North and took the opportunity to unwind and socialize at a local bar and café, *The Brain*. (Yes, yes, the irony was well apparent to the group...).

At the end of the week, all residents consolidated their learning and honed their presentation skills by giving a brief address to the group on a unique management problem. From the nuances of running team meetings, to troubleshooting relationships

Some take-home points and 'a-ha' moments from residents:

"You have to understand and manage yourself before managing others."

"It was an excellent opportunity to get a grasp on some foundational concepts, and become comfortable with the language of management, organizational design, and strategic planning. It did cost \$750 this year, so you should bear that in mind and budget accordingly! Overall, it was a week well spent – both in terms of getting the learning that I wanted, and in having the chance to meet and network with an amazing group of PHPM residents from across the country."

"This week absolutely consolidated my career choice—we're so often left on the fence between the clinical (mostly family medicine) and the more upstream public health lens, but these concepts should be taught to ANY physician really and this course does an outstanding job in doing so."

"The PHPM Management course is the best course I've taken during my residency."

in an organization, it was clear that every resident had scenarios to which they could now apply some of the principles learned over the week. Residents thinking of a good primer on management—particularly before launching into their senior management rotation—can expect the course to be offered again in early 2017.

So there you have it. Week one, 2016.

