The Wellness Innovation Scholarship for Health Professions Education and Health Sciences (WISHES) is a virtual laboratory aimed at enhancing the learning experience at the Cumming School of Medicine by reducing stigma related to illness and creating a safe culture for help seeking.

This free on-line event is open to anyone with an interest in learner and health practitioner wellness research and innovation. The schedule includes research presentations and a panel discussion on wellness as a structural issue. Register at: https://wishes2021.eventbrite.ca
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30-10:45</td>
<td>Welcome &amp; Overview of WISHES</td>
<td>Dr. Aliya Kassam</td>
</tr>
<tr>
<td>10:45-11:00</td>
<td>Black Medical Students Association (BMSA) Calls to Action: Promoting Wellness in BIPOC Learners</td>
<td>Dr. Wauldron Afflick</td>
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<tr>
<td>11:00-11:30</td>
<td>An Introduction to Mindfulness &amp; Implications for Medical Education</td>
<td>Dr. Todd Hill</td>
</tr>
<tr>
<td>11:30-12:00</td>
<td>Mindfulness-Based Interventions for Health Care Providers and Patients</td>
<td>Dr. Linda Carlson</td>
</tr>
<tr>
<td>12:00-12:30</td>
<td>BREAK</td>
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<tr>
<td>12:30-13:00</td>
<td>Happiness at Work</td>
<td>Matt Mink</td>
</tr>
<tr>
<td>13:00-14:00</td>
<td>Keynote – Which way to justice? Medical training and learners with disabilities</td>
<td>Dr. Neera Jain</td>
</tr>
<tr>
<td>14:00-14:15</td>
<td>BREAK</td>
<td></td>
</tr>
<tr>
<td>14:15-15:15</td>
<td>Panel Discussion - In what ways is wellness a structural issue?</td>
<td>Moderator – Dr. Allison Brown</td>
</tr>
<tr>
<td>15:15-15:45</td>
<td>Learner Well-Being in a Disrupted Training Environment: Perspectives from a PhD Student/Candidate</td>
<td>Stephana Cherak</td>
</tr>
<tr>
<td>15:45-16:00</td>
<td>Wrap-Up &amp; Future Directions</td>
<td>Dr. Aliya Kassam</td>
</tr>
</tbody>
</table>

Photos from 2019 WISHES Symposium provided by Kristen Story.
KEYNOTE ADDRESS

Which way to justice? Medical training and learners with disabilities

The inclusion of learners with disabilities in the medical profession is gaining attention in many countries around the world. Disability rights provisions join imperatives to diversity, equity, and inclusion to prompt the advancement of inclusion in medicine. The number of trainees with disabilities is increasing and a movement to improve inclusive practices is advancing. Disabled doctors and trainees demonstrate the exciting potential of these efforts. However, significant barriers to disabled learners’ admission, continuation, graduation, and employment remain. Disabled patients experience longstanding inequities in healthcare outcomes that demand systemic change.

In her keynote, Neera will map the current international research about disabled medical learner experiences and suggested paths towards inclusion. She will consider these challenges in light of notions of disability, intersectionality, the culture of medicine, and the crisis of clinician burnout. Reflecting on her recent research into inclusion at several U.S. medical schools, it will be argued that we must go beyond legal and philosophical notions of equity to achieve justice. To do so, we must consider how to meaningfully transform medical education for the joint benefit of patients and medical practitioners.


PRESENTATIONS

Welcome & Overview of WISHES
Aliya Kassam, PhD

Dr. Kassam is the founder and lead of WISHES, and is an Assistant Professor in the Department of Community Health Sciences. She currently is the research lead in the Office of Postgraduate Medical Education where she has projects looking at fatigue management in residents, as well as multisource feedback. Her research interests include health equity, social accountability, health advocacy, professionalism and patient safety.
Black Medical Students Association (BMSA) Calls to Action: Promoting Wellness in BIPOC Learners

Wauldron Afflick, MD

Dr. Wauldron Afflick is a PGY5 in the Child and Adolescent Psychiatry residency training program at the Cumming School of Medicine, University of Calgary. He is one of the co-founders of the Calgary BMSA which he continues to work to tirelessly cultivate and grow. Most recently, Dr. Afflick has been integral in providing support and insight to the BMSA as they work on implementing their Calls to Action. Dr. Afflick was a winner of this year’s Calgary Black Achievement Awards (Medicine category) because of his dedication to the improvement of patient care, medical education, and research.

An Intro to Mindfulness & Implications for Medical Education

Todd Hill, PhD, R. Psych

Dr. Todd Hill is a Senior Instructor and the Director of Behavioural Medicine in the Department of Family Medicine at the University of Calgary. In this role, he has been awarded both the University of Calgary Teaching Excellence Award and the Family Medicine Interprofessional Teaching Award. Since 2010, Dr. Hill has introduced mindfulness training into the Family Medicine curriculum, and subsequently introduced over 800 Family Medicine residents to mindfulness practice. Dr. Hill has also done mindfulness sessions for the Faculties of Nursing, Environmental Sciences, and Law, the post-doctoral fellows at the Alberta Children’s Hospital, teaching faculty at the University of Calgary, and both the Cumming School of Medicine and Veterinary Medicine. He has studied mindfulness through the University of Massachusetts School of Mindfulness Medicine, runs a weekly drop-in mindfulness session here at the Cumming School of Medicine and is in the process of founding the Cumming School of Medicine Center for Mindfulness.

Mindfulness-Based Interventions for Health Care Providers and Patients

Linda Carlson, PhD, R. Psych

Dr. Carlson will provide a high-level summary of the research on mindfulness-based interventions to prevent burnout in health care providers, and treat symptoms and improve quality of life in people with a variety of medical conditions. She will also reflect on her career path over 20+ years of researching and practicing mindfulness meditation.

Dr. Carlson holds the Enbridge Research Chair in Psychosocial Oncology, is Full Professor in Psychosocial Oncology in the Department of Oncology, Cumming School of Medicine at the University of Calgary, and Adjunct Professor in the Department of Psychology. She is the Director of Research and works as a Clinical Psychologist at the Department of Psychosocial Resources at the Tom Baker Cancer Centre (TBCC), where she has worked since 1997. She has published over 200 research papers and book chapters, holds several millions of dollars in grant funding and is regularly invited to present her work at international conferences, most recently in Netherlands, Switzerland, China, Australia, New Zealand, Africa, Israel and all across Canada and the USA. She presented a TEDx talk called Mindfulness for Personal and Collective Evolution in 2016, you can find the video here: https://www.youtube.com/watch?v=QgZd5GvZ5Qs
Happiness at Work
Matt Mink, BSP ACPR CSPI

Attendees will hear about Matt’s experience in learning about Happiness at Work and his role as a Wellness Champion at the Poison and Drug Information Service.

Matt Mink is a pharmacist and the Wellness Champion for the Poison and Drug Information Service (PADIS). He is also a Clinical Academic Colleague with the University of Alberta’s Faculty of Pharmacy and Pharmaceutical Sciences. When not working at PADIS, Matt enjoys travel, snowshoeing and shopping for furniture at The Brick.

Learner Well-Being in a Disrupted Training Environment: Perspectives from a PhD Student/Candidate
Stephana Cherak, PhD(c)

Stephana will share challenges and growths experienced by a PhD student commencing candidacy and leading critical care research at the onset of the COVID-19 pandemic. She will present learner-to-learner advice and support for finding balance in medical education during times of struggle and disrupted training.

Stephana joined the WISHES lab in January 2020, and is working on wellness related research for the Office of Postgraduate Medical Education and WISHES. Stephana is a PhD Student in Epidemiology in the Departments of Community Health Sciences and Critical Care Medicine at the University of Calgary. Check out Stephana’s article in Nature on out-of-office replies and work-life balance: https://www.nature.com/articles/d41586-020-00275-2

PANEL DISCUSSION

In what ways is wellness a structural issue?
Moderator – Allison Brown, PhD

Learner wellness is influenced by the way education, work and society are structured. This panel will discuss the different ways wellness is structurally dependent and what we can do about it. The panel will consist of learners and faculty from the Cumming School of Medicine, University of Calgary.

Panel Members:
Dr. Kieran Steer, PGY-2 Resident, Public Health and Preventive Medicine, University of Calgary
Noah Boakye-Yiadom, Doctoral Student, Community Health Sciences, Cumming School of Medicine, University of Calgary
Sean Bristowe, MSc. Graduate from the Department of Community Health Sciences in June 2020 and aspiring to become a family physician
Dr. Pamela Roach, PhD, Assistant Professor, Departments of Family Medicine and Community Health Sciences, Cumming School of Medicine, University of Calgary
Dr. Paul Beck, MD, PhD, FRCPC, Professor of Medicine, Cumming School of Medicine, University of Calgary