



WISHES Update

Pumpkin spice lattes, crisp fall air and new back-to-school stationary! Welcome back everyone! Happy New Academic Year and Happy Autumn! What a rollercoaster ride it has been over the past few months. Hoping that everyone managed to have a relaxing summer with some time and space away from learning and working. Words cannot express the continued gratitude for our healthcare providers as the pandemic rages on. Thank you.

Despite slowing down for summer, there has been activity with WISHES! We are excited to announce that our seminal scoping review examining wellness interventions at medical schools across Canada using the WISHES framework is finally [here](#)! The take home message is that medical schools across Canada need to promote **physical** and **mental** wellness for their learners. In these complex times, the focus on learning (intellectual) and working (occupational) wellness is not sufficient in maintaining learner well-being. Furthermore, equity, diversity and inclusion (**social** wellness) needs fostering in learners as this ultimately has downstream effects in health care access and equity.



Congratulations to the Calgary Black Medical Students' Association team including Aya Ebdalla, McNeil-Inyani Keri, Mursal Mohamud and **Chidera Nwaroh** (WISHES Advisory Committee member photographed left) for the 2021 Cumming School of Medicine (CSM) Equity, Diversity and Inclusion (EDI) Award!

Are you interested in Fatigue Risk Management in Residency Education? Deadline to apply is October 4, 2021!

Managing residency fatigue is important for resident wellbeing and patient safety. Apply for the Royal College of Physicians and Surgeons of Canada (RCPSC) Fatigue Risk Management Grant for up to \$20,000! The Cumming School of Medicine's Obstetrics and Gynecology residency program under the program directorship of Dr. Sarah Glaze was one of two selected programs in Canada during the 2019 cycle. We are currently wrapping up the project so stay tuned for a RCPSC webinar later this Fall! More information on our project and details for the 2021 cycle can be found [here](#).

WISHES Symposium 2021 – Part 2 Showcasing Wellness Research will be postponed until Spring 2022

This symposium will showcase wellness research and innovation in health and medical education in Calgary and beyond, and is intended to encourage future collaborations among researchers with common interests. The event will feature oral presentations from the WISHES Community. Please stay tuned for a Save the Date!

In many ways, the start of the new academic year gives learners a chance to re-invent themselves. WISHES seeks to understand what allows learners to purposefully implement and sustain habits such as those that aid willpower and motivation to allow them to thrive in often challenging programs and systems. What are best practices that we can share with one another? How can we improve the learner experience at the Cumming School of Medicine? If you have an interest in learner wellness programming and want to be a wellness champion to help influence policies and procedures, join the WISHES strategic advisory committee! Please email us at wishes@ucalgary.ca

Enjoy the beautiful fall foliage and be sure to get outside for some fresh air!
With love and gratitude,

Aliya Kassam, PhD

"Our bodies are our gardens – our wills are our gardeners." – William Shakespeare