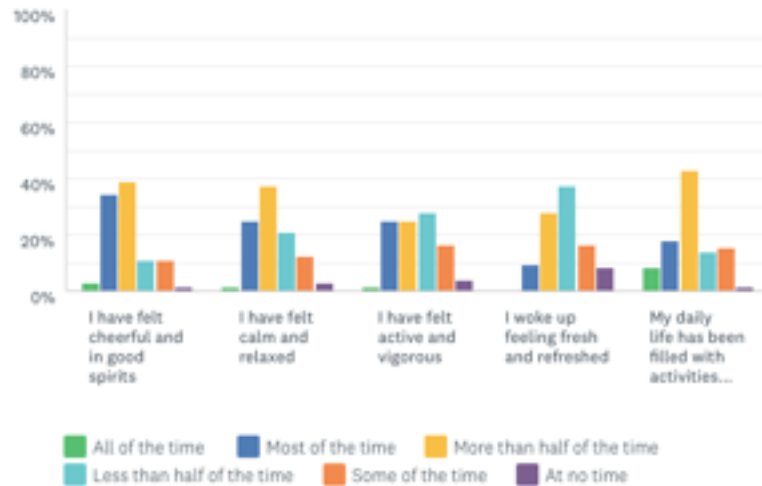


WELLNESS in RESIDENCY

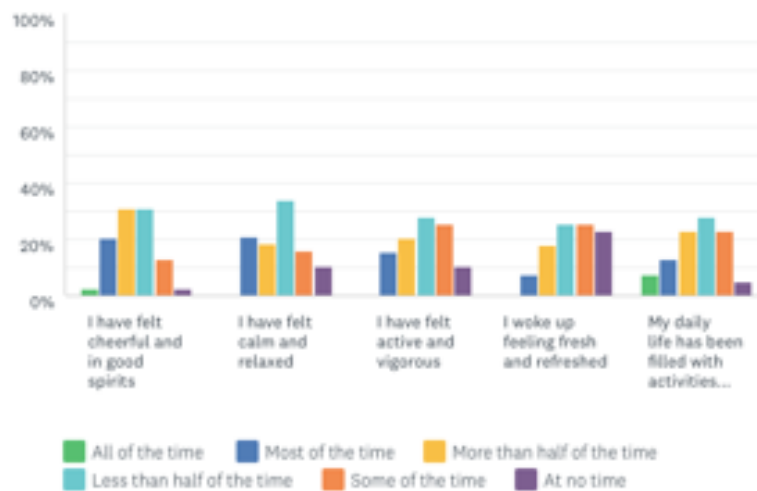


Recognize that you are not alone

January 2017



January 2019



Data collected from the wellness survey issued by the Calgary IMRP Wellness Committee



Check in with yourself – FATIGUE

Fatigue Risk Management



Acknowledge

- Fatigue risk affects us all. It can compromise patient safety, personal safety, and well-being
- Everyone in medical education has a shared responsibility for fatigue risk management (FRM)
- Physical indicators include yawning, eye-rubbing, drooping eyelids, and reduced motor skills
- **Institution roles:** Just culture with FRM as a priority; trainees can contribute to management plan
- **Trainee roles:** Fatigue self-assessment & management; declaring fatigue risks and incidents to team



Act

- Seek help when needed. See compiled “Wellness Resources” document. Other sources include PARA taxi program, your team, your peers, the chiefs, and Dr. Marcy Mintz (Program Director)
- **Institution strategies:** educational resources and workshops on FRM, FRM policies, clear and explicit handover protocols, fatigue risk assessment (and documentation in a fatigue risk register)
- **Personal strategies:** sleep hygiene, exercise, work in teams, judicious caffeine (Ch 8 of FRM toolkit)



Adapt

- Creating a just culture where FRM is actively discussed as the norm. Having meaningful, actionable steps to improve the safety of trainees and the clinical learning environment
- Auditing the FRM strategy and aiming for continuous quality improvement to local FRM practices
- Engaging in conferences, workshops, and presentations on FRM (page 55 of FRM toolkit)
- Developing resources and collaborating in research projects on FRM (pages 56-57 of FRM toolkit)

Reference and for more information: Fatigue Risk Management Toolkit. Resident Doctors of Canada. Retrieved from: <https://residentdoctors.ca/wp-content/uploads/2018/11/Fatigue-Risk-Management-ToolkitEN.pdf>



Check in with yourself – BURNOUT

At least once every three months, identify where you lie on the spectrum between wellness and burnout

	GREEN	YELLOW	ORANGE	RED
	I am....healthy	I am...at risk	I am...unwell	I am...ill
IDENTIFY	I find myself... -physically and socially active -able to adapt to situations -having normal fluctuations in mood	I find myself... -having trouble sleeping -tense -more often sad or overwhelmed -forgetful -fatigued -less social	I find myself... -feeling angry, irritable, hopeless, worthless or anxious -having trouble concentrating, making decisions, or performing at work -unable to sleep -avoiding socialization -depending on substances	I find myself... -debilitated -aggressive -enraged -unable to get out of bed -unable to sleep -absent from work -absent from socializing -contemplating thoughts of self-harm
ACTION	I will... -build my support network	I will... -recognize my limits -tune into my warning signs -seek out resources	I will... -talk to someone -prioritize myself -seek help from my resources	I will... -access help



Know the resources around you

PGME

Program Director

Dr. Marcy Mintz

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(Assistant: Trudi Jersak)

Office of Resident Affairs and Physician Wellness Team

Director: Jaelene M. Mannerfeldt MD, MSc, FRCSC
Assistant Clinical Professor, Obstetrics & Gynecology, University of Calgary

Psychological Counsellor: Nora MacQuarrie, R. Psych.

Administrative Assistant: Manjari Shukla, B.Sc.
Cumming School of Medicine, University of Calgary
3330 Hospital Drive NW, Calgary, Alberta, T2N 4N1
T: 403-210-6525 (to book appointments) E: mshukla@ucalgary.ca

Office Hours: Monday, Tuesday, Wednesday 8:00 am - 4:00 pm

Health Sciences Room G259

E: residentwellness@ucalgary.ca

Offers a variety of services to support health and well-being. Services offered to assist with (but not limited to): stress and burnout, time management and personal coaching, relationship problems, substance abuse, mental health concerns, mindfulness sessions, and peer support. All discussions are **confidential** (appointments can usually be accommodated within one week).

<https://cumming.ucalgary.ca/pgme/wellness/residents/resources>

Ombudsperson for IM program

Dr. Lloyd Mack

E: lloyd.mack@ahs.ca



Know the resources around you

Resident Physician Wellness Month

Celebrating resident wellness in the month of May, with wellness events and initiatives such as a step tracker contest, snacks in lounges, fun runs, cooking classes, spin classes, and more.

Crisis and Harassment Resources

<https://para-ab.ca/crisis-resources-2/>

PARA

AHS

Employee and Family Assistance Program

Offers support with: counselling, family support services, financial services, legal services, nutrition services, wellness seminars and more.

Contact: 1-877-273-3134, or through First Chat (24/7 online chat) by visiting workhealthlife.com or through the My EAP app.

For more details, visit InSite-> Teams-> Human Resources-> Health and Wellness



Know the resources around you

TWENTYFOUR/SEVEN

Calgary Distress Centre

403-266- HELP (4357)

Calgary based crisis support services.
Phone based hotline, or online chat
or email support

Suicide Prevention Hotline

1-800-SUICIDE (784-2433)

Call if you, or someone you care about is feeling hopeless or having thoughts of suicide. They provide confidential, non-judgmental support to anyone feeling suicidal, thinking about suicide, who is worried about someone else, or who has lost someone to suicide.

Physician and Family Support Program

1-877-SOS-4MDS (767-4637)

Speak directly with a physician if you are in need of confidential advice, support, or help with personal or professional problems.

When you call you will speak with an intake professional who will take your information, which will be anonymized and kept confidential. You will then be contacted by the on-call physician to discuss your concerns. This can be used as a one-time phone call interaction or lead to more prolonged support from an external provider, as appropriate.

Canadian Mental Health Association:

780.482.HELP (4357) / 1.800.232.7288 if outside of the greater Edmonton region

[Online Crisis Chat](https://edmonton.cmha.ca/programs-services/online-crisis-chat/#.WC3yV7lrKUK) at <https://edmonton.cmha.ca/programs-services/online-crisis-chat/#.WC3yV7lrKUK>

