

## WISHES Education Laboratory – April 2020

Much has happened since the beginning of the year with respect to Wellness Innovation Scholarship for Health Professions Education and Health Sciences (WISHES). Our letter to the editor was published in the January 2020 issue of Academic Medicine which introduced the WISHES purpose and framework. We like to call it the WISHES manifesto! You can find it [here](#).



We welcomed Ms. Stephana Cherak to the WISHES lab in January. Stephana will be 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> We also welcomed Ms. Benedicta Antepim to the WISHES lab in February. Benedicta is an MA student in educational research at the Werklund School of Education, where her research focuses on cultural competency education in the health sciences. Both Stephana and Benedicta are working on various projects related to learner wellness at CSM.



The environmental scan results were presented at the OHMES symposium on March 5 along with a showcase of wellness-related poster presentations:

**Karen Chadbolt** - An Intervention: Debt Education and Strategies for Calgary Medical Students

**Aliya Kassam** - An Environmental Scan of the Wellness Infrastructure in Canadian Medical Schools: Implications for Frameworks and Programming

**Kendra Martel** – Harrassment Reporting Mechanisms for Medical Students, Residents and Physicians in Calgary, Alberta: An Environmental Scan

**Mike Paget** - Modelling of Wellness by Preceptors in Undergraduate Medical Education

We would like to congratulate WISHES strategic advisory committee member, Allison Brown for successfully passing her thesis defence on March 18. Congratulations Allison!

The COVID-19 pandemic has had major implications for the Cumming School of Medicine and learner wellness. We would like to thank all of our learners who have been involved with providing front-line care, contact tracing as well as research related to COVID-19. **We have prioritized our CSM-wide learner wellness needs assessment during the COVID-19 pandemic to determine how we can best support our learners during this time.** This study has received REB approval from the University of Calgary (REB20-0117\_MOD1) and **we invite all BHSc, BCR, GSE, UME and PGME learners to complete this voluntary anonymous survey at:** [https://survey.ucalgary.ca/jfe/form/SV\\_424yyzWjW7HMly5](https://survey.ucalgary.ca/jfe/form/SV_424yyzWjW7HMly5)

WISHES collaborators Allison Brown and Rahim Kachra are lead investigators on a cross-sectional survey to explore **how the COVID-19 pandemic has influenced medical students and residents around the world.** As part of this, they are collecting data from a diverse range of learners across numerous levels of training, institutions, and countries. This voluntary, anonymous survey takes approximately 5-12 minutes, depending on the participants' demographics and level of training. This study has received REB approval from the University of Calgary (REB20-0484) and can be accessed here: [https://survey.ucalgary.ca/jfe/form/SV\\_b1pgkMgAJqacud7](https://survey.ucalgary.ca/jfe/form/SV_b1pgkMgAJqacud7)



We have had to postpone visiting scholar Dr. Javeed Sukhera on April 2<sup>nd</sup> and 3<sup>rd</sup> but will reschedule his in-person visit as soon as we can.

I hope that each of you and yours stay safe and well.

**Aliya Kassam, PhD**

*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”* Barack Obama