



## WISHES Education Laboratory – June 2019

The Wellness Innovation Scholarship for Health Professions Education and Health Sciences (WISHES) is a virtual laboratory under the direction of Dr. Aliya Kassam aimed at enhancing the learning experience at CSM by reducing stigma related to illness and creating a safe culture for help seeking. WISHES engages key stakeholders across the CSM, the University, as well as across the province and country to advocate for a more accessible and sustainable approach to managing learner wellness and illness. WISHES is bringing together practitioners and scholars alike to collaborate on learner wellness projects focused on the areas of mental health, physical health, occupational health, social health and intellectual health.

Specific examples include conducting a realist evaluation of resident wellness groups for family medicine residents in rural Alberta, developing and testing the Learner Education Handover (LEH), a document for learners which allows them to voluntarily disclose their health and learning needs when transitioning from medical school to residency, and conducting an environmental scan of wellness initiatives in medical schools across Canada.

WISHES supports scholarship in four major ways by 1) bringing key stakeholders together to collectively design, implement and evaluate wellness strategies 2) offering a venue for learners to engage in dialogue to develop innovative techniques to enhance their own wellness 3) promoting a safe culture for disclosure and help seeking so that improvements can be made at individual, program and system levels that ensure and sustain wellness, 4) challenging current policies and procedures to better reflect wellness and learner advocacy.

WISHES will report on activities and events regularly in the OHMES Update, and will have a special Wellness column entitled "WISHES Well".

**"Be the change that you wish to see in the world"** - Mahatma Gandhi