

Office of Resident Wellness Post MD Education University of Toronto

J. Maggi, MD MSc FRCPC
Director, Office of Resident Wellness
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Office of Resident Wellness (PostMD)

- Coordinator: Diana Nuss (M-F)
- Director: Julie Maggi (M/T/W)
- Associate Director: To be announced
- Education/Counselling Lead: Chris Trevelyan (M-F)
- Education/Counsellor: To be announced
- Research Officer: Mariela Ruetalo
- Partnership with:
 - 3 P/T communication coaches
 - 1 P/T professionalism coach
 - 2 P/T study skills/ time management coach

ORW Visit Numbers to all staff

		Visits		Unique clients	
		July 1, 2016 – June 30, 2017	July 1, 2015 – June 30, 2016	July 1, 2016 – June 30, 2017	July 1, 2015 – June 30, 2016
Total number		1239	815	232	233

ORW – Counsellors 2016-2017

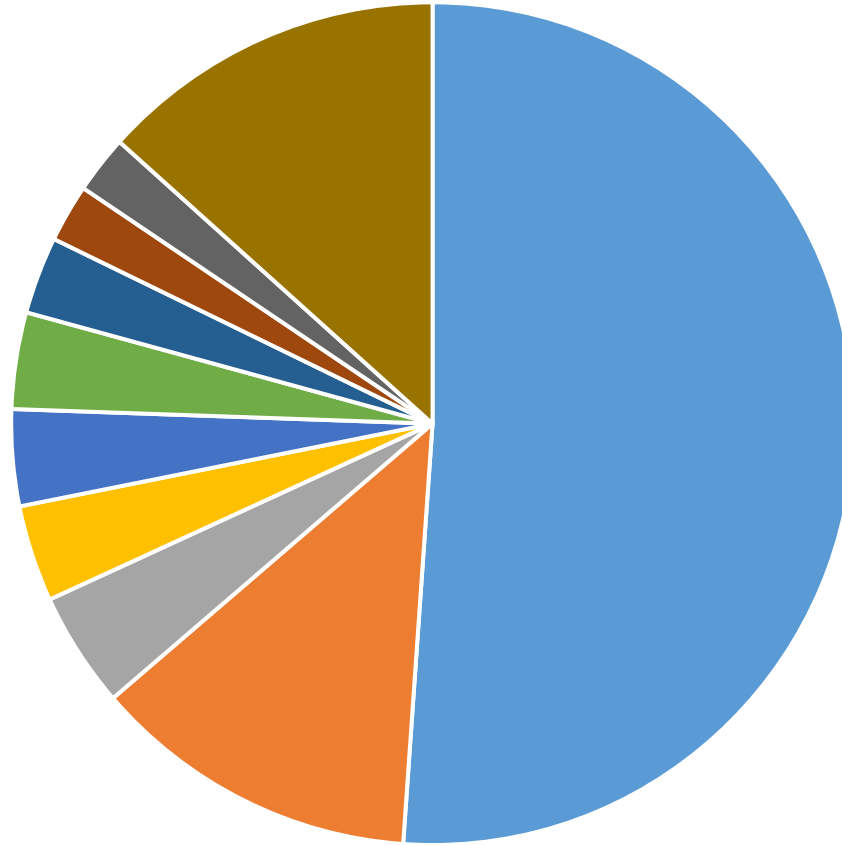
Number of visits	Number of trainees	Percentage
1-5	135	74%
6-10	21	11%
>11	27	15%

ORW – Director(s) 2016-2017

Number of visits	Number of trainees	Percentage
1-5	88	95%
6-10	3	3%
>11	2	2%

What Brings trainees in to counselling (2016-17)

N=135 new clients



- Anxious -no diagnosis
- Low mood-no diagnosis
- Mood disorder diagnosed
- Career concern
- Grief
- Stress
- Physical disability
- I and H
- workplace relationship
- Other

Where were trainees referred to by counsellors (2016-17)

Mental Health Practitioner	67
Physician Health Program (PHP)	63
Mentor	36
Request for External Assessment	23
Physician	17
PARO	5
Occupational Therapy	3
CPSO	2

Workshops 2016-2017

- Workshops given from our educational offerings directly to the Programs: 67
- Conferences: 3
- Faculty: 3
- Process groups/Scan/Emergency Medicine: 16
- UME: 4



8 DIMENSIONS OF WELLNESS

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL

Satisfaction with current and future financial situations.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

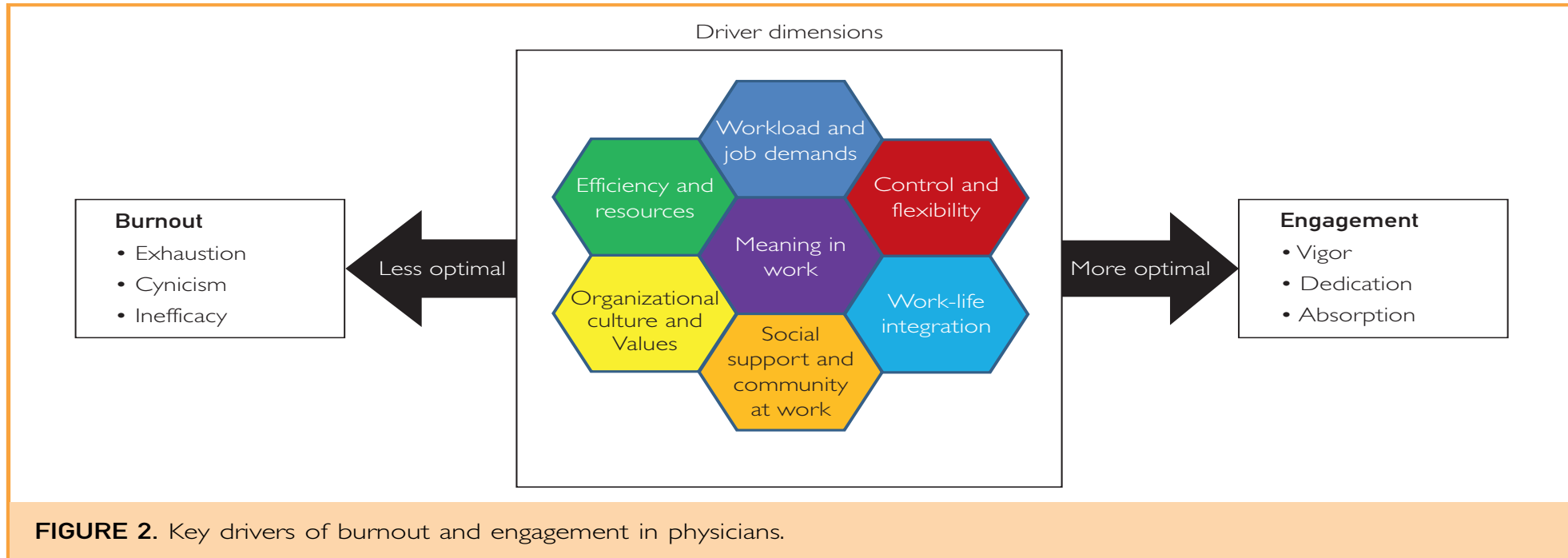
SPIRITUAL

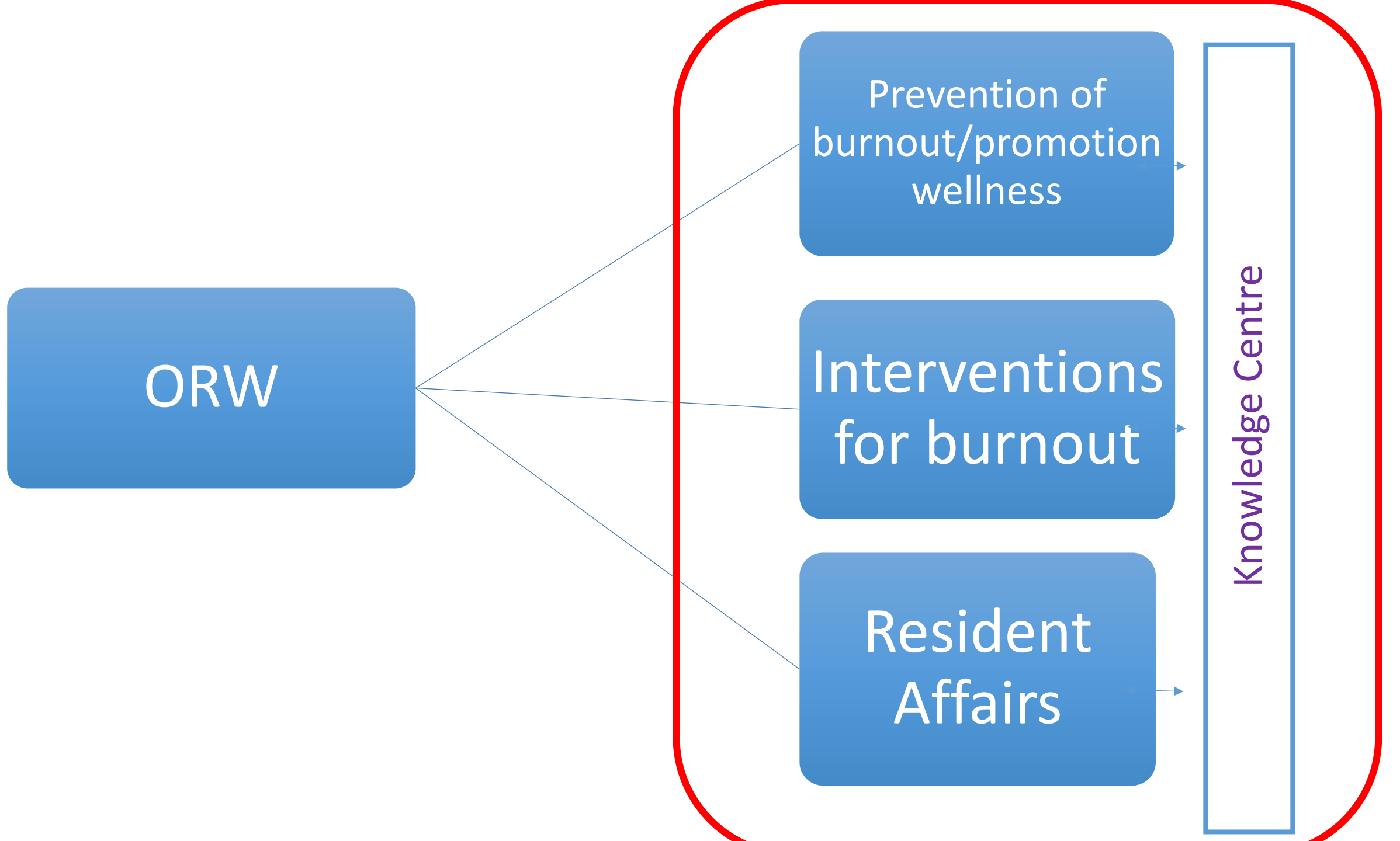
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.







ORW

Prevention of
burnout/promotion
wellness

Interventions
for burnout

Resident
Affairs

Knowledge Centre

Resident Affairs

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graph LR; RA[Resident Affairs] --- BMA[Board of Medical Assessors]; RA --- ADA[Advising re Accommodation for illness/disability]; RA --- AR[Advising residents re Intimidation/Harassment, leaves]; RA --- APD[Advising PD's/hospitals re above issues]; RA --- PGMEAC[PGMEAC wellness subcommittee];
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Board of Medical Assessors

Advising re Accommodation for illness/disability

Advising residents re Intimidation/Harassment, leaves

Advising PD's/hospitals re above issues

PGMEAC wellness subcommittee

Prevention
burnout/promotion wellness

PGME

Individual counselling



Educational workshops



Link all PG trainees to family MD



Train wellness facilitators throughout Faculty Depts



U of T Program

Wellness activities within some programs



Trained wellness facilitators lead programs/groups



Learning Site/hospital

Work within learner environment task force to address organizational factors



Interventions for
burnout/mental illness

PGME

U of T Program

Learning
Site/hospital

short term individual
counselling

psychotherapy/specialty
care- and other medical



Things to expect in 2018...

- We will be fully staffed so wait times back to normal!
- A name change...we service clinical fellows too!
- Re-beginning of (expanded) PGMEAC-Wellness subcommittee
(Send me names of representatives if you haven't already; request PARO identify resident representatives for committee)
- Establishing of program to link residents to family MD and specialty care
(Stay tuned to be called upon!)
- Establish resource document for programs regarding "good practices" in wellness and accommodation
- Expanding our reach in education and wellness leadership – Training leaders/champions in Programs/hospitals to take on local teaching and development