University of Toronto PGMEAC

Wellness Subcommittee

Terms of Reference (2014)

**Rationale:**

Physician health, wellness and sustainability are well-recognized and critical components of postgraduate education and training that would benefit from further development and integration into the learning environment. Since 2006, the Office of Resident Wellness in the PGME Office has provided support services to trainees in need, developed educational workshops within the CanMEDS framework to enhance coping and resilience for a sustainable medical career, and conducted research to better understand resident experiences in training. Significant increases in visits to the office by postgraduate trainees and program requests for workshops year over year indicate the need and receptivity to services that are accessible, acceptable and relevant to the training environment. Since trainees are more apt to adopt wellness behaviours if they are learned ‘at the bedside’ from their own faculty.the creation of a wellness sub committee of PGMEAC would further promote the development of physician health awareness and expertise within departments..

Programs with designated wellness leads can offer primary prevention and support to their residents in difficulty, develop discipline specific educational activities to meet physician health CanMEDS competencies, and ultimately promote a culture of wellness in the training environment.

**Goals and objectives:**

The overall goal of the PGMEAC Wellness Subcommittee is to assist postgraduate training programs at the University of Toronto to support and enhance the resident experience. Additionally, the subcommittee will offer wellness representatives the opportunity to:

* Discuss and share resources available for residents in need
* Share program wellness innovations
* Align activities with Office of Resident Wellness and PGME strategic plan
* Understand best practices for supporting residents with health issues impacting training
* Design, develop, adopt or adapt educational materials to enhance coping and resilience
* Seek advice or support from colleagues
* Discuss and/or collaborate on research related to physician health in training

**Membership:**

Chair, chosen from membership

Director, Resident Wellness, PGME Office

Wellness Counsellor/Education Lead, PGME Office

Program based Wellness designates

Resident representatives

PGME Staff Support: Wellness Assistant

**Reporting:**

* The PGMEAC Wellness Subcommittee reports to the Postgraduate Medical Education Advisory Committee.

**Meetings:**

* The Committee will meet a minimum of 4 times per year usually at the PGME office. Guests may be invited to meetings at any time, and specific working groups may be established to work on special projects to inform the Wellness Subcommittee.