

# University of Toronto PGMEAC Wellness Subcommittee

## TERMS OF REFERENCE

### Rationale:

Physician health and wellness are critical components of postgraduate education and training that would benefit from further development and integration into the work and learning environment. Since 2006, the Postgrad Wellness Office PGME, UofT has provided support services to residents and fellows, developed educational workshops within the CanMEDS framework to enhance coping and resilience for a sustainable medical career, and conducted research to better understand resident and fellow experiences in training. Significant increases in visits to the office by trainees and program requests for workshops year over year indicate the need and receptivity to services that are accessible and relevant to the training environment. Since trainees are more apt to adopt wellness behaviours if they are modelled by their own faculty, the wellness subcommittee of PGMEAC promotes the development of physician health awareness and expertise within PGME programs.

Residency and fellowship programs with designated wellness leads can offer primary prevention and support to trainees in difficulty, develop discipline-specific educational activities to meet physician health CanMEDS competencies, and 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 resident and fellow health and wellness. Additionally, the subcommittee will offer wellness representatives the opportunity to:

- Discuss and share resources available for trainees in need
- Share program innovations
- Align activities with the Postgraduate Wellness Office and the PGME strategic plan
- Understand best practices to support and accommodate trainees with health issues impacting training
- Design, develop, adopt or adapt education materials to enhance trainee coping and resilience
- Seek advice and support from colleagues
- Collaborate on research related to physician health in training
- Engage in shared consultation to assist each other in navigating complex local environments to support trainee wellness
- Support wellness program development to align with accreditation standards

### **Membership:**

- Chair, Director or Associate Director Postgraduate Wellness or chosen from the committee
- Wellness Counsellor/Educator, PGME Office (1-2)
- PAAC representative
- Program-based Wellness leads
- Resident representatives (1-2)
- PARO representatives (1-2)
- Fellow representatives (1-2)
- International trainees (1-2)
- PGME Staff Support: Wellness assistant/coordinator

### **Reporting:**

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

### **Meetings:**

The Committee will meet a minimum of four 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 projects and programming to inform the Wellness Subcommittee.