

University of Toronto Wellness Resources for Medical Learners

OFFICE OF LEARNER AFFAIRS (OLA) POSTGRADUATE LEARNER AFFAIRS (PGLA)

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Temerty Faculty of Medicine



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO

Office of
Learner Affairs

Navigate. Elevate. Advocate.

We're with you

Our mission

We work with learners,
at individual and systems levels to optimize the learning environment and experience,
and enable their development into accomplished health care professionals.



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PG Learners (11/2022)

PG Learners – CMG: **1516**

PG Learners – IMG: **319**

PG Learners – Sponsored: **164**

Clinical Fellows: **1523**

Elective Learners: **499**

GRAND TOTAL:

4021

Postgraduate Learner Affairs (PGLA) unit in OLA



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For context . . .

We are:

- ✓ Totally voluntary
- ✓ Neutral
- ✓ Inclusive
- ✓ Safe
- ✓ Confidential (PHIPA vs FIPPA), with independent record management systems
- ✓ Free of charge

We are not:

- ✗ Evaluative
- ✗ On any selection committees
- ✗ Adjudicating
- ✗ Disciplinary
- ✗ A crisis service

What we do



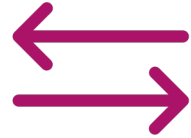
And liaise with other networks



Other ways we support learner wellness



Absences



Navigating transfers & transitions



Accommodation



Personal support



Outreach and Warm Handover



Mentorship



Resource of learner support for faculty



Learners experiencing difficulty



Skills enhancement



Well-being



Career counselling



Broad networking

Learner life specialists



- MSWs, OTs and registered psychotherapists



- Help with Intake, triage, short-term stabilization and navigation
- Optimize function of learners within their training programs
- Use a variety of therapeutic modalities
- Deliver learner wellness initiatives and are resource experts



- Available via self-referral or recommendation
- Short-term interventions
- Learners attend 4-6 sessions per episode, on average



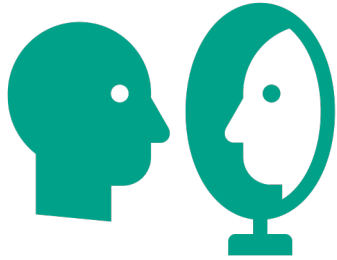
- Efficient, effective, equitable, responsive
- Rapid access to services matched to needs

Academic Coaching



- Available to PG Learners
- One-on-one meetings with a learning specialist
- Learners may self-refer or speak with a Director

Career counselling services



Self-assessment



Career exploration



CV Building



Decision making strategies



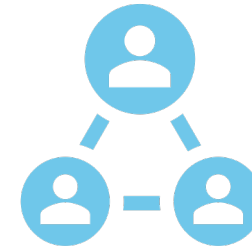
Hybrid career options



Residency application document reviews



Interview coaching



Referrals/resources

Accessibility Advising

Voluntary service for post-graduate learners (residents and clinical fellows) experiencing barriers in participation due to disability, religion and/or family status.

Principles of Accommodation:

- respects dignity (including autonomy, comfort and confidentiality)
- responds to a person's individualized needs
- allows for integration and full participation.

The Learner must be able to meet essential requirements of the program. The way a learner demonstrates skills and knowledge can be altered.

Our service

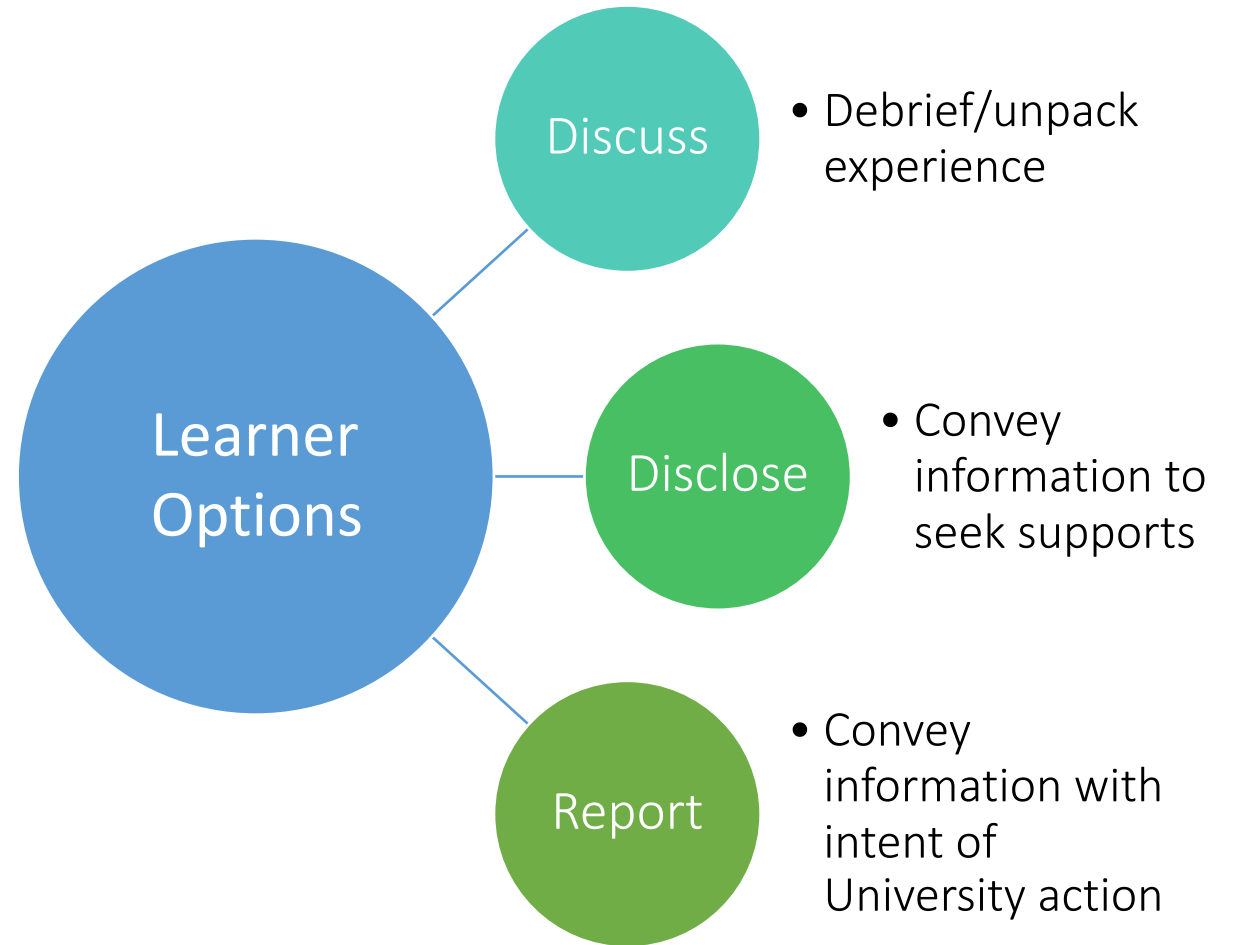
- Guides learners in navigating accommodation and accessibility requests
- Confidential storage of information and medical documentation
- Collaborative creation of individualized accommodation plans
- Iterative consult and communication with learner and program to establish appropriate and supportive accommodations.

LEU- Learner Experience Unit

Mistreatment

Intentional or unintentional behaviours that show disrespect for the dignity of others.

- Confidential, with option for anonymous disclosure
- Access to psychotherapist support
- Connect with designated leader via email or Online Disclosure Form



Getting to OLA



St. George Campus



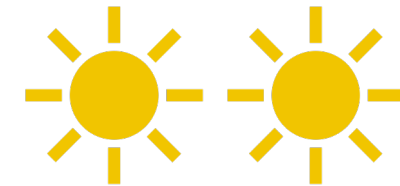
Mississauga Academy of Medicine



No door
is the wrong door



Appointments usually within 2
weeks



Response within
2 business days

Contact us



<https://meded.temertymedicine.utoronto.ca/office-learner-affairs>
<https://meded.temertymedicine.utoronto.ca/learner-mistreatment>
<https://meded.temertymedicine.utoronto.ca/accommodation-accessibility>
<https://meded.temertymedicine.utoronto.ca/book-appointment>



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416-978-2764 (MD/MRS/OS&OT/PA learners)
416-946-3074 (PGME learners/trainees)



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