

## U of C Resident Physician Wellbeing Initiative

### Background

With the lack of a functioning U of C Resident Wellbeing Committee (RWBC), PARA has been approached by a number of resident physicians to create process for accessing the funding that would normally go to the RWBC. Currently, the U of A RWBC receives \$2,250 (2016-2017) to assist in the promotion, maintenance and encouragement of wellbeing among resident physicians and their families.

### Purpose

To support the promotion, maintenance, and encouragement of wellbeing among resident physicians and their families at the U of C, PARA will provide up to \$2,250 (2016-2017) to program based wellness events that have been initiated by resident physicians.

PARA funding for an event is intended to be in partnership with other sources of funding. Thus, if the funds required exceed the maximum PARA funding available, the applicants should attempt to find additional funding for the proposed event from the PGME, their program or resident physicians attending the event. PARA will try to fund events that would not otherwise have the money or support to take place.

### Budget and Allocation of Funds

- The total budget for this program is \$2,250; the funds will be split between different programs (only one application will be approved for each program in an academic year).
- Requests for wellbeing funding should not exceed \$20 dollars for each participant who attends the event up to a maximum of \$300.00 per event.
- Money will be allocated based on the number of attendees. Attendees can include resident physicians as well as spouses and family members, if the event includes them.
- Faculty and staff, if invited or involved in the event, will not be included in the attendee calculation for funding.
- Approved funding will be provided through the reimbursement of original receipts submitted by the event coordinator.
- Applications will be reviewed for approval by PARA's Community Wellness Committee.

### Event Details

- Events should be planned with specific wellbeing goals in mind and the link between the event and the achievement of these goals should be outlined in the application form.
- Events should be open and considerate of all resident physicians within the program, and it should be expected that at least half of the program will attend.
- Off site (non-hospital) based events should be considered.
- Funds will not be used for competition, evaluation, or recognition of an individual resident physician's success or accomplishments.

### Application Details

- Applications should be submitted using the attached application form.
  - Details of the planned event, wellbeing goals and budget must be included.
  - Applications must be reviewed and signed by the Program Director and the event organizer(s).
- Applications will be accepted at any time during the academic year and will be considered until all funds for that academic year have been allocated. Preference will be given to programs that have not received previous funding.
- Except in exceptional circumstances, applications will not be accepted after an event has taken place.

### Post-Event Requirements

- After an event is complete, the event organizer will submit a summary of the event and the wellbeing outcomes using the post event summary form.
- The summary should include:
  - The number of attendees (resident physicians and family reported separately).
  - An evaluation of what went well and what could have been improved.
  - Information which would help other programs plan similar events (such as contact information for speakers or event venue reservation information).
  - Photographs are strongly encouraged.
- Receipts will not be reimbursed without submission of a summary form.

### Suggestions/ideas

- Some general ideas include:
  - Have a speaker come to a half day to talk about common wellbeing issues such as time management, nutrition, stress management, professionalism, sleep disorders, etc.
  - Consider combining a discussion with a healthy activity (eg. discussion on stress management or nutrition and then a yoga or a cooking class) that would help achieve the goals discussed.
  - Research a specific topic of interest to your group then discuss as a group (eg. effects of sleep deprivation on your work and life and ways to improve sleep habits). This could be done over a meal out of the hospital or at a retreat that the funding can help support.
  - Be creative! If you are unsure if your event fits the application requirements please contact the PARA Community Wellness Committee to discuss your idea and get suggestions.

### Forms

- Application form
- Post event summary form
- Reimbursement form