

## **Resident Wellness Policy Obstetrics and Gynecology University of Ottawa**

The Department of OBGYNE refers its residents to the University of Ottawa Post-Graduate Medical Education **Well-Being Program for Physicians-in-Training** (<https://med.uottawa.ca/postgraduate/tools-and-resources/well-being-program-physicians-training>).

Specifically, the following outlines other ways in which resident wellness is addressed by the ObGyne residency program.

1. The Program Director and Associate Program Director, Academic Manager and the Residency Wellness Committee members have an open-door policy and will accommodate any resident concerns at all times.
2. The PDs meet twice per year one on one with all residents in the program for resident reviews. In addition, there are meetings twice per year between PDs and each PG year resident. The RWC Faculty members meet with each resident one on one twice per year and are also available for crisis management or discussion academic difficulties, health problems, bad/ unexpected outcomes, or any other concerns. Residents are encouraged to share any concerns about their wellness either individually or as a group with the PDs, AM, or RWC members at this time, or at any other time over the course of their training.
3. All residents are assigned an Official Mentor in the OBGYNE Department by PGY2 year. This mentor is a staff physician with whom the resident is meant to meet regularly throughout the residency to discuss issues around lifestyle and personal wellness. PGY1 residents are also assigned a Resident Mentor. Mentorship Events (for mentors and mentees) are held on one-two evenings per year.
4. All CBD residents are assigned an Academic Advisor who is available for coaching and support during training. This Advisor is also available as an alternate resource to answer any training concerns that may affect wellness.
5. Representatives from the Resident Wellness Committee will have a short presentation at the PGY1 Orientation session in July for the incoming residents.
6. The OBGYNE program hosts a full day “Wellness Retreat” twice per year for its residents. This is held offsite (Le Nordik spa).
7. Wellness Topics are incorporated into the AHD curriculum including lectures from Faculty Wellness dept, Career planning, Financial Planning, Wellness events. (Arranged through the Wellness Committee)
8. Residents are protected to attend any wellness events arranged by the University of Ottawa PGME.
9. For any other concerns that cannot be address by the PD or the resident’s mentors, residents are urged to contact either the PGME Faculty Wellness Program

(<https://med.uottawa.ca/professional-affairs/faculty-wellness-program>) or PARO (1-866-HELP-DOC).

10. In situations where the resident's performance is being affected by physical or mental health concerns, the PDs and the resident will discuss a plan to address these concerns. This may include supporting the resident to undergo an evaluation with the Faculty Wellness Program.

**Revised: July 2020**