



University of Ottawa, Faculty of Medicine, Resident Wellness Committee

Adapted from the University of Toronto PGMEAC Wellness Subcommittee

TERMS OF REFERENCE

Physician health and wellness are critical components of postgraduate medical education and training that would benefit from further development and integration into the work and learning environment.

The Resident Wellness Committee (RWC) is an advisory committee that reports to the Vice Dean Post Graduate Medical Education (PGME) and provides strategic wellness direction to the PGME office, Faculty Wellness Program (FWP), and associated administrative support staff at the University of Ottawa Faculty of Medicine.

The RWC is chaired by a Resident Wellness Representative and is comprised of Resident Wellness Ambassadors from the twelve (12) clinical departments including the School of Epidemiology and Public Health (SEPH). The RWC also includes representation from the PGME Office, FWP, PARO, International Medical Graduate, Program Directors, designated Faculty, Resident Wellness Leads and Program Administrators.

The RWC will assist in identifying, goals, and implementation strategies to encourage healthy behaviours in the clinical and academic learning and working environment. The RWC will promote the development of physician health awareness and expertise within PGME programs, while advocating for policy changes aimed at bettering resident physician wellness.

The RWC will meet on a quarterly basis and will be responsible for organizing bi-annual meetings with all Resident Wellness Leaders to exchange ideas, new initiatives, address areas of concerns, and maintain an understanding of the wellness landscape of uOttawa PGME trainees.

Goals and Objectives:

The objective of the RWC is to support and enhance PGME trainee wellness. The RWC will offer Wellness Leaders the opportunity to:

- Discuss and share resources available for trainees in need.
- Share program innovations.
- Align wellness activities across the Faculty Wellness Program and the PGME Office and programs
- Understand and advocate for best practices to support trainees with health issues.



- Seek advice and support from colleagues.
- Collaborate on research related to physician health in training.
- Advise on resources and processes to assist trainees to receive the Wellness support they need in their local environment.
- Support wellness program development to align with accreditation standards.
- Support communication with the Resident Wellness Leads from across the PGME programs to ensure bidirectional sharing of information on wellness issues and needs.
- Support communication efforts with Program Directors and Program Administrators on PGME trainee wellness.
- Provide input to the FWP on wellness related content for website

Membership:

- Chair, Resident Wellness Representative (Voted from membership)
- Assistant Dean, Faculty Wellness Program
- Director of Learner Wellness, Faculty Wellness Program
- Assistant Dean PGME
- Wellness Counsellor(s)
- Program Administrator representatives (1-2)
- Resident Wellness Lead from each of the Clinical Departments including SEPH (13)
- PARO representatives (1-2)
- IMG Resident (1-2)
- Faculty Wellness Program Staff Support (1-2)
- PGME Staff Support (1)

The twelve (12) representatives from the departments will be selected at the discretion of the chair and take into consideration representation across the program as well as ensuring a diversity of representation belonging to equity-seeking groups.

Reporting: The Committee will meet a minimum of four (4) times per year. Guests may be invited to meetings at any time, and specific working groups may be established to work on projects and programming.