

MacPeds

Wellness Support Group



Welcome to Wellness Support Groups!

What are Wellness Support Groups (WSG)?

Wellness Support Groups (WSG) is a new MacPeds initiative that is aimed at enhancing resident wellness and giving us an outlet to discuss the good, the bad, and the issues we are all facing in residency. It will also give residents a chance to get to know other residents in different years, as well as some staff in a social setting.

Each WSG is made up of 12 residents and 2-3 faculty. Based on the vote we put out last week, these groups are different from LCC groups. Please see below for the group lists.

WSGs will meet up 2-3 times per year, with the first group meeting being sometime in late August or September. These meetings will likely have to occur after work or on weekends. Each group is responsible for organizing their own events, but we have lots of ideas for you! We will also send out lists of ideas at different times of the year!! You'll notice that one resident is starred in each group - they will be responsible for organizing the first event and contacting their respective faculty to find a mutual time. We're hoping that this responsibility can then be handed down to PGY-1s in each group (and it'll be a nice, easy way to add an "admin" position to your portfolio).



What kinds of things can WSGs do?

August/September is a beautiful time to explore Hamilton and the greater area, so we suggest taking full advantage of it!!! Ideas that we have include:



- Checking out some **amazing ethnic restaurants** around town (My Thai, Wass Ethiopian Food, Bread Bar, U Shao (Korean) BBQ, Pho Binh Binh)
 - Going to one of the **many coffeeshops in town** (Mulberry St Coffeehouse, My Dog Joe's, Red Crow Coffee, Radius, Johnny's Coffee)
 - Checking out the **Hamilton Waterfront**: do you know they have a rollerskating rink now? They also have an amazing patio at both William's Coffee Pub and Sarcoa there.
 - Having a **BBQ potluck, or a pool party**
 - **Going for a hike** around one of Hamilton's many waterfalls
 - **Checking out the many festivals** that are happening: the Burlington Ribfest (Aug 30 - Sept 2) and the James St Supercrawl (Sept 13 and 14) are just a few.
-

What should WSGs talk about?

Basically anything around wellness and the elusive work-life balance!! For the first event, we suggest that a good place to start would be discussing transition, and what people have found challenging about starting the new academic year. We have attached a document that includes discussion points around transition.

However...please do not feel limited by this. The first event should also concentrate on getting to know each other!

We hope that you have fun with this new initiative!! Please email us if there are any concerns or questions about WSG. We will be checking in throughout the year, and sending ideas periodically about what groups can think of doing, and what may be good themes to have discussions around.

Daisy and Jessica

2013-2014 Mentorship Groups

GROUP 1

| | |
|------------------------------|-------|
| Staff : | |
| Dr. Jeffrey Pernica (ID) | |
| Dr. Connie Williams (NICU) | |
| Dr. Vicky Breakey (Heme-Onc) | |
| | |
| Residents : | |
| Lindsay Fleming | PGY-1 |
| Juliana Giraldo Salazar | PGY-1 |
| Joseph Oliver | PGY-1 |
| Hana Mijovic | PGY-2 |
| Jessica Woolfson* | PGY-2 |
| Kaleem Ashraf | PGY-2 |
| Joanna Stanisz | PGY-3 |
| Julia Frei | PGY-3 |
| Romy Cho | PGY-3 |
| Ghanem Al-Ghanem | PGY-4 |
| Laura Waltman | PGY-4 |
| Allison Rodriges | PGY-4 |

GROUP 2

| | |
|---|-------|
| Staff : | |
| Dr. Natalie Orovec (General Pediatrics) | |
| Dr. Quang Ngo (ER) | |
| | |
| Residents : | |
| Surejini Thamaradinam | PGY-1 |
| Ania Van Meer | PGY-1 |
| Mihaela Paina | PGY-1 |
| Helen Paciocco | PGY-1 |
| Daisy Liu* | PGY-2 |
| Michelle Lee | PGY-2 |
| Maria Chacon | PGY-2 |
| Rubeena Khan | PGY-2 |

| | |
|------------------|-------|
| Praveen Rayar | PGY-3 |
| Nancy Nashid | PGY-3 |
| Stephanie Kay | PGY-4 |
| Meshari Al-Aifan | PGY-4 |
| Andrea Mucci | PGY-4 |

GROUP 3

| | |
|--|-------|
| Staff : | |
| Dr. Katrin Scheinemann (Heme-Onc) | |
| Dr. Burke Baird (General Pediatrics/ER/CAAP) | |
| Dr. Ramsay MacNay (General Pediatrics) | |
| | |
| Residents : | |
| Jessica Holt | PGY-1 |
| Harpreet Gill | PGY-1 |
| Humaira Nael | PGY-1 |
| Shazli Shethwala | PGY-2 |
| Meijan Zhao | PGY-2 |
| Willa Liao | PGY-2 |
| Jessica Dooley* | PGY-2 |
| Jenna Dowhaniuk | PGY-3 |
| Adriana Gonzalez-Fonseca | PGY-3 |
| Anne Moffatt | PGY-3 |
| Sanjay Vashishtha | PGY-3 |
| Sophie Tanguay | PGY-4 |
| Greg Harvey | PGY-4 |

GROUP 4

| | |
|--|-------|
| Staff : | |
| Dr. Kristen Hallett (General Pediatrics) | |
| Dr. Tania Cellucci (Rheumatology) | |
| | |
| Residents : | |
| Anushka Weeraratne | PGY-1 |
| Paria Kashani | PGY-1 |
| Koyelle Papneja | PGY-1 |
| Andrea Kirou-Mauro | PGY-2 |

| | |
|------------------|-------|
| Rosheen Grady | PGY-2 |
| Madhavi Moharir* | PGY-2 |
| Kim Genier | PGY-3 |
| Jillian Salvador | PGY-3 |
| Luise Neuendorff | PGY-3 |
| Andrea Martinez | PGY-3 |
| Shiba Asim | PGY-4 |
| Khalid Almajid | PGY-4 |
| Renee Tseng | PGY-4 |

Wellness Support Group Objectives

Physician as Communicator

1. Open lines of communication between residency years and staff
2. Create a non-threatening, open environment where residents can speak freely about difficulties they have encountered with residency

Physician as Collaborator

1. Work with colleagues to establish frameworks, guidelines and tips for residency issues and transitions.
2. Develop interpersonal relationships with colleagues and staff in a non-work environment to help facilitate better collaboration while at work
3. Work with colleagues to develop settings that promote resident wellness and work-life balance

Physician as Scholar

1. Help to identify resources that are beneficial at different stages of training (ie. transition into senior, how to file for taxes, study tips for exams)

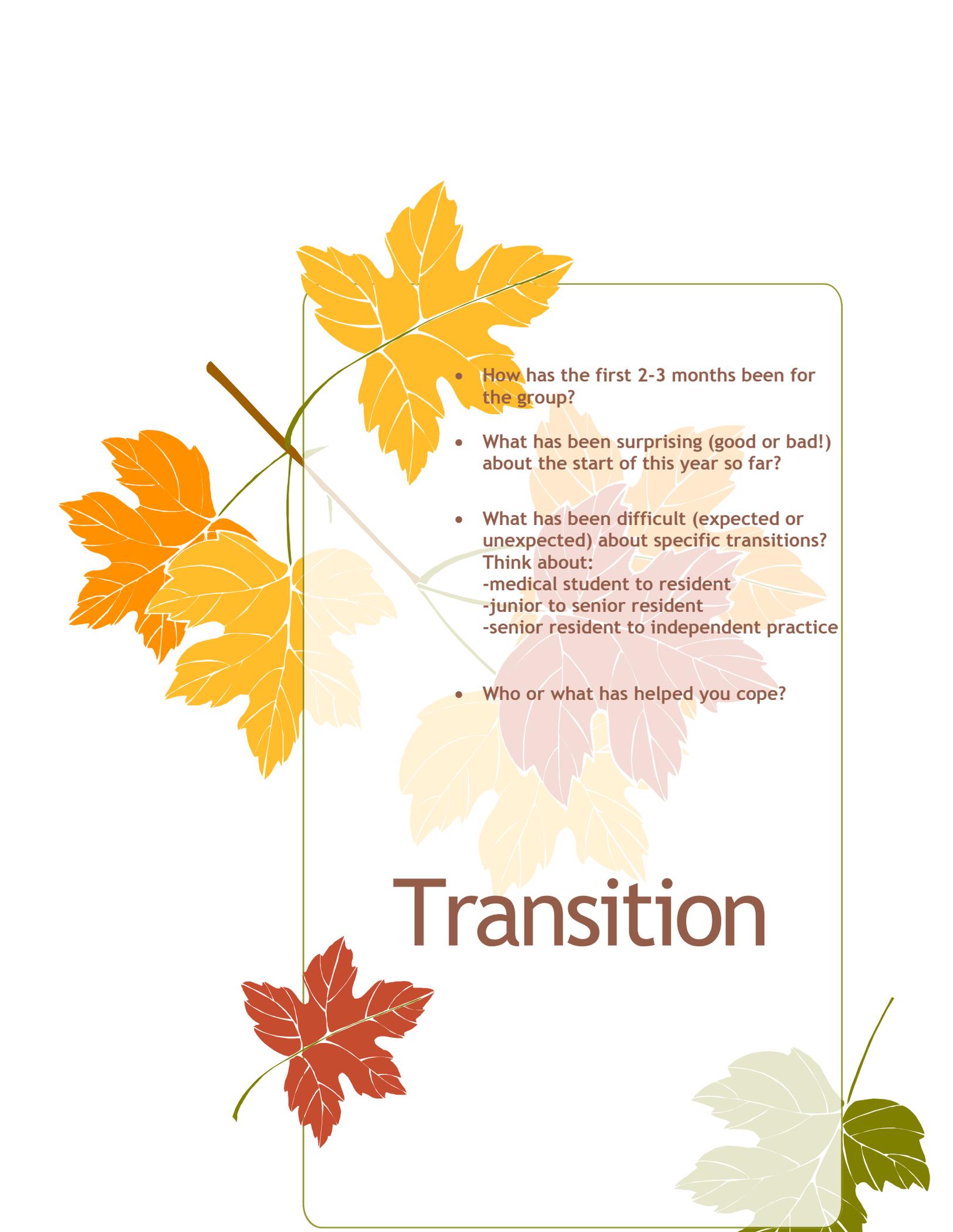
Physician as Professional

1. Interact with colleagues in a non-work environment in a collegial and respectful way
2. Promote appropriate social environments that promote wellness that allow residents and staff to interact

Physician as Manager

1. Assist trainees in transitioning into their roles as a junior resident, senior resident and consultant staff
2. Help optimize the balance between work and lifestyle by creating social settings that promote wellness

Discussion Points

- 
- How has the first 2-3 months been for the group?
 - What has been surprising (good or bad!) about the start of this year so far?
 - What has been difficult (expected or unexpected) about specific transitions? Think about:
 - medical student to resident
 - junior to senior resident
 - senior resident to independent practice
 - Who or what has helped you cope?

Transition