



UBC Critical Care Medicine

Bringing Excellence in Critical Care, Teaching and Research to the Bedside

Critical Care Medicine Program **Wellness Policy**

The Critical Care Medicine (CCM) Residency Program seeks to provide Critical Care Medicine Residents with a safe and positive learning environment. Critical Care Medicine is a sub-specialty that is associated with significant risks of burnout and stress. As such, the Critical Care Medicine Residency Program seeks to provide Residents with professional support and access to resources to help assist them in handling the aforementioned issues.

Wellness:

The UBC Critical Care Medicine Residency Program will undertake the following measures to address Resident Wellness:

- a) The program will devote academic half-day time to wellness. These educational sessions will be led by the Program Director or designate. A focus of these educational sessions is to undertake team building to foster comradery between Critical Care Medicine Residents.
- b) During the academic year, there is one wellness devoted educational scheduled once every 4 weeks.
- c) The UBC Critical Care Medicine Residents are provided with access to the UBC Resident Wellness Office for additional resources.
- d) The Program Director meets with each Critical Care Medicine Resident every 3 months for professional development and also to illicit any concerns from the Resident as they pertain to burnout, wellness or signs / symptoms of co-morbid psychological illness.
- e) In the setting of requiring psychological support, the Resident will be referred to the UBC Wellness Office which provides stress or grief counselling on a confidential basis.

Original Version: Feb. 28, 2019
Rev: June 27, 2019