



## **Critical Care Medicine Program**

### **Mentorship Program**

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

#### **Mentor:**

The UBC Critical Care Medicine Fellowship Program will provide access to prospective mentors (UBC CCM attending physicians)

- a) Prospective mentors will volunteer and identify themselves to the CCM program after an annual call for interested parties to the UBC attending physician group.
- b) Each mentor is required to meet with their mentee at least twice per year
- c) The mentor must be an intensivist and have a UBC clinical appointment
- d) The mentor must be in good standing with the UBC CCM program and a full active staff in an ICU affiliated with the UBC CCM Program
- e) Each mentor will have at most, 2 mentees annually

#### **Meetings:**

The UBC CCM mentor and mentee will meet and the following are mentorship topics to Discuss:

- a) Physician wellness (mental health, financial management and well-being, burnout).
- b) Career counselling (employment opportunities, post-CCM training options)
- c) Performance or areas for improvement in the academic component of the CCM fellowship.

#### **Mentee:**

The UBC CCM mentee will meet with the mentor

- a) The mentee is responsible for organizing the bi-annual meeting
- b) The mentee should email the mentor 2 weeks prior to the meeting date as a reminder
- c) The mentee will come prepared to the bi-annual meeting to discuss issues of interest