



UBC Critical Care Medicine

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

June 3, 2019

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Wellness Checklist

Primary Health Prevention	<ul style="list-style-type: none"><input type="checkbox"/> Identify a family physician or primary care provider and book an appointment¹<input type="checkbox"/> Identify a dentist and book an appointment²<input type="checkbox"/> If other health needs, identify the appropriate healthcare provider<input type="checkbox"/> Annual influenza vaccination<input type="checkbox"/> Optometry examination every 2 years³
Dealing with Stress	<ul style="list-style-type: none"><input type="checkbox"/> Identify an activity to de-stress (journal, exercise, music, reading)<input type="checkbox"/> Seek EFAP services, if indicated⁴<input type="checkbox"/> Attend CCM Program team building activities<input type="checkbox"/> Meet quarterly with advisor and/or mentor<input type="checkbox"/> Ensure vacation has been booked⁵
Recognizing Burnout	<ul style="list-style-type: none"><input type="checkbox"/> Complete LEADS module⁶<input type="checkbox"/> Complete suicide / compassion fatigue survey⁷<input type="checkbox"/> Meet with advisor, program director and / or mentor to discuss burnout
Transition to Practice	<ul style="list-style-type: none"><input type="checkbox"/> Discuss career planning with program director, advisor or mentor<input type="checkbox"/> Consider a counsellor or psychologist for regular meetings to debrief<input type="checkbox"/> Develop a support network for transition to practice



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Appendix 1.

¹ Refer to BC College of Physicians and Surgeons website - <https://www.cpsbc.ca/for-public/faqs/using-physician-directory>.

Can call Health Link BC – 811.

UBC Student Health offers GP services to residents. <https://students.ubc.ca/health/student-health-service>

² Can call Health Link BC – 811.

UBC Student Health offers GP services to residents. <https://students.ubc.ca/health/student-health-service>

³ <https://bc.doctorsofoptometry.ca/find-a-doctor/>

⁴ Resources

- a) <http://www.efap.ca/services/counselling.htm>
- b) <https://postgrad.med.ubc.ca/tag/resident-wellness-office/>

⁵ Contact Any and Myp in advance to ensure vacation has been booked for the upcoming academic year.
Myp's contact: mypindersekhon@gmail.com, Any – ana.palomino@vch.ca

⁶ <https://www.heretohelp.bc.ca/wellness-module/wellness-module-9-finding-balance>
www.cmha.ca/mental_health/work-life-balance-quiz

⁷ <https://www.heretohelp.bc.ca/wellness-module/wellness-module-2-stress-and-well-being>