



UBC Critical Care Medicine

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

Wellness Policy

The Critical Care Medicine (CCM) Training Program seeks to provide CCM 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 CCM Training Program seeks to provide residents with support and access to resources to help assist them in handling the aforementioned issues.

The UBC Critical Care Medicine Training Program will undertake the following measures to address resident wellness:

- The training program's academic half day (AHD) curriculum will devote time to a wellness curriculum. AHD wellness sessions will include lectures from wellness experts, meetings with the Lead Fellow, and free AHD time for personal matters, appointments, and group bonding etc.
- The Program Director(s) meets with each CCM resident approximately 4 times per year to check-in, assist with professional development and to elicit any concerns from the resident as they pertain to burnout, wellness or signs / symptoms of co-morbid psychological illness.
- The UBC CCM residents will attend a 3-day retreat annually where they can relax, recharge and foster comradery within the group.
- Several program events occur annually including a welcome dinner for new residents, the holiday party, and the resident graduation event to ensure community building, and the appreciation and celebration of residents.
- The UBC Critical Care Medicine residents are provided with access to the UBC Resident Counselling and Peer Support (RCAPS) Office for additional resources.

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