

+ LCC – Resident and Physician Resiliency

A starting Point to a Life Long Career Outlook

Wellness. Burnout. Resiliency. These words have been used frequently in medical education, medical literature, and the news and media, particularly over the last few years. As more attention is being brought to physician wellness and well being, more light is being shed on the intricacies of physician mental health and the concept that resilience may be needed to survive and thrive in this profession.

But what does it mean to be well? What does it mean to have resilience? Are these essential to a long and healthy career in medicine? These are topics we will address further in this LCC session.

Please read the following resources in preparation for this week's session:

(hard copies attached)

- Nowik et al (2018). CMAJ Blog – Resiliency: foundational skills for a long and productive career in medicine

<https://cmajblogs.com/resiliency-foundational-skills-for-a-long-and-productive-career-in-medicine/>

- Winkel et al (2018). *Reproductive Health*. 15:53. Thriving in Scrubs – a qualitative study of resident resilience.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5869777/>

- Lenoski (2019). *Canadian Family Physician*. 65:147-148. This is My Physician Wellness – A Canadian family physician's perspective.

<http://www.cfp.ca/content/65/2/147#xref-ref-5-1>

Questions for the Group to Consider – to be answered/discussed during the LCC session:

- Please take a look at this excerpt from a popular TV show – Scrubs
<https://www.youtube.com/watch?v=393yFQekMvc>
 - Have you had a similar experience? What was it like? Do you still get this same exact feeling in similar situations? Has anything changed?
- According to a national resident survey, completed by Resident Doctors of Canada (RDOC), 51.9% of residents experience definitive symptoms of burnout.
 - Please watch the following video created by the Mayo Clinic and the American Foundation for Suicide Prevention (warning – sensitive content)
<https://www.youtube.com/watch?v=I9GRxF9qEBA>
 - What is burnout? What contributes to resident burnout? What contributes to physician burnout?
 - Where would you go/where would you direct someone who is in need of help due to burn out/mental health/having thoughts of suicide in our program?

- Furthermore, in the same national survey, RDOC found that 87.6% of resident are often or nearly always able to adapt when changes occur and 86.5% are often or nearly always able to bounce back after an illness, injury or hardship, showing a significant amount of resilience.
 - Resident Doctors of Canada created an entire [resiliency curriculum](#) designed to give residents some skills to become better equipped to manage the stress and difficulties that are associated with medical education. This curriculum is based on a similar program called [The Road to Mental Readiness Program](#) which was created and implemented by the Canadian Armed forces and [the Working Mind Program](#) taught by the Mental Health Commission of Canada.
 - What does resiliency mean to you? Is it a skill or a set of skills that can be learnt? What contributes to resident resiliency? Please watch this video from [The Resilience Results Model](#) based out of the UK after you've discussed the above bullet point. Does it coincide with your thoughts about resilience? Please discuss why or why not. <https://www.youtube.com/watch?v=eauf8Z-v0EU>
- How can we as a program specifically support RESILIENCY (as opposed to WELLNESS) to better equip our residents to become resilient pediatricians?

Thank you for your participation! If your group would like to share thoughts/ideas from this session, please feel free to pass along this information to Kendra (kendra.komsa@medportal.ca) and she will bring these forth to the Resident Affairs Committee.

Additional Resources

Resident Doctor's of Canada – 2018 National Resident Survey (Executive Summary)

<https://residentdoctors.ca/wp-content/uploads/2018/10/National-Resident-Survey-2018-R8.pdf>

Resident Doctors of Canada – Resiliency Training Website <https://residentdoctors.ca/areas-of-focus/resiliency/>

Canadian Armed Forces – Road to Mental Readiness

<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/mental-health.html>

Mental Health Commission of Canada – The Working Mind Program

<https://www.mentalhealthcommission.ca/English/resources/training/working-mind>

The Resilience Results Model

<https://www.resilienceresults.co.uk/what-we-offer>

Adams et al (2010) *International Journal of Social Psychiatry*. 56:359-70. What stops us from healing the healers: a survey of help-seeking behaviours, stigmatism and depression within the medical profession.

Diamond et al (2007) *Neural Plasticity*. 2007:1-33. The temporal dynamics model of emotional memory processing: A synthesis on the Neurobiological Basis of Stress-Induced Amnesia, Flashbulb and Traumatic memories and the Yerkes-Dodson Law.