

Wellness Resources – McMaster Pediatrics Postgraduate Residency 2017-2018

I. Supports for Wellness in Residency via PGME

- 1) **Resident Affairs Directors:** contact for support and referral to appropriate resources throughout residency. Not affiliated with the MacPeds program
 - **Hamilton:** Dr. John Miller – contact directly
 - jmiller@mcmaster.ca 905 525-9140 ext 22833
 - **Waterloo:** Dr. Margo Mountjoy – contact directly
 - mountjm@mcmaster.ca 226-971-2940 or 519- 885-5426 ext 21122

- 2) **Counselling** - via Employee Assistance Program
Human Solutions provides counseling, substance abuse and addictions, behavioral health care, bereavement and crisis management. All services are fully covered for all residents within Hamilton Health Sciences Corporation.
 - Expert counsellors available 24 hours a day, 7 days a week via toll-free number
 - In person counselling during daytime hours, weekends and evenings
 - Support for critical incidents
 - Referral to programs and resources
 - **To access: Call: 905-521-8300 or 1-888-521-8300 (toll-free, 24/7) or visit <http://www.mohawkssi.com/>**

- 3) **Social Worker and Psychologist for medical residents**
 - **Hamilton:** Valerie Spironello, MSW, RSW – specializing in resident wellness and compassion fatigue among healthcare professionals. Mindfulness approach.
 - **Contact:** Valerie@choosewellness.ca
 - PARO covers up to \$500 dollars for counselling (up to 4-5 sessions) but McMaster PGME will pay for the first session with the Social Worker
 - **Waterloo:** Tom Ruttan, Psychologist, Director Counselling Services, University of Waterloo
 - **Contact:** truttan@uwaterloo.ca or 519-888-4567 x33121
 - Free counselling services for trainees at the Waterloo Regional Campus

- 4) **Chaplaincy Centre, McMaster University**
 - <http://www.mcmaster.ca/chaplain>
 - (905) 525-9140 Ext 24207 ; E-Mail: chaplain@mcmaster.ca

- 5) **Crisis Lines/ Sexual Assault Resources**
 - 1) <https://fhs.mcmaster.ca/postgrad/documents/CrisisLines2016.pdf>
 - 2) **PARO Helpline**
 - 1-866-HELP-DOC (1-866-435-7362)

- a confidential support service for residents (open 24 hours a day, 365 days a year)

3) OMA Physician Health Program Help Line

- **Confidential Toll-free-line:** 1.800.851.6606
- (open Monday to Friday 8:45 am to 5 pm.)

4) Other PARO links

- Pregnancy/Parental Leave: <http://www.myparo.ca/pregnancy-parental-leave/>
- Contract FAQ <http://www.myparo.ca/top-contract-questions/>
- Call Rules/Stipends:
 - <http://www.myparo.ca/your-contract/#maximum-duty-hours>
 - <http://www.myparo.ca/starting-residency/#call-stipends>
- Dealing with Academic Appeals
 - <http://www.myparo.ca/during-residency/#dealing-with-academic-appeals>
- Transferring Programs
 - <http://www.myparo.ca/program-transfer-guide/>
 - McMaster PGME: [Transfer Request Form](#)
 - **Intra-Provincial:** [Policy \(McMaster & Ontario\)](#)
 - **Inter-Provincial:**
 - [National Transfer Guidelines](#)
 - [Resident Consent for Release of PGME File & ITERs](#)

6) Find a Family Doctor:

- **Hey Doc Need a Doc Program** – contact PARO office: @paroteam.ca
- **Through PGME office**
 - Contact: Brenda Montesanto at 905-525-9140, ext. 22947, email bmontes@mcmaster.ca.
- ***Note:** McMaster residents cannot access McMaster Student Wellness

7) Harrassment:

- If at any time during your training you feel that you are being harassed or intimidated, you can either contact the Professionalism Advisor or the Equity and Inclusion Office for confidential guidance and assistance.
- Policies on Harassment, Intimidation, Discrimination and Sexual Harassment can be found at: <http://equity.mcmaster.ca/resources-1/harassment>
- Robin Edwards
Professionalism Advisor Faculty of Health Sciences,
McMaster University Michael G. DeGroot Centre for Learning, Room 3519
edwardro@mcmaster.ca
905-525-9140 ext 22417
- Equity Office:
905-525-9140 27581 equity@mcmaster.ca

8) Mindfulness Self-Compassion Course:

- Available through McMaster Faculty Development.
- See event calendar to register: <https://fhs.mcmaster.ca/facdev/events.html>

II. MacPeds Specific Resources and Links

1) Guide to Vacation/Off Call

- a. <https://macpeds.com/documents/29.PracticalGuidetoOncallOffcall.pdf>

2) Child care

- a. Learn more about day care in the Hamilton area
- b. <https://www.hamilton.ca/social-services/child-care/finding-child-care>

3) Support Contacts within the Program:

a. Ombudsperson:

Anne Niec, MD, FRCPC Professor, Pediatrics
3N10 X 73166
niece@mcmaster.ca

Why have an ombudsperson?

<https://macpeds.com/documents/WhyhaveanOmbudsman.pdf>

4) Professionalism:

- a. <https://fhs.mcmaster.ca/postgrad/documents/PROFESSIONALISMPOLICYFINAL1272014.pdf>
- b. Disagreement with attending staff re: patient care issue – policy
 - i. <https://fhs.mcmaster.ca/postgrad/documents/ResolutionofResidentConflictwithAttending.pdf>
- c. Policy on evaluation and appeals – PGME
- d. <https://fhs.mcmaster.ca/postgrad/documents/EvaluationpolicyMAY292009FINAL.pdf>

III. Summary of Health Benefits and Coverage in Residency

1) Vision Care

- a. eye exams, to a maximum of 1 exam in any 24 consecutive months
- b. purchase and fitting of prescription glasses or elective contact lenses, as well as repairs, or elective laser vision correction procedures, to a **maximum of \$250** in any 24 consecutive months

2) Dental Care

- a. 85% coverage for Basic Services
- b. Benefit Maximums unlimited for Level I and Level II services

3) Professional Services

- a. **Chiropractor:** \$500 per Benefit Year

- b. **Podiatrist/Chiropractist:** \$500 per Benefit Year
 - c. **Massage Therapist:** \$500 per Benefit Year
 - Need Rx from physician, must be RMT massage
 - Option in Hamilton: Massage Addict, locations in Stoney Creek, Hamilton and Ancaster. 1 hour for ~\$70
 - d. **Speech Therapist:** \$500 per Benefit Year
 - e. **Physiotherapist:** \$500 per Benefit Year
 - f. **Psychologist/Social Worker:** \$500 per Benefit Year
 - g. **Acupuncturist:** \$500 per Benefit Year
- 4) Orthotic Coverage**
- a. Up to \$900 or 2 sets a year
 - b. Contact Avery Medical in Hamilton for more info – provide free shoes if ordered
 - c. Avery Medical: <http://www.averimedicallaserclinic/>