



Guideline: Academic Days and Dedicated Wellness Time

Guideline Name:	Academic Days and Dedicated Wellness Time for Residents, Department of Family Medicine (DFM)
Application/ Scope:	All Family Medicine Residents enrolled in the Residency Program
Approved Date & Approved By:	September 29, 2021: Residency Program Committee, Postgraduate Medical Education, DFM September 22, 2021: Resident Wellness and Resilience Subcommittee (RWRS), DFM
Review Date:	Five years from the approved date / When Required

Background:

The Resident Wellness and Resilience Subcommittee (RWRS) is looking at supporting resident wellness and resiliency through a combination of academic sessions, wellness group activities, site and system-specific feedback and recommendations, as well as promoting more informal resident led wellness/bonding activities. This is to be in the alignment to the [College of Family Physicians of Canada \(CFPC\) Standards of Accreditation for Residency Programs in Family Medicine \(The Red Book\)](#) for the resident wellness and resilience.

Protected time is beneficial to help promote resident wellness. Resident feedback from surveys have suggested that wellness is achieved in different ways for different people, and residents would like a variety of different approaches to foster wellness - including social/bonding activities, wellness activities (both individual and group). In general, more unstructured/informal opportunities to promote wellness and less structured/formal wellness teaching would be preferred.

The purpose of this is to ensure all programs/streams/sites have a consistent minimum amount of dedicated or protected time to promote resident wellness and resiliency. This would be achieved through a combination of:

- Structured wellness sessions
- Unstructured wellness sessions
- Resident feedback sessions

Guideline:

1. Equivalent of 1 full day per year (structured in any combination of ways) of protected time for wellness curriculum and other wellness activities that would be consistent across all sites/streams and could include a variety of different formats including:
 - a. Structured academic day sessions – approximately 2 hours per academic year
 - eg. Mindful practice modules delivered by Dr. Jillian Horton, or other structured academic time led by faculty to meet [Wellness & Resiliency Curriculum Objectives](#)
 - b. Unstructured/informal wellness time
 - this could include group bonding activities, group wellness activities – i.e. from list of pre-approved wellness activities (following wellness activities guidelines) or protected time for personal/individual wellness activities
 - c. Resident feedback sessions – suggestion is to have 30-60 min sessions delivered by resident wellness representatives 2-3 times/year to obtain feedback from residents and share wellness resources
 - This feedback from residents would then be provided by the wellness representatives to the RWRS as well as to respective Site Education Directors

References:

- [Wellness & Resiliency Curriculum Objectives](#)
- [Wellness and Resiliency Activities Guidelines](#)