



From the Director of the Office of Staff Wellbeing

 **UNIVERSITY OF ALBERTA**
FACULTY OF MEDICINE & DENTISTRY
Department of Anesthesiology & Pain Medicine

Sue's News: April Newsletter



The Audience. Stained glass panel by Flora Jamieson

— Hello everyone,

Would love to feature more of our own images in the Newsletter. Please send them to me!
Dr Bateman's great image from Africa currently on the Wellness page of [website](#).

Results of the Staff Wellness Survey are attached

I was delighted to see 100% of respondents reading the newsletter, and was just about to send off an excited email to Dr Rashiquntil my Aging Brain realized that you had to read the NL to receive the survey! I am told that is a brilliant example of sample bias (Note to self, must attend more Journal Clubs!)

Anyway, we sent the survey out again and here are my take home points from the 53 staff and 19 resident responses. Thank you to all who replied.

Newsletter is successful so will continue. It is archived on our website and included in Covenant Health's E-news. We have 25 outside subscribers including family physicians, obstetricians and surgeons. I also put it on Twitter where it is kindly retweeted by the AMA.

The **podcast** idea seems worth pursuing although I thought it would be more attractive to our residents. 65% of staff said they would listen but only 40% of residents.
If you said "Yes, I would LOVE to participate" as a Real Person in Anesthesia please [email me](#) to discuss.

A separate **blog** was suggested. I would be delighted for others to contribute content, so will work on this over the summer. For now, just email me to include your piece in the next NL.

We have TheHealthyPhysician.com (not in operation yet) domain which is a start!

Regarding a **retreat**

I am pleased that most people would be OK with opening it to other specialties. There is certainly interest from the GNH obstetric group and general surgeons

I do suspect that the male gender bias within our group unfairly reduced support for a spa component!

Or is that investigator bias? Either way, the Sleeping Beauties can and will address that Wellness essential separately.... perhaps a visit to Indonesia ladies?

Continuing that theme; some of our female residents, fellows and female staff recently connected over wine, dessert andyou guessed it .. pizza!

Thx to the Department for funding the food.

It was a fun and supportive evening with lots of communication. The Sleeping Beauties group is almost 18 years old! I am opening our group to include our female residents (aka Beauties in Training.). Hopefully we can meet a couple of times each year. Next meeting is rumoured to feature an English Cream Tea!

And we now have a separate web domain thesleepingbeauties.ca. I just have to learn more about websites and blogging and we will be good to go!

Any Blogging Beauties out there?

I encourage my male colleagues and residents to organize something similar. OK, maybe not the tea or the blog, but you know what I mean. Our one on one mentorship program is very good, but an informal group setting offers a different opportunity for connection.

Just a suggestion at this point. Nagging to follow!

Staff Book Club meets Wed 17 April at 1800 ish.

"Drive: the surprising truth of what motivates us" by Daniel Pink.

Pizza and drinks at my home as usual.

Or maybe Not Pizza? Just this once?

Location: my place ([map](#))

To RSVP please click [here](#)

All staff welcome but please see image...



Photo by: Chris Reid



Here is the latest issue of [Vital Signs from CZMSA](#). Excellent articles from experts such as Drs. Dianne Maier, Sara Taylor and Matma Gautam on physician self care, mental health, relationships, etc. I know it's Calgary based but do take a look.

Please watch out for my piece on **Physician Burnout** coming to your Inbox later this month. An evidence based resource including definition, recognition, prevention, and management. Burnout during residency is specifically addressed with reference to recent research. But we know that faculty wellbeing is crucial for resident wellness.

I am in discussion with Stanford re our potential participation with their Physician Wellness Academic Consortium. This was to include US institutions only, but the Enthusiasm Superpower has persuaded them to consider us! I think this could give us access to all sorts of resources and opportunities. I am beyond excited about this and will keep you posted.

"Words are, in my not-so-humble opinion, our most inexhaustible source of magic ..."

Prof Dumbledore

Here is a [link](#) to a JAMA article by a Canadian resident describing the benefits and magic of an informal creative writing group.

"Tonight's stories have invested me with new purpose; tomorrow I will enter the hospital as the very best version of myself."

Did Tweet out that we might want to consider something similar here. Contact me if you are interested.

I do find words magical, but also sculpture ...especially in the setting of an English country house garden.

Thanks for reading, Sue



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