



From the Director of the Office of Staff Wellbeing



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

Sue's News: February Newsletter

— Hello everyone,

I will occasionally draw attention to a relevant wellbeing topic in more depth than is possible in the newsletter. This month I want to highlight Substance Abuse in our specialty.

The February 2017 edition of the Canadian Journal of Anesthesia is a special issue called: **"The physician at risk: disruptive behaviour, burnout, addiction and suicide."**

The Continuing Professional Development module is: "The impaired anesthesiologist: what you should know about substance abuse". This is eligible for Section 3 credits.

Other review articles include: disruptive behaviour, the biology of addiction, professionalism in anesthesia, self care as a professional imperative and non opioid anesthetic drug abuse in anesthesia providers.

There is also a special article covering the identification and management of substance abuse disorders in anesthesiologists.

Lots of information, lots of CME and much to consider and discuss with our colleagues, residents, families and friends.

I cannot add anything to these excellent articles except to say this; if you recognize yourself to be at risk please, please talk to someone and ask for help. If you think you recognize an issue for a colleague please also seek help.

The PFSP Help Line is 1-877-767 4637

None of us should struggle and suffer alone.
My greatest hope for this Wellness initiative is that we create an Edmonton anesthesia community that is more connected and truly respects and cares for all our members.

Thank you for reading this, Sue

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