

Residency Wellness Lead - Job Description

Compensation – \$6,000 per annum

1. Develop and maintain a Wellness Framework that can be used to guide all wellness initiatives in our program. This includes but is not limited to:
 - a. Regular review and updates to program specific wellness policy
 - b. Regular review of UBC Pediatric Mistreatment Pathway document
2. Chair the Resident Wellness Committee
 - a. Organize 3-4 meetings a year
 - b. Guide the ongoing work of the Committee by providing mentorship to resident members
 - c. Approve and support resident-led initiatives that complement the Wellness Framework
 - d. Oversee the wellness budget
 - e. Oversee organization of Mentor Groups (specifically provide faculty orientation and ongoing faculty support)
3. Preparation and Participate as a member of the Residency Program Committee (RPC)
(of note this reflects prep time for meetings, actual meeting time will be paid outside of this stipend)
 - a. Fulfill a role of resident physician advocate to ensure that program related changes are congruent with resident well-being
 - b. Ensure the program is upholding its commitment to resident wellness as outlined in the Resident Wellness Policy
 - c. Provide biannual updates to the RPC
4. Provide individual resident support
 - a. Identify and support residents in difficulty
 - b. Liaise with the Residency Program Directors re residents in difficulty
5. Advocate for supports and program changes that will increase resident wellness
 - a. Support the implementation and utilization of the RWO peer support network at BCCH through education for trainees and staff around referral process and by referring residents to increase uptake
6. Enhance resident education around burnout, resiliency and wellness
 - a. Create a formal wellness curriculum
 - i. Organize, develop and/or facilitate presentations, written resources, workshops, retreats (ex. RdoC Resiliency Training) For example, fatigue risk management and introduction to wellness sessions in orientation block
 - ii. Advise on wellness education and/or activities in the program's bi-annual resident retreats
 - iii. Assist in the organization of the wellness journal club every 2 years (along with the journal club committee)

*Please note: hours suggested are an estimate. If exceeding, please contact the PDs to discuss alternate payment options (for example supplementation through FST)