RESIDENT RESILIENCY
a guide for residents

UBC Department of Family Practice Resident Resilience Subcommittee - 2012
**Who Can I Turn To?**

- Family/ Trusted Friends
- Co-Residents
- Site Director
- Preceptors
- Program Director
- Mentors
- Family Physician
- Site Coordinator
- Spiritual Advisors
- Counsellor
- Support Groups

Shifting the medical culture to prioritize physician wellness is a work in progress. As part of the Family Medicine program at UBC, you are at the leading edge of this culture change.

The **Resident Resilience Subcommittee** was formed in 2009 with the mandate to identify, integrate, communicate, and create resources around resident resilience and wellness. They work to anticipate and bring forward issues that may challenge resident resilience.

**WARNING SIGNS OF RESIDENTS IN DISTRESS**

- **Depression**:
  - Feelings of sadness or emptiness
  - Decreased enjoyment of work
  - Denial of problem, displacement of conflict onto others
  - Decreased empathy
  - Irregular attendance at educational rotations, and feels nervous that he is not being a better student

**SAFETY POLICY FOR RESIDENTS**

- **Physical and Behavioural Signs**:
  - Tense shoulders
  - Nervousness
  - Heart palpitations
  - Tearfulness
  - Headaches
  - Weight change
  - Gastrointestinal symptoms
  - Change in sleeping pattern

- **Substance abuse and addictions**:
  - Difficulty controlling alcohol intake
  - Use of drugs to manage stress

- **Depression, anxiety, mood swings**:
  - Feelings of sadness or emptiness
  - Decreased enjoyment of work
  - Denial of problem, displacement of conflict onto others
  - Decreased empathy
  - Irregular attendance at educational rotations, and feels nervous that he is not being a better student

- **Conflict**:
  - Viewed as weak and not prepared to tackle the demands of one's work
  - Viewed as less approachable or not willing to listen
  - Viewed as hostile or negative

**Other Resources**

- **Faculty Advisor**
- **Site Director**
- **Residents**
- **Faculty Advisor**
- **Site Director**
- **Residents**

Chairperson for 2012-2013: Dr. Steve Beerman