

MDs4Wellness- North Shore

How we came to be.....

Disclosure Slide

- Supported by North Shore Division of Family Practice
- No conflicts to declare

How we came to be

Attending events

Linking – at an event like this – Dr. Joelle Bradley

Seeing what others were doing – getting newsletter

Starting to talk about burnout in our community (first joint event Jan 2018 with Dr. Andrew Clarke)

How we came to be

- Request for Funding from our Division
- Call out in newsletter and creation of Steering Committee with staff support from Division
- Provincial Event with PHP and creation of LOWTRAPHIC

What should we call ourselves?

- Physician Wellness
- Permission from MDs4Wellness in the Fraser Valley brought our new name to fruition

**MDs4Wellness
North Shore**

Meeting with MDs4Wellness

Use of the same name (concerns about failure, or moving in a different direction)

Meeting to discuss what things groups should have in common to use the name

Benefits of using the same name across the province
(physicians joining, advocacy, etc)

Basic Principles

- Initiated and maintained by local physicians
- Collaborative Steering Committee with a variety of physicians with different practices and ideas
- Inclusive of all physicians family practice or specialist; facility or community based
- Sustainable by scaling their activities based on resources (people and \$)

Our events

- Dr. Clarke Jan 2018 – 57 physicians – 35 FPs/ 22 SPs
- Beer Tasting – Sept 2018 – 26 attendees
- Dr. Drummond Presentation – 179 Registered, 106 Physicians attended with MOA's or Partners
- Snowshoeing Feb 2019
- Dr. Sherman – mindfulness – March 2019
- Yoga – April 2019
- Book Club TBA

Tips

- At least one dedicated physician Champion
- Sharing the responsibility for events
- Funding and Staff support required
- Linking with others in the Province
- Good news is that many physicians are interested in improving things and together we will make a difference

Budget

- First year operating cost was \$17,750

Which Covered:

- 5 events (that included Social, Physical, Mental, Emotional and Spiritual Domains of Wellness)
- Monthly Physician Led Meetings
- Served 206 North Shore Physicians (*with two events still to take place*)

Things we are working on

Who should we be emailing/ inviting to our events?

All Division and FCE members?

Only those who sign up/ agree to get the emails?

Providing events that align with community interest and need

Linking better with specialists

Sustainability

Requirement for staff support, funding, physician engagement, meeting times