

A scenic mountain landscape featuring a large, jagged mountain peak in the background. The foreground is dominated by a calm lake that reflects the surrounding environment. The shoreline is covered in dense evergreen trees and patches of yellowish-brown vegetation. The sky is a clear, pale blue.

PHYSICIAN WELLNESS

KOOTENAY BOUNDARY DIVISION OF FAMILY PRACTICE

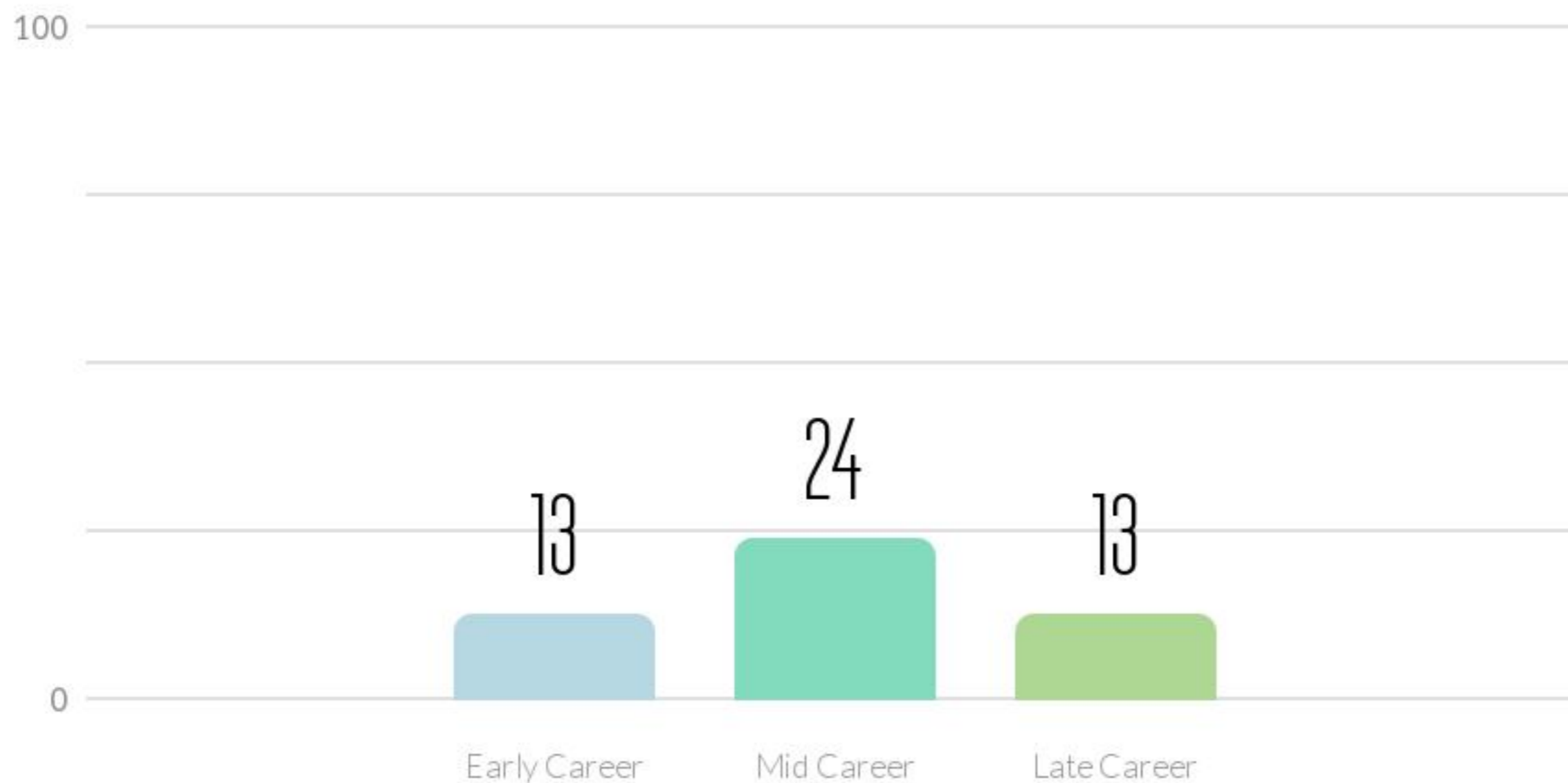
Disclosure Statement

- Dr. Kettner:
 - is a full-time faculty member in the school of University Arts and Sciences at Selkirk College
 - facilitates trainings for:
 - Safer Schools Together
 - Association for Psychological Therapies
 - Living Works Canada
 - maintains a private practice in Nelson BC
 - consults with the KB Division of Family Practice on the Physician Wellness project and the Social Determinants of Health Project
- **The material presented herein has NO FINANCIAL relationship with any commercial entity.**

KB WELLNESS TEAM

- Tandi Wilkinson & Sue Benzer, MD
- Jenn Dressler, MD
- Chantal Guillemette, MD
- Andree-Anne Crompt, MD
- Lee-Anne Laverty, MD
- Alison Graeme & Paul Edney
- Leila Dale, PhD
- Todd Kettner, PhD

% Physician Burnout KB (Mini Z)



Kootenay Boundary Division of Family Practice

The KB Wellness Team is planning fun events to connect. What wellness topics would you like to learn about and/or activities would you like to do?

Q1 The KB Wellness Team is planning fun events to connect. What wellness topics would you like to learn about and/or activities would you like to do?

meditation

3.8 ★★★★★ (8 👤)

Ranked #1 of 20



Packing healthy meals I am away from home for so many hours. I'd love to have some healthy ideas of what to pack for lunch and dinner.

3.6 ★★★★★ (11 👤)

Ranked #2 of 20



Parenting while on call Being on call means interruptions to my family life and my kids don't understand.

3.6  (11 )
Ranked #3 of 20



A meditation retreat; one or even two days. I was wondering whether I would ever find a meditation retreat which is close by making the whole thing more user friendly.

3.6  (9 )
Ranked #4 of 20




MBSR

3.6  (8 )
Ranked #5 of 20





Building a support network I would like to know if my colleagues have the same work/life balance issues that I have, and how they cope.

3.5  (11 )
Ranked #6 of 20





Compassion fatigue I'm less able to refuel or re-energize due to my full work load and complex patients, and I feel that I'm starting to care less.

3.5  (11 )
Ranked #7 of 20





having children and life in medicine after that important for reproductive aged women coming to practice in the area to have some mentorship

3.4  (11 )
Ranked #8 of 20



work-life balance it's what they tout in medical school however we aren't very good at it!

3.4  (11 )
Ranked #9 of 20



KOOTENAY BOUNDARY REGIONAL CPD



GP and SP Praise for Transforming Our Work:

"Excellent workshop." – "Wonderful presence [of the facilitators]" – "This will change my practice."

Transforming Our Work

Thriving in Medicine

April 13/14, 2018: Josie Hotel, RED Mountain, Rossland

Up to 8.25 MOC Section 1 & 8.25 Mainpro+ credits

Cost includes tuition, snacks, dinner and accommodation (priority to out-of-towners): \$600

For Specialists and Family Physicians – Please Register: **NEED LINK**



Transforming Our Work Feedback



- ① Deeper connections 32%
- ② I am not alone 26%
- ③ Concrete actions 19%
- ④ More listen, less fix 13%
- ⑤ Self-compassion 10%

KB DIVISION

unplugged

FOR WELLNESS

When?	Which Community?	What?	Where?
January 10, 2019 0700-0900	NELSON	Physician Wellness Coffee Meet-Up	No6 Coffee Shop
January 24, 2019 1730-1930	NELSON	Dr. Jamie Gruman: Boost, The Science of Recharging	Marzano
January 31, 2019 1730-1930	ROSSLAND	Dr. Helen Peel: Meaning in Work: Resilience in face of Compassion Fatigue	Gabriellas - Prestige
February 23, 2019 1400-1700	SALMO	Practitioners and Families Curling	Salmo Curling Rink
February 28, 2019 1730-1930	GRAND FORKS	Dr. Jamie Gruman: Boost, The Science of Recharging	Station House Pub

March 14, 2019 1730-1930	ROSSLAND	Dr. Jamie Gruman: Boost, The Science of Recharging	Gabriellas - Prestige
April 11, 2019 1730-1930	GRAND FORKS	Dr. Helen Peel: Meaning in Work, Resilience in face of Compassion Fatigue	Station House Pub
April 25, 2019 1730-1930	NELSON	Dr. Helen Peel: Meaning in Work, Resilience in face of Compassion Fatigue	Marzano
May 24-26 Fri-Sun	NELSON	Kokanee Park Camping	Kokanee Group Camping - Site G1
May 26 Sun, time TBC	NELSON	Kokanee Mountain Zipline	Kokanee Creek Road
June 22-23 Sat/Sun, times TBC	MULTI-COMMUNITY	Trail Biking	TBC

"Boost has deep implications for everyone"
From the Foreword by Shawn Achor, *New York Times*, bestselling author of
Big Potential and *The Happiness Advantage*.

BOOST

The Science of Recharging
Yourself in an Age of
Unrelenting Demands



By Jamie Gruman and Deirdre Healey



Jamie Gruman, PhD
Professor, Senior Research Fellow
Department of Management
University of Guelph



Rebuild



Nourish



Unhook

Dr. Jaime Gruman: Boost, The Science of Recharging (Nelson, January 24, 2019)

The event was well attended and well received, with an overall score of 4.5/5. Of the fifteen who completed evaluation forms, 12 (80%) felt more engaged or had an improved sense of connection with colleagues after attending this event. The following table shows the feedback question asked and the average score (n=15).

Feedback Question	Average score (out of 5)
The program was relevant to me	4.7
The program met my expectations	4.5
I was able to interact with other participants	4.3
The program was credible and non-biased	4.3
The program was well-organized	4.5
The information was presented clearly	4.6
There was adequate time	4.5



Dr. Peel completed her doctorate in Clinical Psychology at The University of East London, United Kingdom and is a partner at Summit Psychology Group in Nelson, BC. During her training rotations she helped adults to overcome a variety of challenges including depression, anxiety, obsessive-compulsive disorder, phobias and post-traumatic stress disorder. She then specialized in family therapy and child psychology, assisting children and their families to cope with issues such as sexual and physical abuse, marital conflict, physical illness, and behavioral problems. She provides group Critical Incident Management sessions as well as individual trauma therapy for first responders, SAR, military personnel and health care professionals.

Meaning in Work: Resilience in the Case of Compassion Fatigue

Dr. Helen Peel: Meaning in Work: Resilience in the Face of Compassion Fatigue (Rossland, January 31, 2019)

The event was well attended and well received, with an overall score of 4.7/5. Of the fourteen who completed evaluation forms, 11 (79%) felt more engaged or had an improved sense of connection with colleagues after attending this event. The following table shows the feedback question asked and the average score (n=14).

Feedback Question	Average score (out of 5)
The program was relevant to me	4.7
The program met my expectations	4.4
I was able to interact with other participants	4.9
The program was credible and non-biased	4.9
The program was well-organized	4.7
The information was presented clearly	4.8
There was adequate time	4.4

Things we're learning

- Physicians are highly engaged in learning and connecting
- Finding time to invest in wellness can be a challenge
- Connection, mutual support and “failure friends” are crucial
- Overlapping wellness initiatives and other projects can inadvertently cause additional time pressure and stress
- Our learning events have been well-attended and highly rated

Things we're learning

- Our “purely for fun and connection” events have been poorly attended
- Physicians, even if they don't personally feel a need for or interest in, a particular topic, are encouraged that events are available
- In rural towns in our region, physicians are highly appreciative that we're coming to them.
- Family physicians invite their specialist colleagues to attend
- “Free” is good. Having dedicated funding to work within a reasonable budget has enabled physicians to participate in planning, allows creativity to iterate as we go and provides crucial logistical support.

For further information

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