

CAEP Emergency Medicine Wellness Committee

The Emergency Medicine Wellness Special Interest Group advocates for and promotes the personal and professional wellbeing of Emergency Physicians across Canada.

Report: March 28th, 2019

The CAEP EM Wellness Committee is pleased to summarize the efforts made toward physician wellness over the past year. We are grateful for the support of our head office, our tireless committee members, and the CAEP president.

Social Media/Communication/Advocacy:

- @CAEP_Wellness has become our banner to engage a broader community with wellness topics, and highlight different aspects of wellness through the theme “wellness Wednesdays.”
- A new page on the CAEP website dedicated to and highlighting wellness in EM <https://caep.ca/caep-emergency-medicine-wellness/> has been created. We are attempting to highlight relevant topics and excellent speakers, in addition to providing resources to practicing Canadian ED physicians.
- CAEP EM Wellness week in late January was a great success and welcome respite from a brutally cold Canadian winter. The blog focused on various aspects of wellness, as well as the life cycle of an emergency physician’s career.

Research/Advocacy/Connection:

- An environmental scan of wellness programs in EM academic sites is in the data collection stage, and will eventually be published. This will also provide the groundwork for subsequent research and advocacy efforts for enhanced university-based EM wellness initiatives.
- A Canadian survey on physician wellness is currently rostering participants. We plan on launching this nation-wide survey in the next few months

Advocating/Connecting emergency physicians/Leading emergency medicine education

- CAEP19 in Halifax:
 - Our committee is participating in our first dedicated wellness track at our national conference.
 - We have developed a partnership with MD Management (MDM), a widely known and respected financial management group, previously affiliated with the Canadian Medical Association. MDM has made a commitment to improve the overall health of Canadian physicians in addition to their financial health, and have provided generous support to CAEP’s wellness work in this regard.

Respectfully submitted:

Rodrick Lim
Chairperson, CAEP Emergency Medicine Wellness Committee