

Resident Affairs

OFFICIAL NEWSLETTER FROM THE RESIDENT AFFAIRS TEAM



ASSISTANT DEAN MESSAGE

[DR. CAROLYN THOMSON,
DMNS CAMPUS](#)

Happy Spring Everyone!
I don't know about you, but I have found the winter long and I am looking forward to spending more time outside. It is Royal College and CCFP exam time as well. All of us at Resident Affairs want to wish you good luck. The end is in site!

RA launched the Resident Peer Support Program on March 1st to provide help and support to residents impacted by medical error or adverse patient outcomes. These events have been linked to physician burnout, decreased quality of patient care and mental illness. Studies have shown most physicians prefer to receive support from colleagues rather than mental health professionals. Talking with colleagues after medical errors has been shown to positively correlate with physician resilience.

Twenty residents from different programs have received peer support training from Dr. Jo Shapiro who founded the Center for Professionalism and Peer Support at Brigham & Woman's Hospital.

Peer support is confidential, brief and peer supporters can connect the individual to other resources if needed or requested. The program can be accessed by emailing RPSP@dal.ca.



YOUR WELLNESS SPOTLIGHT

[DR. LISA SUTHERLAND,
DMNB ASSISTANT DEAN](#)

With the Resident Peer Support Program being launched (thanks to the resident volunteers and DMAA for supporting this initiative), we hope by connecting residents with peers this will allow for helpful conversations around difficult experiences. Helping residents feel a sense of community while overcoming stigma associated with shame, as the "elephant in the room" is important.

I encourage you to watch [this short video \(7+ minutes\)](#) and explore the research on this topic. Please reach out to RA anytime.

Link to Article: [Sentinel Emotional Events: The Nature, Triggers, and Effects of Shame Experiences in Medical Residents](#)

Bynum, W. , Artino, A. , Uijtdehaage, S. , Webb, A. & Varpio, L. (2019). Sentinel Emotional Events: The Nature, Triggers, and Effects of Shame Experiences in Medical Residents. Academic Medicine, 94 (1), 85-93. doi: 10.1097/ACM.0000000000002479.



LIVE LIFE SPRING AHEAD

[SHARON FORWARD,
DMNS, DIRECTOR](#)

Spring is in the air; with longer daylight hours and warmer temperatures, we are wanting to spend more time outdoors. But we also know we have a list of things to do, including grocery shopping and meal prep. Most of us have heard the term "cook once, eat twice" but what about "cook once, eat all week"? While it might take planning, you will reap the benefits, saving time, money AND enjoying ready to go meals. To help get started here are a few tips and one of my go-to websites for easy to prepare meals (with ingredients you will almost always have in your cupboard)!

1. Consider your work schedule for the week and plan accordingly.
2. Prepare a shopping list by looking at all your favorite recipes and websites. [Here](#) is a favourite of mine.
3. Go shopping! Schedule it in your calendar like a meeting because it will help to commit!
4. Schedule in your prep, cooking, and clean up time!
5. Have lots of storage containers on hand and make room in your freezer. Empty yogurt containers make great single service dishes to take to work.

Enjoy! You can always share a recipe or a tip with [DalMedWell](#) and we will post for you!

RESIDENT AFFAIRS FEATURE ARTICLE

BY DR. RENE A LESKIE, DMNB RESIDENT AFFAIRS ADVISOR

When it comes to support, both giving and receiving, there is nothing quite like that which comes from someone who can relate. Whether it is friend to friend, who have experienced similar situations, good and bad; parent to parent, raising children in on an online world; or colleague to colleague, practicing medicine in these unprecedented times - what remains constant is the feeling of empathy each can have for the other as they talk about what happened or is happening. When normally one may be feeling isolated and alone, talking to someone who has "walked in their shoes" often lessens these feelings as they talk through their situation, which is one of the many reasons why peer to peer support programs are so beneficial to those who take advantage of them. (Read on for more benefits!)

A recent study by a group of Radiology residents from the University of California discovered not only do peer mentoring and support programs lead to a sense of belonging, they also increase resident engagement leading to a greater sense of community (Cheng et al., 2022).

Closer to home, researchers out of the University of Calgary conducted a similar study in which they came to the same conclusions and, furthermore, their research indicated relationships among peers which are supported by mentoring programs, can aid in the development of coping competencies and skills leading to improved psychosocial wellbeing (Pethrick et al., 2020).

Given this, we encourage you to reach out to your fellow peers for help and support when you are struggling. You are not alone in your program or in how you may be feeling. Talking to a peer, whether in your program or another one, will go a long way in helping you achieve your goals, while maintaining overall good health and well-being.

1. Cheng K, Grabowski C, Chong A, Yen A, Chung C. Initial experience with formal near-peer mentoring in radiology residency. *Current Problems in Diagnostic Radiology*. 2022;50(2022):304-307.
2. Pethrick H, Nowell L, Paolucci E, Lorenzeet L, Jacobsen M, Clancy T, Lorenzetti D. Peer mentoring in medical residency education: A systematic review. *Canadian Medical Education Journal*. 2020;11(6):e128-e137.



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FACULTY OF MEDICINE
Office of Resident Affairs

Have you been impacted by a medical error or adverse patient outcome & need support?

INTERESTING ARTICLES

[DR. ROBERTA
PRESTON, LEARNER
DEVELOPMENT OFFICER](#)

Research is showing being outside can lower our stress level and improve both emotional and physical health. Some physicians are now prescribing nature to their patients. [This link will bring you to Park Prescriptions, an evidence-based nature prescription program.](#)

Resident Peer Support Program

Proudly Sponsored by:
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For more information or to access confidential Resident Peer Support from anywhere, please contact: RPSP@dal.ca