

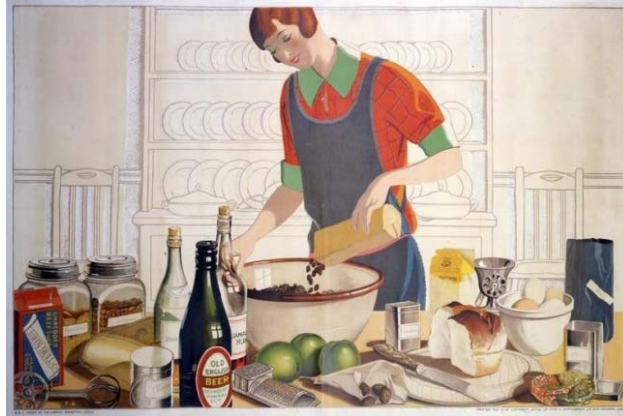


From the Director of the Office of Staff Wellbeing



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Department of Anesthesiology & Pain Medicine

From the Director of the Office of Staff Wellbeing: December Newsletter



■ Hello everyone,

December already, and it's been **10 weeks** at home with Shiny New Hip and CNN addicted house husband but who's counting!

Xmas pud made, but not really in the festive spirit yet but I will send a jolly Winter Holiday themed note later this month but meanwhile back to business.

Please **Save the Dates** below which are also on the [Department website](#).

Anesthesia Book Club Edmonton (or **#AbcE** as I like to tweet about it

Date: Monday, January 16

Time: 18:30 pizza, 19:00 discussion

Book: "Being Mortal" by Atul Gawande

Location: 94 Fairway Drive, T6J 2C5 ([map](#)). Please RSVP to me [here](#)

Anesthesia Wellness Retreat "An Out of OR Experience!"

Date: Saturday, February 11

For details and to sign up (for you and significant other), click [here](#)



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Reading Material

Articles on resident wellness, burnout, loss, personalities suited to anesthesiology and more below. As MOCOMP deadline approaches/looms remember these all count for CME.

Beginning with an article describing the inspiring Anesthesiology Resident Wellness Program at U of S, headed by Dr Anita Chakravarti who some of us know from her time in Edmonton.

- Wellness Program: Curriculum and delivery CJA
- Impact of burnout on physician workforce. Mayo Clinic Proc
- The things we have lost. JAMA
- Tolerating uncertainty. NEJM
- Successful personalities in anesthesiology Anesth Analg
- [Anesthesia relevant article](#)

Thanks for reading, stay warm, all good things, Sue



Sue Reid
Director, Office of Staff Wellbeing
Department of Anesthesiology & Pain Medicine