



From the Director of the Office of Staff Wellbeing



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

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



■ Hello everyone,

Hope your summer is going well. First, sincere thanks to the 65 people who responded to the Wellness Survey, of which 54 are staff anesthesiologists. Here are the main findings:

- **40%** were unaware of the Wellness section of the Dept website. Here's the [link](#) to a more user friendly Wellness page
- **90%** want wellness information via email, **40%** through rounds, and **25%** by newsletter or the website. 1 person voted for Twitter... so it's great to know that I am not tweeting in vain on the Twitter account!
- Top 6 subjects that interest us are: mental/emotional health, burnout, work/life balance, physical health, stress and resilience
- Most popular formats for addressing topics are: dinner meetings, journal club and a retreat
- Only **26%** of people thought their significant other would like involvement

I intend to incorporate these findings into events during the year.

Because I believe in the power of books and wine and community, I will also organize a book club for myself and the 14 others who wanted one! Online and in person at my home, details TBA. Feel free to join us!

By now every anesthesiologist and anesthesia resident in Alberta will have received an email from Dr Ulan at the CPSA informing us about the "[Strategic Framework to reduce the risks of substance abuse disorder in anesthesiologists](#)". Less than 20% of survey respondents were previously aware of this document. Please do go to the [College website](#) where it is very clearly set out.

We all owe it to ourselves, our colleagues, our residents, students and our families to be educated and informed about this.


We will be discussing substance abuse further during the year.

Someone commented on hoping for a greater sense of community within our group. I intend to address the topics identified with the intention of building an informed, supportive, engaged community that is united in our common commitment to personal and professional wellbeing. And to compassionately looking out for each other.

I will certainly make mistakes, but I intend to try.

Thank you for your support, with my very best wishes,

Sue Reid
Director, Office of Staff Wellbeing
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