Expanding RDoC’s Resiliency Curriculum: Resiliency training for medical leaders

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Introductions

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Disclosure statement

We have no actual or potential conflict of interest in relation to this presentation.
RDoC’s Resiliency Curriculum: An overview
At-a-glance

RESIDENT MODULE

LEADERSHIP MODULE

TRAIN-THE-TRAINER PROGRAM

BOOSTER MODULES
Following the lead of...

National Defence Défense nationale

Mental Health Commission of Canada Commission de la santé mentale du Canada

The Working Mind
Where does our curriculum fit in?

RDoC’s Resiliency Curriculum

Wellness programs for improved work-life balance

Wellness programs for moderate to severe distress
Resident Module pilot project (2016-2017)

- 500+ residents
- 10+ postgraduate programs
- 7 faculties of medicine
The Leadership Module
Leadership Module development (2017-2018)

- Consultations with the CAF, MHCC, Physician Health Programs, PGME wellness offices, CMPA

- Adaptation of the Resident Module
  - individual tools
  + how/when to provide support
  + how to challenge systemic barriers
Target audience

- Any resident or faculty member who wishes to champion resident resiliency and well-being
  - e.g. chief residents, program directors, program administrators, wellness office staff, etc.
Learning objectives

1. Identify early signs of distress in residents;

2. Provide support with practical interventions to reduce stress, improve performance and thrive during residency training;

3. Acknowledge, explore and challenge the role of systemic barriers to seeking care in medicine.
Early feedback
### Feedback

<table>
<thead>
<tr>
<th>Feedback</th>
<th>Rating from Program Admins (out of 5)</th>
<th>Rating from General Conference (out of 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>This workshop provided useful and relevant tools to help me support residents.</td>
<td>4.74 (n=83)</td>
<td>4.67 (n=33)</td>
</tr>
<tr>
<td>Having completed this workshop, I feel more prepared to champion resident resiliency.</td>
<td>4.42 (n=83)</td>
<td>4.27 (n=33)</td>
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</table>
Quotes from ICRE feedback forms

- “so useful to hear the residents’ perspectives”
- “very informative”
- “content was well laid out and offered tools/solutions/ideas on how to initiate the tough conversations”
- “practical and relevant”
- “nice for a PA to have insight into your world”
Next steps
Leadership Module pilot project (2018-2019)

- RDoC is organizing 1.5-hr resident-led workshops for the 2018-2019 academic year

- Ideal for chief resident retreats, conferences, faculty/department meetings, etc.
See the Leadership Module in action!

How can I support resident resiliency? A workshop for leaders in the postgraduate environment

Presented by Drs. Amanda Ritsma & Conrad Tsang
TODAY at 15:00-16:30
Halifax Convention Centre, Summit Level, Rm 612