

Physician Wellness Podcast

Using Storytelling to Cultivate a Wellness Practice for IMGs

Background

- As **International Medical Graduates (IMGs)** experience a social and professional transition to a new healthcare system, they face a distinct set of wellness needs that are yet to be explored¹.
- Literature and feedback from UBC CPD learners indicate that **didactic presentations are not effective delivery methods for the topic of physician wellness**².

"There is no worse way to combat burnout than a 1 hour presentation on Powerpoint. I know this is a hard topic, but there has to be a better way."

— UBC CPD Learner

What is Physician Wellness?

Our Definition

1. Physician wellness has no singular definition. The concept of wellness and the path to obtain it is specific to each individual, hence the importance of a narrative-based wellness podcast.
2. The physical, emotional, and social needs that can be enhanced to improve a physician's **quality of life in a personal and professional sense**.

Project Purpose

Our goal is to develop a **five-episode podcast series** on physician wellness that is a fun, engaging, accessible and will...

- Facilitate an **ongoing conversation on physician wellness** without making it feel like another item on a to-do list.
- **Incorporate intrinsic motivation** into its design and implementation to reduce the stress and burden on learners.
- Use **narrative-based education** to destigmatize burnout and facilitate new, peer-to-peer conversations on physician wellness.
- **Introduce listeners to wellness practices** that they can incorporate into their own lives.

References

1. Symes HA, Boulet J, Yaghmour NA, Wallowicz T, McKinley DW. International Medical Graduate Resident Wellness: Examining qualitative data from J-1 visa physician recipients. *Academic Medicine*. 2022;97(3):420-425. doi:10.1097/acm.0000000000004406
2. Sinsky JL, Margolis RD, Vinson AE. The wicked problem of physician well-being. *Anesthesiology Clinics*. 2022;40(2):213-223. doi:10.1016/j.anclin.2022.01.001

Project Development & Delivery

We are integrating IMG experiences by...

- Hosting a **Working Group guided by two IMGs**: one Family Physician and one Specialist (Psychiatry).
- **Surveying 1,760 IMGs** on their most important wellness topics.
- Inviting five IMGs to each share their **diverse wellness journey**.

The top wellness topics for IMGs are...



Limitations of the project are...

- Stories around resilience and wellness can get very personal, which **people may not be willing to share** whether it is through a podcast or survey.
- **Fear of risks associated with discussing their professional life** may hinder IMGs from participating in the podcast and minimize the scope of wellness topics discussed.
- IMG participation in the development and dissemination of this project may **add to their pre-existing workload** and reduce the time they have to practice wellness.

Impact & Next Steps

The topic of wellness is a dynamic journey. It is recognized that this podcast series will not solve the issue of physician burnout nor answer all the questions about physician wellness. Rather, this podcast series may reveal a **new, narrative-based modality that can be a valuable tool for education, and personal and professional wellness**.

This project is also interested in exploring additional supports for physicians as they continue in their wellness journey. Some supports may include prompted reflections and guided wellness plan development to mobilize physicians to play an active role in improving their own wellbeing.

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The **UBC CPD Physician Wellness Podcast** challenges traditional top-down education methods using a **peer-to-peer, narrative-based** approach to **wellness education**.



Learn more about our approach to physician wellness.

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