

# Resident Pulse Check 2022

The Resident Pulse Check Survey was a collaborative effort between Resident Doctors of Canada (RDoC) and the Royal College of Physician and Surgeons of Canada (Royal College). This survey aims to understand resident physicians' experience with the implementation of Competence by Design (CBD).

## Key Findings

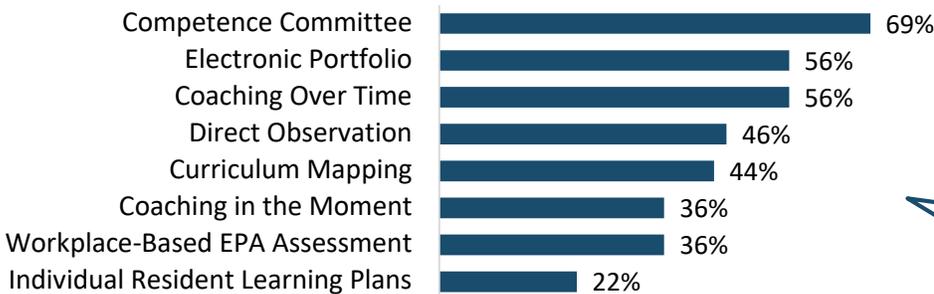
15% of resident physicians from 37 disciplines across Canada participated in the survey\*

\*Residents who were in programs that had officially launched CBD at the time of the study. Residents from Québec institutions were not surveyed as they are represented by the FMRQ.



37% of resident physicians agree or strongly agree that CBD is going well in their program

### Implementation of Key CBD Components



% of residents selecting the 4th or 5th option from 5 options on a spectrum from non-implementation to ideal implementation

**Variability in fidelity**  
Additional attention is required to less implemented features

### Resident Wellness

73% of residents indicated that the transition to CBD had a **negative impact** on their health and wellness

#### What is impacting resident health and wellness?

- Stress from chasing staff to do EPAs
- Concern about achieving requirements
- Administrative burden
- Preoccupation with EPAs
- Concerns around utility/validity of CBD/EPAs
- Cognitive load
- Evaluation/performance anxiety



#### Takeaways

- While there are strong merits of CBD, there is work to be done to address common challenges
- Both immediate and long-term strategies need to be developed to ensure consistent success across all specialties
- An immediate priority is to address the challenges associated with obtaining EPA observations and the resulting impact on resident wellness



#### Next Steps

- Systematically address EPA assessment challenges and implement adaptations to improve the resident experience with CBD
- Conduct faculty development and other communications strategies to ensure CBD is being implemented as intended in all contexts
- Collaborate with resident physicians on additional strategies to optimize CBD and improve the medical education experience across Canada