

UROLOGY RESIDENT WELLNESS REPRESENTATIVE

“Wellness: to enrich the experience of medical education as trainees, teachers, and clinicians to inspire a redefined work environment for resident physicians, promote a culture of respect, and to champion the good health of Canadian resident physicians in mind, body, and spirit.”

Role Description

Description of Wellness Representative:

The Urology Resident Wellness Representative is the resident who will help guide fellow residents/colleagues in fostering a culture of respect and wellness, as well as collaborate with the Residency Training Committee to maintain focus on overall resident well-being.

Qualifications:

The Urology Resident Wellness Representative must be a resident currently enrolled at Western University and have an interest in resident wellness and education.

Appointment and Review Process:

The Urology Resident Wellness Representative is an annual voluntary position, with agreement from the resident body and approved by the Program Director/Assistant Program Director (PD/APD). If no volunteer, the PD/APD will assign a resident. If more than one volunteer, an anonymous resident vote will occur. The term of this appointment will be one year (July-June).

Duties of the Role:

1. Create and maintain the annual resident wellness budget, reporting to the Faculty Wellness Representative and Residency Training Committee.
2. Help to identify factors contributing to resident burnout and provide resources and support to residents (example: Learner Equity and Wellness office, PARO helpline).
3. Liaise with the Residency Training Committee to identify solutions in order to diminish resident burnout.
4. Act as a liaison between the resident body and program administration by attending Residency Training Committee meetings with the goal of maintaining focus on overall residents wellness.
5. Organize non-academic activities for the Urology residents (example: annual dinner) funded by the Division.
6. Coordinate non-academic non-funded social events/activities for the Urology residents (examples: game day, backyard potluck, ice cream day)
7. Plan and implement program-related social activities (examples: Urology Olympics, games for summer party) and liaise with residents regarding attendance/participation – including scheduling, games, create teams, run the games at the event, etc.
8. Mentor and support residents, while maintaining confidentiality, and guide them to resources

Wellness Budget:

The program will provide a maximum of \$2,500 per year for resident wellness. The Wellness Representative will provide an annual projected budget, proposing how the monies will be spent for the year, to the RTC for approval each July.

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Approval RPC: 2025.06.23