



The Resident Resource Office is responsible for providing non-academic support throughout postgraduate medical education. The office supports residents who may be coping with professional or personal challenges, and the Resident Wellness Coordinator helps individuals develop proactive strategies around health and wellness issues specific for physicians. The office provides a safe and confidential space.

List of Group Services:

To book a session, please send an email request to Kailey.friesen@usask.ca or gayathri.manoharan@usask.ca.

Resources and Services for Residents (offered at the PGME Bootcamp, additional sessions can be scheduled upon request from the program)

This workshop focuses on increasing awareness around support services and resources available to residents. Residents have a unique role as both employee and student, giving them access to a wide variety of support both on and off campus. The format is education based with some group discussion.

Intimidation and Harassment in Residency Training (upon request from the program)

The participants are introduced to the University of Saskatchewan policy and PGME Guidelines on Intimidation and Harassment. The workshop also offers a brief overview of conflict and disruptive behavior and demonstrates how unmanaged negative behaviors can lead to more significant problems. The emphasis is on group discussion and learning, reflective of needs specific to the program, and exploring various resources available across the campus.

Ice Cream Rounds/Finding Meaning in Residency (FMR) Sessions (upon request from the program, facilitated by a Registered Psychologist)

An FMR group is a group of like-minded resident physicians who come together in a warm and supportive environment to explore the personal meaning and values which are inherent in the practice of medicine. An FMR meeting offers a rare opportunity to talk about experiences not usually shared among colleagues. Residents who attend report finding the kind of support, understanding and insight only possible within a group of other doctors.

In previous groups we've focused on things such as grief and loss, gratitude, maternal/fetal loss, conflict, and work-life balance. It is an opportunity for the residents to share their experiences related to the topic and how it relates to their practice and to support each other.

RDoC Resiliency Curriculum (Peer-Led), offered at the PGME Bootcamp)

RDoC's Resiliency Curriculum is a practical, skills-based program that is designed to help mitigate stress and optimize performance. It is instrumental in helping residents overcome both the anticipated and the unexpected adversities of medical training. The Resiliency Curriculum promotes the importance of fostering supportive learning environments and advocates for a systematic approach to understanding and addressing stressors. Resiliency training prepares residents to transition to rewarding and sustainable careers – which yields benefits for patients and Canada's healthcare system as a whole. For more information about the curriculum, please visit residentdoctors.ca/areas-of-focus/resiliency/



Practice Management Curriculum Seminar

This full-day seminar is offered each year by the [Canadian Medical Association](#) for senior residents. Practice management is included in the CanMEDS competencies and is essential for future success as a physician. Topics include contract negotiation, financial wellness, insurance requirements, tax and accounting issues, and various aspects of practice management. Residents are encouraged to bring their spouses.

RCPSC PGY3 and up. Sessions are usually offered in October – November, residents will be notified via email when registration opens.

Transition to Residency

Medico-legal essentials for residents, offered by CMPA. This live, interactive and virtual workshop has been developed specifically for residents. Delivered by highly experienced CMPA physician advisors, the workshop covers topics representing medical-legal issues frequently encountered by residents in CMPA case files: informed consent, documentation, disclosure of harm, and teamwork.

Family Medicine residents (PGY1) and specialty program residents (PGY2). Workshop offered multiple times throughout the year; residents will be notified via email when registration opens.

List of Non-Academic Supports:

- PGME Funding for Wellness Social Events (organized at the site/program level).
 - For application form and more information, email Kailey.friesen@usask.ca
- Funding for Psychological Services & Learning Assessments
- Clinical/Exam Accommodations Planning
- Academic Strategist (focus areas: *cognitive processing*, *executive functioning* and *personal wellness* skills)
- Academic Coaching

Resources:

- [PGME Resident Resource Office \(RRO\)](#)
- [University of Saskatchewan Employee and Family Assistance Program \(EFAP\)](#)
- [Saskatchewan Medical Association – Physician Health Program \(PHP\)](#)
- [Resident Doctors of Saskatchewan \(RDoS\)](#)
- [Access and Equity Services \(AES\)](#)
- [University of Saskatchewan Discrimination and Harassment Prevention Service \(DHPS\)](#)

Related Documents:

- [PGME Accommodations for residents with disabilities](#)
- [PGME Resident health and safety](#)
- [PGME Leave of absence from residency training](#)
- [PGME Accounting for non-educational time away from educational program](#)
- [PGME Discrimination and Harassment Policy](#)
- [RDoS Collective Agreement](#)

RESOURCES AND SUPPORT SERVICES

A quick reference for PGME Residents at the University of Saskatchewan

ACADEMICS

- | PGME Policies & Procedures
- | Academic strategist/Coaching, Learning assessments, Clinical & Exam accommodations
- | Transition to Residency/Practice

Contact:

PGME Resident Resource Office (RRO)
gayathri.manoharan@usask.ca
306-966-1669 | HLTH 3A10.8

ADDICTION SUPPORT

Contact:

SMA Physician Health Program (PHP)
Brenda Senger: 306-657-4553 (Saskatoon)
Jessica Richardson: 306-359-2750 (Regina)

COUNSELLING SERVICES

Contact:

Employee and Family Assistance (EFAP)
Phone: 306-966-4300 | 1-844-448-7275
SMA Physician Health Program (PHP)
Brenda Senger: 306-657-4553 (Saskatoon)
Jessica Richardson: 306-359-2750 (Regina)
PGME Resident Resource Office (RRO)
gayathri.manoharan@usask.ca

EMOTIONAL SUPPORT

- | Anxiety, Depression, Stress, Grief, Loss and life adjustments, Relationship/marital conflicts

Digital Mental Health Supports: MindBeacon

Contact:

Employee and Family Assistance (EFAP)
Phone: 306-966-4300 | 1-844-448-7275
SMA Physician Health Program (PHP)
Brenda Senger: 306-657-4553 (Saskatoon)
Jessica Richardson: 306-359-2750 (Regina)

FINANCIAL DISTRESS

Contact:

SMA Medical Benevolent Society
Brenda Senger: 306-657-4553 (Saskatoon)
Jessica Richardson: 306-359-2750 (Regina)

WORKPLACE HARASSMENT

- | Anonymous Reporting Line: **ConfidenceLine** or Phone: 1-844-966-3250

Contact:

PGME Resident Resource Office (RRO)
PGME Associate Dean, Dr. Anurag Saxena
U of S Discrimination and Harassment Prevention Services (DHPS)

LEGAL GUIDANCE

- | Divorce, adoption, family law, wills, trusts and more
- | Free 30 minute consultation and a 25% reduction in fees.

Contact:

Employee and Family Assistance Program (EFAP)
Phone: 306-966-4300 | 1-844-448-7275

WELLNESS TOOLS

- | Weight management, Nutrition, Exercise, Weight loss, Smoking cessation

Contact:

Employee and Family Assistance Program (EFAP)
Phone: 306-966-4300 | 1-844-448-7275

WORK-LIFE SOLUTIONS

- | Finding child and elder care, Hiring movers or home repair contractors, planning events, locating pet care

Contact:

Employee and Family Assistance Program (EFAP)
Phone: 306-966-4300 | 1-844-448-7275

*For further assistance, contact
Gayathri Manoharan, PGME Resident
Wellness Coordinator*

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