You, Me & Medicine: Moving Forward Together

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October 21, 2022

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Learning objectives

- Explore and highlight some of the challenges experienced by medical learners and their partners during training and practice.
- Discuss the impact these challenges can have on the well-being of medical learners, their partners, and relationships.
- Provide tips and resources that can help support mutually beneficial career planning and enhance the overall experience of medical learners, their partners, and their relationship during training and beyond.

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Things aren’t always as they *appear* to be.

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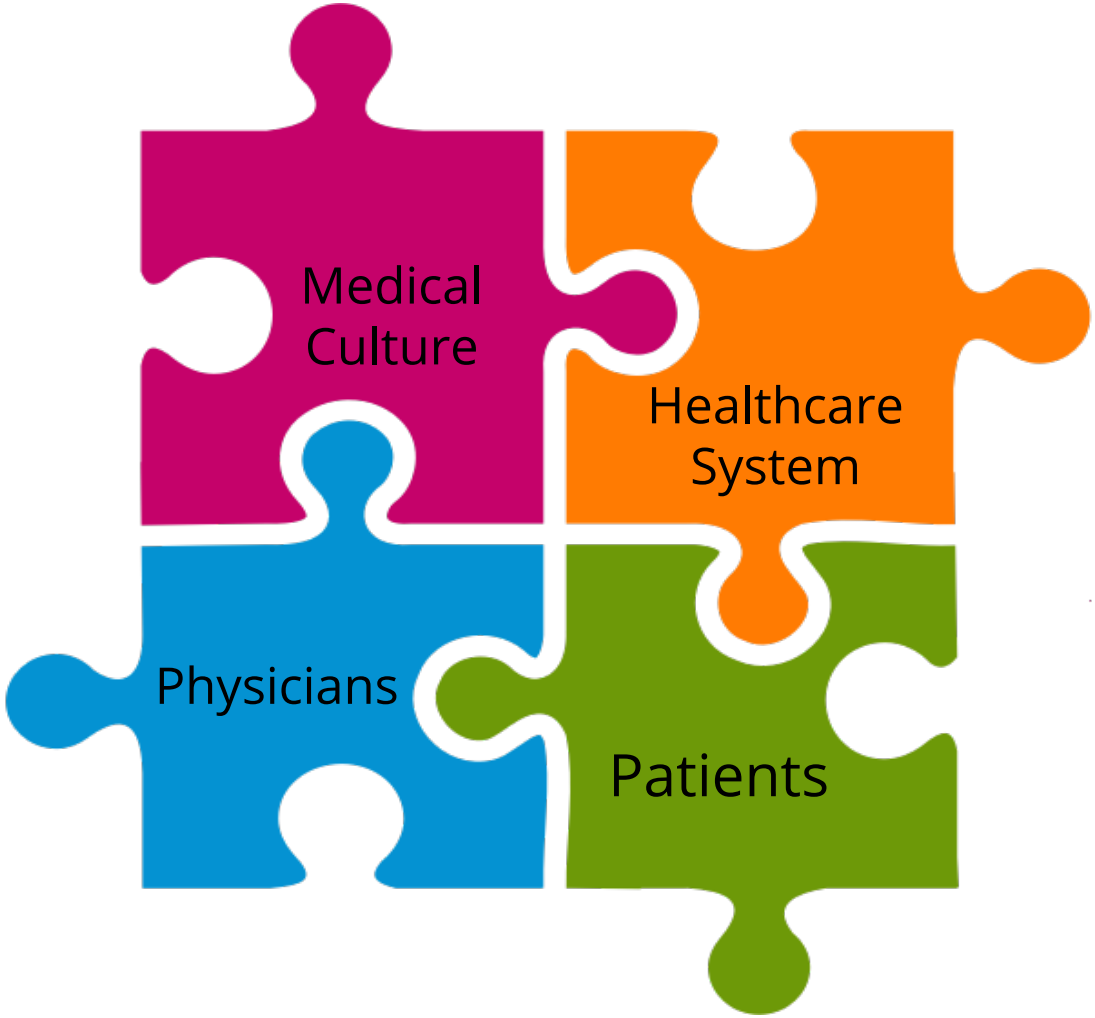

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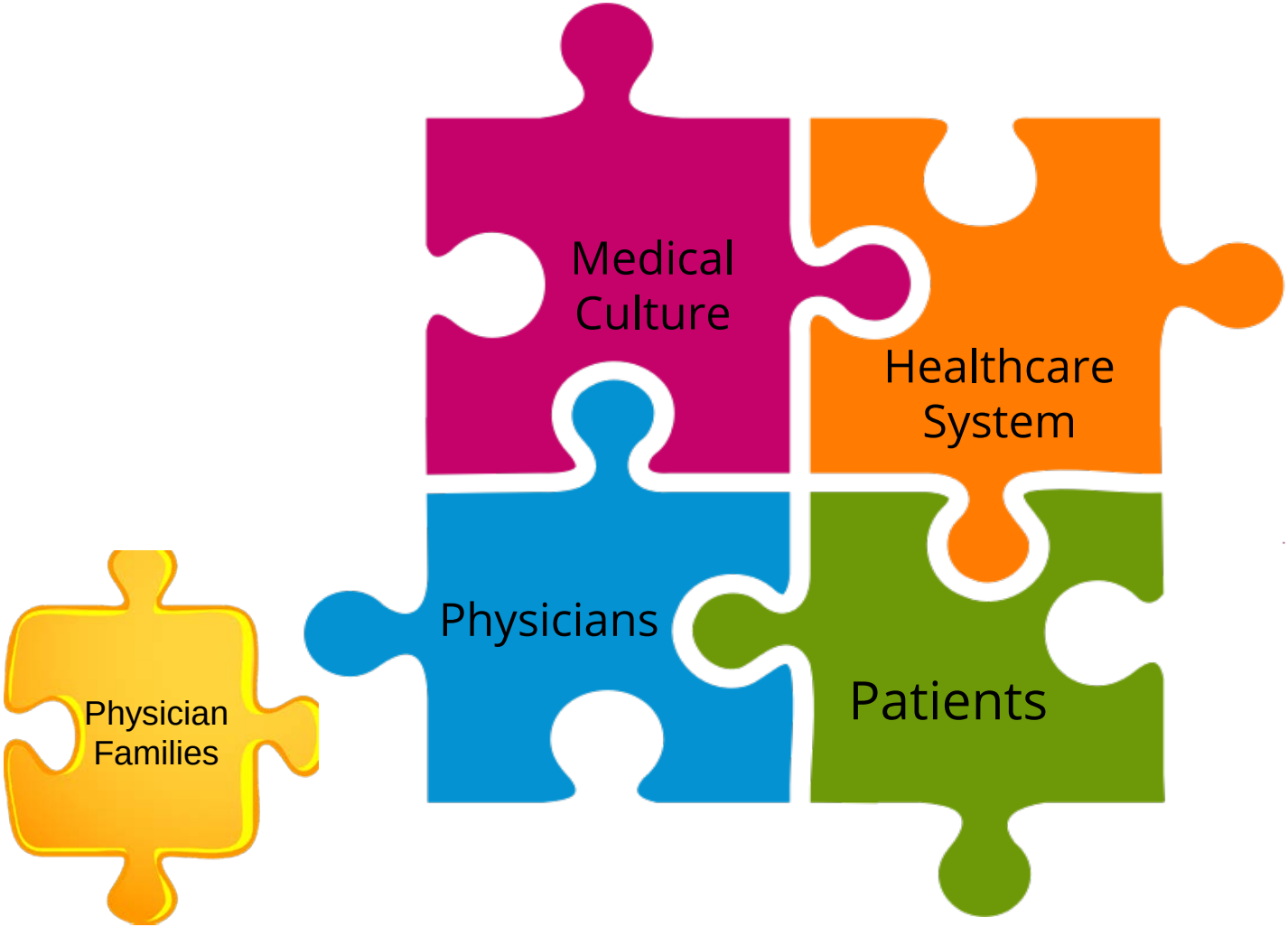

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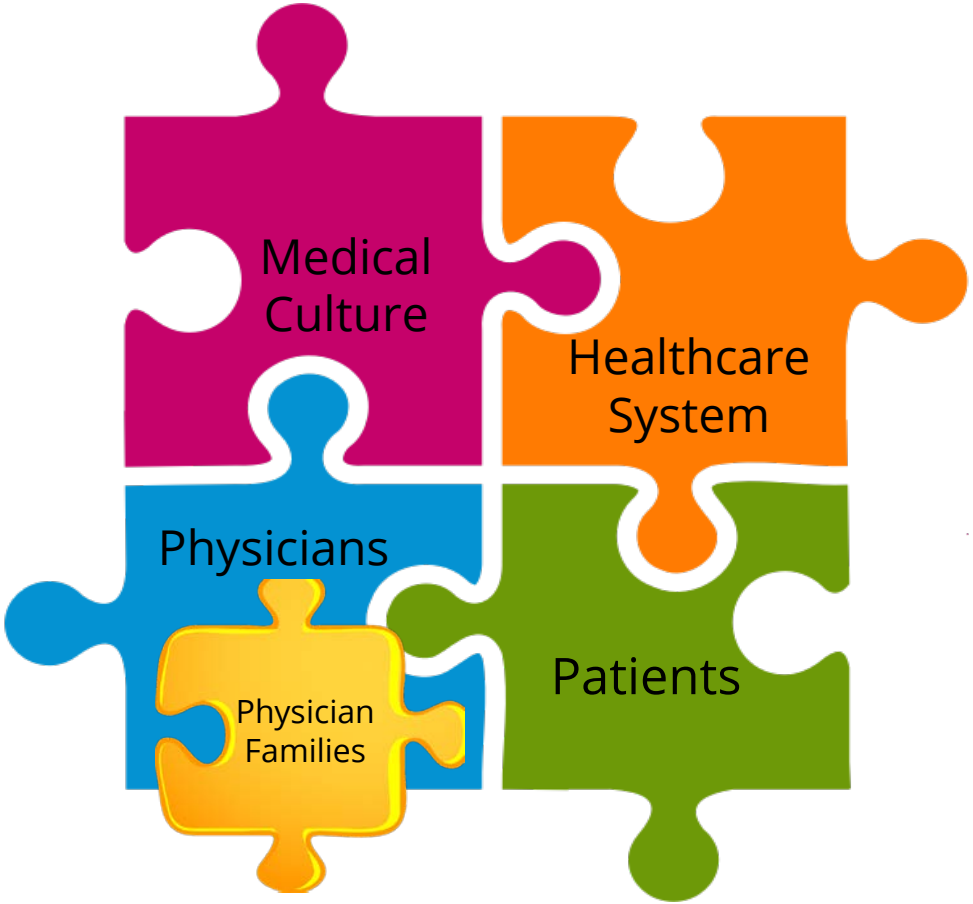

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How does medical training & practice impact medical learners, physicians & their partners?

- Physical/Emotional/Mental Health

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How does medical training & practice impact medical learners, physicians & their partners?

- Physical/Emotional/Mental Health
- Relationship/Family

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The UnWRaP Study

Understanding the Wellbeing of Residents and their Partners

All McMaster residents & fellows are invited to complete the UnWRaP survey!

REGISTER WITH LINK BELOW

https://bit.ly/UnwrapMcMaster

SCAN QR CODE TO REGISTER

Michael G. DeGroote School of Medicine

Version 1.0 - September 22, 2022

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #13282. This study is funded by the McMaster Postgraduate Medical Education Office (PGME).

McMaster University Postgraduate Medical Education

01 HELP US HELP YOU

The UnWRaP Research Study will help us to:

1. better understand your training experience and the impact of training on your relationships and wellbeing
2. discover how we might better support you and/or your partner during training

02 HOW TO PARTICIPATE

After registering, you will receive an email invite for the survey → You will complete a 20-30 minute survey → After submitting, you will receive a partner survey link by email which you can forward to your partner → Your partner will complete a 20-30 minute survey → Everyone will receive a $10 gift card after completion!

"What if I don't have a partner?" You can still participate!

03 CONFIDENTIALITY

1. Some questions in this survey are of a personal and sensitive nature.
2. Your responses are anonymous and cannot be linked to your email by anyone, including the research team.
3. You and your partner will not have access to each others' responses.

STUDY CONTACTS

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HAVE QUESTIONS? Feel free to contact our research team at UnWRaP@mcmaster.ca

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How does medical training & practice impact medical learners, physicians & their partners?

- Physical/Emotional/Mental Health
- Relationship/Family
- Logistical/Career

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How does medical training & practice impact medical learners, physicians & their partners?

- Physical/Emotional/Mental Health
- Relationship/Family
- Logistical/Career
- Financial

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Minimizing the Impact

- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself
- Make time for & nurture your most important relationships
- Set boundaries & stick to them
- Ask for help

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Remember…
you are on the same team!

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Unique opportunities of transition to practice and beyond

- Feeling increased control over work/life
- Increased financial stability
- Excitement for new stage of life
- Opportunities to mix work with family travel
- Life long friendships made along the journey

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Some resources for physician families

- The Flipside Life (TFSL)
- CMA Wellness Support Line
- *Physician Family Magazine*
- *Married to Doctors* Podcast
- Homewood Health
- MD Financial
- MedsHousing

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SINCE ITS LAUNCH...

Championing and supporting physician families to thrive, not just survive!

Spouses & partners of medical students & physicians from 8 provinces, 16 states & NZ have joined our community.
We are still GROWING strong!

2K+ PARTNERS & SPOUSES

125+ CONNECT CALLS

60 min. video group calls providing peer support, mentorship, connection & fostering community among physician families. Plus in-person social events.

PLUS 5 special guest calls with presentations on a variety of topics important to physician families.

AWARENESS & ADVOCACY

2 VIRTUAL CONFERENCES

All-day virtual events with **150+** attendees from Canada, USA, UK & NZ.

25+ Presentations, publications, podcast & media appearances to raise awareness about the impact of medical training & the healthcare system on physician families.

JOIN OUR GROWING COMMUNITY

Wherever you are on your #medspouse journey, you are not alone.
We understand you. We are here to support you. And we can't wait to meet you!
Connect with us.
www.theflipsidelife.com • hello@theflipsidelife.com

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Thank You

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